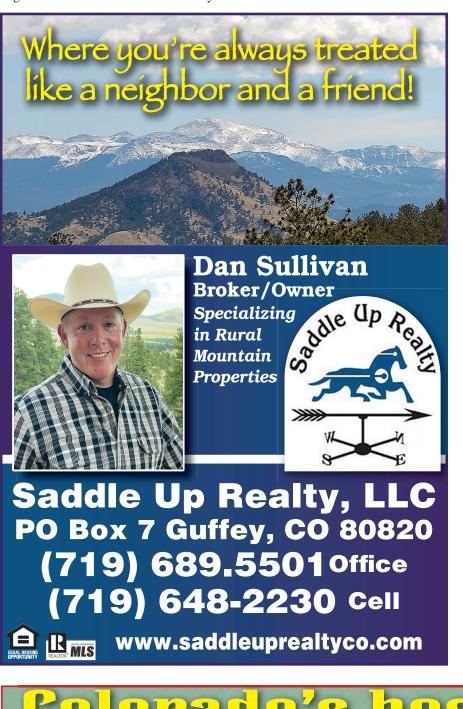








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eff took the cover photo last August at Fort Garland Museum in Fort Garland, CO. The tour gave us a greater appreciation for those who fought for our freedom and the price paid for our freedom. This seemed like an appropriate photograph for July when we celebrate Independence Day. We felt the quote was fitting as we were taught and believe that love holds no boundaries!

Our July issue has 4th of July Celebrations sprinkled throughout our pages. Those who have served and are in need of healing may be interested in Panning for Good: Exploring Equine Therapeutics and Mental Wellness Services. For those who love gardening, you'll enjoy Karen Anderson's "Hints for Happy Gardeners. Art lovers will enjoy Mary Shell's "Retrospective" as she revisits a young artist to see where she is now. We know our readers love the environment, so be sure to read about \$11.1 million in restoration work in Colorado and Combining Efforts for Maximizing Impact. Those who wish examples of kindness can read Fitness on the Mountain: Challenge Accepted and Monkey See, Monkey Do: You can kindle kindness, too!. Anyone who loves having fun needs to check out The Funky Little Theater Company at the Butte.

Are you looking for a side-gig? Ute Country News is seeking sales reps for the Woodland Park area. Stop in at Shipping Plus Mon-Fri 9-5:30 p.m. or email utecountrynewspaper@gmail.com.

We know you love Cat Masterson as much as we do since we have not received any Critter Corner photos. No worries, Cat Masterson, Pookie and Merril have all come to love getting their pictures taken, so we'll share those! When you get sick of our boys, send your pics to utecountrynewspaper@gmail.com.

- Kathy & Jeff Hansen

A special thanks to all listed here for their possible. If you have any questions please contact the publishers

High Pine Design Jeff & Kathy Hansen POB 753, Divide, CO 80814

Utecountrynewspaper@gmail.com

SalesAccount Reps:

Feel free to call 719-686-7587 so we can find the sales representative in your area to best serve your needs. Flip Boettcher 719-429-3361

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Submit photos to: utecountrynewspaper@gmail.com or PO Box 753, Divide, CO 80814

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



## **Growing Ideas** Hints for happy gardeners by Karen Anderson "The Plant Lady"

'We are stardust. We are golden. And we've got to get ourselves back to the

— Joni Mitchell

ummertime greetings gardeners and Sfriends. The month of July brings us many colorful gifts in the mountain gardens and the natural landscapes of our sacred lands. The abundance of spring rains has blessed us and we are grateful As gardeners, we reach the pinnacle of our growing season in July and our hearts are soaring with the delightful beauty that surrounds us and gives us peace and joy.

As I was shuffling through the many piles of paperwork in my office recently, I ran across something that I wrote many moons ago and after reviewing it, I felt that sharing it may be helpful to you. After reading my personal deep thoughts from long ago, I was reminded to pay attention to my own advice! So, here are my Hints for Happy Gardeners. Please take what resonates with you and feel free to leave the rest.

Begin with intention, prayer, song or ritual. I enjoy drumming around the perimeter of my Sacred Space, grounding and centering, humbly asking for guidance, expressing my gratitude for all my blessings and praying for a peaceful and productive day, no matter what happens.

- Breathe take in full deep *belly* breaths of clean, fresh, mountain air which is so freely given. Breathe in Light. Breathe
- Stretch your body. Reach high toward Father Sky. Bend forward, slowly, mindfully, touching the Earth Mother, releasing your fears and worries. Be present and in the moment.
- · Observe and listen to the activity and sounds of the wildlife that surrounds you. There are little miracles happening everywhere. Which bird is singing that beautiful morning song? Is there Love in the air? Of course, there is, just
- Talk to, sing to and communicate with all that reside in your garden. Don't feel silly. I promise you; your plants will LOVE the attention, praise, admiration and gratitude. They will return the gift of Love to you with their beauty and
- Release any thoughts or need for perfection. I still struggle with this one, but I understand now at this time of my life that perfectionism robs us of our energies. Enjoy to the fullest what is, as it is. Noticing and appreciating the good stuff and knowing that all is as it should be in this moment. Value the significance of your accomplishments so far.

Current Issue

Where to find us

Old Issues

· Remember that a garden is an ongoing creative process. It's all about the journey. If you are anything like me, an avid and passionate gardener, there's more than likely no end to it. So. simply enjoy the ride and take time to smell the flowers.

Pray for rain! Turn the rain stick over. Get your frog medicine together. Do a rain dance. Visualize the clouds. If none of that works. then start dippin from your rain barrels, hook up the soaker hoses, water your gardens deeply, madly and passionately, then

mulch, mulch,

mulch! Keep the

· Create your gardens around your biggest dreams, but with personal management in mind. You are now responsible and committed to a long time relationship, if you choose to stay. Keep it simple in the beginning. Determine how much time and energy you wish to spend in your garden both in labor and leisure; plan accordingly.

- Do your homework. Know what grows well in your specific location. Avoid the temptation to buy a plethora of plants just because they look awesome. You may very well end up wasting a lot of money and experience a great deal of heartbreak if you are unaware of what kind of plant life will survive in your area. Knowledge is power!
- Practice patience, especially in high mountain areas. Native plants and hardy perennials pretty much know what to do and when to do it! Of course, our gardens will always need our attention and help, but trying to force things to happen never works. Allow things to occur naturally, without judgement or expectations. We will be dazzled, eventually.
- Be sure to stop working now and again to look around, look up, enjoy what is in your midst. Take pleasure in your



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Of course, our gardens will always need our attention and help, but trying to force things to happen never works. Allow things to occur naturally, without judgement or expectations. We will be

accomplishments in the garden. You really have done a good job! Take a moment or two and truly admire your Sacred Surroundings. Life is good. Express your gratitude in a little song or prayer. Stay hydrated.

Ask for help. Companionship in the garden is such a blessing. Engage in some good-humored garden banter. Share your knowledge, experience, strength and hope with another of like spirit. Lighten the workload. Invite your friends and loved ones into your garden. Give thanks.

I will be available for gardening guidance, landscape consultations and personal appointments to visit Paradise Gardens throughout the growing season You may contact me at 719-748-3521 or email plantladyspeaks@gmail.com with any inquiries you may have. Power Perennials are on display for purchase at The Outpost Feed Store in Florissant and at Mountain Naturals in Woodland Park. Happy Houseplants, my Heritage Seed Collection and Blessing Beads are also for sale at Shipping Plus and Nature Mamas in Divide or you can call me directly for other options. Thank you for being responsible and caring, Earth Keepers. Happy gardening my friends.





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## Monkey See, Monkey Do You can Kindle Kindness, too!

by Kathy Hansen and those who chose to share acts of kindness

Last month we introduced this column to remind our readers how simple acts of kindness can make a difference in our lives, community, environment and world. Here are submissions since then:

- A friend gifts two perennials that were lost this year, plus a few plants to fill in where others did not thrive. Supporting another's hobby is an act of kindness because it promotes personal growth.
- A customer gives very specific feedback on how our customer service helped her through a difficult time. Compliments and positive feedback are acts of kindness because they let us know how best to serve.
- A friend gifts me seeds and a sample of a new recipe. Offering gifts and recipes are acts of kindness as it conveys consideration.
- A customer sees a gentleman is having difficulty getting out of his vehicle and offers to bring the item into the store to return so that the gentleman doesn't have to struggle to get out, then back in the car. It is kind to help someone struggling.
- A friend shares gratitude and the response after helping to do something special for someone. Sharing joy lifts everyone's spirits!
- A woman in the grocery line with 30 items

allows a gentleman with only 2 items to go ahead of her. Being considerate of someone else's time is an act of kindness, especially when that person is a stranger.

- Neighbors gift a dehydrator they bought, but never used, to other neighbors as they were moving and didn't want to take it along. The receiving neighbors quickly found a willing taker of the brand new appliance. Gifting something to someone is an act of kindness and preventing something from going into the landfill is an act of kindness toward our Earth.
- A customer sees someone about to enter with a hand-truck that is full and is kind enough to open and hold the door so the hand-truck can easily enter the building. Holding a door is an act of kindness.
- A pregnant woman wearing flip flops is caught in a hail storm, needing to bring packages into a storefront. The offer to use a hand-truck is refused saying the boxes are not large, just heavy. A gentleman immediately goes to help carry in the heavy packages. Helping carry in packages was an act of kindness, especially in the hail for a pregnant woman.

Have you experienced, witnessed or engaged in an act of kindness? Send us your experience so we can share with our readers so they can kindle kindness, too! UteCountryNewspaper@gmail.com or POB 753 Divide, CO 80814.

# Call for Entries! Manitou Springs' Annual Pie Baking Contest

On Monday, July 3, in Soda Springs Park, Manitou Springs will host its annual "Good Old Summertime" Ice Cream Social & Pie Baking Contest. This event will begin at 5:30 p.m. and ends at 8:00 p.m. Come out to Soda Springs Park for an evening of fun for people of all ages.

by Calee Parker

The applications are NOW available for the annual Good Ol' Fashioned Ice Cream Social & Pie Baking Contest. Get your application today at the Chamber offices or fill out application online at manitousprings.org/pie-baking-contest-entry-form/.

Participants will provide two identical homemade pies. Prizes will be awarded to first, second and third place winners in the adult category and in the children category. Get your best pie recipes and wow the judges with your pie baking skills!

The Kids' Division is continuing and is open to all kids 14 and under! Fruit & nut

pies only, please. Cream Pies will not be accepted due to the heat in July. Judging will be based upon the best pie overall in two categories: Adult & Kids. Slices of each pie will be offered for \$3 per slice and a generous scoop of ice cream for \$3 as well. Entertainment will be provided by Little London Winds at Soda Springs Park starting at 7 p.m.

starting at 7 p.m.

Sponsored by Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development, Colorado Creamery, Patsy's of Manitou, Pikes Peak, Americas Mountain, Santa Fe Springs, Flying Eagle Sportswear & Gifts, Marcus Electric, E-Bike Sales & Rentals, Colorado Peak Real Estate, and Theo's Toys.

FMI or a registration form, call the Chamber at 719-685-5089 or email: calee@manitouchamber.com

# Adopt Me by Ark Valley Humane Society King

Ing first arrived at AVHS almost exactly a year ago. He found a loving home, but unfortunately, she had some unforeseen circumstances occur, and she had to move to a place she couldn't bring King with her. He was returning around the holiday season and hasn't had much adoption interest since then. King is a gorgeous blue-eyed American Pit Bull Terrier mix. He is neutered, up to date on his shots, and microchipped. King lived with other dogs in his previous home and would do well with another confident and friendly pup (make sure you bring your dog to the shelter to meet King!). He quickly became both a staff and volunteer favorite — he is wonderful at walking on leash, loves to be outside and enjoys playing with toys. If you think you may



have room in your heart and a home for King, please give us a call 719-395-2737. This space donated by the Ute Country News to promote shelter animal adoption.

# A Look Inside the Artist Emily Vialpando, artist, illustrator by Mary Shell

### Retrospective

Six years ago, a young girl joined the free art classes I was giving for children in my gallery in Cañon City. She had just celebrated her 13th birthday the week before. Extremely shy, she sat at the end of the table and worked alone slumped over her work so no one could see what she was painting. All the other kids were busy painting butterflies and lots of glitter while Emily painted mountains and trees. She captured my heart, and she showed great potential. When the classes ended, I took her under my wing, and she became my apprentice working in my studio.

The next year I began this column, and she was the first artist I interviewed. Since then, she has become an awesome artist creating her own style and has grown in so many ways. She assists me in putting on paint parties and is a permanent figure in just about everything I do. There is nothing more rewarding for an art teacher than to see a young person grow to become a wonderful artist, so I thought it would be good reading to re-interview her after so many years. She is now 19 years old.

## Now that it has been five years since your last interview, how do you feel you have changed?

I feel more capable, and freer to draw whatever I want. Not only because of age, but because of my mindset — I used to be held back by what my family or friends may think about what I make. But now I've decided and learned that all my art should be honest.

#### Have you tried new mediums?

Digital art: it used to be the most daunting to me. Despite being tech savvy, a digital art program can still be overwhelming at a first glance to attempt

to learn. Now it is my greatest tool. I can warp anything, change colors in an instant, flip a canvas: it is amazing, and I am so glad to live in a time with it.

## Have your choices for your future changed?

Well, not really. I've always let the future of my art be pretty loose, I strive to gain experience in as many areas as I can, and to add onto my arsenal of abilities. My main dream is to make a magnum opus one day, so every new piece is me chasing that, and I'll probably never be satisfied — but that's what makes it endlessly fun.

## Where do you see yourself in five years? In five years, I hope to be publishing a graphic novel, and animating silly, abstract cartoons by then. Also want to

a graphic novel, and animating silly, abstract cartoons by then. Also want to begin designing and sewing some clothes, and hopefully I'll travel around a bit too! Fingers crossed.

#### What is your favorite subject to paint?

Bodies and faces, generally women. The human figure and all its contortions will always be most fun to me, seeing structure, recreating it, bringing life to flesh, dramatic eyes, flushed skin, I love it.

## How do you feel about illustrating a kid's book?

This question I will have to answer, not Emily. She explained to me that she turned down the job offer. She texted me, "Not feeling it, I could do it but it's very un-fun, which I did not expect. Not enough detail work which I enjoy or the type of subject matter." I could not omit this question or her answer to show how artists should feel about their work, their very essence of individual creativity. Art for hire is not for

The above work is titled, The Lady and the Rainbow

artist.
Forcing
yourself to
create

is not from your soul is probably one of the worse things an artist can do. I am so proud of her decision...I guess I did a good iob teaching her.

