



# UTE COUNTRY NEWS

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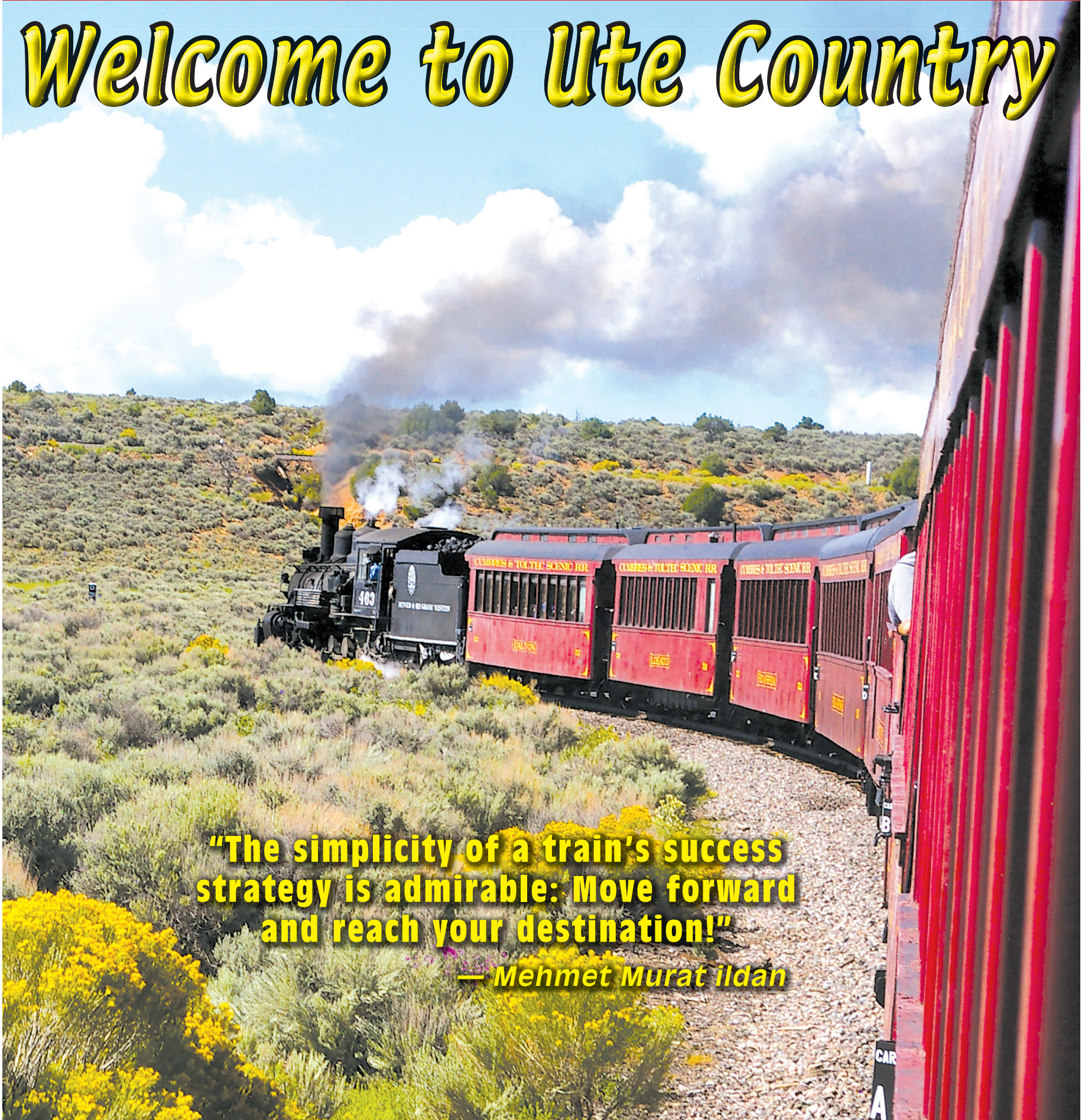
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June 2023

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Vol. 15, No. 6

## Welcome to Ute Country



**"The simplicity of a train's success strategy is admirable: Move forward and reach your destination!"**

**— Mehmet Murat ildan**

### PEEK INSIDE...



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**Memories and Milestones**

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Jeff took the cover photo August 27, 2022. What an enjoyable Cumbres-Toltec train ride! The gentle swaying and rhythmic clacking of the tracks creates a soft lulling that we found to be very soothing. Our worries fell to the wayside with each mile we rode. The quote seemed fitting as slow, steady progress is one way to reach your goals!

Readers will find many examples of how steady progress has been a key strategy to reach your goals. Read how Community Partnership has assisted their 300th GED graduate. Find inspiration in *A Look Inside the Artist* as we learn about Tim Penland's various projects. For those hands-on readers who wish to help preserve our trails, "CMC offers opportunity for trail stewardship" is for you. *Fitness On the Mountain's* "Are these boots really made for walking?" gives a closer look at proper footwear for workouts. "Gather 'N Grow" shows how the vision of two women is catapulted into feeding a community. Likewise, "Guffey Students Make a Difference on Earth Day" shows how the students toiled steadily on Earth Day to make a lasting impression. "Monkey See, Monkey Do; You can kindle kindness, too!" is something new this issue. This will be an on-going column to share acts of kindness you encounter. We can ALL kindle kindness to make this world a better place.

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Thank you,  
—Kathy & Jeff Hansen

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

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## A Look Inside the Artist Tim Penland, pencil artist

by Mary Shell

While in college at the Rhode Island School of Design I spent some time working in pencil and charcoal. I enjoyed working in these mediums, but the feel of the dry, dusty charcoal gave me the hee-bee jeebees, like finger-nails on a chalkboard. The texture was too much for me, so I quit. I am not the only one, as you will read.

When I looked at Tim's work I was amazed at the fine detail and realistic effects. I am a portrait painter, and find no difficulty in painting faces, but trains...so much detail. Tim seems extremely comfortable in both subjects, a rare talent. His shading is perfect, his composition is right on...like a photograph. He also has no problem switching mediums, an awkward thing to do for most artists. If you have a chance to see his work, please do. You will be delighted.

### How long have you been creating art?

I have been creating art for over 50 years. I started in my late teens and I am self-taught for the most part. I have had a couple of watercolor classes.

### Is pencil the only medium you use?

I have been doing pencil drawings for the last 13 years. I have worked in several mediums. Mostly watercolors and pastels. I started painting with oils when I started creating artwork and have just started doing oil paintings again. I have also done paintings in acrylic.

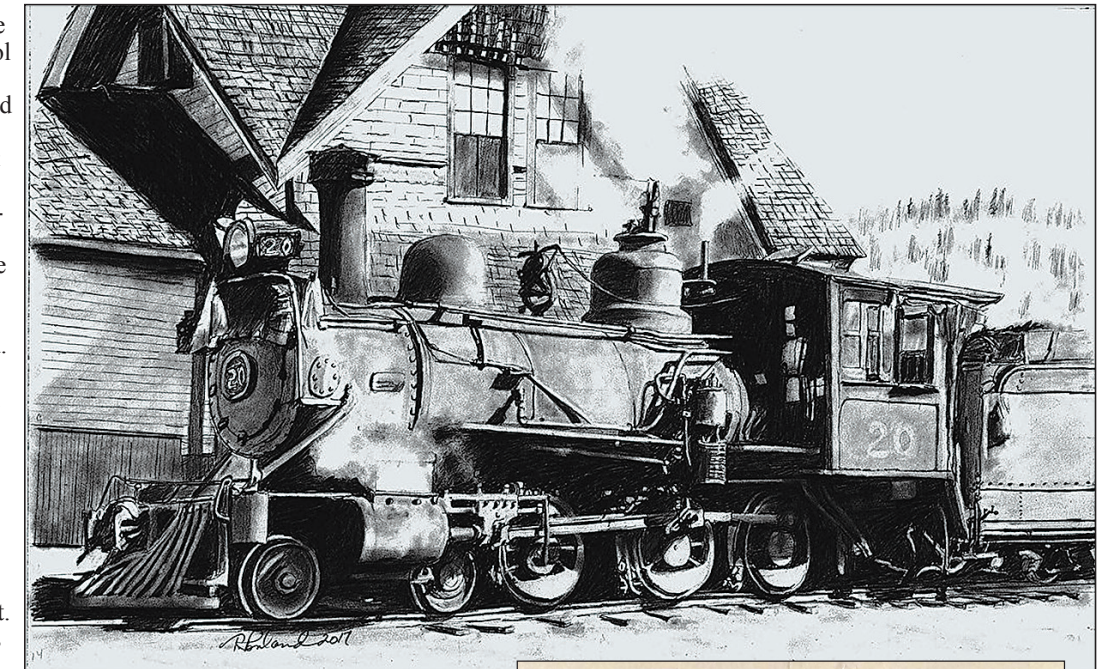
### Who inspires you?

My twin brother inspires me. His drawings were superb. He inspired me to start drawing. I have always loved Monet and Van Gogh, Georgia O'Keeffe and Thomas Heart Benton are also artists who inspire me.

Also, I belong to an artist group, The Cripple Creek Artist Alliance and all my artist friends in the group inspire me tremendously. I'm an artist in The Artist Gallery in Cañon City, The Victor Artist Co-op, and The Twin Flame Gallery in Victor. All the wonderful artists there are great inspirations.

### What was your most difficult piece to create?

That is a tough one. I would have to say the drawing of locomotive #478 Denver & Rio Grande Western (see above). That drawing is incredibly detailed and took



about a year to complete. It is a large drawing, about 16x24 inches. Also, the drawing of Modoc Henry's Wife was difficult. That is from a photo by Edward Curtis.

### How do you feel about color?

I love intense, bright colors. I did a lot of florals when I was doing watercolors. The brighter the better. My landscapes in pastel are very colorful. I think pastel colors are some of the most intense and brilliant to work with.

### I loved the angle of the trains you created. Is that intentional?

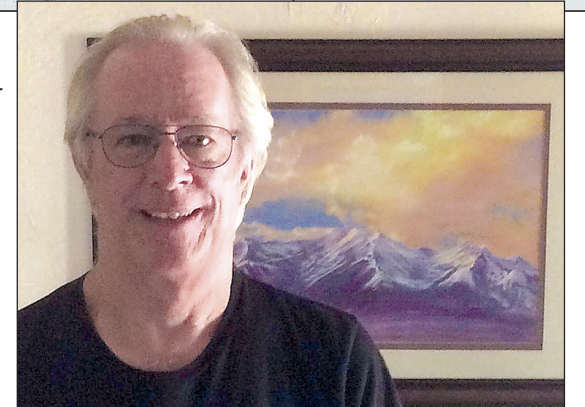
Most of the train drawings are from old railroad books. The photo of #478 caught my eye because of the angle of the photo. Also, I found a close-up photo of the driving mechanism and drew that as a separate drawing. Some of the drawings are from photos I took of the Durango Silverton RR locomotives.

### Do you find it difficult to go from machinery to portraits?

No, I don't. I love to do both. Portraits are my favorite. I love trains. They are much harder to draw and take much more time.

### What's in the future for you?

I hope to keep creating art. Our group in Cripple Creek has several arts shows every year at The Heritage Center. We had an art show there over Memorial Day weekend. One of our members, Jon Zimmer, has an art show there on the



Fourth of July. It's called Once Upon a Time in the West. It's a western and Native American show. This is its 26th year.

### Do you create in other mediums?

Yes, I do. Right now, I'm working in oils. I love nature and I've always considered myself a landscape artist. Trying to do some landscapes. I worked with pastels for years. I stopped doing them because of the pastel dust. It's very messy.

### Tell me something people would like to read about you.

One thing I can think of is the reason I love trains is I've been a model railroader since I was about 12 years old. I've built several model railroads. My old model railroad is in the lower level of The Heritage Center in Cripple Creek. It's based on the mining district around the early 1900's. My wife and I also built a model for The Twin Flame Gallery in Victor of the City around 1899.

Contact Mary Shell at [www.MaryShellArt.com](http://www.MaryShellArt.com)

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## CMC offers opportunity for trail stewardship

by Thomas Mowle

Colorado Mountain Club (CMC) is returning to the Tri-Lakes area for one of our trail stewardship project this year, the Monument/Limbaugh Trail project! Please come help with this work.

As many of you know, there is a lot of erosion affecting Trail 715 just north of Mt. Herman Road and this is getting worse every year. We can make a difference on Saturday, June 24, by doing some or all of the following:

- Building some water diversion berms so water flows off the trail rather than down the middle of it.
- Constructing a short section of tread to take the trail down a more gentle slope to the west end of the parking area.

- Installing fencing on the south side of Mt. Herman Road so people don't cut across what will now be a wetter area rather than using the trail.
- Restoring and revegetating eroded areas.

The more people we get, the sooner the work will be done! Medicine Wheel Trail Advocates will be contributing some crew leaders and expertise to make sure the cycling perspective is honored in this work.

Please sign up through the link below and spread the word to other. This event is open to non-CMC members, but you will need to create a FREE nonmember account and "buy" a FREE ticket. [www.cmc.org/groups-sections/front-range-groups/pikes-peak/](http://www.cmc.org/groups-sections/front-range-groups/pikes-peak/)

## JA in a Day

by Sherri Albertson

Junior Achievement of Southern Colorado — Teller County, along with volunteers from Woodland Park businesses and service clubs, plus community members from the area, recently taught the Junior Achievement in a Day curriculum to K-5 students at Summit Elementary School.

"The students and staff had a fabulous day of learning and exploration as they were led through the JA lessons with their community volunteers," said Principal Katie Rexford. "The volunteers were fun and engaging as they brought learning to life for our Summit Eagles! Thank you for making this day possible."

Thanks also to the Teller County Sheriff's Office for providing AJ's pizza for lunch for the volunteers. FMI 719-650-4089 or [sherri.albertson@ja.org](mailto:sherri.albertson@ja.org).



Students in Cheri Porter's 2nd grade classroom learned information about the many jobs in a community. Students explored production methods through a simulation game, and learned about taxes, decision making, and how money flows in an economy.