#### What else would you like to say?

If there's anything I wish to show people in my life is that art is anything you want it to be. It can be a challenge, it can be intense, it can be calming, it can be detailed,

it can be simple, it can be meaningful, it can be meaningless. It is a boundless outlet for every emotion and memory, and I hope everyone gets to experience it. Don't be afraid to slap around colors and lines.

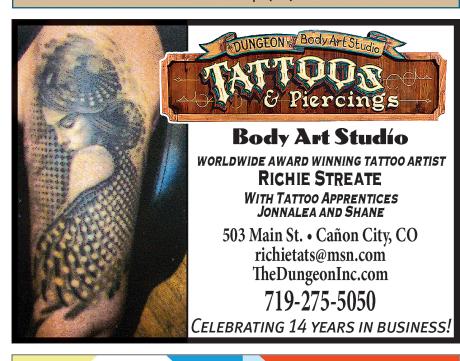
If you are an artist and would like to be interviewed contact Mary Shell at creatingfromthesoul@yahoo.com
You can reach Mary Shell at MaryShel-

You can reach Mary Shell at MaryShellArt.com

Editor's note: Those interested in reading Mary's first interview with Emily can find it on our website, page 7 of the July 2018 issue http://utecountrynews.com/archives/2018/july-2018.pdf



## **MILITARY & FIRST RESPONDERS** APPRECIATION LUNCH THURSDAY, JULY 20 | 11:00AM-1:00PM COMMUNITY PARTNERSHIP ~ 701 GOLD HILL PLACE, WP Veterans, Military Personnel, First Responders, and their families are invited to join us for homemade chicken and waffles! SUPPORTED FAMILIES BUILD STRONG COMMUNITIES WWW.CPTELLER.ORG | (719) 686-0705





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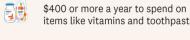
FREE dental with \$3,000 or more for dentures, crowns, and root canals



\$1,236 back in your Social



\$400 or more a year for eyeglasses



Over-the-counter

Money for groceries

\$30 a month to spend on food\*

\$0 copay for labs at



## **Ute Pass Symphony Guild** on July 5

by Sherri Albertson

 $\Gamma$  or over 40 years, the Ute Pass Symphony Guild has presented the Symphony Above the Clouds July 5th concert in celebration of Independence Day. This year in lieu of fireworks and in partnership with the City of Woodland Park and Park State Bank and Trust, concert goers will also enjoy the 2nd Annual Drone Show, beginning close to 9:30 p.m., following this year's finale — Tchaikovsky's 1812 Overture.

While fireworks have been symbolic of the holiday in years past, we're excited to continue to embrace a new tradition and share it with the community. The free, public concert is held each year on the athletic field of the Woodland Park Middle School. Gates open at 5 p.m. The open-air venue encourages families and friends to come early and bring picnics and/or purchase food from the main fundraising event of the Panther Pride Booster Club's booth.

Woodland Park's drone *fireworks* display is the highest elevation show taking place at 8,500 ft above sea level! This breaks the record for highest drone show, which took place at about 3,500 ft above sea level in the United Arab Emirates on January 1, 2022

We hope you will save the date or this unique interactive musical experience brought to you by our major donors, the City of Woodland Park, Park State Bank and Trust, Charis Bible College and Newmont Cripple Creek Victor Mine. FMI www.city-woodlandpark.org/CivicAlerts.aspx?AID=438

## Victor Gold Rush Days July 13-16

by Sue Kochevar

Toin us in celebrating 129 years of mining heritage at Victor Gold Rush Days July 14-16, 2023, in historic Victor, Colorado — the City of Gold Mines.

Festivities will begin Thursday, July 13 with a district talent show at 7 p.m. Throughout the entire three days, activities will include gold panning, Salida circus workshops, bouncy house area, chainsaw wood carving demos and a variety of food and merchandise vendors.

In addition to the above activities, Friday night the Victor Elks Lodge #367 will host a chili supper and music will begin in the plaza with Joey Tenuto at 5:30 p.m. Dancing on the Sun will rock the plaza from 7-10 p.m. during the "Gold Rush Elk

Additional Saturday events kick off with the Victor Volunteer Fire Dept pancake breakfast, followed by mining demonstrations, Spirits of Sunnyside Cemetery Walking Tour\* (10 a.m.) Gold Camp Adventure Tour\* (1 p.m.), The Stranger Side of Victor Walking Tour\* (3:30 p.m.) the highest altitude known antique tractor pull featuring the Rocky Mountain Tractor Pullers, Colorado Vintage Base Ball Association tournament in the historic Gold Bowl, Victor Heritage Society's Historic Building Tour, Victor Ag and Mining Museum's chuckwagon lunch, blacksmith demonstrations, old fashioned kids'

games, a petting zoo with a variety of animals, and a beer garden and music on the stage in Victor's Pinnacle Plaza. On stage performances include Sisters of the Moon, Silver Moon Riders, Brian Grace, and the Bushcocks Band. We welcome world touring Tejon Street Corner Thieves back to Victor to perform from 8-10 p.m. For the first time ever there will be live music on the corner of 4th and Victor Ave.

Sunday's festivities include a VFD pancake breakfast, tractor pull, annual Gold Rush Day parade at noon, a vintage baseball finale game, chuckwagon lunch, beer garden, and music. Other on-stage performances include Levi Richardson, Hot Boots Band, Tava Blue, Sound Advice and Cosmic Entertainment karaoke

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.

FMI about this event and other events in our city visit victorcolorado.com and Facebook Victor Gold Rush Days.

\*Advanced reservations for these activities are recommended and can be booked at victormuseum.com

## 4th Anniversary of Baker's Rack All Things Kitchen

by Mary McGrail

In July we will be celebrating our 4th anniversary. If you haven't been in the shop, you I might be surprised at what we carry. We have all kinds of kitchen gadgets to make your life easier. We also carry Springside cheese, Watkins extracts, Country Home dip mixes, and Pappardelles pasta. Check out the selection of dish towels, aprons, placemats, napkins and cookie cutters. Large selection of olive oils, balsamic vinegars, stuffed olives, pickled vegetables and baking mixes. We offer personal service from our knowledgeable staff. We are located at 118 E. Main, Florence, Colorado. You can reach us at 719-784-7141 and follow us on Facebook.

## Adopt Me by TCRAS Olivia

Meow, meow! My name is Olivia! Similar to my siblings, I am quite shy. Once I get to know you, I am super loving. When I'm not fighting crime in NYC, you can catch me lounging out on a cat tree with my mice toys. Like my TV counterpart, I am loyal and will do anything for my people once I feel comfortable with you. If you're looking for a partner to cover your 6, please call TCRAS at 719-686-7707 to meet me!

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





# **Panning for Good**Exploring equine therapeutic and mental wellness services

Horses are the poster animals of the West. We picture them as beautifully wild against a backdrop of snow-capped peaks or pulling heavy wagons in the bitter cold wind, snow embedded in their manes and frothy, frozen breath wisping from their mouths and nostrils. They are majestic animals, partners in settling the West, powerful, our means of clearing land, plowing, transportation, and our friends. Horses now entertain the general public through events such as racing and impressive Olympic dressage. Yet, they can still play a supportive role in our lives and provide us with personal insights as we experience the unique character and tactile dynamic of being connected with this beautiful, multi-faceted animal. We may like to think that our cowboy connection to horses in these rugged Rocky Mountains reins supreme (ha ha!), but the use of horses for therapeutic purposes predates our wild ride to settle America.

Equine therapeutic support was used as early as 600 B.C. in ancient Lydia, in England after World War 1 (around 1918) to help wounded soldiers, after a polio outbreak in 1946 in Scandinavia and when Lis Hartel, a polio survivor. became the silver medalist in dressage at the 1952 Olympics in Helsinki, Finland. At that point, it became apparent to a more general audience that horses could provide therapeutic support with tremendous results. In 1969, the Professional Association of Therapeutic Horsemanship International (PATH Intl.) was established to spread the word about the therapeutic benefits of interacting with horses and to set up standards and credentials for people working in this field.

Horses are being utilized in creative and helpful ways to support people who are not only experiencing physical disabilities. but also those dealing with mental illness and behavioral challenges. Horses can help almost anyone develop good habits and behaviors that build relationships. How do they do that? Ethan Flickinger, a veteran (U.S. combat and special forces) is the founder of Rifle to Reins (R2R), Horses Healing Heroes. He shared the following thoughts on how horses can help people develop positive communication skills...

"When soldiers serve in combat and special forces roles in the military, they have been trained to be hyper-vigilant to stay alive and to keep their fellow soldiers alive. However, when they come home, they are used to being "on" all the time and in some ways, wound so tight that transition from military life to civilian life is often difficult. This can result in outbursts and knee-jerk responses to stressors. This is not their fault and often veterans are not aware of behaviors they have internalized that were effective in war, but can sabotage relationships at home.

Ethan is in the process of developing the Rifle to Reins (R2R) program to address the high veteran suicide rate, to share what helped with his recovery and to continue to serve his fellow soldiers. The program will be launched at the beautiful Red Tail Ranch horse boarding facility with the support of owner Darren Kaberna and his family. It is located at 463 S Forty Rd. in Woodland Park. This will provide a stunningly beautiful and peaceful training facility for the work.

The R2R program will pair veterans who are dealing with adjustment disorder with untrained horses and take them through a protocol developed to support their growth during the horse training process. The veterans will learn how to interact with the horses and understand their mannerisms. They will learn horsemanship basics such as grooming, caring for tack, and feeding

on their way to eventually being able to ride the horse. Ethan hopes to be able to provide this program to veterans without cost and eventually, if the veteran can support the horse they have started, find a way for the veteran to keep it. If you would like to help with this effort, how to donate and Ethan's contact information are listed near the end of this article.

**Horses respond to** human emotions and mirror feelings. In other words, we bring to the horses what is going on with us, and they intuitively internalize and at times mirror our emotions.

Horses respond to human emotions and mirror feelings. In other words, we bring to the horses what is going on with us, and they intuitively internalize and at times mirror our emotions. We can tell if we are too jumpy or full of stress by how the horse responds to us in the moment, and when we notice the horse's responses, we can pause and take the opportunity to adjust our internal attitudes and outward behaviors resulting in a stronger relationship with the horse. This knowledge gained through human-to-equine interaction can then be used to more fully develop positive humanto-human interactions. This is the case at

some level with other animals as well.

We are fortunate to have a non-profit

equine learning center in Woodland Park

Faithful Hearts is a 126-acre horse ranch

located on Highway 67 near the north

end of Woodland Park. Faithful Hearts

offers therapeutic equine assisted services,

equine-assisted learning and equine facili-

tated mental health and learning services.

The center offers equine-assisted activi-

ties for individuals and groups of ages

(4+) who would like to use this creative.

natural, effective path to reach physical,

social, emotional and leadership goals.

Founded by Stephanie Smith and Holly

a Christ-centered, loving environment."

Fletcher in 2020 with the mission to, "En-

hance people's quality of life by fostering

connections between horses and people in

The well-trained staff offers year-round



Cover: Horses running free at Red Tail Ranch.

classes, both private and group instruction including leadership and teambuilding workshops. Support can be customized to accommodate specific therapeutic goals. In addition to support with physical disabilities, equine-facilitated mental health and learning can offer support in the following ways (as noted on their website): reduce anxiety, build attention span, focus and mental clarity, increase ability to set personal boundaries, reframe negative self-talk, increase self-control and selfesteem, build trust and assist in recognizing disempowering perspectives.

I was privileged to be able to spend time with Stephanie Smith, the equine

Equine Learning Center. Stephanie has 25

years of teaching and riding experience, a

BS degree from Purdue University in Ag-

These include being a PATH (Professional

ribusiness and holds many certifications.

Association of Therapeutic Horseman-

in mental health and learning. Steph-

ship International) certified instructor in

therapeutic riding and an equine specialist

anie's personal strength, intelligence and

heart for this work were apparent as we

be a unique and powerful way to change

lives and enrich our community.

discussed how connecting with horses can

I was particularly curious when Stephanie

with the horses, if wanted, participants could

experience a deepening spiritual understand-

shared that through the process of working

ing of the concepts of grace, kindness, for-

giveness and learn to become less judgmental. In Stephanie's words, "We're all broken and need healing." Stephanie's favorite part of her work is to hear parents tell her how well children and teens who have participated in the program are doing. Success stories are frequent and fascinating! After touring the facility and being introduced to the beautiful horses, I was impressed with the attention to detail, the safety protocols and the emphasis on relational connection resulting in personal, family and organizational growth. To learn how to become involved as a volunteer, tour, visit or to donate to Faithful Hearts Equine Learning center call: 719-687-0119 email: contact@faithfulheartsequinelearningcenter.org, website: faithfulheartsequinelearningcenter.org

#### **Upcoming Events:**

Summer clinics for horse beginners will be held on July 11-13 and 25-27. During these clinics, participants will learn about basic horsemanship and how to care for horses. Lots of fun and friendship included! Four students maximum per class, cost is \$210.

Volunteer positions are available for horse leaders, side-walkers, barn chores, tack cleaning, excavating, dirt work, and more. Background checks are required for volunteers over 18. Contact the center for more information

To contact Rifle to Reins (R2R), Horses Healing Heroes

Ethan Flickinger, email: ethan.flickinger@gmail.com call: 224-636-6199

To donate contact Ethan directly. Links to explore: https://horsesofhope.org https://pathintl.org

https://amst201thr.wordpress.com/history-of-therapeutic-horseback-riding/ Book The Tao of Equis: A Woman's Journey of Healing and Transformation

Left to right: Ethan Flickinger, founder of Rifle to Reins (R2R) and Darren Kaberna, owner of the Red Tail Ranch. through the Way of the Horse by Lindad director and co-founder of Faithful Hearts

Q: What sort of horses come out after dark?

**A:** Night-mares

Q: How do you make an appaloosa? **A:** Shake the tree

**Challenge:** The challenge this month is to interact with your pet or another animal you may come in contact with in ways that inspire interest, curiosity and loving gestures. Is the animal relaxed and happy in your presence? Watching and adjusting what we're doing and thinking in order to get positive responses from animals as well as people is a great life lesson. Can you relax and attract an animal with your awesome presence? Give it a try!





## Victor's future looks creative

by Jon Zalewski

A creative, positive energy is flowing in Victor and it's bursting out in the Windows to the Future initiative. The first window of the Victor Main Street initiative was unveiled at the Merchants Café Building at 106 S. 3rd Street in downtown Victor on June 11, 2023.