## Adopt Me

by Ark Valley Humane Society

### Lilly

Lilly is an adorable and sweet 6-year-old hound mix who has been with the shelter since February. She'd love to start the summer off with her forever family and is hoping to get adopted soon. Lilly is currently in a foster home (where she is doing amazing!) so make sure to call the shelter first to schedule a time to either meet Lilly at the shelter or in her foster home. Lilly's foster mom says, "I would just reiterate how much she loves people. Loves to lounge at home and be with people. Also, very mellow on a leash, not much of a puller." Lilly lived with three young children in her previous home and did great with all. She is dog selective, so make sure to bring any pups in the home to meet her. We know you'll fall in love with Lilly's winning personality the first time you meet her, she is such a sweet gal who deserves a home of her own. Give us a call 719-395-2737 so we can arrange the perfect meeting time!

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



## Monkey See, Monkey Do

You can Kindle Kindness, too!

by Kathy Hansen and our anonymous friend

Shortly after our May issue came out, a friend came in and shared a conversation he had with his wife. They were talking about how people often behave like monkeys as we imitate each other; monkey see, monkey do. They recognized how there are often "copy-cats" after a tragedy has occurred. They took it a step further to wonder, if people imitate people doing nasty behaviors, can people also imitate people doing kind behavior?

That seemed like a really good question to put to the test. So, folks, here it is: can you kindle kindness, too? It is our goal to print each month at least one act of kindness. We encourage you to copy the behavior we print. We also encourage you to submit acts of kindness you may have noticed in your community, at your place of employment or at home or an act of kindness extended toward you.

Our friend brought up a good point when I asked if he wanted his business name included, as he replied, "Absolutely NOT! This isn't a backdoor way into a free ad. This is ONLY about the behavior or else it will turn into opportunity to get someone's business out there. This should be ONLY about the behavior." Our friend went on to say, "When I do good, I feel good, then I am good!" Well, we think people are inherently good, so we can't argue with that!

We also agree that we feel better about ourselves when we are kind because we have contributed in a positive way to another person's wellbeing, our community and/or our planet. For anyone who needs a reminder, kindness helps another person or society as a whole. You can read more in our April issue in *Life Enhancing Journeys*' article, "Are you nice or kind?" page 6, [utecountrynews.com/archives/2023/April-2023.pdf](http://utecountrynews.com/archives/2023/April-2023.pdf)



As I shared this conversation with my co-publisher, he agreed. We took it a step further; no names will be included because it is ONLY about the behavior!

### Acts of kindness:

#1 — I walk every morning to my post office box in Woodland Park. I noticed there was trash. The next day, I decided to bring a bag along to collect the trash. Now I do this every day. What a pleasant walk home. Since I collect trash every morning on the way to my post office box, I thought, "Why not pick up trash while I'm fishing at Happy Meadows?" So, I found that at least 1/4 of my truckbed was filled with trash I had collected from my Happy Meadows fishing site. It looks a lot better now.

#2 — A lady was taking her full-sized shopping cart to the cart corral. She noticed there were the smaller carts in front of where the full-sized carts were, so she

pulled out the smaller carts and placed them behind the other smaller carts. That made it easier to get the full-sized cart in the coral properly and de-cluttered the cart coral area. Another woman just getting out of her car noticed and said, "Why, that was very kind of you, thank you!" As the lady nodded and responded, "You're welcome, no problem," she noticed another woman who said, "That was really nice of you to do that!" The lady replied, "When I do good, I feel good, then I am good!" The other woman said, "I like that! I'll remember that!"

We look forward to your submissions of kind behavior you have witnessed or have experienced or how you have followed suit. Email them to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com), bring them into Shipping Plus M-F 9-5:30 or snail mail them to Ute Country News POB 753 Divide, CO 80814.

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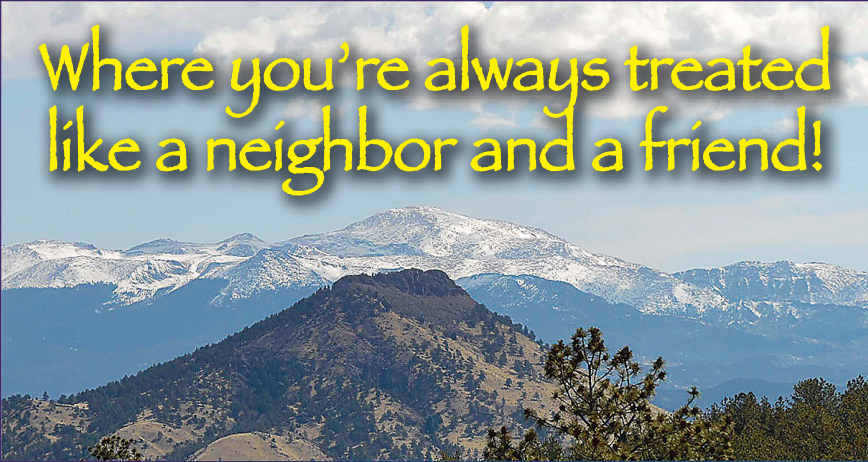
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## The 4th Armed Forces Art Exhibit and Sale

by Flip Boettcher

The 4th Armed Forces Art Exhibit and Sale was open to all active duty, veterans, and retired military, and this year spouses too, said Virginia Lindley, owner of the Antique Warehouse and organizer of the event. The event was hosted by the Florence Colorado Downtown Merchants Association.

The show ran through Memorial Day and started May 13 with the artist's reception in participating businesses from 3-6 p.m. There were 29 artists and one spouse, Svetlana Piltsingsrud. Next year, said Lindley, military kids will be invited, as well.

We visited with three of the artists during the artist's reception. The first was Charles Jamison, who served in the army, and was displaying his art in the Trending on Main storefront. Jamison turns his photos into 3D art by putting them onto metal with a laser or just texturing them. Jamison has been photographing for 12 years and just four months ago started doing paintings, he said.

The second artist we visited with was Ray McCoy, who was displaying his art in the Florence and Cripple Creek Gem Company. McCoy was in the navy, serving from 1972-1978, where he learned welding. After leaving the service, McCoy earned his Bachelor of Fine Arts degree in 1984 from Ohio University on the GI Bill and moved to Colorado in 2002 and lives in Pueblo, where his garage is now his art studio. He is a landscape photog-



Charles Jamison in front of two of his paintings displayed at Trending on Main.

Cover: Ray McCoy with one of his photographs for vet's art show.

rapher and has photographed all parts of the state, he said. He uses etching paper which really makes the photos very realistic and almost like a painting.

The third artist we visited with was K.L. Emanuelson, who was exhibiting her work in the Antique Warehouse. Emanuelson is mostly an author, she said, and she had her signed book there *The Woman Who Rode Destiny*, which is a 19th century western that takes place from Colorado to Santa Fe. Of course, we had to buy a copy. Emanuelson also does acrylic and water color paintings, mostly of the Norwegian fjords with the northern lights in the background. Emanuelson is an army veteran from Wisconsin and has been in Colorado for 35 years.

All-in-all, a very interesting art show and looking forward to next year's show.

## Victor Lowell Thomas Museum

by Z Studios

The Victor Lowell Thomas Museum is open for the summer season! The hours are 9:30-5:30 p.m. The summer opening means the gold panning trough will be up and staff will be providing lessons for all ages. You can pan for real gold and gems and the gift shop also offers basic panning gear for sale. Panning is included in the \$10 admission fee for the museum so you can tour and pan for one fee.

The museum houses two floors of exhibits that highlight the gold rush history of Victor and the area. Be sure to check out the historic mining exhibits and old-time doctor's office. This summer you can watch a video on the modern mining operations of Newmont CC&V and be sure to take in a video of Lowell Thomas, who grew up in Victor and went on to become a famous radio and television broadcaster.

The museum will again this year, in partnership with Cripple Creek Parks and Recreation, offer guided bus tours of the mining district. The tours begin at the museum and include district history as well as information on modern and historic mining. Tours will be held on Wednesdays at 10 a.m. and Saturdays at 1 p.m. during the summer months. All information and online reservations can be made at VictorMuseum.com.

FMI VictorMuseum.com, email info@victormuseum.com or call 719-689-5509.

## Adopt Me by TCRAS

### Drako

Drako is our new friend from Texas. He is a Blue Lacy mix, about 3 years old, and neutered. He is a very nice boy looking for his forever home. Drako's foster says, "Whoever is lucky enough to adopt him will have won the doggy lottery. He is so perfect! It is very evident that Drako was owned by someone once upon a time and that person spent a lot of time training him. He is the best behaved dog that I have ever met. Drako is 100% potty trained; he walks nicely on leash; he is kennel trained; he has excellent recall; he knows his basic commands (sit, stay, shake, down, come); he does not bark; he can be left out when gone and is not destructive; he loves people, but was not around any children. Drako is dog friendly; he got along great with 2 large dogs. He loves to play with stuffed toys, pillows and blankets. He would hold them in his mouth sort of like a pacifier and suck on it until he falls asleep. It is probably best for him to not live with a cat; he goes after them. He seems to have a high prey drive. Drako is a very much a Velcro dog; I work from home and he slept at my feet all day while I worked. He followed me wherever I went if I got up." To make an appointment to meet Drako, please call 719-686-7707.

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



## Celebrating the 300th GED Graduate!

by Community Partnership Family Resource Center

Community Partnership Family Resource Center's (CP) 300th GED student graduated on May 1, 2023. Teller County residents who graduate with their GED, earn 25% more per year and are qualified for 75% more jobs than without their GED. Having more job opportunities and the potential to earn more income increases financial security and decreases household stress, which aligns with CP's vision that all Teller County families are self-reliant, fully functional, and positive contributors to our community. Research also shows that once parents get a diploma, they're more likely to encourage their children to seek educational opportunities and complete educational milestones.

"CP is proud to be the only provider of GED preparation and testing in Teller County, with locations in Cripple Creek and Woodland Park. CP would like to thank its many partners for supporting this program, in particular the Cripple Creek & Victor and Woodland Park School Districts who work closely with CP to ensure that students have alternatives to dropping out of school, and the Pikes Peak Workforce Center which helps fund the program," said Jodi Mijares, CEO, Community Partnership Family Resource Center.

Community Partnership established the first professional General Educational Development (GED) program in 2006, when Program Coordinator Elaine Gould saw a need to help Teller County residents increase their education and employment opportunities by earning their GED. CP helps students every step of the way, from enrollment to graduation, job readiness, and achieving academic and employment success, with small classes, on-site testing, and a career center. New students (min. age 16) may join GED classes any time after completing orientation. Weekly classes are held midday in Cripple Creek and evenings in Woodland Park. Students who graduated from CP's GED program have advanced on to become firefighters, policemen, restaurant owners, roofers, welders, grocery store managers, nurses, massage therapists, postal workers, teacher's aids, enrolled in the Army and Navy, and furthered their education enrolling in college.

"There is no dreading class, I look forward to coming. I come knowing I'm going to get the help I need. You guys make it easy; you show us easier ways to do things. You guys motivate us and push us. The environment is comfortable and relaxing," per 2016 graduate.

"The people here are very nice! They boosted my confidence in taking my GED and made me feel super confident through all of it. Very helpful. Will always recommend Community Partnership!" per 2020 graduate.

In 2014, the GED Test transitioned from written exams to being delivered in official testing centers and the closest was in Colorado Springs, a 30+ mile drive from Teller County. To support CP GED students and assist with the

barrier of residents who didn't have reliable transportation, CP opened Teller County's only Pearson VUE Testing Center location. In October 2020, CP expanded the testing center to include professional certifications and licensure exams, including but not limited to Amazon Certified Cloud Practitioner, coding specialist, digital marketing professional, Microsoft, physician assistant, and property agent. The testing center is open to anyone, not only CP students. In fact, due to location, intimate setting, open year-round, and scheduling flexibility, CP has assisted testers from Park, Chaffee, El Paso, and Douglas counties! CP's Pearson VUE testing center is open Mondays from 10-7 p.m. Visit the Pearson VUE website for more information and available tests and exams.

"This is by far the greatest accomplishment of my 45 years. It is still unreal to me. You all have been so good to me. I cannot thank you enough for this opportunity," per 2017 graduate.

In 2023, the Pikes Peak Workforce Center (PPWFC) moved some of its Teller County services to CP's new Community Center in Woodland Park. PPWFC helps individuals with job searching, resume assistance, and unemployment applications. PPWFC also connects businesses with work-ready job seekers and provides resources needed for career transitions, career guidance, and development.

"In Teller County, Community Partnership offers crucial services that dramatically improve the quality of life for individuals and families. We are delighted to partner with CP and provide funding for their essential GED services," said Traci Marques, Executive Director/CEO, Pikes Peak Workforce Center.

### About Community Partnership Family Resource Center

Community Partnership Family Resource Center (CP) is celebrating over 30 years of supporting Teller County families. Offering free or low-cost workshops and programs for families of every shape and size. You can engage in one of the 20+ programs for the kids, the family, and the community, as well as additional essential resources.

CP works alongside parents, grandparents, and caregivers with children from prenatal to adulthood, GED students, to those entering the workforce. Whether you are looking to meet new families, struggling to cover bills or provide a meal, needing some parenting support, wanting to learn to prepare healthy meals or participate in community exercise classes, Community Partnership is here to help! Our philosophy is to provide tools, skills, and enrichment activities which strengthen families and ensuring that children have an opportunity to grow and thrive!

Supported families build strong communities!

## Annual Pig Roast and Silent Auction

by American Legion's Eric V Dickson Post 1980

American Legion's Eric V Dickson Post 1980 and the American Legion Auxiliary Unit 1980 are hosting their annual Pig Roast and silent auction fundraiser so that we can continue to support our veterans, our youth, and patriotic programs and activities within our wonderful city of Woodland Park and the Pikes Peak Region. This important community event will happen on Saturday, June 10, 2023 at the Crystola Roadhouse, Crystola, CO. There will be lots of great food and good fellowship at a reasonable price for a good cause.

We look forward to enjoying the pig roast and silent auction. Thank you in advance for your support!

FMI http://post1980.org



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Barbara Pickholz-Weiner



## Essential Blue – Warrior Pickleball

by Flip Boettcher

photo by Michelle Weissenberger

One of the newest businesses in Florence is actually two shops in one, Essential Blue Candles, Home Decor and Boutique, as well as Warrior Pickleball, located at 115 West Main Street.

Essential Blue Candles are made from coconut and soy waxes with wooden wicks using unique containers that are refillable. One can either use their refillable kits or bring your container into the shop for a refill.

Shop owners Marc and Michelle Weissenberger began making their candles as a hobby and side business in the spring of 2021 from their home in Indiana. They would travel to nearby craft shows and events to sell their candles.

Their candle business was put on hold when they moved to Colorado in May 2022, which was one of Marc's dreams because he grew up in Colorado, settling in Florence.

In the fall of 2022, after just displaying and selling their candles in some local stores, the couple was able to lease their own store space and started their business in earnest. Besides candles they sell home décor and boutique clothing.

The name Essential Blue Candles comes from the fact that Michelle was in law enforcement, which is designated as the color blue, and was an essential employee during COVID in Indiana; thus the name Essential Blue Candles. Michelle retired from law enforcement in 2022 after 20 years of service.

Even though their shop is tiny, a portion of it is dedicated to pickleball, their favorite sport. They carry pickleball equipment, clothing and novelty items, as well as offering free "Learn to Play" classes for those who want to learn the best game ever, said Michelle. Warrior Pickleball is an author-

ized dealer for Selkirk, Engage, Gearbox and Pickleball Rocks. The couple attends pickleball tournaments in southwestern Colorado as vendors and participants.

Sadly, when the couple were starting the pickleball portion of their shop, a law enforcement co-worker and long-time friend of Michelle's family was shot in the line of duty. She fought for her life like a warrior, said Michelle, but Officer Seara Burton succumbed to her injuries on September 18, 2022, and the couple named the pickleball part of their shop Warrior Pickleball.

So, check out Essential Blue Candles, Home Decor and Boutique; learn how to play pickleball and stock up on supplies at Warrior Pickleball located at 115 West Main Street in Florence.

Shop hours are 10-5 p.m. Wednesday-Saturday and some unscheduled Sundays throughout the summer. For more information contact them by phone 719-280-2924, [pickleball@essentialblue.co](mailto:pickleball@essentialblue.co); [essentialblue.co@gmail.com](mailto:essentialblue.co@gmail.com); or their website — <https://essentialblus.co>.



Marc and Michelle Weissenberger holding equipment for pickleball.

## Veterans Appreciation Lunch!

by Little Chapel Food Pantry

You and your spouse or significant other are cordially invited to a special luncheon — honoring YOU! Surviving spouses of Veterans are welcome, too! Families are encouraged to attend!

The luncheon will be held on Saturday, June 24 at noon at the Little Chapel of the Hills 69 County Road 5 in Divide. Space is limited, so please RSVP early! This will be a summer BBQ to also celebrate the 4th of July! Our menu includes hamburgers, hot dogs, brats, potato salad, baked beans, tossed salad. RSVP to [veteransdinners@gmail.com](mailto:veteransdinners@gmail.com) or call/text 719-331-1087 to reserve your space. Food, fun and fellowship with other Veterans and spouses!

## Adopt Me Brandi

by SLV Animal Welfare Society

The San Luis Valley Animal Welfare Society Shelter/ Sanctuary has had husky, Brandi for 2 and ½ years and she is 6 ½ years old, spayed and current on all vaccines. She loves to play and horse around with humans. Brandi is very affectionate. She is best as the only dog in the home, no cats, please. She is available every Saturday in Colorado Springs to meet with you. We hold adoption fairs 11-3:30 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy PetSmart.

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



## Gather 'N Grow Community Garden

by Flip Boettcher

It's official! As of May 1, Dana Peters and Stacy Kitzman are partners in the Guffey Bakery, as well as being founders of the non-profit Gather 'N Grow (GnG).

In conjunction with the Guffey Community Charter School's growing project, GnG will be developing a Guffey community garden behind the Bakery to feed the community, said Peters. The purpose of GnG is to gather the community together and grow healthy, sustainable food, said Kitzman.

GnG is starting this year with a test garden directly behind the Bakery. This garden will have many separate, small gardens, with all kinds of herbs, including tea, cooking and medicinal herbs, flowers, veggies, fruits and berries.

There will be a fairy garden with the help of the school students, which will have fairy houses and flowers to attract pollinators and insects with a bird feeder in the center.

Plans are for an orchard as well, which will start with five apple trees that have been especially developed to be suitable at high altitudes, said Kitzman. The trees will be donated as part of a project to see how they do at altitude and GnG will keep records and will make reports on their progress.

Of course, there will be bee hives just behind the existing greenhouse, which is a warm weather greenhouse.

On the north side of the Bakery, facing the school, will be the chickens and a donated trailer which will be decorated and insulated for year-round growing.

Plans for next year are to develop the 40 foot by 120 foot community garden. This garden is located on the east side of Freshwater Creek and the pond behind the Bakery. The garden will have fully amended soil — ½ native soil plus mush-

room compost and chicken poop; also good is alpaca, rabbit and sheep manure, said Kitzman. There will also be 10 foot fencing around the area with wire mesh underneath each raised bed. There will be an earth ship style greenhouse on the south end of the garden with a picnic area, which will be shaded by the cottonwood trees growing there.

This community garden is for community members who want to participate in growing their separate raised bed plots and to provide fresh garden items to the community, said Peters.

This is quite an ambitious project and a lot will depend on funds, funding and donations, said Kitzman, who has already applied for a grant.

Then, of course, many volunteers will be needed to move rocks, cut posts for fencing — they have a source for posts, but need 19 (14-foot posts cut — put up the fencing), move dirt, level the plot,



Stacy on left and Dana on right in the Bakery kitchen.

and support for students and other gardeners throughout the year, said Peters.

All are welcome to join the GGG, which meets once a month, but also goes on field trips. The group will be going on a field trip June 4 to Desert Canyon

details.

Mark your calendars for July 1. There will be a GnG fundraising BBQ Picnic at the Bakery starting at 1 p.m. The band will be starting at 2 p.m. They will also be serving alcohol for this special event.

GnG is also selling hand-made garden décor signs and funny t-shirts as a fundraiser too. You can find them in the Bakery.

For more information on the GGG, GnG, to donate and volunteer contact Stacy or Dana at 719-838-4575 or [dana@theguffeybakery.com](mailto:dana@theguffeybakery.com) or [stacy@theguffeybakery.com](mailto:stacy@theguffeybakery.com).

With the price of everything going up it will be great to have a community garden.



A Sample of the hand-made/painted signs for sale as a fundraiser for GnG.

gardeners in the garden and folks to help plan this project.

GnG, along with the Guffey Gardening Group (GGG) plan to provide education

Farms in Cañon City for a class on edible flowers given by farm owner Tammy Hartung. June 21 will be a GGG event, so check their Facebook page for more

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## Florissant voters elect new board

by Marianne Mogan

In April of 2022, the community of Florissant became engaged in matters involving their fire district following the suspension of their chief. On May 2, 2023, voting took place and a new board was elected. According to Sarah H. Luetjen, Designated Election Official, “The following candidates have been elected to office; Four-year term: David L. Groat, Robert M. Perry, and Allen D. Schultz. Two-year term: Paul del Toro and Judy Dunn.

These five will replace the current board of three; Starla Thompson, Amanda Sutton, and Justin Snare, who took office in July. Thompson and Sutton were appointed by the Teller County Board of Commissioners and they subsequently appointed Snare.

The average percentage of voter turnout for local elections is around 5-7%, but this election had a turnout rate of about 10%, and over 70% of the votes went to the five.



## Inaugural Disc Golf Tournament

by Charlotte Bumgarner

Gold Belt Tour Scenic Byway is excited to host our Inaugural Disc Golf Tournament, *Double Down for the Byway*. The event will be held June 3, starting with a meeting at 10 a.m. at the fabulous Alta Vista Disc Golf Ranch 2145 CR 86 Victor, CO along our famous Phantom Canyon Route. <http://altavistadisgolf.com>.

The tournament is a doubles format with a shotgun start on this unique disc golf course at 9400 ft, where you can find spectacular views of Pikes Peak and the Sangre De Cristo Mountain Range in the background. Registration is \$50 per team with an optional \$5 ace pot (if no ace is hit then all the money raised will go to the byway association, if more than one ace is hit then there will be a throw off for winner). Get your partner found and sign up at [https://www.discgolfscene.com/tournaments/Double\\_Down\\_for\\_the\\_Byway\\_2023](https://www.discgolfscene.com/tournaments/Double_Down_for_the_Byway_2023)

This is a trophy only event, with all proceeds going to help raise money for the

FMI [info@goldbeltbodyway.com](mailto:info@goldbeltbodyway.com) or Charlotte at 719-689-2461.

## Spirits of Sunnyside Cemetery Walking Tour

by Z Studios

This event is sponsored by the Victor Lowell Thomas Museum and will be held at 10 a.m. the 1st & 3rd Saturdays from June through October, weather allowing. Check [VictorMuseum.com](http://VictorMuseum.com) for schedules.

Local historian Alicia Petri will guide you through the cemetery telling stories of grave robbers, insurance fraud, and unusual characters. Meet just outside the gate in Pauper’s Field by 10 a.m. You can also purchase tickets at the museum ahead of the event.

Advance reservations are encouraged and can be made at [VictorMuseum.com](http://VictorMuseum.com). Tickets at the gate are by cash only.

Be sure to dress appropriately for mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and



bring water and sunscreen. There are no restroom facilities at the cemetery.

FMI visit [VictorMuseum.com](http://VictorMuseum.com), email [info@victormuseum.com](mailto:info@victormuseum.com) or call 719-689-5509.

## Stranger Side of Victor History

by Z Studios

Local historian Alicia Petri will lead a walking tour of downtown Victor, highlighting some of the stranger, little known history of the town — from the Labor Wars to gunfights and shootouts and more. In addition, learn about the historic buildings that line the streets, and discover stories about some of the town’s citizens.

This event is sponsored by the Victor Lowell Thomas Museum. Check [VictorMuseum.com](http://VictorMuseum.com) for schedules and to make online reservations. Tours will be the 1st & 3rd Saturdays at 3:30 p.m. June-October. Tickets are \$15 for a single ticket and \$12.50 per additional ticket.

Be sure to dress appropriately for mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and bring water and sunscreen.

FMI [VictorMuseum.com](http://VictorMuseum.com), email [info@victormuseum.com](mailto:info@victormuseum.com) or call 719-689-5509.



## Fitness ON the Mountain

Are these boots really made for walking? What were we thinking?

by Lori Martin

In 1966, a 7-year-old me became very enthralled with icon Nancy Sinatra and her song *These Boots Are Made For Walking*. I pleaded for a pair of tall white, shiny boots for my birthday and wore them everywhere and with whatever crazy outfit was available. My most notable outfit those days involved pairing my favorite “Go-Go” boots with army green shorts and a non-matching, multi-colored tank top. A fashionista, I was not, and still am not.

Kudos to my parents for encouraging my self-expression at their expense. Surely, they knew the neighbors peering out their windows were quite amused. Indeed, this younger version of me had a mind of her own and donned those white boots in all activities but, rarely, while wearing a dress and certainly not a mini skirt or go-go dress. Playing outside always involved kickball, some version of softball and climbing trees...in those “Go-Go” boots.

Looking back, I wonder... Was Nancy Sinatra the cause of our generations’ foot malfunctions? Most likely not. Here is a fun little tidbit:

Stilettoes  
Notice the breakdown of the word: Stile (style) and ttos (toes)?

What is apparent, is the damage potential of:

- Elevating the heel higher than the toe
- Reducing the mobility of 33 joints, 26 bones and over 100 muscle, tendons and ligaments, and that is just in the feet.

The rest of the body suffers as well, all the way up the spine. The joints of the knees, hips and spine, as well as the feet struggle to perform properly as the muscles fight to figure out who exactly is in charge, during which movement.

Thankfully, stilettoes were not my thing but cowboy boots? In 5th grade I was given a pair by an older gentleman and his wife as a gift for helping with their horses. I couldn’t wait to get home from school each day, finish my homework, pull on my cool cowboy boots and run a mile to tend to the horses then, run home.

I still love boots of all types but I do try to be somewhat practical about my selection. They have to pass my hiking test which means they need to be somewhat rugged, flexible, non-constricting, slip proof and they have to look cute with a pair of jeans when we go out to dinner.

In the 1980s we had the very white Reebok Princess sneakers which, I was instructed were not fit for much more than walking to the mailbox yet, most of the women in the gym wore them during high impact aerobics classes, more com-

monly referred to as group exercises these days. Jane Fonda was making aerobics a huge trend, and doing the unimaginable... teaching aerobics class in bare feet.

The fitness industry was growing so fast that organizations to set guidelines for aerobics instructors began to emerge. Working out barefoot was deemed a “contraindicated” activity so, along came a deluge of fitness shoe companies trying to out-do each other in making the best shoes for specific activities.

An aerobic shoe had specific qualities designed for changes in directions and impact, while a basketball shoe had its own specific qualities. For instance, a basketball shoe was designed to allow for more fluidity and less chance of knee torque in the pivot movements on the court through the use of circular patterns on the soul.

I began to notice that as the footwear trend adapted in the gym environment another trend appeared. Injuries, such as plantar fasciitis and rolled ankles, to name a few. My feet are on the longer side and a big, bulky, stiff shoe was holding me back. I worked a side job with Reebok and learned a lot about fitting the proper shoe to the individual as well as about footwear related injuries. To their credit, Reebok had a great selection of shoes. The right fitness shoe for me was supportive (6 sprained ankles), light weight and had to be flexible.

In the book *Every Woman’s Guide to Foot Pain Relief* by Katy Bowman, I found myself fascinated to learn more about the importance of our feet and their relation to our future selves. Katy Bowman is a specialist in the field of Kinesiology with her focus being “the biomechanics of disease and injury.” In her introduction she states, “I am dedicated to teaching the basic principles of physical science... for the purpose of preventing and “reversing” damage to the human body.”

That statement lured me in immediately. Even my most fit and knowledgeable clients and peers in the fitness industry have admitted to having ignored foot issues over their lifetime. Many of those people have suffered compensational injuries due to their neglect and or ignorance.

Besides all those sprained ankles, I took for granted the importance of my own foot health:

- Mobility, specifically, of the muscles and joints of the foot.
- The relationship of the feet to the rest of our body.

My first “ah-ha” moment came after having broken a toe 10 years ago. As the toe healed, I was able to teach non-impact classes (Pilates/Fitness) which, I taught

barefoot on a yoga mat. As is my teaching style, I tend to talk ...a lot! I call it “cuing” but, it does tend to be somewhat non-stop. On this particular day, a gentleman in my class stopped me while I was “cuing” a balance exercise.