The window display is designed and built around a historic grocery store. The display includes an enlargement of a historic photo of Zitnik Grocery, once operated by Ursula Zitnik, who homesteaded off Phantom Canyon Road.

By adding an interesting and attractive window display in an empty storefront window, Victor Main Street hopes the public has another reason to love the historic charm of downtown Victor.

The Windows to the Future initiative is an effort to inspire investment in Victor's storefronts, helping people imagine what Victor's Main Streets could be. At its core, the initiative seeks to activate buildings and build momentum for redevelopment in the city's main commercial corridor. Victor Main Street is fortunate to have a very experienced and talented retail window display designer, Misty Easton, donating her time to leading the Windows to the Future initiative.

Victor Main Street would like to thank building owner Shawn Shaffer for the use of the storefront windows as the first Windows to the Future. The Merchant's Café building has a rich history of various commercial uses in the past and has the potential to be a prime commercial space in the future. Victor Main Street hopes to help match a compatible business with this commercial space.

The Windows to the Future initiative is working to coordinate various creative ideas with inactive storefronts and building owners to create an attractive and engaging streetscape downtown. Victor Main Street challenges other building owners to join the creative movement revitalizing downtown Victor. Contact Jon Zalewski, Victor Main Street Manager, for more information about the Windows to the Future project and how to activate a commercial space.

Stay tuned for announcements about future Windows to the Future and other Victor Main Street initiatives.

#### **About Victor Main Street:**

Victor Main Street has been designated as an Accredited Main Street America<sup>TM</sup> program through Main Street Colorado for meeting rigorous performance standards. Victor Main Street works to improve the downtown business environment and preserve our history. Victor Main Street can be reached at 719-494-9789 and VictorMainStreet@gmail.com. Follow Victor Main Street at https://www.facebook.com/VictorMainStreetProgram

## Royal City Originals

by Flip Boettcher photo by Flip Boettcher

Royal City Originals Barber Shop was started in January of this year by four young men: Aaron Vigil, Jacob Ireland, Drew Lee and William "Huck" Ballew. The barber shop is located at 517 Main Street, in the Cañon City historic district.

The name comes from Royal Gorge + Cañon City = Royal City Originals. This established crew of barbers with almost 20 years of experience between them specialize in hot lather shaves, military style fades, flat tops, gentlemen cuts, beard trimming and sculpting, and much more, according to Vigil.

more, according to Vigil.

Royal City Originals caters mostly to men, and some women, of all ages, young or old, and the shop environment and "vibe" is designed to make "anyone who walks in the door feel welcomed, comfortable, and accepted no matter what race or creed," said Vigil.

Our clientele is just as diverse as the barbers behind the chair and all your hair



Left to right are Huck Ballew, Jacob Ireland, Drew Lee and Aaron Vigil at Royal City Originals Barber Shop.

and beard needs are in expert hands with any barber in the shop, stated Vigil.

Visit Royal City Originals Barber Shop at 517 Main Street in Cañon City to indulge yourself. Walk ins, as well as appointments are accepted. Shop hours are Tuesday-Friday 8:30-5:30 p.m. and Saturday 9-3 p.m. You can call 719-792-1063, or book online at www.royalcityoriginals.com.

support!



## South Park City

by Flip Boettcher

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

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

The museum is offering South Park City after dark tours this year. The dates are July 7 and 21, August 4 and 18. Fall times are to be arranged. Call the museum for reservations.

For Park County Library patrons, one can get a free pass for one person for a one day admission to South Park City. The passes were given to the libraries by the museum to help encourage visitors to the museum. So, support your local library and the museum.

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

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

Historic and mining buildings from the county were moved to the site and added to the seven historic buildings already there. Today there are 43 buildings stocked with over 60,000 artifacts, mostly contributed by

Park County families, depicting life in those rough and wild times, "when life was risky, fortunes were made or lost overnight and men and women of vision laid the ground work to Colorado's future," brochure.

Of special interest is South Park City's Living History Days held annually the second weekend in August. This year LHD will be held August 12 and 13.

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

Hopefully, the rock building which was moved last year from farther east on Front Street will be ready as the jail. This building is a rock building and probably weighs around 60 tons.

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

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

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

# **Send a Student**Aims to make live theater accessible to all local youth by Alexa Gromko

The Fine Arts Center Theatre Company wants to ensure that the next generation is challenged and enlightened by the life-changing experience of live theater. Their new initiative, *Send a Student*, aims to allow every child in our community the opportunity to take in a Fine Arts Center performance regardless of the ability to pay.

"Our hope is to bring each and every child in the Pikes Peak region through these doors, especially those who would not otherwise have the opportunity," said Chris Sheley, interim producing artistic director, "Theater allows us all to see the world through someone else's eyes. It makes us more empathic, more inclusive, and quite simply, it makes us better humans."

The Fine Arts Center set a goal of \$10,000 this 2023–2024 theatre season, which would provide a ticket and transportation for 400 students from local Title I schools. Supporters can make a donation or look for QR code on Playbills and at other Fine Arts Center events.

This season, students will be able to see *Elf the Musical*, Quiara Alegria Hughes' Pulitzer Prize-winning drama, *Water by the Spoonful*, Stephen King's psychological thriller *Misery*, Jonathon Larson's award-winning musical *Rent*, as well as *Balloonacy* and *Don't Let the Pigeon Drive the Bus*.

The highly anticipated season kicks off October 12, 2023 with a full student matinee calendar.

The final dress rehearsal on the last Wednesday before each show's opening night is always free and open to the public. Patrons, seated on a first come first served basis, simply show up before the curtain opens at 7:30 p.m.

"Here at the FAC, we strive to make sure that theatre is truly welcoming to everyone and we're proud of the steps we've taken to do that," said Sheley.

## ABOUT THE FAC THEATRE COMPANY

The award-winning FAC Theatre Company produces an annual season of innovative and exciting theatrical productions and is committed to creating stories that heal, uplift, educate and enlighten in a thoughtful and inclusive environment.

#### Colorado Springs Fine Arts Center at Colorado College

The story of the Colorado Springs Fine Arts Center at Colorado College (FAC) began with the founding of the Broadmoor Art Academy in 1919. A museum, performing arts theatre, and community art school, the FAC is a pillar in the cultural community of the Rocky Mountain West providing innovative, educational, and multi-disciplinary arts experiences designed to elevate the individual spirit and inspire community vitality. The FAC and Colorado College recognize and honor the original inhabitants of the land on which it resides. For more information about the FAC, visit fac.coloradocollege.edu or follow on Facebook @CSFineArtsCenter.

#### Land Acknowledgement

Colorado College occupies the traditional territories of the Nuchu, known today as the Southern Ute Tribe, the Ute Mountain Ute Tribe, and the Northern Ute People, who lost their beloved homelands due to colonization, forced relocation, and land theft. Other tribes have also lived here including the Apache, Arapaho, Cheyenne and Comanche — and notably, continue to do so, along with many other Indigenous Peoples. To actively seek social justice, we acknowledge that the land continues to hold the values and traditions of the original i habitants and caretakers of this land. We pay honor and respect to their ancestors, elders, and youth — past, present, and future.

## Music at the Depot

by Bill Burcaw

Celebrate this summer with Cripple Creek District Museum and music at the Depot!
Bring your family and enjoy this free outdoor event each month, July through September. Listen to free concerts, grab a cold beer in the beer garden and enjoy a variety of food vendors. Music at the Depot concerts are located in the Museum parking lot right on Bennet Avenue. Visit CrippleCreekDistrictMuseum.com/events.



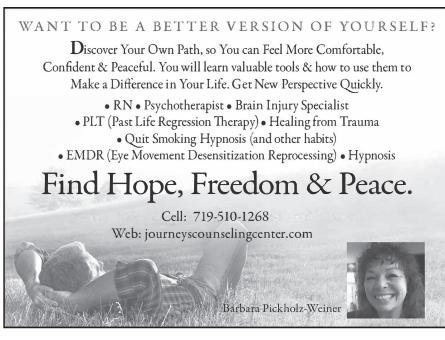


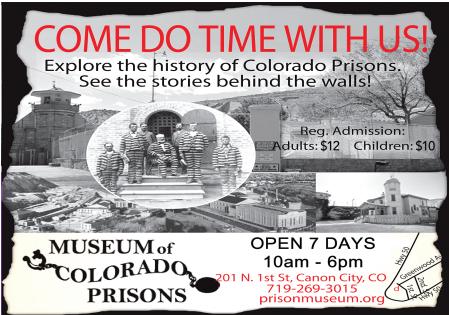
no refinances of current loans with PPCU qualify. Rebate is calculated as 1% of the

total loan amount. Interest will continue to accrue during payment deferral period.

Loan must remain at PPCU for a minimum of 120 days or rebate amount will be

added to the loan payoff. Other restrictions apply.





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

## Resources available to you include:

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



ppwtc.org



Paid by U.S. Department of Labor funds

## 4th of July in Cripple Creek!

Come spend the day in the historic mining town of Cripple Creek! The Victor-Cripple Creek American Legion Post 171 in conjunction with the Gold Camp Association will be holding a daylong event on Tuesday July 4th to celebrate our nation's birthday! There will be food, music, a beer tent, first responders and police, military vehicles, a coloring station for the kids and let's not forget the WORLD FAMOUS Cripple Creek

Bring your family and friends and make a day of it, to be topped off by an amazing display of fireworks to round out the evening presented by the city of Cripple Creek. Hope to see you there!

## Woodland Park's Old Fashioned 4th of July Celebration by Deborah Idleman

Woodland Park has an Old Fashioned Fourth of July Celebration with a long history. This year, the event is hosted on Tuesday, July 4th, from 9-3 p.m. at Memorial Park, 200 Park Street, Woodland Park, CO 80863. It is a free community event and proceeds from vendor fees go to nonprofit organizations helping to plan this year's

Those organizations are HtN — Hope Lives Here and John Wesley Ranch. https://www.facebook.com/events/601086662118178?ref=newsfeed

For almost 60 years, this family-friendly event has attracted thousands to Woodland Park where they can enjoy a day filled with food, drinks, and fun. Popular activities this year include a Fishing Derby, Watermelon Eating Contest, Face Painting, Gold Panning and Sack Races. The much-honored tradition of Raising the Flag is accompanied by live music provided by the Woodland Park Wind Symphony around noon.

"Once again, Woodland Park will be a destination for families this Fourth of July holiday. We are excited to welcome everyone to this much-loved and well-attended celebration and, we are delighted by the opportunity it provides to support two of our beloved nonprofits that serve the local Woodland Park Community" — Gayle Gross, SOAR with Network Fundraising, Coordinator of 4th of July Activities in Woodland

## Reclaimed Woodworks

by Flip Boettcher photo by Flip Boettcher

An interesting new shop recently opened in March of this year at 422 on Cañon City's historic Main Street called Reclaimed Woodworks, which specializes in custom made home décor.

The shop features custom signs, custom designs, engraving, home décor, home goods, furniture refinishing, furniture repair and more. In addition to her

handmade items, store owner Tiffany Dennison provides all things kitchen and home to go with the items she makes. Tiffany specializes in rustic, country western, mountain and log cabin, farmhouse décor and custom sign engrav-

Tiffany, who was born and raised in Fremont County and is raising her family here, started Reclaimed Woodworks seven years ago from her garage and slowly built up her skills.

Tiffany sold items off her front porch and started doing vendor shows. When



Tiffany Dennison in front of some of the items she makes in her shop Reclaimed Woodworks.

she first started woodworking, Tiffany used old wood because most people were just giving it away and she reclaimed it. The old wood was also something she could paint on.

After her traveling sales this year, Tiffany opened her store in March. So, if you are looking for a special house item or just some ideas, stop in at Reclaimed Woodworks at 422 Main Street in Canon City.

Store hours are Tuesday-Saturday 10-5 p.m. You can also reach Tiffany at 719-

## Welfare Society

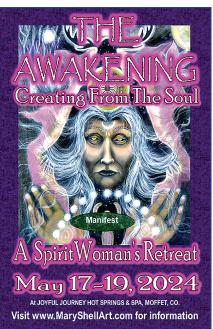
This is Doc. He was abandoned in a small rural southern Colorado town. He is a senior doxie and can run and walk, despite some calcification of the spine. Doc gets along great with other dogs and loves to cuddle with humans. He is neutered, current on all vaccines, 8 years old and weighs in at 8 pounds. Doc uses a doggie door. We hold adoption fairs 11-3:30 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N.

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

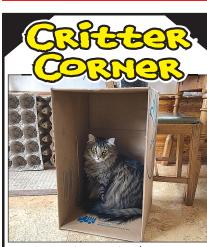
Academy PetSmart.











Cat Masterson thinking inside the box..



And resting afterwards -Jeff Hansen, Florissant, CO

Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! If you don't send your photos, you'll have to look at our cats every month! Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to utecountrynewspaper@gmail.com.

Be sure to include the critter's name as well as your name.



## by Gilrund the Historian

harlie and Jimmy decided to take the Travel Diamond to the club meeting that aftern meeting that afternoon to show the others what they had found and what it could do. They just knew that the other boys would be really impressed, and it would raise their status in the club, too. Bill called the meeting to order and asked if there was anything to be discussed before the games started. The five boys always played board games at the meetings. Jimmy raised his hand and said, "Charlie and I have found a great thing that we can use for having adventures."

With that Charlie held up the wooden box containing the Travel Diamond. 'Show them what's inside, Charlie," said Jimmy, "Show them the diamond."

Charlie opened the lid of the box and the others saw the big clear diamond sitting in the silver ring that was suspended by the braided gold wires.

"So, what does it do?" asked Walt, another of the club members.

"Yeah, it's real pretty and shiny, but what does it do?" grinned Art, another

Jimmy looked at the other boys and in a deep, soft voice, he said, "It can take you anywhere you want to go in an instant, just by touching it."

The others looked at Charlie for an explanation. "It's true!" said Charlie, "We have used it and it really works."

"BUT!" interjected Jimmy, "There are rules on how to use it."

"I suppose you have to have a good imagination to use too," laughed Bill, the oldest of the group.

Jimmy looked at Bill angrily and said, 'No, just a place to go!'

"Prove it!" replied Bill.