This cuing was about the importance of having your weight properly distributed through three points of contact of each foot noting that some people tend to be more reliant on the outside of their feet or the inside of their feet (excessive supination or pronation). Typically, weight should be distributed equally on 3 Points of Contact to the floor:

**Point 1** is located on the foot pad under the big toe.

**Point 2** is located on the foot pad under the pinky toe.

**Point 3** is the heel.  
Think triangle.

Standing on a yoga mat gives the benefit of being able to see your actual foot print and weight distribution habits.

You can try this by standing barefoot on a squishy surface. When you step off the mat you should be able to see an indentation of your feet. Well, it was politely, brought to my attention that if what I was saying was true my imprint on the mat appeared to indicate I was favoring my left foot at the exact point where the toe was broken.

This was eye opening because I wanted to be a good example. I also realized the importance of even the littlest joint, its musculature and its potential for ongoing consequences for me.

According to Katy Bowman our toes should move independently of each other just like our fingers. The reason we find that concept so strange is that our toes have been cramped up in footwear most our lives. Unfortunately, the typical prescription for a broken toe is to stay off it till it heals or piggy back that toe to its’ buddy to support it.

It never has felt right since the break so, I tend to mess with it, usually, while streaming our favorite shows. It’s amazing how many directions a toe can move.

Katy Bowman’s book comes with perfect timing for me as I am very focused on improving my quality of life now and in the future. I’m reminded that most mobility limitations are correctable.

She offers exercises to help increase the mobility of every joint and every muscle attached to every joint.

**The following is my almost daily routine:**

**End of the day**  
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- 15 minute session with my DNA Vibe



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- Massage  
- Manual Stretch

**Morning routine:**  
- 15 minutes DNA Vibe Jazz  
- 5 minutes of exercise

**Walking:**  
- Make sure to wear shoes that offer the greatest range of motion from ball to heel  
- Be intentional with my stride with equal weight distribution from right to left leg  
- Be intentional with my stride as I roll off the back foot (ball/toe)

**Note:**  
If I feel like I need to, I’ll take the day off fitness walking and do something fun in my fitness studio at home.

Feel free to E-mail [lorimartinfitness@icloud.com](mailto:lorimartinfitness@icloud.com)

- To receive a list and descriptions of Katy Bowman’s exercises, as well as a few of my own.
- To schedule a one on one session with me, in person.
- To be put on a waiting list for upcoming workshops.

You can purchase your own DNA Vibe Jazz light therapy device from my website [www.dnavibe.com/lorimartinfitness](http://www.dnavibe.com/lorimartinfitness) at a discount by using the discount code: LMF-15 You’ll also receive 1 free hour consultation and training.

\*Dna Vibe is an approved HSA and FSA provider, as well.

For your nutritional supplement needs go to: [pws.shaklee.com/lmfitness](http://pws.shaklee.com/lmfitness) or email me for more info at [lorimartinfitness@icloud.com](mailto:lorimartinfitness@icloud.com)

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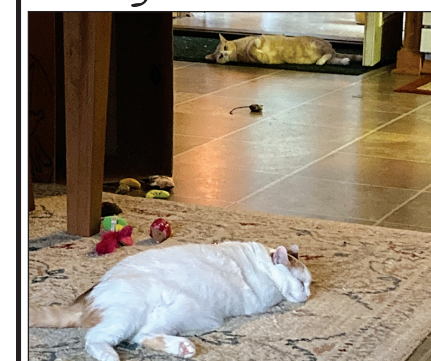


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## Critter Corner



Merrill and Cat Masterson, caught in an embrace.



George and Merrill, after the playing - Jeff Hansen, Florissant, CO

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# Fairies and Witches and Diamonds, Oh my!

by Gilrund the Historian

Alex Jackson was at an estate sale looking for a good deal. He wanted to find something that he could resale and make a profit. After looking for nearly an hour he found some things that he thought might make him a bit of money. One of those things was a small wooden box with an old newspaper article and a glass diamond in it. At least, it looked like it was glass. Who would put a real diamond of that size up for sale in an estate sale?

Later, as Alex was going through the stuff he had bought at the sale, he came upon the wooden box and opened it again, then took out the paper and read it.

"Oh, it was a treasure hunt in the paper. It sounds like it was fun," he thought, "I wonder if the diamond would really take me where I want to go?" Alex laughed to himself as he closed the box after putting the paper back in it.

Alex took several of the items to a Senior Center to have them put on sale for a little higher price than he had paid for them and left them.

Two days later 10-year-old Jimmy Mitchel was in the Senior Center with his parents and saw the wooden box and the diamond inside.

Mom bought it for him when he asked for it and he took it home. Jimmy read the paper in the box and then thought of where he would want to go if he touched the diamond.

He had been reading a story in a book about a witch who had captured some fairies and was going to use them as an experiment with her evil magic, when his best friend Charlie came into his room.

"Hey Jimmy, how's it going?" Charlie asked as he plopped down on Jimmy's bed and looked at the book cover. Jimmy explained what the story was about and then had an idea. He jumped off the bed and ran to his dresser and took the wooden box off the top and brought it over to show Charlie.

"Do you know what this is?" he grinned, "It's a magic diamond my mom bought for me at the thrift store. It's supposed to take you anywhere that you want to go just by touching it and thinking about it."

"Cool!" laughed Charlie, "Let's go to Disneyland."

"Yeah, or Knotts Berry Farm," said Jimmy.

"Whoa, wait a minute," said Charlie, "Let's go to that witch's house and help the fairies. We can go to the forest and then sneak inside and get the fairies out, then come back here. What do you think?"

"Okay, I'll touch the diamond while you touch me and we'll both go there. Ready?" asked Jimmy.

Charlie placed his hand on Jimmy's hand as Jimmy touched the Travel Diamond. What they didn't remember was that if two people touch the diamond at the same time, bad things happen!

Suddenly, the two boys found themselves in the same room with the captured fairies and the evil witch. As the two boys stood and tried to understand where they were and that the magic had actually worked, the witch, whose name was Hazel, saw them and said, "Who are you?"

"Run!" yelled Charlie and Jimmy at the same time as Jimmy ran toward the door of the room and Charlie ducked behind an old wooden cabinet that was filled with beakers, pans and bowls of all different

sizes.

Jimmie opened the door and ran out of the old house and into the woods that surrounded it, while Hazel walked over to the cabinet and stood looking at Charlie, who was crouching behind it with his eyes closed.

Hazel pointed her wand at Charlie and said, "You, whoever you are, get up and tell me what you're doing in my house?"

Charlie looked up, then stood up and walked out from behind the cabinet watching Hazel's wand.

On a table that was on the side of the room was a small cage that contained three fairy boys who were watching everything that happened.

"We came here to help free the fairies that you caught," Answered Charlie.

"Well, that didn't work very well, did it?" growled the witch, "Now I have you, and your friend will be eaten by the creatures that live in the woods outside."

She gave an evil laugh and then mumbled something that Charlie didn't understand as her wand glowed green and he suddenly found himself in the cage with the three fairy boys. He was now the same size as they were. The witch laughed her evil laugh and went back to working on her potion that would turn the fairies into "fairy eating" crows. Witch Hazel hated fairies!

Jimmie had snuck back up to the old house and was looking in the dirty window, watching.

"I've got to get Charlie out of there, but how?" he said to himself.

Hazel was pouring a dark colored liquid into a red colored liquid that was in a silver bowl and jumped back when the mixture suddenly flashed, and smoke rose from the bowl.

Jimmie giggled softly and said, "That looks like my mom's cooking. I hope Charlie doesn't have to eat it."

"At last!" cried Hazel, "Now all I have to do is get them to eat some and the change will come. Then I'll let them loose to eat all the fairies that they can. That will teach them a lesson to fool around with Witch Hazel. They will never put flowers in my potions again. They ruined so much work. But my crows will take care of those nasty little fairies."

Jimmie watched as Hazel put a tiny bit of the potion in some flower nectar and some on the pollen cookies that she had stolen from the fairies a long time ago. She walked over to the cage and looked in at the fairies and Charlie.

"Hungry, boys?" she grinned, "It's

been a long while since you have eaten. I'm sure that you'd like a drink of nectar and a little pollen cookie too, wouldn't you? You can have some too, my little intruder."

Hazel placed the cookies and the small cup of the nectar just inside the cage, then she stood back and watched.

The fairy boys wouldn't touch the food, but Charlie drank some of the nectar and ate a cookie. He looked at the fairy boys and told them that it tasted really good, and they ought to try it.

One of the boys looked at Charlie and told him that he knew that the food had been made bad by the witch and they wouldn't eat any of it.

Charlie ate another of the cookies and washed it down with more nectar.

Suddenly, Charlie felt a little sick. He started to itch all over as his hands started to change into claws and his head grew a long sharp beak. Black feathers started growing all over him.

"What's happening to me?" cried Charlie, "I'm turning into a bird or something!"

Jimmie watched as his best friend grew larger in size.

Witch Hazel stared at Charlie and started to back away from the cage. She knew that something had gone wrong with the potion. It wasn't meant for humans, just for fairies.

Charlie kept growing and growing. Soon he filled most of the small cage and it broke into pieces, allowing the fairy boys to fly away out the open door.

"Charlie are you alright?" called Jimmie as he ran forward.

Charlie turned his head and looked at his friend and said, "I hate flying."

Then they both laughed and laughed as Charlie sat up and saw that he had lost all the bird like features that the potion had made grow on him.

"Let's go home," he said to Jimmy.

Jimmy just looked at his friend and said, "I don't know how to do that, Charlie. I think that we did something wrong, 'cause nothing happened like it should have."

"What do you mean? We thought about where we wanted to go as we touched the diamond," said Charlie,

"That's what the paper said to do."

"Yeah, but we weren't both supposed to touch it at the same time, and we did," replied Jimmy, "I think that's where we made a big mistake. Now, we're stuck in a strange place with no way back. We don't have the Travel Diamond, so we can't get back."

"What are we going to do?"

asked Charlie as tears started in his eyes, "My mom is going to worry about me."

"Mine too," returned Jimmy.

The boys heard a soft sound in the air like the fluttering of tiny birds' wings and they both looked up to see the three fairy boys.

"We wanted to thank you for setting us free from the cage the old Witch Hazel had us trapped in," said one of the boys, "What's wrong? You look so sad."

Jimmy told the three boys about the diamond and how they had made a mistake in touching the diamond at the same time. How everything had gone wrong after that, except they had freed the fairies like they wanted to.

"Well, you did one thing right and set us free," replied another of the fairy boys, "Yes, so we will help you in any way that we can. Come with us and we will talk to the other fairies and see if they have any ideas on how to help you get back to where you should be."

Jimmy and Charlie walked behind the flying fairy boys as they went into the woods for a long time.

It was dark before they came to the fairy village. The boys told of their mistake and what had to be done to get them back home.

The fairy counsel met and talked for a long time as Jimmy and Charlie ate what nectar and pollen cookies the fairies could spare which wasn't much, for the boys were so big and needed a lot of food.

The two boys were falling asleep when

the leader of the fairy counsel came to them at the edge of the meadow and told them that they might have found a way back for them.

"You will have to go to a fairy ring dance and wait until the full moon rises to the top of the sky. Then the Travel Diamond should appear, and you can touch it separately to return home," The fairy said. "When is the ring dance?" asked Charlie.

"Tonight, and you can join in the dance if you wish even though you can't fly," answered the fairy.

The boys looked off to the east and saw that the full moon was already on the rise. They watched as the many village fairies started to gather in the center of the meadow where the grass grew in a ring.

Soon, they could hear fairy music being played by a fairy band. The fairies started to fly to the ring, join hands and fly in a circle. They swayed as they went up and down.

Then, as the moon rose higher, they released their hands and flew in tight circles. Some holding hands, others flying separately and dancing by themselves.

It was wonderful to watch.

The full moon rose higher and higher until there in the middle of the fairy ring appeared a small wooden box that the boys recognized right away. It contained the Travel Diamond.

Jimmy started for the box and the fairy dancers moved apart to let him inside the fairy ring. Jimmy picked up the box and brought it back out, showing it to Charlie.

"Here is our ticket home, Charlie," he said, "Remember to think only of home when you touch the diamond."

Charlie looked at Jimmy and said,

"Don't you remember, Jimmy, It can only be used once a day."

"Oh no!" was Jimmie's reply.

The fairy counselor flew up to the two boys and said, "I have heard what you have said. I wonder if that rule only applies to one person using the diamond. Maybe, if a separate person touches the diamond, it will work again for that person."

Charlie grinned and said, "There is only one way to find out. You touch it first, Jimmy, and then I'll touch it. Let's both think of your room. Then we'll know if it was as the counselor said."

"Don't you want to touch it first?" suggested Jimmy.

"Nope, it's your diamond. You go first." Replied Charlie.

Jimmie opened the box then handed the box to Charlie. Then Jimmy touched the diamond and disappeared.

Charlie grinned and put the box on the ground. Then thinking only of Jimmy's room, he touched the diamond.

"It worked! It worked!" shouted Jimmy and Charlie together as they danced around Jimmy's room.

The next morning, when the two boys awoke, Jimmy noticed that there was a small wooden box sitting on his dresser.

Charlie awoke to Jimmy laughing and quickly saw why.

At breakfast, the two boys were grinning and laughing as they discussed where to go next.

*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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# Guffey students make a difference on Earth Day

by Mrs. MacDonald's 3rd-5th Grade classroom

On Thursday, April 20, the students of Guffey Community Charter School celebrated Earth Day. There were three outdoor activities that the students could partake in. One group helped to convert the unused preschool playground into a garden, another group worked to prepare raised garden beds, and a third group picked up trash around the town. Parents and community members were encouraged to join the students for this action packed day.

Natalie Sardi, the middle school teacher, explained that the fenced-in playground area will have three plant beds which will be watered by drip irrigation from the downspouts from the gutters. Herbs and vegetables will be grown as well as some wildflowers to help the pollinators. "We tried to reuse wood chips and had to pull out aspen saplings and roots," explained Dominic Cottrell. "We learned teamwork."

John Barnes noted how much work went into creating the raised beds, "I dug a rectangle that was 47 inches wide and 57 inches long. I had to measure to figure out how to make the garden bed fit. I had to do a lot of digging and lifting heavy cinder blocks." Prior to building the raised beds, in math class the students had learned the best shape to minimize perimeter while maximizing area.

Kaiden Barnes worked with the trash pick-up crew, "We got the trash from ditches on the sides of the road. We collected two bags full of trash."

After working outside, the students were treated to a film festival put on by Shawna Crocker of the Colorado Environmental Film Festival (CEFF). Students learned what went into designing a good film as well as different film making techniques. Then they were shown a variety of short environmental films that had been created by other students.

"We learned about pesticides, food waste, and pollution and how to stop them from getting worse," explained Marius Robinson. "It is important that we compost food to stop methane (green house) gasses which contribute to global warming."

"I learned a lot about biochar. It is plants' best friend," stated John Barnes.

There is still more work to be done. In addition to Thursday's activities, the middle school class has been growing hydroponic plants. The two vertical hydroponic plant systems were donated to the school by Fork Farms and Juice Plus. Water and nutrients cycle through the plant roots. According to Sardi, the plants grow about three times faster when using the hydroponic system. The students are currently growing lettuce that the school is using for its school lunches as well as donating some produce to the school community. Students are also growing cherry tomatoes to add to their delicious school salads.

"Our garden project looks at natural and environmentally sound ways to nurture the plants we grow. Utilizing local manure and checking and maintaining the nutrients in the soil lead not only to better crop yields but also healthier food production. The math and science involved in this work links abstract computations and measurement to the practical applications needed to ensure a visible and viable end result," explained Sardi.

"The overall plan for our garden project is to educate students on food sustainability, develop a love of growing food, and see the cycle of life," added Jacob Sampson, the school's administrator.

Community involvement is encouraged and greatly appreciated. The community can become involved by donating supplies, time, and ideas. Many of the supplies for Thursday's project were generously supplied by the community. The school is currently hoping to get a com-

Ashland, Keaton, Marius and Kaden contributed by collecting trash.

Trystan contributed by helping to prepare this unused area for a school garden.

Guffey students use a vertical hydroponic system to grow lettuce.

post barrel donated so that the school's food waste can be used in the gardens.

The day was a huge success. "I learned how to respect the Earth. I want to make the Earth as green as possible," stated Archer Simmons.

"I had a fun time!" added Maddox Simmons.

**Editor's note:** Guffey Community Charter School is truly a leader in our community, offering hands-on experiences to incorporate classroom studies as well as opportunities to collaborate. These are skills the students will use in adulthood. We are also grateful for teaching the students how composting and gardening can help develop a relationship with our Earth, lessons that will last a lifetime. Way to go Guffey Community Charter School!

# Preserving our Place: Knowledge is Power

Indigenous Photography Exhibition at NCAR

by Marda Kim

The groundbreaking Indigenous photography exhibition *Preserving Our Place: Knowledge is Power* opens to the public Thursday, June 1 at the National Center for Atmospheric Research (NCAR) Mesa Lab in Boulder.

Its opening will be held in conjunction with the Rising Voices Center for Indigenous and Earth Sciences' annual workshop, which brings together a multi-generational network of Indigenous, tribal and community leaders, atmospheric, social, biological, and ecological scientists, students, educators, and experts from around the world, organizing through an intercultural approach to address and understand extreme weather events and climate change. The exhibition runs through Sunday, August 20.

*Preserving Our Place: Knowledge is*

Waves and Waves - photo by Dennis Davis

*Power* is a first-of-its-kind exhibition, featuring the importance of culture and lifeways and the consequences of the climate crisis. It celebrates the work of two Indigenous photographers: Chantel Comardelle, Tribal Executive Secretary of the Jean Charles Choctaw Nation, Louisiana and Dennis Davis, community artist of the Native Inupiat Village, Shishmaref, Alaska. Additional photography was taken by and/or is provided courtesy of Pete Mueller, Nathan Jessee, and Thomson Reuters.

The collaborative exhibition illustrates the devastating effects of climate change on their native, coastal homes — of sea level rise encroaching upon Isle de Jean Charles and of global warming melting ice breaks and permafrost in Shishmaref, which is causing roads to crumble and homes to fall into the sea. The exhibition includes 52 archival print 11x17" contemporary and historical photographs.

Among the many reasons why *Preserving Our Place* is such a significant exhibit is its creation by Indigenous artists and their lived experiences of being from communities in the U.S. most affected by climate change now — and not in some distant future. "I am so excited to share the voice of our tribal community in this exhibit," said Comardelle. "The fight frontline communities are facing every day is real. Our hope is to share this story with everyone."

The initial *Preserving Our Place* project was begun as a means to preserve the culture — the traditions, history, and knowledge — of people and place, and elevating the voices of the tribal members to tell their own story. *Preserving Our Place* emphasizes the knowledge of land and place-based identities and values. Its goal is to demonstrate to the greater public

the importance of preserving places most threatened by the climate crisis and centering the voices of those living through those impacts, today, and their fight to protect their culture, lands, and ways of life.

The exhibit was originally co-curated by Lundyn Herring, Director of Visual Arts with the Arts Council of Greater Baton Rouge, and Comardelle.

The *Preserving Our Place* exhibit at the NCAR Mesa Lab is co-presented thanks to a collaboration of six partnering programs and organizations: Rising Voices, the UCAR Center for Science Education, the National Center for Atmospheric Research/ University Corporation for Atmospheric Research (NCAR/ UCAR), EcoArts Connections, Open Studios, and the Livelihoods Knowledge Exchange Network (LiKEN). It is made possible in part thanks to funding and/or in-kind support from these partners,

Above: Storm Water - photo courtesy of Nathan Jessee

Cover: Ice Fishing - photo by Dennis Davis

Below: The New Isle - photo courtesy of Pete Mueller

as well as the National Endowment for the Arts and the National Science Foundation (NSF) award #1921045

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# Terror of the Towel

by Mikayla Stoddard

Sitting on the piano bench, I waited with tense anticipation for Sue's latest story. She was sitting in her chair, a cup of hot chocolate clutched in her nimble hands, eating a hunk of Bri's quadruple chocolate oat cake. Sue swallowed a gulp of hot chocolate and smiled.

"Do you remember my cat Chomolungma?" she asked me, head tilted on one side.

I nodded slowly, I did remember the cat — less from memory and more from stories.

Sue grinned, "My friend got me a dish towel that looks like him; it is the shape and color of a cat and everything."

I nodded again.

"Chomolungma loves it; it is in her cat bed like her mother," a chuckle escaped her.

I waited, knowing something good was coming. I was not disappointed.

\*\*\*\*\*

The mother and her 12-year-old child stood in the doorway of Sue's house. They were there for piano lessons; Sue was a piano teacher.

The clock on the wall gave off a gentle ticking sound into the silence of the snug, lonely house that smelled of eggnog.

Sue, the elderly widow, was next to them, talking. The child would be her new student; Sue would teach her to play the piano.

Then the quiet was shattered by a ghostly sound. The piano crashed and trembled, played by a ghostly apparition. The mother flinched slightly, trying to keep the surprise off her face. There was no one in the house besides them and Sue, so their shock was understandable.

Sue jumped, looking startled then laughed, "Oh, that is my cat."

Her eyes lit up as an idea struck. She had just the perfect thing to entice the now slightly panicked child to like her.

She darted into the laundry room where the cat bed was. There was the towel, perfect thing to show the girl. Maybe she would like it, maybe she liked cats. It did look just like her cat.

Grabbing the ears of the dishtowel and carrying it out in front of her she advanced back toward her new student, triumphant.

The dishtowel flapped, thin and covered in real cat hair.

\*\*\*\*\*

The mother was called Sally; she had decided her child was going to have piano lessons.

Informed by a friend that Sue was an excellent — if not a bit strange — teacher, she arranged the lessons.

Her child was called Louise.

Pulling into the steep driveway of Sue's house she could see Louise bouncing with excitement in the back seat, eager to learn to play the piano.

Louise probably thought it would be an easy endeavor, but Sally was sure that even when she found it was not, she would stick to it with zeal; Louise loved music.

Turning off the car and checking her hair in the mirror she glanced back again then opened the car door, slamming it behind her.

They were greeted by a small lady with a mischievous smile and delicate metal-framed glasses. Her shirt had the words *Irish dance* written across it and a green Celtic knot below the words. She did look like a dancer to Sally.

Sally twisted an eyebrow up; she had been expecting something different and had been pleasantly surprised. Sue was brimming with energy and happiness and was nothing like the dour grim-faced person she had been imagining.

Sally stood in the entryway, slightly overwhelmed, hands on Louise's shoulders. The cat had given her a start walking



across the piano and a small spark of wariness grew within her.

Then Sue did something odd.

She darted away into the laundry room. Sally repressed a sigh, wondering what had caused her to scurry away like that, eyes fixed detachedly on a picture of a bird.

She heard footsteps, Sue was coming back. Sue, holding a pancake of a cat.

A very dead cat.

She felt her heart lurch in shock. *She is a madman.* Crossed her mind and she looked at Sue's face, dread welling up in her.

Sue was smiling, positively pleased with her flattened cat! She had killed it and was *showing off the carcass!*

Sue was an insane cat murderer! Sally grabbed Louise's shoulders, a choked gasp escaping her mouth, half afraid that Sue was going to shove the dead cat at them as a present or something.

Her foremost thought was to escape this house and never come back.

The flattened cat flapped gently as Sue advanced on them, holding it like a grand prize and there was something strange about it... it looked almost like — relief and irritation swept over Sally; the dead cat was a dishtowel.

A dishtowel.

\*\*\*\*\*

Sue finished her story and her cake and watched me shaking with violent laughter and grinned, giggling too.

"And you know what else?" she gasped; eyes crinkled up in laughter, "They said they thought I ran over my cat."

I jerked with fresh giggles, unable to stay upright with the laughter.

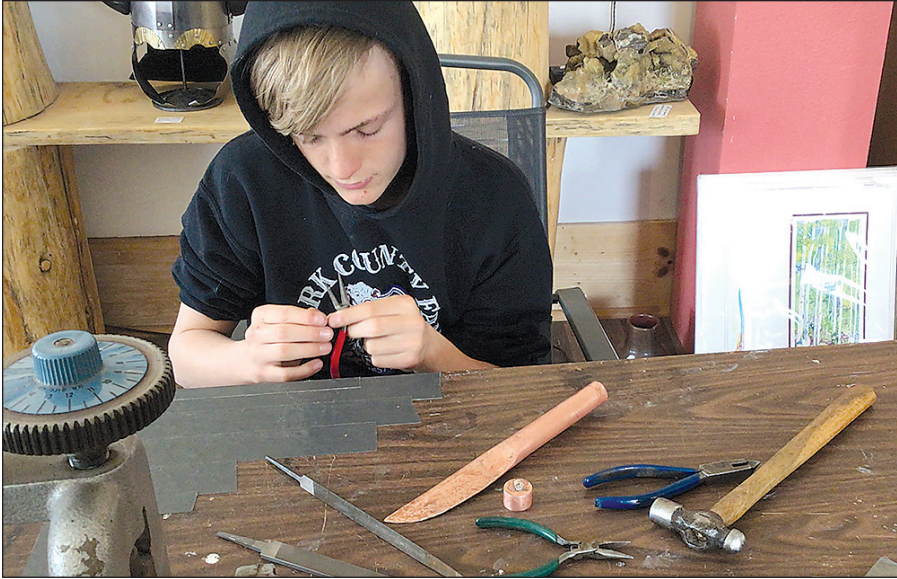
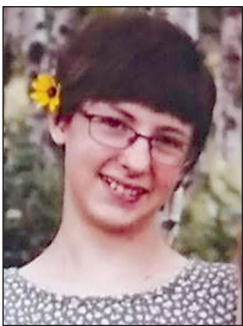
"She said that! She admitted that she thought I was crazy!" remarked Sue.

A small groan escaped me, I was half sobbing with laughter and the next thing she said finalized it.

"And she hasn't had a piano lesson since, they canceled both of our next lessons!"

**Editor's note:** Mikayla Stoddard is only 16 years old. After reading this, we decided to publish as one can easily see Mikayla

has great talent and tremendous potential as a writer. We hope this will encourage Mikayla to practice her writing skills as often as she practices piano, as we understand she is an advanced student! She has been taking piano lessons since she was 11 and has composed her own music already.



Miles Farr is forging a copper pipe into a knife. Deb Hamm has a hand-crank machine, like a ringer on an old washing machine, that flattens and elongates copper pipe.

## South Park Skills

by Flip Boettcher

photo by Deb Hamm

If you are looking for something interesting to do, you might check out the skill classes that Deb Hamm, owner/operator of the Unrepentant Artist located at 532 Front Street in Fairplay, is offering called South Park Skills.

Some of the projects/skills Hamm is offering through the summer are handmade leather working — making bags, holsters and sheaths; outdoor skills; gun cleaning and handling, manufacturing products using various metals and methods, body works and natural remedies.

Hamm is seeking people with solid skills to share and teach. Her business card says, "Support your brain — learn a skill."

Hamm is focusing on young adults from 13-17 years old, she said, adults are welcome too, but the classes will not be mixed; there will be young adult classes

and adult classes. This is a chance to learn new skills or hone up on some you haven't used in a while, per her website.

Unrepentant Artist will still be a gallery like it has been for the past 10 years, but some things have changed and let go to make room for the skills classes.

Hamm is concerned about the future of our children. She wants to give them the ability to survive and manage many things with the knowledge and strength skills can provide. As a metal and leather worker she "wants them to be able to create a variety of necessary items that might be helpful in their lives," per the website.

For more information visit [www.spskills.org](http://www.spskills.org), and contact Hamm by email at [studioa@SPskills.org](mailto:studioa@SPskills.org).

## CORE Electric Cooperative earns AA- credit rating

On May 10, 2023, CORE Electric Cooperative (CORE) announced that Fitch Ratings has assigned CORE a first-time Long-Term Issuer Default Rating (IDR) of "AA-", with a Stable outlook. "AA-" is in the highest public rating tier achieved for electric distribution cooperatives rated by Fitch Ratings.

"The "AA-" IDR reflects CORE's very strong financial profile in the context of a rapidly growing and diverse retail customer base, very strong revenue defensibility characteristics, very low but increasing operating costs, a diverse supply of energy, and a manageable capital plan," stated Fitch Ratings in its report.