"Yeah, prove it." Called out the others. Jimmy looked at Charlie and grinned then nodded his head. Charlie closed his eyes and thought of a place to go, then touched the diamond. POOF! Charlie was gone. The others looked on in shock, except for Jimmy, who just smiled and waited. The door of the clubhouse opened, and Charlie walked in carrying the wooden box and smiling. The others just stared at him and then the questions started, "How did you do that? Where

else can you go? Can I try it?" Jimmy held up his hand and called out, "We can answer all your questions, just settle down! Okay, first, yes, we can all use it, but only one at a time. Two people can't touch it at once or bad things will happen. Really bad things! Now, to make it work you need to have the place that you want to go in your mind and then you just touch it and then you'll be

Then Charlie spoke, "What Jimmy says is true, but you can only use it once a day if you're the only one touching it. If the water. They swam out as far as they someone else touches it on the same day thought they could and still get back it will still work for them, but the oneday thing still applies to them."

"Where did you get it?" asked Walt. "Yeah, I want one too," laughed Bill, "I've got a lot of places that I'd like to

"The only place you need to go is to the bathroom," called out Art. Everybody laughed including Bill.

Jimmy took the folded up old newspaper story out of the top of the wood box and read it to all the boys. When he finished, it was quiet for a while as the boys thought about what they had just heard.

"So, what was supposed to be just a story in a newspaper turned out to be real?" said Art.

Again, it was quiet for a while and then Jimmy said, "Well, whose first and where do you want to go?"

"I know where I would like to go," replied Walt, "I'd like to go to Hawaii and go skin diving off the coast. My dad did it last summer and he had a great time. You should see the pictures that he has of his trip."

"Yeah, Hawaii sounds like a really cool place to go from all that I have heard and seen on TV," said Art, "But how do you

Charlie grinned, "That's the really cool part; it follows you and you just touch it again, then you come back."

"Yeah, but you have to think of where you want to come back to," added Jimmy, "Also remember, only one person touches the diamond at a time."

"I want to try it!" called out Art. "Me too," said Walt.

"I think that I'll wait until you

guys get back, before I do it,"

"I'll go with you, if you don't mind," grinned Char-

"Sure, let's go!" laughed

Art. The three boys went to the closet of the club house to take out the snorkels. masks, and swim fins that were stored there for summer swimming at the local pool. The three of them stood around the box with the diamond and one after another they touched it and disappeared.

"Where'd they go?" cried Bill, as he stared at where the three friends once stood.

"To Hawaii." answered Jimmy. Charlie, Walt and Art suddenly found themselves standing on the beach of the main island of Hawaii, holding their diving gear. They looked around for a moment and then, laughing, they ran for

Splashing wildly into the surf, they swam out past the waves and then put on their gear, and down they went, deep into the warm water of Hawaii. They swam all around looking down into the water at the fish and coral. They saw sea turtles! After they swam out far enough, they found themselves surrounded by dolphins and the fun really started. They swam with the dolphins as much as they could until they became tired, and they swam for shore. (Even teenage boys get tired after a while.)

There they found some friendly tourists that shared some food and drink with them as they rested. Then it was back in without any problem. Soon the day was spent, and it was time to rest from the day's activities.

They talked to the many tourists. Again, they ate the offered food and drink until dark came. Then walked up the beach to find a place to sleep. They were offered a place on the porch of one of the many rental houses and there they slept through the night.

The next morning, they ate with the generous renters of the house, then it was down to the beach again. As they swam

mond and were gone.

Charlie swam as fast as he could toward the box. Just as the shark was about to grab the fin on his left foot, Charlie touched the diamond and was gone.

around enjoying themselves, they were

approached by a shark. It was too far to

shore. Charlie was about to

try to swim to shore when

he saw a familiar sight.

A small wooden box

floating in the water

next to Art and

He called out,

"Touch the dia-

mond, touch the

Art and Walt

turned around

and saw the

box with the

diamond just

barely floating

in the water.

They both,

separately.

touched the

dia-

diamond!"

Walt.

Art and Walt were suddenly back at the clubhouse standing soaking wet in front of Bill and Jimmy, still wearing their swim gear. Their clothes were lying on the floor.

Jimmy grinned at first and then asked, "Where is Charlie?"

Art and Walt told Jimmy and Bill what had happened and why they had come back the way that they did.

"So, you don't know if Charlie made it to the diamond?" asked Bill.

"No. But he was only a few feet away when we touched it," answered Walt. Jimmy sat down on a chair with his head in his hands and thought out loud, "I wonder what he was thinking, I wonder what he was thinking.

"I know what I would be thinking," mumbled Bill as he too sat down next to

Walt and Art were changing into their dry clothes and putting away their swim gear when who should walk in the door of the clubhouse, but Charlie. He was dressed in his dry clothes, carrying his swim gear and a small wooden box. "Hi, guys, I'm back," he said.

"You made it!" cried out Art and Walt as they ran up to him.

"Just barely," replied Charlie as he held up just one swim fin, "It was really close.

The talk of Charlie's escape went on for nearly an hour. The boys found out that when the shark was about to get him, Charlie was thinking he wished that he was at home, when he touched the diamond. He suddenly found himself in his bedroom, minus a flipper, and the diamond in the box on his dresser.

The boys all walked to Jimmys house and ate chocolate ice cream while they talked of the adventure that had just ended.

Then Walt said, "Bill, you're the only one that hasn't touched the diamond."

"Yeah, well I'm the only one smart enough not to do it. Actually, to tell the truth, I didn't think it would work. But now that I know that it does work, I'm glad that I didn't touch it," Bill remarked.

"Yeah, the way your head works," laughed Charlie, "There's no telling where you would end up."

The boys laughed and laughed as they ate the ice cream and suggested the various places Bill would have gone. Some of them were not too nice, which made the boys laugh even harder.

The boys went back to the clubhouse and sat in the various chairs there as they talked about different things until Bill spoke up, "I've been thinking of a place that I want to go."

Everyone stopped talking and waited for Bill to tell them where he wanted to

"I've been reading a book," He laughed, "I know that you find that hard to believe, but it's true. It's a great book, called [Treasure Island]. Have any of you

None of the boys said that they had. "Well, it's a book about a kid that goes

on a ship to an island where treasure is hidden by pirates. Of course, he has some pretty scary adventures, but he gets to find the treasure and bring some of it home," Bill informed his friends. Bill's eyes teared up a little as he stopped talking. Then he cleared his throat and continued, "That's what I want to do, find some treasure, and give it to my mom. Ever since Dad died, she has been working really hard and needs some help."

Jimmy stood up and took the wooden

box from Charlie, then walked over to Bill saying, "Remember, you can only touch it once a day and know where you want to go when you do. Got it?"

"Yeah, I got it," Bill replied as he looked at the Travel Diamond, took a deep breath and stopped for a moment to think. Then he touched the diamond with a single finger, and he was gone.

The jungle was thick with trees and vines. The air was wet and smelled funny. There were strange flowers growing everywhere. He could hear the sounds of strange birds and animals as he stood for a moment to get his bearings. Bill looked around and then realized where he was from the pictures in the book. "Okay, I need to go this way," he said to himself.

He started walking as quickly as he could through the jungle to the place in the book that had the treasure stored. He knew it was in a cave that belonged to Ben Gunn.

Bill found a well-used trail in the jungle floor and followed it carefully. It gradually went up a hill until he saw a poorly covered hole in the side of the hill.

He waited and listened for what seemed like forever. Then he came out of the jungle and toward the cave entrance. He pulled some of the dead vegetation away from the opening and stepped inside. He couldn't believe what he saw. It was the same as the treasure picture in the book. "Mom will never have to work again if I can just get some of this back home," he thought.

Bill saw a small chest and looked inside of it. It contained coins of gold and silver, loose jewels of all sizes, bracelets, earrings, necklaces of all sorts with pearls and diamonds hanging from them. He tried to lift the chest, but it was much too heavy. He found a smaller chest and it too, weighed too much. "What am I going to do?" he thought, "I have to bring thought and turned to leave the cave and there stood Ben Gunn.

something back for mom.'

around the cave, he

saw a canvas sack

that had been

dumped on the

other treasure.

the top and the

spilled. He picked

it up and saw that it

had contained some

jewels and some gold

nuggets of various sizes.

Bill tossed in a few gold

and silver coins and pulled the

bag. "This should do it." He

strings that closed the top of the

contents were

It had opened at

As Bill looked quickly

"And who might you be, standing in my cave with a sack of mine in your hands?" he asked as he started to step forward.

"I...I'm just a boy that needs money to help his mom. I haven't taken much, Mister Gunn," replied Bill.

"Perhaps so, my boy. But even that is too much. Put it back and leave or you'll be sorry that you came," said Ben.

Bill looked around for a place to run but found nothing. "What am I going to do?" he thought.

Then he saw it. A small wooden box that he recognized. The top was open, and he could see the Travel Diamond. The box was half buried in some gold coins. Bill turned and acted like he was going to put the sack back on the treasure right where the Travel Diamond

"Good boy," said Ben Gunn as he watched Bill start to place the sack on the pile of gold.

Bill seemed to stumble, and he fell forward as his hand touched the Travel Diamond. Bill looked up and found himself in his bedroom at home. In his hand was the sack, but it was empty except for a single coin.

Then he remembered he had broken one of the rules. He had touched the diamond twice in the same day.

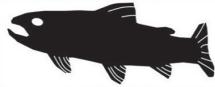
Bill put the sack under his bed and walked out of his room into the strangest place he had ever seen.

#### 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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My new Colorado cabin promised plenty of adventure. It was close to ski resorts. Hiking and mountain biking opportunities abounded. The subdivision was divided into properties connected by 60 miles of gravel roads, bordering the San Isabel National Forest. There was so much to explore from my three acres of beautiful pines, a brand new modular home, and red dirt. There was one minor drawback. The property had no electricity.

The previous owners had contracted with the local utility company to bring power in, but before work began, health issues forced them to sell. There was a small generator on site that they had used. I figured if an elderly couple could tough it out with limited power, I could too. But when acute pericarditis (inflammation of the heart lining with fluid) stopped me in my tracks late August, I was worried I might not be able to live at 9,300 feet either. I could barely breathe at sea level. Was the land cursed?

After a few weeks of feeling sorry for myself, I decided that nothing was going to deter my dream of living in the mountains again. I diligently rested, took my antiinflammatories, and plotted my permanent move. The first issue was sourcing electricity for the cabin; after all my microwave and turntable were dear friends. The utility company's proposal to bring traditional power to the property was quite expensive and there would still be a monthly bill. Instead, I hired a local company to build an off-the-grid solar system in early 2023. Then my Illinois bungalow sold in a week. All my worldly belongings got shoved into a 15 foot U-Haul so I could deliver them to Colorado. I hadn't exactly been cleared to travel by my cardiologist, but how stressful could driving a small truck across the

I collapsed on a hard mattress in a Nebraska hotel room the first evening of my trip, exhausted. Maybe it would have been better to put my things in storage for a few months. But I was too close to turn around, and the next day I fought the harsh winds of eastern Colorado all the way to my lane. Thankfully at the cabin, a crew of friends and my son unloaded the truck. Unwrapping newspaper-covered dishes and directing my helpers where to place bins became my role. Even after multiple down-sizings, boxes quickly stacked almost to the ceiling. All my bikes, garden tools and snowboards barely fit into the shed. Amid all the disarray, my palpitations worsened and sent me scurrying back to lower elevations. Unpacking would have to wait

Winterizing the cabin was the only logical choice while I endured the healing period. I was officially homeless, and bounced between family in Illinois, North Carolina and Florida. Then, over the holidays, the solar company called and said they might be able to squeeze my project in earlier than scheduled. Elated, and feeling like my old self again, I headed back to the mountains in mid-January.

Happy to leave the highways and spare bedrooms behind me, I pulled into my snowy lane with a sigh of relief. I was home. A bitter breeze tossed my hair as I fumbled with the door knob. Finally. the key turned and opened the door into a cold dark cabin. Haphazard stacks of boxes and bins surrounded random pieces of furniture. I stumbled into a steel washtub containing a blender and toaster, and stopped the fall just before my forehead

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met the sharp edge of a table.

I cleared off one couch and loaded the wood stove with newspapers and kindling by the dim glow of an old flashlight. Then I realized I had nothing to start a fire with. I scanned the bins with my flickering light, wondering which one held matches. Then my bladder announced its intentions. No toilet without running water. I scampered outside, hoping there were no coyotes ready to pounce while my pants were down. Then I ran back inside, wrapped myself in a blanket and rubbed my mittens together. Where were the darn matches?

I cursed and stumbled over various pieces of furniture and cartons as I looked for promising boxes. Suddenly I spotted a carton marked camping supplies.

I lugged it down from the top of the stack and tore it open. My hopes surged as my fingers wrapped around a package of waterproof matches nestled between expired freeze-dried meals. But they were old, and one by one, the tiny flames flickered out before catching the newspapers I'd carefully placed around the firewood. Finally the last one sputtered, then caught. Sending a silent plea upward, I carefully fed the orange flames until they danced and twirled. The metal housing clicked as it warmed. At least I'd remembered to open the damper. Stars flickered in the black sky as I quickly retrieved a frozen pillow and blanket from the car. Then I made a nest on the couch nearest the stove and watched the fire until my eyelids drifted shut.

An hour later, my numb nose awoke me. Staggering to the stove, I threw more pine onto the embers, and sipped water that was close to frozen. So began the night; dozing for an hour, throwing more wood into the stove, and chasing dreams.

That night became one of the longest I'd experienced in a long time, stoking a reluctant fire and running outside periodically to urinate. If I hadn't been so exhausted, I would have cheered when sunlight streamed through the windows.

Those first few days were a crash course in lighting pilot lights, working a generator, and starting the unpacking process. Work was slow; at the high elevation I could feel my heart begin to pound if I pushed too hard. Trudging up the small incline to my shed required extra effort as I labored to filter precious oxygen from the air. Frequent breaks became my mantra, along with keeping a steady supply of firewood near the stove. Day by day, I felt stronger and more settled as the boxes disappeared and pictures were hung. The only wrinkle in my new life, a solar project delay; the ground was too frozen for work to begin.

I settled into a new routine. In the evening, I ran the generator for an hour to take a shower, flush the toilet, fill water bottles. do a load of laundry, or wash dishes. I read library books by the glow of solar lanterns. In the morning, I gingerly crawled from warm fleece sheets and smiled at the mountains peeking through the window. After shuffling to the living room, I placed several pieces of wood and kindling over yesterday's ashes, igniting the day's fire with newspapers and a long match.

Once the fire blazed and my mug of tea warmed my hands, I cleared any fresh snow from the porch and placed the solar lanterns outside to charge in the sun. The air was fresh and clean. Sometimes I heard a coyote's mournful call echoing through the valley, or the whisper of a raven's wings overhead. I am home.