Said CORE CEO Jeff Baudier regarding the announcement, "To earn such a high credit rating on our first attempt is an incredible accomplishment. It is a testament to CORE's track record of sound financial management, and it also recognizes the strength of our plan to advance innovative energy solutions that ensure clean, reliable, and affordable power for our members."

"Fitch's "AA-" rating recognizes CORE's solid financial position and disciplined approach to operations. This excellent credit rating allows CORE to secure the most competitive interest rates from lenders, benefiting members by keeping CORE's costs, and therefore member rates, as low as possible," said Dede Jones, CORE's Chief Financial Officer.

### Highlights of the credit report include:

- CORE's five-year historical financial performance has been very strong, marked by relatively low leverage and healthy coverage levels. The cooperative's financial performance is supported by robust growth within the service

territory, which also served to minimize rate increases over the past decade.

- CORE's operating risk profile is strong, reflecting a low but rising operating cost burden and a reasonable transition plan to a more actively managed power supply strategy. The low operating risk assessment also benefits from a very young age of power plant and manageable capital needs.
- The cooperative exhibits very strong revenue source characteristics and revenue defensibility.
- CORE's service area demand characteristics are very strong. The cooperative's service territory is among the fastest-growing areas in the country in a desirable location between Denver and Colorado Springs. The economic base is anchored by professional services and technology firms, retail, healthcare, and finance, and the unemployment rate trends well below the U.S. rate.
- Rate flexibility is also considered very strong, as CORE has the independent legal ability to determine rates. The cooperative's rates are very affordable, representing just 1.1% of Douglas County's median household income.
- CORE's transitioning resource plan is expected to meet or exceed Colorado's Green House Gases reduction targets.

"The Board of Directors is very pleased with and proud of this credit rating," said CORE's Board President Tim White. "We share in the commitment of CORE's leadership and staff to serving our communities as responsible stewards of their assets."

The detailed credit rating summary can be found at: <https://www.fitchratings.com/research/us-public-finance/fitch-assigns-first-time-aa-idr-to-core-electric-cooperative-outlook-stable-12-04-2023>

## PPHS presents Judge James Castello

by Marianne Mogon

Judge James Castello, the founder of Florissant, made his mark in both Park and Teller counties (which at the time was still El Paso County), and the territory of Colorado. On June 18, Pikes Peak Historical Society (PPHS) is excited to welcome Robert Cox, third great-grandson of Judge James Castello as their Chautauqua guest speaker.

James Castello was born in 1844. He moved his family to Fairplay in 1863 from Florissant, Missouri. He operated a hotel until 1868, was a judge in Fairplay, and in 1865 became a member of the first state senate of the territory of Colorado. In 1870, he built a small ranch house on a 160-acre homestead in the western region of what was then El Paso County. He soon expanded to a trading post, a general store, and hostelry. In 1873 a Post Office was established and Castello named the area Florissant after his boyhood home. The Castello's were on friendly terms with the Utes and they shared meals and conversations together. Chiefs Ouray and Colorow were frequent visitors. Castello died in 1878 at the age of 64 and is buried in the Florissant Pioneer Cemetery.

Third generation grandson Robert Cox has taken on the persona of his iconic great-great-great grandfather due to his uncanny resemblance and will be presenting as Judge Castello. He plans to share stories and a tale or two portraying his great-great-great grandfather.

Cox was born in Cripple Creek but grew up in Ouray where he graduated high school. He spent 20 years in law enforcement, 14 of those with the Montrose Coun-



Robert Cox portrays Judge James Castello, his great-great-great grandfather on June 18.

ty Sheriff's Office. He served as publisher and editor of *The Mountain Valley News* in Cedaredge. Cox has authored other books; "Fishing Close to The Bank" chronicles his fishing experiences, and "Growing Up and Growing Old in Colorado" explores his youth. His most recent book, "For Where You Go, I Will Go: Destination Colorado" is the story of the Castello family.

His book "For Where You Go, I Will Go: Destination Colorado" will be available after the presentation for \$22 cash or check, and Cox will sign copies. Other copies will be available at the museum for cash, checks, or credit card.

The Chautauquas are presented to the public free of charge as a public service of the PPHS. PPHS invites everyone to learn more about James Castello and the mark he made here before Colorado was even a state. This program is free and no reservation is required and is on Sunday, June 18, at 2 p.m. at the Lake George Charter School, 38874 US Hwy 24, Lake George, CO. FMI 719-748-8259 or 719-748-3861.

## Snowpack and water management

by Coalition for the Upper South Platte

Water managers and providers throughout the western United States rely upon the winter snowpack to provide water throughout the rest of the year. Facing a 23-year drought, the demand for accurate snowpack measurements are vital for planning water management and usage.

The Natural Resources Conservation Service (NRCS) has measured snow level since the 1970s (and in some locations since the 1930s) via their SNOTEL (SNOpack TELemetry) stations, with 114 measuring locations in Colorado. These measurements provide valuable historical data and current information on snow depth and the water contained in the snow. The data is available online and updated every hour, much to the delight of skiers. However, this data is limited to one point and usually doesn't tell the story for an entire basin or watershed.

<https://wcc.sc.gov.usda.gov/reports/UpdateReport.html?report=Colorado>

CUSP partnered with Denver Water this year to complete mapping of the Upper South Platte by Airborne Snow Observatories, Inc. (ASO) for the first year. ASO was developed at NASA Jet Propulsion Laboratory to provide highly accurate snow water equivalent measurements across mountain basins.

The ASO website has details of the process and data measurements. The simple explanation is that ASO flies over mountain basins in a twin turbo prop aircraft equipped with scanning lidar and imaging spectrometer. The data gathered provides a map of the snow coverage depth and snow water equivalent (SWE). The data is converted to reports the water held in the

snow that can be used to estimate run-off.

<https://www.airbornesnowobservatories.com/>

Other factors are also considered, such as the history of snowfall events over the snow season. Dust deposition is monitored, as this often accelerates snowmelt rates. The Center for Snow and Avalanche Studies is home to the Colorado Dust-On-Snow program which monitors 11 sites throughout Colorado. Based on their observations, the program issues a series of update analyses of how dust-on-snow is likely to impact the snowmelt timing and rates during runoff season.

<http://www.codos.org/>  
Water managers cannot change the snowpack, but these tools help them plan and adapt to the changing conditions from year to year and over the long term.

### In 2023 CUSP celebrates our 25th year!

CUSP continues to operate three slash disposal sites, Bailey, Fairplay, and Divide for the convenience of the community. The sites are heavily used by property owners completing mitigation projects. The hours of work on acres and acres of land helps the entire watershed increase our resiliency and sustainability against wildfire. Keep up the good work! Sites are open Saturdays, 9-4 p.m.

through Labor Day. <https://baileyslashsite.com> <https://baileyslashsite.com/fairplay-slashsite/> <https://divideslashsite.com>

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## Life-Enhancing Journeys

## Am I crazy or dealing with people with passive-aggressive behaviors? - part I

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

Lately, I have been hearing numerous complaints from people who are dealing with individuals who have caused them to become so frustrated that, after their encounter, they are scratching their heads asking themselves, “Am I crazy?” What just happened...?” Most likely they have encountered a person exhibiting passive-aggressive (PA) behaviors. They appear totally innocent, yet if you accuse them of any wrongdoing, you are now the bully and they are the victim. A person with PA behaviors, sends a message of anger, spite, or frustration yet never directly acknowledges the problem.

**Here are some traits seen in PA behaviors:**

- PA behaviors and people who exhibit these traits seldom say “no” but rarely follow through. They will agree to help you, but then something comes up and they let you down, but it is not their fault because they intended to be there for you.
- PA behaviors and people who display these characteristics, seldom ask for what they want but continue trying to get it covertly. They whine, gripe, or sulk until you offer. Because they never asked, they owe you nothing. After all, you offered.
- Their actions and words may seem righteous until you realize that you were belittled and humiliated. If confronted, the person using PA tactics can deny intentionally embarrassing you.
- Whenever problems arise, it is never their fault because they feel they are truly a good person. If you look at their past relationships, they probably have left a path of devastation behind them, but of course, it was never their fault. According to them, they were the victim.
- PA behavior may include lateness, avoidance, and silence. They may “ghost” you, or seemingly disappear.
- In many situations, the person using PA behavior usually manipulates others to get what they want. If confronted, they will gaslight you (manipulate you into questioning your own sanity, memory, or powers of reasoning) with a convincing excuse that allows them to evade taking responsibility for their actions. If confronted, they can always deny any ill intent.

These people will drive you crazy.

This, and subsequent articles will help you to understand PA behavior, and how to recognize and manage it.

PA conveys criticism or negative emotions in an indirect way. The purpose of PA behavior is to enable the aggressor to avoid taking responsibility for their hurtful comments or actions which can then easily be denied or the blame is shifted. Here are some examples: "I didn't mean it the way you took it" "You're being too sensitive" "I'm just trying to be helpful..." People using PA tactics may offer help, even if it is unwanted, then will humiliate the recipient, oftentimes leaving the receiver frustrated and confused. PA behavior is often more distressing than aggressive behavior because, along with being hurt, it can cause the other person to question themselves and their reality.

Encounters with people with PA behaviors may include sarcasm, shifting blame, saying yes with no intention of following through, etc. For example, I remember hiring a colleague to temporarily fill in for me while I was about to go on maternity leave. When they failed to show up as expected, the administrator called me. I contacted the person who agreed to fill in and I heard numerous excuses, and shifting the blame to me, "You never told me you wanted me to start this week..." "You told me you weren't due till next month." This person's unreliable behavior could have caused me to have been fired, how-



ever, fortunately, I managed to repair the damage. This experience taught me to be aware of PA and never rely on a colleague who uses these tactics.

I have a family member who regularly uses PA to manipulate others. An example of this was after receiving a message that they wanted to discuss something with me, I agreed and suggested they call early enough because I planned on leaving my house at 10. In typical PA fashion, they called at 9:59. I acknowledged their call yet told them, "As I informed you, we will have to talk at another time because I am leaving now..." "But Barbara...this will be quick...I just wanted to tell you..." "Goodbye!" and I hung up.

PA behaviors and those who use them have a goal, whether they are consciously aware of it or not. Their actions may be to make themselves feel better, to undermine others' efforts or to get what they want and avoid accountability. It is fair to note that not all PA behavior is deliberately cruel or knowingly intended to be hurtful so it is helpful to determine whether it is malicious or self-protective or unintentional.

As with most communication, the context in which something is said is most important. The tone, inflection, and body language often give away their true intention (eye-rolls, sighing, a raised eyebrow). To determine if a behavior or comment is PA, consider the context, the relationship, previous experiences with the individual, and non-verbal communication. Trust yourself because you usually know when you are the recipient of PA behavior by your own reaction, both physically and emotionally. If you feel frustrated, deflated, or crazy as a result of an interaction, it probably was PA. Keep in mind, when someone's actions are PA, they want you to know they are upset without actually coming right out and telling you.

Some people who are skilled at PA behaviors will give back-handed compliments such as “What did you do to yourself... you look so much more attractive?!” or sarcasm disguised as a compliment “Oh, I hear you miraculously completed your project on time...” The problem with these kinds of comments is that if you try to confront the PA person about the insult, you will be accused of misunderstanding what they truly meant, “I didn’t mean it that way,” alleging that you misinterpreted their comment, saying things like, “You must have a problem if you think like that... I was just trying to compliment you...” As a result, you can feel frustrated or even at times bewildered, asking “Am I crazy?” and the person displaying PA behavior, walks away blameless.

**Here are some typical PA phrases:**

"You're too sensitive."

"I'm just saying that because I'm concerned about you."

“Why are you getting so upset?”

"No offense, but..."

“Whatever—”

"If that's what you want to do..."

"Don't feel obligated in any way. I

wouldn't want to be a burden. Do whatever you think is right."

"I'm just trying to help..."

The list below will describe several types of PA behaviors:

- **Denial.** This type of PA behavior occurs when the individual appears to be upset, angry, bored, confused, or any number of emotions yet denies the feeling. Their behavior can frustrate the recipient because the problem, being denied, can never be addressed or resolved. This individual is able to control others by denying the conflict even when it is evident that a problem occurred.
- **Blaming.** Skilled PA blaming can rephrase almost any comment to make it appear the recipient's fault. "You should have known!" or "You're too sensitive!" are common methods of blaming the victim. "You know what I'm like before I have my coffee...I wouldn't have yelled at you if you just left me alone." People who behave this way deflect all attempts to communicate about problems by blaming the other person.
- **Revenge-seeking.** This behavior is calculated to try to hurt the other person without taking responsibility. An example of this is described as the "backhanded compliment." "You must be so confident to wear that to the office... only you would go out dressed like that." The PA individual may feel threatened, whether real or imagined, then seeks revenge in a devious way. This enables them to claim ignorance if confronted such as "I had no idea you would take it like that," or resort to blaming, "You must be imagining that...I would never do anything to hurt you."
- **Controlling.** This behavior seeks to control the individual in an indirect manner. For example, a person who emotionally abuses their partner might say "No one could ever love you the way I do," which can cause the partner to feel insecure so they stay with the manipulative controller.
- **Guilt.** This behavior controls through using guilt and shame either directly or indirectly to control the other. An indirect form of guilt may be "Don't worry about me...I'll be okay," as they bow their heads and sigh. A more direct form may be, "Look at all I've done for you...cleaned the house, cooked dinner... so putting the kids to bed isn't

too much to ask of you, is it?"

■ **Sarcastic.** As with most PA behavior, sarcasm tells others that they are unable to be honest about what is bothering them. PA sarcasm is used to indirectly express irritation, hurt or angry feelings without outwardly stating their displeasure. It is designed to avoid responsibility for their anger with a remark such as “That sounds like fun... it would have been nice to have been invited,” after learning about plans that took place without them. Here is another example; a waiter was busy servicing many tables and failed to refill a patron’s water glass; when the annoyed customer asked, “Should I tip you based on your poor service or because I feel sorry for your low wages...?” Although sarcasm is common with PA people, bear in mind not all sarcasm is malicious.

- **Back-stabbing.** Back-stabbing PA behavior is difficult to confront because it tends to lead to more of the same. This behavior often strategizes in such a way as to use personal or sensitive information against the other person. This individual may even resort to pretending to show concern as a way of validating their behavior: “You know I would never hurt you...I’m only saying this because I care about you.” The person using PA ploys may have developed this tactic as an ego booster to discredit those whom they view as more competent than themselves.