Rescue Runway by Flip Boettcher

After a three year hiatus because of COVID, Rescue Runway is back! Rescue Runway is the largest fundraiser of the year for the Fremont County Humane Society and was dubbed the "can't miss event" in Fremont County. Doug Rae, Executive Director Humane Society of Fremont County and event organizer, is very excited to once again be having this fundraiser, he said.

This year the Rescue Runway will be held at the Rialto Theater in Florence on August 26 from 4-8 p.m.

The Rescue Runway started in 2016 at a hotel in Cañon City, but soon outgrew that space, said Rae. In 2019 the event moved to the Rialto.

The Rescue Runway raises money for the cat, dog and animal medical fund at the Fremont County Humane Society, located in Cañon City. Next to administration, animal medical expenses are the highest line item in Rae's budget, he said spending almost \$90,000 per year. Hopefully this year's Runway will be the most popular. The last Runway in 2019 raised \$33,000 for the animal medical fund.

The event will feature the best Frank Sinatra impersonator Rae has ever seen in person, Derek Evilsizor.

There will be a silent auction to help raise funds and the society is accepting item donations from people and businesses to auction off, said Rae.

They also offer VIP tables in the "Slobberzone." There are 10 Slobberzone tables, five on each side of the runway running down the middle of the theater. "When a dog walks the runway and people lean over to pet the dog, it's time for sloppy doggie kisses and people love this!" said Rae.

Six of the VIP tables are already spoken

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"When a dog walks the runway and people lean over to pet the dog, it's time for sloppy doggie kisses and people love this!" said Rae.

for said Rae, they go fast.

There will be other animals besides just dogs. In the past there have been cats, ferrets, rabbits and baby goats.

Tracy and Dan Vinton of the Barn and Barrel in Florence will be providing clothing from their boutique for the models to wear as they walk the runway. Tracy will be narrating that aspect of the show, she said.

The society has several monetary sponsors of the Runway too. Dave and Lynda Lambert from Canon Signature Mortgage have been the "Signature" sponsors since the event started in 2016. No-Kill Colorado and the Fremont Vet are "Top-Dog" sponsors this year and John and Paige Elway are also sponsors.

These are a few of this year's many sponsors, said Rae, and they can always use more event sponsors.

Remember to put August 26 from 4-8 p.m. at the Rialto theater in Florence on your calendar for a chance to help the Fremont County Humane Society.

For more information, to donate an item for the silent auction, reserve a Slobberzone VIP table, or to be a sponsor for this year's Rescue Runway, contact the society at 719-275-0663 or doug@ fremonthumane.com. See you there!!!

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## Junior Achievement of Teller County Thanks to our community

by Sherri Albertson

Thank you so much to the ■ Teller County community for providing the program volunteers and financial support needed to make the 2022/2023 school year a success!

With your help, nearly 40 classrooms (elementary and middle school grade levels) and more than 1,090 students received in-school lessons in financial literacy, workforce readiness and entrepreneurship. This included Columbine and Summit Elementary schools, Merit Academy, Cresson Elementary (in Cripple Creek) and Lake George Charter School, Unfortunately, Gateway Elementary's classes were cancelled this year due to the weather.

Teachers shared great reports about how volunteers made valuable connections with the students by sharing lifelong financial literacy lessons. The students said what fun days of learning they had in their classrooms!

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

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

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



Students in a second-grade classroom learn about production methods by playing the Sweet O Donut game, and that workers who produce goods and services earn money for their work.

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

JA of Teller County is thankful to have received monetary support from companies and organizations like the Newmont Mining Company, the City of Woodland Park, Charis Bible College, VECTRA Bank, Park State Bank and Trust, IREA, Ute Pass Kiwanis Club, the Rotary Club of Pikes Peak and individual donors, as well.

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







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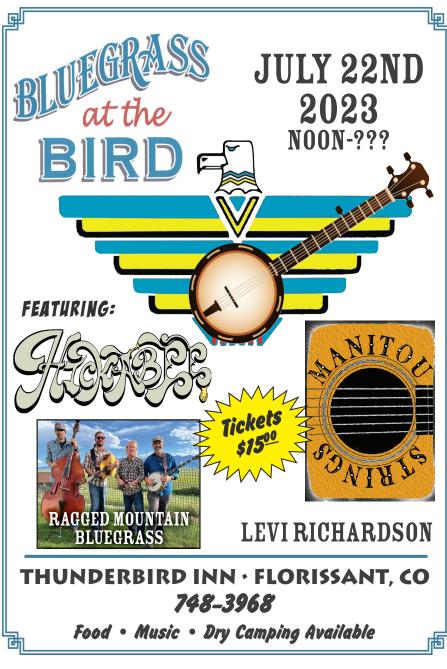
Where there is no vision, the people perish. Proverbs 29:18



Visit awmi.net/events to learn more and to register.











The front gate of the Colorado Burial Preserve with the hill in the background.

photo by Flip Boettcher

## Colorado Burial Preserve

by Flip Boettcher

Of interest to all Coloradans is the Colorado Burial Preserve and Cremation Garden located 3.5 miles southeast of Florence on State Highway 67 and one hour south of Colorado Springs. This green burial cemetery is the first of its kind in the state dedicated to conservation.

What we now call green or natural burial, is in fact, an ancient and simple rite

of laying our dead to rest in a natural environment without unnecessary waste, polluting chemicals or greenhouse emissions.

Colorado Burial Preserve, Ltd. was founded in 2020 by Emily B. Miller. Miller, who is from Connecticut, is a licensed Funeral Director and Embalmer and she settled in Colorado. While working in funeral home management, a family came to her who wanted a natural

burial after a sudden death in the family.

Unsatisfied with green burial options she found in the state, Miller decided her passion was to become a leader for this meaningful death care option in Colorado.

In late 2021, the Colorado Burial Preserve opened. The preserve is situated on 80 acres, only 65 acres of which are usable, of former cattle grazing land. It is located in a transition zone between a short-grass arid and a juniper-pinion woodland environment.

When the baseline survey was done at the preserve, dozens of different native plants were found on the property, but flanked by a significant number of nonnative invaders. They are planting over 30 different native plants in their restoration program, said Miller.

Cemetery development and Green Burial Council certification involved getting an Environmental Impact Analysis done to evaluate the ecological conditions at the preserve. As a certified Natural Burial Grounds, the preserve observes several rules and covenants that help to repair, protect and preserve the varied ecosystem on the property.

Embalming is not allowed and burial must be in plain wooden caskets, shrouds or cremated remains in urns, that are all biodegradable. "Families are invited to participate in all stages of the burial process, including the option to hand-dig, lower with straps, and fill in the grave as a physical and emotional rite of passage," from the press release.

The soil that comes out of a grave site is re-stacked after burial as it came out, leaving a small burial mound. The soil is then amended and seeded with adapted native plants which helps combat invasive

weeds. This helps build healthy soil and improves forage and native prairie habitat for migratory and native birds, animals and pollinator insects. "Your body nourishes a healthy wildflower meadow ecosystem," from the brochure.

The preserve also has a chemical-free invasive species management plan and burial density limits to help protect soil

Miller has seen pronghorn antelope, mule deer, a fox and a badger on the property, as well as capturing a big horn sheep on the wildlife camera. During the first week of October there is the tarantula migration, too.

There is a small, steep hill in the middle of the preserve with a rough dirt road going around it on the outside perimeter of the property and many hiking trails have been developed

while conserving certain sensitive areas in perpetuity. Several grave sections have been established and are uphill from the road. There will be a small outdoor chapel, a handicapped parking area and an off-grid, sustainably-built restroom facility on the preserve when fully developed. There will also be benches throughout for quiet contemplation and meditation; there are great views and one can even see Pike's Peak to the north on a clear day. There are plans for some sort of conservation easement in the future to keep the area as is in perpetuity.

According to Miller, there have been 10 interments so far, the first was from Ft. Collins. Since options for memorial markers should blend with the natural environment, one family chose a large tree round with an inscription on it. Another family chose a bird house as a marker and there is already a nesting pair of the endangered mountain bluebird species using it. One can also choose a rough stone marker as well, or some other natural kind of marker.

Each section will have a metal marker in it, said Miller, and each burial will be permanently recorded in relationship to that marker, so each site can be found.

The Colorado Burial Preserve shows the value of preserving open spaces in our communities and promotes awareness of our interconnected ecosystem.

For more information or to arrange for a tour of the preserve, contact Emily Miller at 719-280-2614 (text or call); emily@coloradoburialpreserve.com; Colorado Burial Preserve, Ltd. P.O. Box 667, Florence, CO 81226; or www.ColoradoBurialPreserve.com.

## \$11.1 million in restoration work in Colorado

by Steven B Hall

As part of the President's Investing in America agenda, the Bureau of Land Management will invest \$11.1 million from the Inflation Reduction Act for the protection and conservation of wildlife habitats and recreational opportunities on public lands in Colorado. This funding will be focused in two landscape areas called the San Luis Valley and North Park Restoration Landscapes.

This funding is part of the BLM's announcement to invest \$161 million in ecosystem restoration and resilience on the nation's public lands. The work will focus on 21 "Restoration Landscapes" across 11 western states, restoring wildlife habitat and clean water on public lands and strengthening communities and local economies.

These investments follow the release of the Department's restoration and resilience framework to leverage historic investments in climate and conservation to achieve landscape-level outcomes across the nation. The Department is implementing more than \$2 billion in investments to restore our nation's lands and waters, which in turn is helping to meet the conservation goals set through the *America the Beautiful* initiative.

"BLM's North Park Restoration Landscape will revitalize habitat for greater sage-grouse and big game, improve water quality, and increase land productivity through partnerships with agriculture and the local community," said BLM Colorado Director Doug Vilsack. "The San Luis Valley Restoration Landscape will enhance riparian ecosystems like Blanca Wetlands and lands along the Rio Grande, increasing hunting, fishing, and other outdoor recreation opportunities."

Ecologically critical wetlands and

riparian areas provide habitat for numerous birds and federally listed species, and the San Luis Restoration Landscape Area is sacred to a number of Tribes. Investments in restoring this landscape provide a unique opportunity for the BLM to conserve and restore wildlife habitat and fisheries, improve hunting and fishing opportunities, and foster climate resilience while benefiting historically underserved, disproportionately impacted communities. Projects will protect cultural and historic resources, expand recreational uses, and manage fuels and water resources at the headwaters of one of America's great rivers, the Rio Grande.

# President Biden's Investing in America agenda is growing the American economy from the bottom up and middle out...

The landscape of North Park is one of the best places in the state to visit and experience core sagebrush habitat. These sagebrush communities, home to one of the largest wetland complexes in Colorado, are at high elevations that are more resilient to impacts from a changing climate. The landscape boasts critical winter range and migration corridors for big game, and numerous culturally significant sites, including the Northern Ute Trail. Investment in aquatic, riparian, wetland and terrestrial habitat improve-

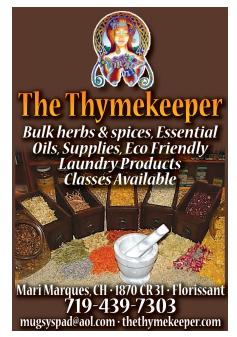
ments, fuels reduction and invasive species management will preserve historic and cultural sites and enhance recreational opportunities.

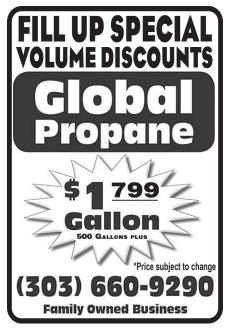
Efforts in these restoration landscapes will improve the health of public lands that are being significantly degraded by invasive species, unprecedented wildfire events, unregulated use, and climate change. With these investments, landscapes will be better able to provide clean water, habitat for fish and wildlife, opportunities for recreation, and will be more resilient to wildfire and drought.

Resilient public lands are critical to the BLM's ability to manage for multiple use and sustained yield. Once-in-a-generation funding from the *Inflation Reduction Act* will be directed to landscapes where concentrated, strategic investment through partnership can make the most difference for communities and public resources under the BLM's management.

President Biden's Investing in America agenda is growing the American economy from the bottom up and middle out — from rebuilding our nation's infrastructure, investing in nature-based solutions, and driving over \$470 billion in private sector manufacturing and clean energy investments in the United States, to creating good paying jobs and building a clean energy economy that will combat climate change and make our communities more resilient. The funding announced today complements the \$800,000 of funding these areas have received from the *Bipartisan Infrastructure Law*.

Learn more about the BLM's restoration landscapes at https://storymaps.arcgis.com/stories/6966af5d6f584f8b80f102d391671a3f







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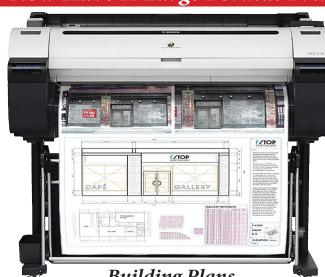
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Communication is key so that the operation runs smoothly and injuries are prevented.

## Combining efforts for maximum impact!

by Coalition for the Upper South Platte

rews from CUSP and the Mile High Youth Corps (MHYC) are working on forest health projects in Green Mountain Falls. Together our two organizations are helping create a wildfire break on the hills surrounding the town. A combination of grants has made this possible. CUSP is working on a Forest Restoration & Wildfire Risk Mitigation grant from the Colorado State Forest Service. The Mile High Youth Corps is fulfilling a grant to the town from the State of Colorado, Colorado Wildfire Action Program.

To improve the effectiveness of the ongoing work, CUSP received a grant from Fire Adapted Colorado to train the MHYC crew leaders. CUSP foresters Adrian Knight and Jeff Tienken spent three days in the field training the leaders in planning and executing safe and efficient projects. When it comes time to cut trees, the experienced foresters shared pointers on how to direct the tree fall, safely evaluate the tree before cutting, and tips to let the saw do the work and resist fatigue from forcing the cut.

The combined efforts of CUSP and MHYC are essential to assess and treat the thick forests on the steep slopes above

## *In 2023 CUSP will celebrate* our 25th year! A look back at our history.

In 2012 CUSP and the US Forest Service completed an extensive river restoration project in Happy Meadows and Sportsmen's Paradise, northwest of Lake George. The project planning began in 2007, and work started in 2011. Approximately four miles of the river were restored to reduce sedimentation and improve fish habitat.

The US Forest Service Rise to the Future Award recognized the project. This is the top award given nationwide to projects related to aquatic habitat projects.

CUSP has been back at Happy Meadows, working with the Forest Service on additional improvements to reduce the negative impacts of increased recreation on the site. Parking areas have been improved and defined with barriers to eliminate vehicle access directly to the river. Erosion control has been improved. Later this year, vault toilets will be installed for the convenience of the visiting public, reducing the "ick" factor in accessing this

## **CORE Electric Cooperative** announces grant recipients

by Amber King

ORE Electric Cooperative is pleased to announce its 2023 education grant recipients. Each recipient will receive \$2,000 to help with higher education expenses. Since 1988, CORE has awarded grants to graduating high school seniors who plan to continue their education. This year CORE awarded grants to five recipients from each of the seven director

- Marisa Bracke, Castle View High School • Ben Harriman, Douglas County High
- Evan B. Himes, Ponderosa High School • Julianne McCollough, D'Evelyn Junior/
- Senior High School Kristen O'Leary, Rock Canyon High School
- Bailey Hennes, Conifer High School • Nikki Cowan, Castle View High School
- Hailey Coggins, Colorado Early Colleges Inverness • Kendall Eurick, Conifer High School
- Benjamin Vanourek, Chatfield Senior
- Adam Lanucha, Woodland Park High School
- Makayla Newcom, Woodland Park High School · Avery Larsen, Woodland Park High

• Anna Way, The University School of Colorado Springs

High School

· Aidan Wegmann-Hoel, Woodland Park

- Cole Stanley, Castle View High School • Kenzie Sijelmassi, Douglas County High School
- Morgan Shirer, Ponderosa High School • Beckett Fleet, Douglas County High
- School · Channing Bower, Douglas County High School
- Charles Mosby, Grandview High School
- Hayden Woodruff, Mullen High School • Lauren Stucky, Ponderosa High School
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- · Emily Michel, Cherry Creek High School • Maya Sobolevsky, Regis Jesuit High School
- Heidi Price, Byers High School • Peyton Witzel, Weld Central High School
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- Keira Bennett, Chaparral High School
- · Zachary Absher, Legend High School • Emily Katzer, Colorado Early Colleges

More information can be found at https://core.coop/my-community/corecommitments/education-grants/



Tthink we can all agree that exercising **L**regularly can positively affect us in a physical way through:

- Increased strength
- Improved cardiovascular endurance
- Decreased risk of multiple chronic
- Enhanced mobility, agility, balance
- Decreased risk of falls

Acknowledging the positive effects exercise can have on our mental health is equally important. Consistent exercise has

- Release feel good endorphins
- Create a sense of accomplishment
- Increase adherence to exercise programs
- Optimize cognition - Increase productivity and enjoyment in life... and more.

Oftentimes, depression is one of the biggest hurdles people face in achieving any goal. In fitness, it's easy to fall into a

- Feeling uncomfortable in our body
- Knowing we need to exercise more

negative cycle:

- Planning to exercise more - Lacking the motivation or time to follow through
- Feelings of disappointment in having somehow failed

The opposite is true, as well! If we can just take that first step and get through that first attempt. The first workout, the first week, the first month will bring us closer to our goals, changing how we feel within our bodies and in our minds. When we feel good physically it's easier to feel positive about life.

The young mother, the bread winner, the small business owner, the injured and chronically ill are a few examples of people who may have a hard time beginning a new fitness routine! Personally, I can relate to many of these examples and am reminded of my own experience.

In the early days of fitness, gyms were mostly a place for men, big and intimidating men. Arnold Schwarzenegger type guys dominated the Venice Beach crowd in California. Eventually, women began to infiltrate the gym scene. Much to the dismay of the male-populated bodybuilder gyms like the one I worked for, room was made for the incoming female fitness enthusiasts. Aerobics studios and childcare were added to many venues.

This transition began in the early '80s around the time I had learned I was pregnant with my first baby. My daughter's daddy was an extremely athletic and fit

guy who worked out at one of the very male oriented gyms.

Pre-natal exercise was frowned upon during that time, but during an OB visit that concept changed for me. I was worried that I might gain too much weight and never lose it. I left that appointment with a new enthusiasm for life. I had my doctor's blessing and the confidence that I could and should exercise. Fitness began to be an important part of my pre-natal care and my mental health care. We call it self-care these days.

My pre-baby workouts included watching exercise shows on TV. Primarily, I enjoyed watching Jack LaLanne and Richard Simmons which ran back to back. I did crunches, squats and stretched.

My weight gain was normal and my post baby weight wasn't too bad. No babies were harmed in any way, contrary to what other moms had warned.

As is the case with most new moms, reality kicks in the minute you're handed that baby. Life now revolves around that tiny, cranky, silly, adorable little kid. Not much time is left for exercise! Depression sets in for many new moms, which was the case for me. Once again, I found myself in a funk.

One day while heading to a family picnic my life was changed. We drove past an iconic billboard. I've looked at that Coppertone model lying on top of that surfboard being held up by those two very cute and tan guys, many times. This day was different, though. Without realizing, I spoke my thoughts and said out loud, "I wish I looked like her!"

What happened next changed my life. My husband looked at me and in a very stern voice said, "Don't ever wish you were somebody else! If there's something about you that you want to change, then change it!"

The next day I not only began a new phase of my life in fitness, I overcame a huge fear when I stepped into a real gym for the first time. A gym mostly filled with men, no friendly greetings at the door, no instruction on how to use the equipment or gym etiquette. But I stuck with my new routine and eventually, my whole outlook on life began to transform.

Within weeks, I went from hiding in the back of the aerobics class to hoping the instructor would choose me to demonstrate a section of the routine in front of the class. If it weren't for my ex-husband giving me

that talk, I'm not sure which direction my life would have gone. I don't think he has any idea what a gift he gave me that day. In last month's issue of *Ute Country* 

*News* something really caught my eye. "Monkey See, Monkey Do" written by our editor Kathy Hansen. This article/



challenge really spoke to me. It was based on the concept of bringing out the good in others by doing good ourselves. Challenge accepted!

In this month's Fitness On the Mountain, I want to help spread the Monkey See, Monkey Do Challenge within the fitness community but, couldn't quite put my finger on just how to do that.

I put the idea out to a few people who I greatly respect as having a servant's hearts and this is what immediately came back from my friend Debi Blackwell. It didn't take long for Debi's servant's heart to come up with the perfect idea for this article, "Encourage your readers to consider reaching out to others with physical activity rather than with a meal. For example, when the reader is aware someone is going through a tough time, offer to meet the individual for a walk or hike."

Debi goes on to offer more ideas on acts of kindness we could share within fitness and movement, "Readers could be encouraged to offer transporting a friend to Pilates, a local gym, a dance class, etc.'

The intro to this month's *Fitness On* The Mountain was born with this very simple truth: Getting inside a place is often the hardest step!

What a difference my first days in a gym would have been had I been greeted with a friendly smile or given a tour of the facility. A mini session on proper use of equipment would have helped me immensely.

That experience didn't stop me as it likely did others. As a matter of fact, I grew from that experience and I used it to help others. My personal mission as fitness professional became:

Every person who leaves this gym, my class or personal training session will walk away having had a positive experience. No person would ever walk through the

doors without: 1. A friendly greeting

- 2. A tour of the facility
- **3.** An appointment for a free training
- 4. An initial workout program specifically

gyms were mostly a place for men, big and intimidating designed for the individual. Many people just aren't in a place mentally to take that first step of entering a fitness facility or dance class, etc. The thought of all those fit people in tight fitting workout clothes while, inspiring to some, may send others running the oposite direction.

Flashback: Jane Fonda eotards, leg warmers and

Imagine a world where inviting people to a Pilates class, to walk with you or to explore the beauty of nature could be life changing

I laid awake the night before I was to submit this article and since I wasn't sleeping, I decided to look over my article one more time. Apparently, I had last been on Facebook and when my eyes adjusted to the light being emitted from my phone, I saw a special post.

A young mom had posted anonymously, about needing help. She was depressed and feeling badly about herself. Reading through the comments it was heart-warming to see the support from our community. She had grown herself a tribe! Of course, it was God's intention that I see that post before I submitted my article. It is a perfect example for the message I was hoping to share this month.

I hope you all are inspired by this and share this article with your friends and family. Who do you know that might need a little nudge? Who might just need to know someone cares or understands?

If our experiment goes the way I think it will, that one person might gain an opportunity to change a negative cycle they might have fallen into. Your invitation or offer has the opportunity to enhance lives in so many ways. In addition to being more physically fit your simple act has the ability to:

- Create a snowball effect of copy-cat style wellness
- Improve health and wellness
- Provide the benefits of companionship • Provide a positive social experience

Whether you are the giver or the receiver of an act of kindness, I'd love to hear your story

For more info on fitness, wellness and movement or to submit your "Monkey see, Monkey Do" stories, email: lorimartinfitness@icloud.com

www.DNAVibe/lorimartin 15% discount LMF-10 pws.Shaklee.com/lmfitness

Move...Heal... Live





arm-Fresh Vegetables, Meats, and Eggs, Fresh-Cut Flowers, Fruit from the Western Slope, High-Altitude Nursery Plants, Mushrooms and Microgreens, Cheeses, Salsas, Jams, Vinegar Shrubs, Pickled Vegetables, Pastas, Freshly-Baked Breads and Pastries, Food Trucks, Coffees and Specialty Drinks, Lemonade, Popcorn, Artisan Crafters, Weekly Live Music, Educational emonstrations and much more! Something new every week!

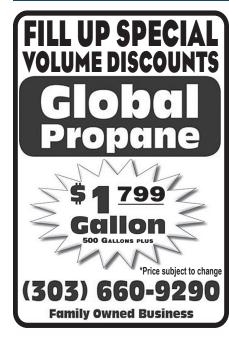
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# ROB'S RIDE



July 15, 2023 VILD SPIRIT Guffey, CO





## Funky Little Theater Company at the Butte

Are you seeking entertainment this summer? I highly recommend you check out the Funky Little Theater Company at the Butte Theater in Cripple Creek

We attended *The Girl of the Golden* West production directed by Sonja Oliver, last month with a few friends, much to our delight. This incredibly talented crew can sing, dance, and act like the professionals they are. We were easily drawn in to the storyline of miners of the old west. It was a treat to completely be transported in time to another reality of believable characters that captured our hearts and minds.

The crowd is encouraged to participate olio style, guided by the flexible fingers of Music Director Annie Durham, as her notes indicate when to boo, hiss, applaud or woohoo! Hats off to the stage, set design, and costume team whose creativity readily assisted our suspension of disbelief. Be sure to watch the entire stage as each actor remains in character, even when they have no lines, so be aware of who might be peeking through a window or slugging back a bottle. Every nuance



The cast of The Girl of the Golden West.

This summer you can also enjoy "We Following the play was a series of songs Will Rock You" by Queen and Ben Elton. that were re-written but will be very famil-A special production for the youngsters is "The Stinky Cheese Man and other Fairly iar. The cast belts out these tunes as they dance about the sub-plot, which is hilari-Stupid Tales" runs Saturday mornings. ous! No need for a face-lift after this show, To see all the shows offered visit https:// buttetheater.com/

## you'll be smiling from ear-to-ear! Bravo! Guffey School's Pie Palooza a huge success!

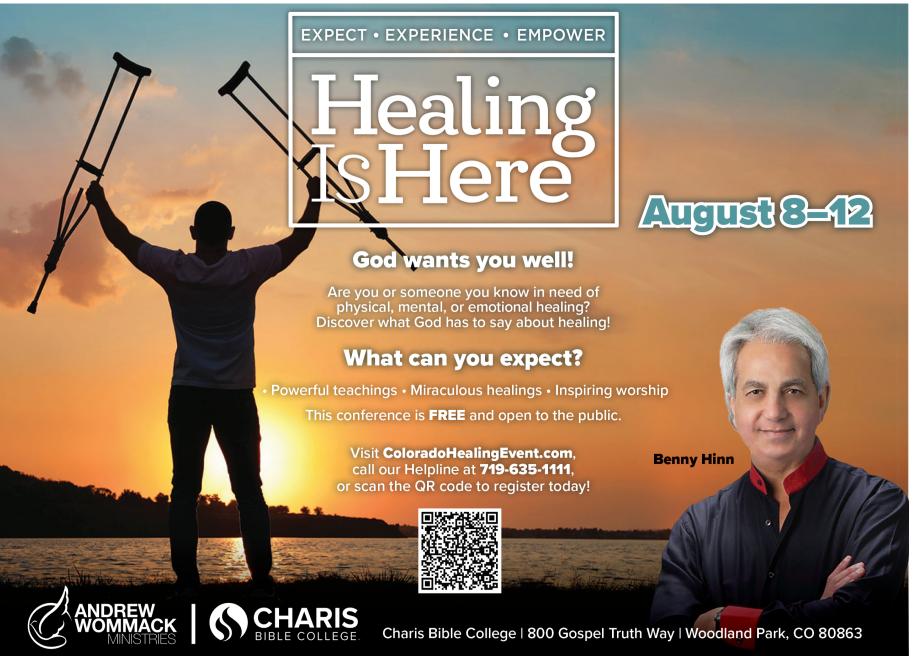
adds to the overall performance.

**D** ain, shine, sleet, or snow the Pie Palooza auction. While the judges are tasting the Tmust go on. Guffey Community Charter School's annual Pie Palooza fundraiser was held on May 11, 2023. The event includes a melodrama put on by the students, pie judging, pie tasting, and finally an auction. "It's an event with a play, bidding, and PIE," declared Marius Robinson

Kacia Snider explained how the Pie Palooza works, "Everyone brings in two pies. One is for judging and one is for the pies, you can watch a cute melodrama." This year's melodrama was In a Pickle at the Pie Palooza written by Alexi Alfieri, a former Guffey teacher. "Every kid has a part," added Marius Robinson complete with a narrator, a sheriff, pie sisters, pie super heroes, pie villains, and sign holders. "To get ready for the play we practiced a lot. We practiced action, reaction, and expression," remarked Maddox Snider.

Unfortunately, due to the unprecedented amount of snow that fell that day, we were short three students. However, three parents gladly volunteered to stand in for the roles of the missing pie heroes. "My dad was in the play," added Maddox Simmons.

"The Pie Palooza is an exciting fundraiser," declared Kacia Snider. "This was the best Pie Palooza ever!" added Archer Simmons. Please plan to come join us





## Life-Enhancing Journeys How to deal with passive-aggressive behaviors - part II by Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII

In the previous month's article, passive-Laggressive (PA) behavior was explained. With the information shared, hopefully, you have a better idea as to how to identify the behavior. This month's article will focus on what to do when interacting with a person who exhibits passive-aggressive traits. Here is a brief review.