Being PA is “a strategy...used when we think we don’t deserve to speak our minds or we’re afraid to be honest and open,” according to psychotherapist Tina Gilbertson. Remember that behind the PA behaviors is someone who is angry and feels misunderstood yet is unable to express it.

It is important to understand that PA behavior may be unintentional, yet it can still be hurtful. Understanding what motivates this behavior may provide us with a window into their actions and offer us an opportunity to be more empathetic and effective in dealing with them.

Now that this behavior has been described, future articles will offer strategies for managing people who act in a PA manner, and what you can do differently if you exhibit some PA habits yourself.

*Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys, we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-510-1268 (cell) or email Journeyscounselingctr@gmail.com.*

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# Memories and Milestones

## Reflecting on my time at Bates Elementary School

by Steven Wade Veatch

My elementary school opened in 1957, three years after I was born, with over 600 students attending. With a magnificent view of Pikes Peak from its front yard, the grade school was named for Katharine Lee Bates, the famous author of *America the Beautiful*. Bates Elementary School remained open for 56 years, a pillar in the Cragmoor subdivision of Colorado Springs.

I recently learned that the aging of the neighborhood, school district boundary changes, and competition from charter schools caused enrollment to fall to 200 students, forcing Bates to close in 2013. I wanted to see my school one last time, so I pulled into the parking lot on a brisk spring day, two years after Bates closed. Austin Bluffs Parkway, roaring with traffic, ran like a ribbon of sound behind the school. The rapidly growing University of Colorado at Colorado Springs (UCCS) had gobbled up the land next to my little school.

As I stood looking at this old building, an easterly wind sent leaves spinning across the broken pavement. I walked around the tired buildings. A silent, rusting school bell hung to a brick wall. Children's voices had long since faded into time's dark abyss. Afternoon clouds gathered, casting blue shadows. The day frowned.

I caught my reflection in a school window. My image looked sad. Sixty years ago, I played outside on these school grounds. I became aware that so many years had evaporated in an instant.

A notice, taped to the window, stated that the school district had sold the elementary school to UCCS. The university had scheduled the school for demolition to make way for more student housing. An architectural design, taped next to the notice, revealed this proposed development.

The sounds of the university's expansion broke into my thoughts. I could hear pounding jackhammers and nails, whining electric saws, rumbling cement mixers, and workers smacking down bricks — one on top of the other. Despite this noise of change, a kaleidoscope of flashbacks emerged in my mind: homework, Big Chief tablets, Elmer's Glue, sharp pencils, playing four-square during recess, playground banter, Christmas programs, carnivals, and Boy Scout meetings. The monkey bars, the same ones I climbed so many years ago, were still standing there.

I continued around the back of the building to peer into the classrooms. More recollections materialized from mental shadows, including memories of my fourth grade in 1963. Mrs. Paula Hurst taught that class. Mrs. Hurst graduated from Colorado College in 1959, and she came with four years of teaching experience when I started in her class. I remember learning that year about three kinds of rocks: igneous, metamorphic, and sedimentary. Little did I know how relevant that would be in the future. We also worked on a unit on Colorado history and practiced cursive writing. Mrs. Hurst carefully taught the basics of our government while we considered President Kennedy and the changes he made.

Other freeze frame moments from 1963 — this time, from my long-ago home — spiraled into my consciousness. I remembered that Mutual of Omaha's *Wild Kingdom* with Marlin Perkins debuted on NBC, and how my family gathered around the television and watched each episode. The Beatles released *I Want to Hold Your Hand* and *I Saw Her Standing There*. My parents did not like any of their music and believed the Beatles would corrupt American youth. Peter, Paul, and Mary's *Puff (The Magic Dragon)* climbed to the number two spot on the music charts. My parents like their music, and the song became one of my favorites.

I didn't know it at the time, but in a few years my country would experience much civil unrest. While the cries of Martin Luther King Jr. and others were seldom heard inside the Bates hallways, they permeated our homes and the conversations of classmates when our teachers' backs were turned.

I remember some of the political issues from 1963. George C. Wallace, a man my parents talked about after the evening news, became governor of Alabama. As I grew up, I learned about a speech he made when he became governor, "Segregation now; segregation tomorrow; segregation forever!" On June 11, Governor Wallace tried to prevent Black students from registering at the University of Alabama. On the same day, President Kennedy declared segregation to be morally wrong, and it is "time to act." Martin Luther King Jr., on August 28, delivered his, "I Have a Dream" speech at the Lincoln Memorial in Washington DC. A few weeks later, four Black girls died in a church bombing in Birmingham, Alabama.

One recollection of my fourth grade at Bates Elementary School stands out the most: President John F. Kennedy's assassination on Friday, November 22, 1963. I was home that day with a cold. I heard my mother doing her daily rounds of household chores until the phone rang. Several minutes later: she walked into my room; her face was grim. She said, "Stevie, your grandfather called. He said someone shot the President Kennedy in Texas. We should watch the news." We both went to the living room and turned on the Admiral black and white television console. Walter Cronkite, looking somber, announced that



A view of Rattlesnake Bluff, UCCS student housing, and, in the foreground, Bates Elementary School. Photo date 3/2015 by S. W. Veatch.

President Kennedy had died at 1 p.m. Central Standard Time.

Days of continuous television coverage followed that first news bulletin. I did not understand then this President's violent death that day robbed our nation of a future we will never know.

To think about Kennedy's assassination 52 years later is to see how I reacted to the death of someone I learned about in school, a person my parents talked about. It was the first national crisis I experienced, and it cemented my interest in current events.

Time has a way of moving on. Mrs. Hurst retired from teaching in 1982, 10 years after I graduated from high school. I retired in 2011. I remember, back at Bates school, in the fourth grade, I wished to grow up right then. Looking back now, I see that my wish came true, I grew up fast, quicker than I thought possible. Time had passed in an instant. Despite the passage of time, our nation's struggle with civil rights continues to this day and screams for more work to be done.

When workers bulldoze Bates Elementary, something vital from the past will be lost. But, for the present, the remembrances of countless students will remain with them. As for me, I found lost memories of the school today. When I think about

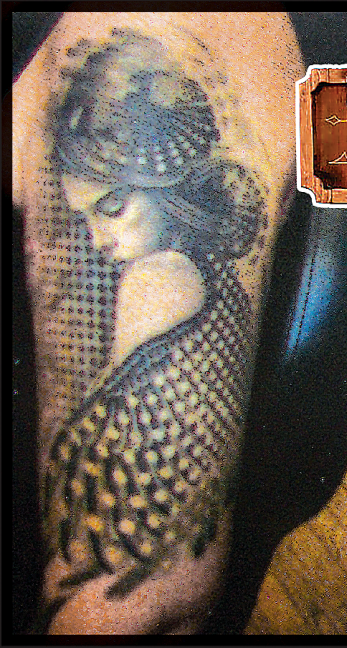


UCCS looms large behind the lonely monkey bars on the Bates school grounds. Photo date 3/2015 by S. W. Veatch.



The school bell no longer rings to call students to class. Photo date 3/2015 by S. W. Veatch.

my school days and share them with my friends and family, Bates Elementary will always remain as it was 60 years ago.



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# Mueller State Park in June

Mueller State Park invites visitors to come out to enjoy some of the many guided hikes and programs this June as summer gets into full swing. There are many topics to choose from including wildflowers, 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 a different focus such as the gold rush, fur trade, ghost towns and women who made an impact! A favorite hike goes in search of the fleeting Fairy Slipper wildflowers, also known as Calypso Orchids! The parade of wildflowers alone is reason enough to hike the trails and see the beauty. Please join us!

**1 Tree ID Hike** 9 a.m. meet at Wapiti TH  
**1 History of Native Americans in the Pikes Peak Region** 8 p.m. Amphitheater.  
**2 Fly Fishing Clinic** 10 a.m. meet at Dragonfly Pond.  
**2 Hug a Tree for Kids** 2 p.m. meet at Camper Services  
**2 Peak View Hike** 3 p.m. meet Elk Meadow TH.  
**2 Learn the Burn** 8:30 p.m. meet at Amphitheater.  
**3 Bird Walk** 8:30 a.m. meet at Elk Meadow TH.  
**3 National Trails Day Hike** 9 a.m. meet at Lost Pond TH.  
**3 Full Moon Hike** 9 p.m. meet at Outlook Ridge TH.  
**4 Roaming Cats: Skulls and furs** 9-11 a.m. at Camper Services.  
**5 Sight and Sound Hike** 10 a.m. meet at Visitor Center.  
**5 Cahill Loop Hike** 2 p.m. meet at Grouse Mtn TH.  
**6 Osborn Loop Hike** 9 a.m. meet at Black Bear TH.  
**7 Sight and Sound Hike** 10 a.m. meet at Visitor Center.  
**8 Dynamite Job** 9 a.m. meet at Grouse Mtn TH.  
**8 Peak View Hike** 9 a.m. meet at Elk Meadow TH.  
**8 History of Early Explorers and Military in the Pikes Peak Region** 8 p.m. at Amphitheater.  
**9 Lunch with a Bear** 2 p.m. meet at Camper Services.  
**10 Rock Pond\* Hike** 9 a.m.  
**10 Sight and Sound Hike** 2 p.m. meet at Visitor Center.  
**10 Paramount Catamounts** 8:30 p.m. at Amphitheater.  
**11 Tracks Table** 9-11 a.m. at Camper Services.  
**12 Lost Pond Hike** 2 p.m. meet at Outlook Ridge TH.  
**13 Bird Walk** 8:30 a.m. meet at Elk Meadow TH.  
**14 Pond Safari** 10 a.m. meet Dragonfly Pond.  
**15 Sketch Hike** 8:30 p.m. meet Grouse Mtn. TH.  
**15 Preacher's Hollow\* Trail Jog** 9 a.m.  
**15 History of Fur Trade in Pikes Peak Region** 8:30 p.m. at Amphitheater.  
**15 Dark Sky Hike** 9 p.m. meet at Outlook Ridge TH.  
**16 Fly Fishing Clinic** 10 a.m. meet at Dragonfly Pond.  
**16 Nature Crafts!** 2 p.m. meet at Camper Services.  
**16 F.U.N: Furs and Useful Nog-gins** 7:30 p.m. meet at Amphitheater.  
**17 Archery for Beginners** 10 a.m. meet at Dragonfly Pond.

**17 Owl Pellets** 2 p.m. meet at Visitor Center.  
**17 S'more Stories** 8:30 p.m. at Amphitheater.  
**18 Tracks Table** 9-11 a.m. Stop by Camper Services.  
**19 School Pond\* Hike** 10 a.m.  
**19 Fire Ecology** 2 p.m. meet Camper Services.  
**20 Fly Fishing Clinic** 10 a.m. meet at Dragonfly Pond.  
**21 Pond Safari** 10 a.m. meet at Dragonfly Pond.  
**22 Lost Pond\* Trail Jog** 9 a.m.  
**22 Preacher's Hollow\* Hike** 2 p.m.  
**22 History of Mining in Pikes Peak Region** 8:30 p.m. at Amphitheater.  
**24 Outdoor Skills Day!** 10-3 p.m.  
**25 Wapiti\* Nature Hike** 9 a.m.  
**26 Preacher's Hollow\* Hike** 10 a.m.  
**26 Fire Ecology** 2 p.m. at Camper Services.  
**29 Dynamite Jog** 9 a.m. meet at Grouse Mtn. TH.  
**29 Tree ID Hike** 3 p.m. meet at Wapiti TH.  
**29 History of Railroads in Pikes Peak Region** 8:30 p.m. at Amphitheater.  
**30 Fly Fishing Clinic** 10 a.m. meet at Dragonfly Pond.  
**30 Knee High to Nature** 2 p.m. meet at Camper Services.  
**30 Star Party!** 8:30-10:30 p.m. meet at Visitor Center.  
\*Indicates to meet at the TH (Trail-head) of the same name. FMI 719-687-2366.

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

# Victor Gem & Mineral Show

by Z Studios

The annual Victor Gem & Mineral Show presented by the Southern Teller County Focus Group (STCFG) in Victor, Colorado will be held June 16-18. The event will be held in downtown historic Victor and is open and free to the public.

The show will include vendors from across the state selling Colorado dug minerals. Items for sale will include polished gems, hand-crafted jewelry, rough slabs, specimens, cabochons, geodes, Cripple Creek turquoise, and more. There will also be gold and gem panning at the Victor Lowell Thomas Museum. Show hours are from 9-5 p.m. Friday and Saturday and 9-4 p.m. on Sunday.

A geologist from Newmont CC&V will make a presentation on the geology of the gold mining district. This free presentation will be held Saturday, June 17 at 1 p.m. in the Newmont CC&V corner offices at 3rd and Victor Ave. The presentation is free but seating is limited.

June 17 and 18 you can experience Oddities Alley, Hunk-O-Junk Antique Show and an Old Timey Medicine Show, all concurrent events of with a unique blend of vendors, food trucks, and live entertainment. The Enigma will be performing during the weekend. The Enigma is a bizarre show of original music, odd humor, and amazing stunts. The concurrent events are sponsored by the Black Monarch Hotel in Victor and Urban Cirque. Urban Cirque will present two days of aerial performances downtown.

In addition, the Victor Lowell Thomas Museum gift shop will be open with its collection of rocks, gems, minerals, rhodochrosite and aquamarine jewelry, geodes and gold panning for kids of all ages. The museum also houses a mineral collection as well as historic mining equipment, photos, and historic oddities. In addition, guided bus tours of the mining district and the Sunnyside Cemetery are available through the museum that weekend — see VictorMuseum.com for reservations and information.

Victor's many shops and attractions will also be open, including Victor's Gold Camp Ag & Mining Museum, antique, art, and gift shops, the German bakery, the local bars and eateries, Phantom Canyon Coffee and Gifts, as well as the local parks and Trails of Gold where you can explore the outdoors in historic gold mining country.

FMI STCFG.com, email info@stcfg.com, or call 719-689-5509.



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## ~OUT AND ABOUT~

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

### AVAILABLE VIRTUALLY

- NAMI Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or dial 988

### CAÑON CITY

- LIBRARY**
- 7 FREE Legal Self-Help Clinic 2-5 p.m. at the library call 719-269-9020 for appointment.

- Adult literacy program. We have tutors available to help for FREE!
- B.O.O.K. Babies on our Knees Monday 10:30 a.m.