While anger is generally experienced as an uncomfortable emotion, the PA person is unable to directly express their anger and seems to derive satisfaction from frustrating others, hence the label of the behavior as "the angry smile." If your interactions leave you feeling confused, like you have been on an emotional roller coaster, chances are good you may be dealing with PA behavior.

Interacting with someone who acts in a PA way can be complicated. Remember that PA behaviors are a tactic of someone who is angry, and feels misunderstood, yet is scared to express themselves openly. Being firm, direct, and honest in your responses while establishing boundaries can help hinder the PA cycle. Traditional communication and problem-solving skills rarely work with PA behavior. Understanding what motivates them may help you to find more creative solutions. Oftentimes this requires you to step outside your comfort zone to engage in a different way with them.

Recognizing when a person is using PA behavior might help them understand that you are on their side. If they are open to it, they may find more effective ways to express themselves, if not to everyone, at

#### Strategies to handle people who exhibit PA behavior

- Identify the reward. What does the person who uses PA behavior hope to achieve? Do they get something they want? Do they spew anger onto you so they can feel better? Do they intensify conflict to make you look bad? Is their goal to undermine your efforts so they look better? Are they looking for others approval? Does it make them feel more powerful or in control? Answering these questions might give you some clues as to what lies beneath their actions. The hope is that the PA approach may decrease if the behavior is never rewarded.
- Refuse to provide the reward. You may wonder, "What makes such mean-spirited behavior rewarding?" The answer can vary, however, most commonly, the PA behavior can provide the person with the illusion of power by controlling others. Never reward bad behavior. For instance, when a family member gave me a sarcastic, back-handed compliment about how I looked, I exaggeratedly responded "Oh, that's so kind of you to say! I really appreciate the praise!" as if it were a true compliment. This would make the person exhibiting PA behavior believe that they were unable to embarrass me, they got no reward, which may reduce the behavior in the future.
- Never give In. Tell them explicitly what you expect from them then point out if you notice them trying to use manipulative tactics such as sulking, eye-rolling, or raging to get out of taking responsibility. Once they realize that you are calling them out on the PA behavior, it is less likely that they will try to manipulate you again because you challenged them the last time.
- Avoid getting angry. Often the intention of PA behavior is to escalate conflict

in such a way that you look like the aggressor. Those who use PA behavior are very skilled at pushing sensitive buttons especially if the person acting this way knows you well. If you believe that the individual is trying to intensify the encounter, then work at becoming calm, almost to an extreme. The more peaceful you become, the more ridiculous their behavior will appear. Plus, you are preventing them from spewing their anger onto you or blaming you for starting the argument. If you get angry, you are signaling the person using PA tactics that

they got to you (which is their reward), so avoid getting irritated. If you talk to them when you are angry, they can interpret it as verbal abuse, hence you become the one who is bullying. Remember, they see themselves as the victim. Never give them any reason to accuse you of bullying.

- Avoid demanding that they talk to you about what is going on with them or try to get them to admit what they really feel. This is a win/lose scenario. The only battles you can win focus on what is happening within you and how you respond.
- Speak their language. People who use PA behavior often believe their thoughts are pure, their motives are selfless, and all their mistakes are caused by someone else misunderstanding their true intentions. Phrase comments in a way that recognizes their view of reality. Instead of criticizing the behavior, acknowledge that you understand they were doing their best, then ask them if they would consider talking to you more clearly so you can get what they are saying.
- Be direct and reward the behavior you **prefer.** Be explicit about what you expect from them. To accomplish this goal, be very clear about your expectations and never let them guess what you are asking of them. Tell them in exact detail what you want then praise them when they do it (positive reinforcement).
- Consequences of behavior. Their PA behavior can cause problems for you so it is important that their actions create consequences for them too. There need to be consequences for unacceptable behavior. When someone's PA behavior interferes with something you are doing, stop doing it. For example, if you ask for help doing the laundry and they react in a PA manner, stop doing their laundry. Or, when someone is trying to get attention through PA behavior, ignore them or tell them you will talk to them when they speak to you respectfully. If you determine that the person is unreceptive or if they are antagonistic, walk away.
- Sometimes it may not be possible to completely walk away. Allow yourself to set rock-solid limits clearly saying, 'Stop!" (in a firm, yet calm voice) or "I refuse to discuss this." Many people who use PA methods consistently, especially the malicious ones, count on you being "too" nice. Instead, standing strong may lessen this behavior towards
- **Ignore the excuses.** Pay attention to actions, not words. You cannot control



response. The best you can do is to be clear about your expectations. Before reacting to these tactics which may trigger you into saying something you might regret, always pause and give yourself a breath, to maintain a calm

- Choose your words carefully. The words you choose are powerful and can either de-escalate a situation or resolve the problem. Avoid becoming the "bad guy" by maintaining a civil demeanor. It can be helpful to practice role-playing, write yourself a script or practice hearing the words in your head.
- One-down approach. Make statements such as "Maybe I'm wrong" or "I don't know but..." while looking confused. With the one-down approach, you are seemingly at a disadvantage which tends to catch the person using PA behavior off-guard. The one-down approach leaves room for disagreement, which in the case of a PA person, may require them to take a stance or clarify their position. If you point out their angry behavior, you may get an escalation of emotion or an emphatic denial, "No, I'm not!" Instead, consider saying "Maybe I'm wrong, but I'm thinking that you may be angry. Is that true?" This approach will either get a response of "No, I'm not" or an explanation. This allows you to then respond with, "Oh, okay, I guess I was wrong" which prevents the escalation of the aggressive side of this behavior.
- Consider making a statement as if you are confused such as "I'm unsure if I heard you accurately? Did you just make an assumption about me?" or "It sounded like you just asked me a very personal question. Did I hear you correctly or did I misunderstand you?"

• Active listening. This method requires

- you to listen intently to the other person, show an interest in what they are saying, and reply once they are finished. When you respond, restate their comment. For example, "So, are you saying I am lazy because I didn't wash the dishes yet? Did I hear you correctly?" Notice that you are simply restating what was said vet doing it in such a way that compels the person to take responsibility for their statement. In addition, the active listening technique reduces acting on assumptions. If you mistake the statement for PA, this technique allows you to clear up any misunderstanding prior to further discussion.
- Finally, this method allows you to constructively confront them with respect once you have clarified their intent, "I am feeling hurt that you find it necessary to point out what you think I need

to do. Did you intend it to come across as criticism?"

- Laugh and agree technique. This approach ignores the sarcasm because you refuse to participate in the conflict. For example, when a co-worker is engaging in PA behavior, sarcastically criticizing you for arriving late to work, they say, "Must be nice to sleep in" and you respond "I wish that were true; I had a family, medical emergency..." completely negates the sarcastic criticism. 'You look interested for a change." Saying "thank you" can neutralize a sarcastic or backhanded insult.
- Questioning technique. Questioning the PA behavior requires the person engaging in it to justify and support their statement. Try using the questioning technique in a way where it is done with genuine interest.

#### Possible questions:

- "I'm trying to understand what your point is for saying that?"
- "That's interesting. Can you tell me more?
- "What did you mean by that?" "I'm unsure I understand - please ex-
- "What are you trying to do?"
- Direct confrontation. Sometimes you might decide that directly confronting PA behavior is the better path. This is especially true when you know that the behavior is intentionally hurtful. For instance, say, "I feel insulted. Is that your intention?" can be effective for counteracting comments that are hurtful or rude. They rarely will respond if their intention is truly malicious. If they tell an offensive joke, consider directly saying, "Jokes like that are rude and not funny to me."

These methods offer some tools to help you understand and work with people who use PA behavior even if it is unable to solve all the problems. Practicing these approaches will help you to feel empowered and more prepared when encountering this type of behavior. Be patient with yourself because it will take time to identify these interactions and learn to be more effective with people who use PA behavior, however, it will be worth the effort.

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.

## ~OUT AND ABOUT~

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

#### **AVAILABLE VIRTUALLY**

- namicolorado.org/
- Suicide prevention: https:// suicidepreventionlifeline.org/

## **CAÑON CITY**

### have tutors available to help for FREE!

- · B.O.O.K. Babies on our Knees Monday 10:30 a.m • Break out box 2nd Friday each
- month 3-4 p.m. · Cañon City Garden Club
- meets 4th Saturday each month 1-2:30 p.m.
- Chess Club Wednesday 2 p.m. Creative Crafting (different craft each month) 3rd Friday
- each month 3-4 p.m. • Cribbage Club Fridays 10 a.m.
- Lego Club 1st Friday each month 3-4 p.m.
- Metaphysical Group every Saturday 10:30 a.m. New Neighbors Genealogy 1st
- Story Swap Book Club 1st and 3rd Tuesday 3-4 p.m. Summer Learning Program
- Thursdays 2 p.m.
   Face Painting Tuesdays 11 a.m. All at 516 Macon Ave. FMI 719-269-9020 www.ccpl.lib. co.us

## **CRIPPLE CREEK**

meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.

## ASPEN MINE CENTER

- Tuesdays BINGO 10:30 a.m. for seniors.
- · Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, FREE!
- · Thursdays Mexican Train 10:30 a.m. for seniors FMI 719-689-3584 x124.

## DIVIDE

7. 21 Teller Senior Coalition BINGO 10-11:30 a.m. at Little Chapel Church 69 CR 5. RSVP 719-687-3330 ext

6. Call to set up a ride 719-

10, 24 Little Chapel Food Pantry and Pet Food Pantry distributions 2-5 p.m.

#### OLLA TERVE HEALING ARTS STUDIO

 Yoga with Aromatherapy and Sound Bath every Tues. Thurs., and Sat. 10-11 a.m. (no yoga July 8) Register online www.OllaTerve.com or pay cash at the door.

 Healing Sound Bath every Wed., 6-8 p.m. Pre-registration is required www OllaTerve.com FMI 719-323-5957

#### **FLORENCE**

- 8 Night at the Museum held at Florence Pioneer Museum and Research Center 100 F Front St. 5-7:30 p.m. There will be a display on the farming and ranching of the Fremont County area. Sherry Skye Stuart will be available for book signing of all her books. Joey Lippis will be on hand to discuss how his family made an impact or farming in the area. Light refreshments, wine, coffee and water will be served. \$10 per person. FMI www.florencepioneermuseum.org.
- 8 Second Saturday showcases the upcoming Fremont County Fair, photo opportunities, and a tik tok challenge. **28-Aug 5** Fremont County Fair 6655 SH 115. FMI https://
- fremont.extension.colostate edu/fremont-county-fair/ Summer Reading Program Thursdays 10:30 a.m. at the Farmer's Market in Pioneer
- mont Library. • Grab N Go bags available on Tuesdays at John C Fremont

Park through John C. Fre-

#### **FLORISSANT** 7 Guayusa Dream Tea Cer-

emony with Itzhak Beery

7-10 p.m. at The Sacred Earth Sanctuary 633 Valley Rd. Fee \$60. In this specia traditional ceremony, we honor the Guayusa tree spirit with changes, songs and music. Bring a matt for lying on the Earth, sleeping bag or blankets, pillow, lawn

#### GRANGE

ing-events

- 8 4-H Expo. All chapters of 4-H in Teller County will articipate and display their best or most fun project. Please come out and support all the local 4-H clubs and their hard work with difficult projects, like raising animals wing, cooking and more This is a free event where the 4-Hr's get to display and demonstrate what they do
- and learn through 4-H. 11, 25 The Florissant Grange Quilt of Valor Guild meets the second and fourth Tues day 9-12 p.m.
- 29 Florissant Heritage Day at the Grange Hall and all around Florissant. Join us at the Grange 9-3 p.m. for crafters and vendors, the Teacherage Museum will be open, hot dogs and brats, ice cream and more fun. Also visit Pikes Peak Historical Society Museum for the museum and demonstrations. The Florissant Cemetery will have the annual cemetery walk to discover the famous historic people in our cemetery. The Fossil Beds National Monument will be open The Hornbec Homestead will be waiting for you to explore Come see us at the Florissant
- Florissant! • Every Thursday Potluck and Music 6-8 p.m. All are FMI 719-510-2325.

Grange and all the events in

## LIBRARY

- Clowning Around with Daisy Mae Special Storytime 10 a.m
- 12 Florissant Bookworms Book Club 10:30-12 p.m. 13 Free Legal Clinic 2-5 p.m. at
- Florissant Library. Call 719-748-3939 to sign-up. 14 Tarot Club 3 p.m. Teens and up are welcome to join this group
- 15, 22 Family Escape Rooms -
- 18 Read Amok Book Club 19 All Day Family Crafts 20 Speech Bubble Book Club

## chair and water. FMI www.

- **26** Vitalant Blood Drive 11:30
- Tuesdays Tai Chi 10-11 a.m. Come relax with us!
- us from 1-2:30 p.m. · The second and fourth Tuesday of each month join us for Hooks and Needles, an
- The third Wednesday of each month join us for Crafting Together, a club where we finish our abandoned art
- The fourth Saturday of each cle! Meet and make friends with ease.
- Fridays Storytime with Ms. Beth at 10 a.m. followed by
- for times and activities! Summer Reading goes through July 31. Each sign-up gets a free book and there are grand prizes at each age level, even adults! Sign-up in person at either library or online. FMI 719-748-393

- - FMI 719-748-3968.

- and learn all things tarot.
- sign up for a time slot! (See
- themed "Academia". Bring a book to share! 11-12:30 p.m. 1 p.m. Read and share in the

#### love of comic books, graphic 26 Rocky Mountain Rural

- 21 Friends at the Table Cookbook Club, theme is "Pizza"
- Thursdays Yarnia! 10-12 p.m. • The second Wednesday of each month is Thumbs-Up Movie Club. Be a critic with
- additional club for crafting! 10-12 p.m.
- projects 10-11:30 a.m.
- month, join us from 10-11:30 a.m. for our Adult Social Cir-
- Reading with Charlie the dog! Friday Family Fun Fridays -
- Check the Library website

#### THUNDERRIRD 1 Blue Recluse 3 p.m

- 22 Bluegrass at the Bird noon-Featuring 4 bands. 29 Tony Luke Band 6 p.m.

#### **GUFFEY** LIBRARY

- 3 Walking, Talking Threads 12:30-3 p.m. Meets every first Tues of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochet, knit, and talk away
- 12 Friends of the Guffey Library Meeting 1 p.m. Come and become a member.
- 15 & 18 Guffey Library will be holding the annual Summer Reading Program 9-10 a.m. We will be doing activities for children. Please contact

- us or come by to sign up
- Health Outreach 11-2 p.n Weather permitting, RMRH representatives will be offer ing free health screenings sound financial medical advice, free clothing and much more!
- 31 Guffey Literary Society 1-3 p.m. Book choice for July discussion is *The Lincoln* Highway by Amor Towels The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join. FMI 719-689-9280 or Guffeylib@parkco.us

#### HARTSEL

· Country Church of Hartse meets at the Hartsel Com munity Center 80 Valley View Drive 10 a.m. Sunday Everyone is welcome! FMĬ call Jimmy Anderson 719-

#### **JEFFERSON**

- 1 JCC is hosting a commu nity all-you-can-eat pancake breakfast! Price is \$10 for adults. All proceeds benefit the operation and maintenance of the historic buildings in Jefferson JCCA is selling peaches again.
- Our supplier is C&R Farms in Palisades, CO. Price is \$27 per 10 lb box, \$43 per 18 lb box. Peaches will be delivered Aug 12. Order blanks available at Jefferson Market, Jefferson Realty Office and Como Post Office FMI Carol 719-836-1430 or Deb 303-838-7491. All proceeds benefit the operation and maintenance of the historic buildings in Jefferson.

#### **MANITOU SPRINGS**

- 3 Ice Cream Social and Pie Baking Contest 5:30 p.m. i Soda Springs Park. Sign-up for our Pie Baking Contest and bring us your best two pies! https://manitousprings org/ice-cream-social-and-piebaking-contest/
- **29** Day of Friendship and Vintage Baseball 11 a.m. in Fields Park. Join us for a vin-

## tage baseball game, followed https://manitousprings.org/day-of-friendship/

## **VICTOR**

- 13-16 Gold Rush Days see
- 16 Sound Advice plays at Gold Rush Days 2:45-4:15 p.m. New Gold Camp Adventure Tours Saturdays FMI visit

VictorMuseum.com or 719-

- 689-5509 for dates/times. Spirits of Sunnyside Cemetery Walking Tours available 1st and 3rd Saturdays, weather permitting. FMI VictorMuseum.com.
- · Stranger Side of Victor History 1st and 3rd Saturdays FMI VictorMuseum.com
- Victor Lowell Thomas Museum open 9:30-5:30 p.m. FMI VictorMusuem.com or

#### WOODLAND **PARK**

- 4 Senior Center Pancake Breakfast at the WP Senior Center, SE corner of Pine St and Lake Ave 8-11 a.m. Star off your July 4th celebration with a bang! All you can eat fluffy pancakes, scrambled eggs, sausage, fruit and the best biscuits and gravy around, it is the best bang for your dollar! Your hometown eniors will be decked out in red, white and blue as they flip pancakes and scramble eggs, to be served up with sausage, biscuits and gravy juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. Our open-to-the public event helps to suppor of the WP Senior Center. We appreciate the support of each one of you! Mark your calendars and plan to join us on this special celebration!
- 4 Old Fashioned 4th of July Celebration in Memorial Park 9-3 p.m. There's a fish ing derby (9:30 a.m.), sack races (11 a.m.), flag raising (around noon) watermelor eating contest (2 p.m.), games at different vendor booths, food, beer and music! It's a huge celebration
- continued on next page

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## LAST CHANCE ANTIQUES **Unusual Treasures** 1395 MAIN STREET - GUPPEY - 719\_689\_3291

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## MUSIC LESSONS Violin, Beginning Guitar



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# FMI Erin@cpteller.org

- community to connect.
- 11-1 p.m. Veterans, Military personnel, First Responders and their families are invited • FREE Yoga with Lean Wednes chicken and waffles! FMI 25 School Readiness Screenings
- screenings and assessments, includes motor, cognitive, Michelle@cpteller.org. language and social-emotion- Pearson VUE Testing Cente Mondays 10-7 p.m. (Closed al screenings; hearing screenings; and school readiness sment for children ages

- 1 month-5.5 years. Walk-ins welcome. FMI Jackie@ cpteller.org
- Career Center 12-4 p.m. Tuesdays & Thursdays (closed July 4). Pikes Peak Workforce Center can help with job searching, resume assistance and unemployment applicaions. Walk-ins welcome.
- 8 Family Café 9 a.m.-12 p.m Mon through Fri. (closed Jul 4) Enjoy coffee, Free Wifi, a Kid's Corner and a space to congregate free of charge for parents and caregivers in our
- FREE Yoga with Leah Mondays 10-11 a.m. First come first served, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.
- days 5-6 p.m. (no yoga July 12 & 26) First come, first served, doors lock at 5 p.m. Bring your own mat and props. All levels welcome. FMI
- June 19) Schedule your certification or licensure exam at

- vary. FMI Katy@cpteller.org Playgroup 9:30-11 a.m. Tues
  - days, Wednesdays & Fridays Parents and caregivers with children ages 5 & under. Older siblings are welcome FMI Jackie@cpteller.org. All programs at Communi Partnership 701 Gold Hill Place unless otherwise noted FMI 719-686-0705.

#### LIBRARY

1 Film Club ("The Frisco Kid") 5 Teen Craft Day 3:45-5:30 p.m.

5 Family Art Day 11-5 p.m.

- in the Children's Activity Room. 5 Evening Adult Fiction Book
- Club 5 p.m. 6 Denise Gard's Special Story

new friends in Woodland Park.

Town Garage

p.m. RSVP ONLY!

- time Show for kids 10 a.m. 6 Trailblazers Meeting 5 p.m. 22 History of Beekeeping 10 Find new friends to hike with 22 Tabletop Game Day 11-5:30 7 Coffee Chats 10 a.m. Join us for coffee and conversation. Mee
- 11, 13 Chalk Day! Come deco-25, 27 Bubble Day! Come play with bubbles outside 10-2 11 Woodland Park Book Club 26 D&D for Teens 10-12 p.m. 10:30 a.m. 12 Loom Beadwork class 2-5 Sign up in the teen room

12 Family Law Presentation 2 p.m 13 Reader's Circle Book Club 10:30 a.m. in the Large

make and share your fiber

weaving, bracelet making,

art! Knitting, crocheting,

p.m. in the Teen Room.

p.m. July's topic "American

Birthright Civics Curricu-

p.m. Drop in and play any

26 Movie Day noon, popcorn

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game at any time!

20 Beth Epley Special Story-

time 10 a.m.

whatever you like!

10 a.m.

- 15 Open Book Club 10-11:30 while trying to remail totally a.m. in the Large Meeting silent! It's harder and funnier Room, for ages 12-112. than you'd think 15 Giant Summer Book Sale 27 Tarot Club 3 p.m. Teens and up are welcome to join this
- 19 Fiber Arts Club 1 p.m. Come group and learn all things 29 "Drive" in Roundhouse Movie and Craft 11 a.m. Make your own box train

27 The Silent Library Chal

lenge 12 p.m. Come do silly

strange and difficult tasks

- 19 Family Art Day 11-5 p.m. in car and park it at the library the Children's Activity Room 19 Teen Craft Day 3:45-5:30 Tuesday Books and Babies 10
  - babies and toddlers Tuesdays is Magic the Gather ing from 4-6 p.m. · Thursdays Preschool Story
  - time 10 a.m.
  - · Thursdays Tai Chi at 5 p.m.
  - · Fridays Tai Chi at 10 a.m
  - Fridays, Lego Fridays 11-5 p.m. Come build with Legos Summer Reading starts June 1 and goes through July 31. Each sign-up gets a free book

a.m. a special storytime for

and there are grand prizes at each age level, even adults! Sign-up in person at either FMI 719-687-9281

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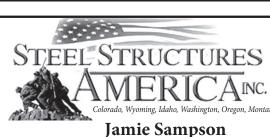
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## Mueller State Park

Tuly at Mueller State Park is the peak **J** of wildflower season! Everywhere you turn, there are bright spots of color as the flowers burst forth in all colors! Some of their names are as enjoyable as their beauty, such as Queen's Crown, Shooting Star, Columbine, Elephant Head, and Sneezeweed! Join in on a guided hike with a naturalist to see the parade of flow-

ers beginning this month. Lots of other programs invite you to explore, play and learn in this beautiful mountain park! There are many topics to choose from including bird walks, trail running, kids' programs, fly fishing, archery, wildlife and much more! A highlight is the *History of the Pikes* Peak Region series every Thursday night which looks at Colorado through time beginning before Native Americans through today. Each night has a different focus, this month's topics are agriculture,

tourism, energy, and ghost towns! Two more favorite programs are the Star Party with the Colorado Springs Astronomical Society giving a fabulous tour of the night sky. The other is a night with *Live* Birds of Prey! The Nature and Raptor Center of Pueblo brings a few hawks, falcons or owls to give a fascinating program on the

So much to do, so little time! We hope you can join us to soak in summer and enjoy some programs at Mueller!

lives and rehabilitation stories of the birds.

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

- 1 Rock Pond Hike 9 a.m. meet Elk Meadow TH 1 Build-A-Bug 2 p.m. meet Visitor
- 1 Cahill Loop Hike 2:30 p.m. meet Grouse Mountain TH. 1 Learn the Burn 7:30 p.m. meet Camper
- 2 Salamander Search 9 a.m. meet Elk Meadow TH 5 Bird Walk 8:30 a.m. meet Elk Meadow
- **5 Owl Pellets** 2 p.m. meet Visitor Center 6 Outlook Ridge\* Trail Jog 9 a.m. 6 Wapiti\* Guided Hike 9:30 a.m. 6 History of Agriculture in Pikes Peak 8
- p.m. Amphitheater. 7 Geer Pond Hike 2:30 p.m. meet Black Bear TH 7 Native American Legends Campfire
- 8 Cahill Cabin Hike 9 a.m. meet Elk 8 Forest Bathing/Shinrin-Yoku Walk 10

**8 Fly Fishing Clinic** 10 a.m. meet Drag-

onfly Pond. **8 Archery for Beginners** 1 p.m. meet Dragonfly Pond.

a.m. meet Visitor Center.

Services.

7:30 p.m. meet Amphitheater.

- 8 Preacher's Hollow\* Hike 2:30 p.m. 9 Wapiti\* Guided Hike 9:30 a.m. **9 Tracks Table** 9-11 a.m. meet Camper
- **13 Dynamite Job** 9 a.m. meet Grouse Mountain TH. 13 Wapiti\* Guided Hike 9:30 a.m.

13 Fly Fishing Clinic 10 a.m. meet Drag-

- onfly Pond 13 History of Tourism in Pikes Peak 8 p.m. Amphitheater.
  - 14 Geology of Colorado 3 pm. meet Visitor Center. 14 Constellation Overview 7 p.m. Visitor

14 Knots and Lashing 2 p.m. Camper

- Center 14 Star Party! 8:30-10:30 p.m. Visitor Center
- 15 Wildflower Hike 9 a.m. meet Elk Meadow TH. 15 Geer Pond Hike 2:30 p.m. meet Black Bear TH.
- 15 S'more Stories 8 p.m. Amphitheater 16 Pond Safari 10 a.m. meet Dragonfly
- 16 Wildflower Watercolors 2 p.m. Visi-18 Osborn Homestead Hike 9 a.m. meet Black Bear TH.
- 19 Fly Fishing Clinic 10 a.m. meet Dragonfly Pond. 19 Owl Pellets 2 p.m. meet Visitor Center. **20 Sketch Hike** 8:30 a.m. meet Grouse
- 20 Peak View Trail Jog 9 a.m. meet Elk Meadow TH. 20 Wapiti\* Guided Hike 9:30 a.m. 20 History of Colorado Energy 8 p.m.

Mountain TH

**Amphitheater** 

- 21 Hug-A-Tree 2 p.m. meet Camper **21 Cahill Loop Hike** 3 p.m. meet Grouse Mountain TH.
- 21 S'more Stories 8 p.m. Amphitheater.

- 22 Archery for Beginners 10 a.m. meet Dragonfly Pond. 22 Osborn Cabin Hike 2:30 p.m. meet
- Black Bear TH. 22 Learn the Burn 7:30 p.m. meet Camper Services.
- 23 Tracks Table 9-11 a.m. Camper 26 Pond Safari 10 a.m. meet Dragonfly

27 Homestead\* Trail Jog 9 a.m.

Pond.

onfly Pond.

27 Wapiti\* Guided Hike 9:30 a.m. 27 History of Ghost Towns 8 p.m. Am-

28 Tracking & Trailing 2 p.m. Camper

Services 28 Geology of Colorado 3:30 p.m. Visitor Center.

**28 All About Bats** 8 p.m. Amphitheater.

29 Bird Walk 8:30 a.m. meet Elk

Meadow TH. **29 Wildflower Hike** 9 a.m. meet Lost Pond TH.

29 Fly Fishing Clinic 10 a.m. meet Drag-

29 Preacher's Hollow\* Hike 2:30 p.m.

29 LIVE – Birds of Prey 7 p.m. Amphi-

\*Indicates to meet at the TH (Trailhead) of the same name

However, a \$10-daily pass, Keep Colorado Wild pass or \$80-annual vehicle pass are required to enter the park. FMI 719-687-2366.

Mueller State Park events are free!

#### continued from page 22

ponsored by Great Out-**11** Circle of Fathers 5:30-7:30 doors Colorado, the City of p.m. Dads are often left out Woodland Park and SOAR's of the conversation. Join a

father-led group where your call/text 719-233-9902. opinions, ideas, and point 11 SOAR's Nonprofit Cooperaof view are heard. Meal and tive Training 9:30-10:45 a.m. childcare provided. Second Reserve Our Gallery 400 Tuesday of each month. FMI West Midland \$120. FMI Steve@cpteller.org

719-233-9902. 11 Circle of Parents Kinship 21 Meet the Artists' Happy Connection 5:30-7:30 p.m. A place for those raising your Hour 6-7 p.m. Reserve Our Gallery 400 West Midland grandchildren or kin, to share #120 Join us for this quarlaugh, learn and find out how terly event to mix n' mingle other caregivers are navigat ing this new world. Meal and Wine and refreshments are childcare provided. Second served. RSVP 719-401-2301 Tuesday of every month, FMI 29 Art & Wine Paint Night

20 Military and First Respond-

12-6 p.m. Developmental

#120. Seats are limited for ers Appreciation Lunch this event where dinner and wine are served. \$70 and includes all painting supplies RSVP 719-401-2301 to join us for homemad **30** Jazz in July. Reception 6 p.m., 7 p.m. Jazz and big Office@cpteller.org oand music featuring Swing

by the Woodland Park Wind Symphony, FREE! Ute Pass Cultural Center. COMMUNITY PARTNERSHIP

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