- Break out box 2nd Friday each month 3-4 p.m.
- Chess Club Wednesday 2 p.m.
- Creative Crafting (different craft each month) 3rd Friday each month 3-4 p.m.

- Cribbage Club Fridays 10 a.m. All ages welcome!
- Fremont Brain Injury Support 1st Tuesday 12:30 p.m.

- Lego Club 1st Friday each month 3-4 p.m.
- Metaphysical Group every Saturday 10:30 a.m.

- New Neighbors Genealogy 1st Friday 1 p.m.
- Story Swap Book Club 1st and 3rd Tuesday 3-4 p.m.

- Story time and craft Tuesday and Thursday 10:30 a.m. All at 516 Macon Ave. FMI 719-269-9020.

- The Joan Flint drive-by art display located at 403 W New York Ave is now showing new designs for outdoor viewing.

### COLORADO SPRINGS

- PIKES PEAK CENTER**
- 7 Ringo Starr and his All Starr Band
- 11 John Crist's Emotional Support Tour 7 p.m.

### CRIPPLE CREEK

- 1 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St. Food and refreshments at 5 p.m.

- 23 Blessing followed by meet & greet for Once Upon a Time in the West show 3-7 p.m.
- 24-July 4 The 26th Annual Once Upon a Time in the West art show at the Heritage Center 9-5 p.m.

### ASPEN MINE CENTER

- 30 Commodities distribution 9-1 p.m.
- Tuesdays BINGO 10:30 a.m. for seniors.

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

### CRYSTOLA

- 10 Annual Pig Roast and Silent Auction See page 7.

### DIVIDE

- 18 Father's Day with the Wolves 9-11 a.m. Colorado Wolf and Wildlife 4729 Twin Rocks Rd. Breakfast burritos, raffle and a 1 hour wolf tour. \$40 adults 12+, \$20 kids 6-11. Advanced reservations required 719-687-9742.

- 24 Veterans Appreciation Luncheon noon at Little Chapel of the Hills see page 8.
- 12, 26 Little Chapel Food Pantry Distribution 2-5 p.m.

### FLORENCE

- 10 Sidewalk Chalk Art. Bring your chalk to participate.
- The Florence Pioneer Museum and Research Center 100 E. Front St. is open and ready for summer visitors! Hours are Tues-Fri 1-4 p.m., Sat 10-4 p.m. Drop by and check

out the history of Eastern Fremont County. [www.flor-encepioneer-museum.org](http://www.flor-encepioneer-museum.org).

### FLORISSANT

- GRANGE**
- 10 Craft Classes: Pine Needle Baskets 9 a.m., Needle Felting 10 a.m., Paint with me noon. Learn to sew 1-3 p.m. No matter which class you take, you will have fun and meet other community members.

- 10 Outdoor Flea Market 9-3 p.m.
- 12, 26 Quilt of Valor Guild 9-12 p.m. If you are a quilter who would like to join us, come on over and see what we do.

- Every Thursday is Potluck and music. Everyone is welcome. Potluck 6 p.m. Music 6:30-8 p.m. Dancing encouraged.
- Gallery & Gift Shop open at least 3 days a week. FMI 719-510-2325.

### LIBRARY

- 2 Friends of the Florissant Library Book, Bake and Plant Sale 10-2 p.m.
- 3 Friends of the Florissant Library Book, Bake and Plant Sale 10-1 p.m.

- 8 Free Legal Clinic 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.
- 9 Petting Zoo at the library! 10:30 a.m. Bunnies, goats and chickens, oh, my!

- 9 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot.
- 14 Florissant Bookworms Book Club 10:30-12 p.m.

- 15 Speech Bubble Book Club 1 p.m. Read and share in the love of comic books, graphic novels and manga!
- 16 Friends at the Table Cookbook Club, theme is "Picnic" 11:30-1 p.m.

- 16 Princess Belle Storytime 10:30 a.m.
- 17 Truck-A-Palooza 10 a.m.

Come sit in trucks, honk their horns and hear the sirens! There will be a Flight for Life fly-over as well.

- 20 Read Amok Book Club themed "core (Cottagecore, faircore, dragoncore)" 11-12:30 p.m.
- Tuesdays Tai Chi 10-11 a.m. Come relax with us!

- Thursdays Yarnia! 10-12 p.m.
- The second Wednesday of each month is Thumbs-Up Movie Club. Be a critic with us from 1-2:30 p.m.

- The second and fourth Tuesday of each month join us for Hooks and Needles, an additional club for crafting! 10-12 p.m.
- The third Wednesday of each month join us for Crafting Together, a club where we finish our abandoned art projects. 10-11:30 a.m.

- The fourth Saturday of each month, join us from 10-11:30 a.m. for our Adult Social Circle! Meet and make friends with ease.
- Fridays Storytime with Ms. Beth at 10 a.m. followed by Reading with Charlie the dog!

- Friday Family Fun Fridays 2-4 p.m., with the second and third Friday's each month from 10-5 p.m.
- Summer Reading starts June 1 and 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 719-748-3939

### GUFFEY

- 3 Guffey Public Auction 10 a.m. Proceeds to a local resident who has endured a series of tragic events. Among items available are a 1,000 gallon propane tank, log splitter, Craftsman toolbox, antiques, household vintage. FMI Bill 719-689-3291.

- Community Yoga on Sundays 11:30-1 p.m. at Guffey Community Charter School provided by Sun Mountain Yoga & Ayurveda. All levels welcome. Donation based. FMI 303-588-0232 (text only) or [yoga@renerudolph.com](mailto:yoga@renerudolph.com).

- LIBRARY**
- 6 Walking, Talking Threads 12:30-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochets, knit and talk away.

- 6 Guffey Literary Society 1-3

p.m. Book choice for June discussion is *Salt to Sea* by Ruta Sepetys. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.

- 28 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more. FMI 719-689-9280 or [Guffeylib@parkco.us](mailto:Guffeylib@parkco.us).

### HARTSEL

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

### LAKE GEORGE

- 18 PPHS presents Judge James Castello at Lake George Charter School 2 p.m. See page 17.

### MANITOU SPRINGS

- 3 Colorado Wine Festival noon-5 p.m. Memorial Park. You can purchase tickets or sign up to volunteer <https://manitousprings.org/manitou-springs-colorado-wine-festival/> Volunteers get into the wine fest for FREE!

### VICTOR

- 3 Inaugural Disc Golf Tournament 10 a.m. See page 10.
- 16-18 The annual Victor Gem & Mineral Show see page 21.
- New Gold Camp Adventure Tours Saturdays FMI visit [VictorMuseum.com](http://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](http://VictorMuseum.com). See page 10.
- Stranger Side of Victor History 1st and 3rd Saturdays FMI [VictorMuseum.com](http://VictorMuseum.com). See page 10.

- Victor Lowell Thomas Museum open 9:30-5:30 p.m. FMI [VictorMuseum.com](http://VictorMuseum.com) or 719-689-5509.

### WOODLAND PARK

- 3 WP Senior Center Rummage Sale 9-1 p.m. If you have

items you'd like to donate for the yard sale, call 719-687-3877 to make a drop off appointment. Come and browse inside and out for housewares, pictures, fabric, yarn, puzzles, games and much more. We have been collecting since January and our sheds are overflowing! On the day of the sale, plan to make several trips as you load up with treasures. This annual event helps to support the programs and activities of the WP Senior Center. We appreciate the support of each one of you!

- 4 Kirkin' O' the Tartan 9:30 a.m. St. David of the Hills Episcopal Church 36 Eldowee Rd. All denominations welcome! Join us for a celebration of Celtic heritage with a blessing of tartans. A tartan may represent a family name, vocation, region or service branch of the armed forces. FMI 719-687-9195 or <https://www.stdavidofhills.org/kirkin-oth-tartan>.

- 10 Mountain Vapor Lounge Holistic Open House 11-4 p.m. See page 24.
- 13 Nonprofit Cooperative Meeting 9:30-10:45 a.m. This month's meeting is at Faithful Hearts Equine Learning Center 1 Zuni Point, North on Hwy 67 from Woodland Park. Left at VFW Lodge. We will tour the learning center, share information about our nonprofits and discuss events that are coming up.

- 17 The 3rd Annual Celebration of Reserve Our Gallery noon-3 p.m. Celebratory cake, snacks, soft drinks, wine and beer. Music by Cari Dell noon-2 p.m. Artfest in the parking lot.

- COMMUNITY PARTNERSHIP**
- 6 Cooking Matters — The Family Kitchen Workshop 11:30-2 p.m. Encourage parents and their children to work together to make healthy meals and sacks that everyone will enjoy. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).

- 9 Crossroads Co-Parenting Seminar 9:30-1:30 p.m. Teller County court-approved parenting & divorce class. \$35 pre-registration fee required. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).
- 10 Dog Days of Summer Community Appreciation Party 11-2 p.m. at Midland Pavilion. Community Partnership and TCRAS are teaming up

and throwing a community appreciation party, bringing families and pets together. Join us for a fun afternoon of music, food trucks, a pet talent show and activities for the whole family. FMI [Jamie@cpteller.org](mailto:Jamie@cpteller.org).

- 13 Circle of Fathers 5:30-7:30 p.m. Dads are often left out of the conversation. Join a father-led group where your opinions, ideas, and point of view are heard. Meal and childcare provided. Second Tuesday of each month. FMI [Steve@cpteller.org](mailto:Steve@cpteller.org).

- 15 Community Gardens open. Volunteer opportunities available. FMI [Sharon@cpteller.org](mailto:Sharon@cpteller.org).
- Career Center 12-4 p.m. Tuesdays & Thursdays. Pikes Peak Workforce Center can help with job searching, resume assistance and unemployment applications. Walk-ins welcome. FMI [Erin@cpteller.org](mailto:Erin@cpteller.org).

- Family Café 9 a.m.-12 p.m. Mon through Fri. (closed June 19) Enjoy coffee, Free Wifi, a Kid's Corner and

a space to congregate free of charge for parents and caregivers in our community to connect.

- FREE Yoga with Leah Mondays 10-11 a.m. (no yoga June 12 or 19) First come, first served, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).

- FREE Yoga with Leah Wednesdays 5-6 p.m. First come, first served, doors lock at 5 p.m. Bring your own mat and props. All levels welcome. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).

- Pearson VUE Testing Center Mondays 10-7 p.m. (Closed June 19) Schedule your certification or licensure exam at [www.pearsonvue.com](http://www.pearsonvue.com). Fees vary. FMI [Katy@cpteller.org](mailto:Katy@cpteller.org).

- Playgroup 9:30-11 a.m. Tuesdays. Parents and caregivers with children ages 5 & under. Older siblings are welcome. FMI [Jackie@cpteller.org](mailto:Jackie@cpteller.org). All programs at Community Partnership 701 Gold Hill Place unless otherwise noted.

FMI 719-686-0705.

### LIBRARY

- 1 Vitalant Blood drive 12-4 p.m.
- 2 Coffee Chats 10 a.m. Join us for coffee and conversation. Meet new friends in Woodland Park.

- 6 Woodland Park Book Club 10:30 a.m.
- 7 Teen Craft Day 3:45-5:30 p.m.
- 7 Family Art Day 11-5 p.m. in the Children's Activity Room.

- 7 Evening Adult Fiction Book Club 5 p.m.
- 8 Free Legal Clinic 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.

- 10 Join us for Ladybug Day! Snacks, crafts and a live ladybug release 10 a.m.
- 13 D&D for Teens 10-12 p.m. Sign up in the teen room.

- 14 Movie Day noon, popcorn, lemonade is provided.
- 15 Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.

- 17 Tabletop Gaming Day 10-4 p.m. Bring any game and play any game. Bring your group or find one!

21 Fiber Arts Club 1 p.m. Come make and share your fiber art! Knitting, crocheting, weaving, bracelet making, whatever you like!

- 21 Family Art Day 11-5 p.m. in the Children's Activity Room
- 21 Teen Craft Day 3:45-5:30 p.m. in the Teen Room.

- 22 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot.
- 23 Ann Lincoln's Work Together Magic, Comedy and Juggling Show for kids 10 a.m.

- 24 Open Book Club 10-11:30 a.m. in the Large Meeting Room, for ages 12-112.
- 24 1930s Orient Express Experience with snacks and a showing of *Murder on the Orient Express*. Dressing the part isn't required, but encouraged 2 p.m.

- 29 Duct Tape Wars for Teems 12-3 p.m. Want to tape your friend to a wall and make things out of tape?
- Tuesday Books and Babies 10 a.m. a special storytime for babies and toddlers

- Tuesdays is Magic the Gathering from 4-6 p.m.

- Thursdays Preschool Storytime 10 a.m.
- Thursdays Tai Chi at 5 p.m.
- Fridays Tai Chi at 10 a.m.
- Fridays, Lego Mondays 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 and there are grand prizes at each age level, even adults! Sign-up in person at either library or online. FMI 719-687-9281.



**FLAG DAY**  
JUNE 14  
THE BIRTHDAY OF THE FLAG AND COUNTRY

Spread the Word  
Pet Food Distributions for June 2023  
**Monday June 12**  
**Monday June 26**  
**2 - 5 p.m.**  
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[www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com)



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**UTE PASS Chamber Players**

We'd like all our friends to know that our June 2023 concert has been postponed until

**September 24, 2023**  
**3:00 PM**  
**High View Baptist Church**  
**Woodland Park**

Please mark your calendars and join us then!

We're so excited to play for you again!



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JUNE 16~18, 2023

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Don't forget Father's Day!

Gift Certificates are available for Aromatherapy & Pampering Sessions for you and/or your loved ones

Join Us!  
Holistic Open House Event!  
June 10th 11am - 4pm  
Limited Spots!

109 W. Midland Ave. Woodland Park

@MountainVaporLounge

719-888-9523





# 2023 Summer Family Bible CONFERENCE

July 3-7

## A Bible conference for the whole family!

Get ready—it's Summer Family Bible Conference time! A week of fun and foundation-building awaits you and your family this July in the mountains of Colorado!

**What can you expect?**

- Be immersed in a faith-building environment.
- Have your kids discover who God is through fun activities.
- Empower your family with a biblical perspective on life!





Go to **SummerBibleCon.com** today to find out more and to register, or call our Helpline at **719-635-1111**. We'll see you there!



ANDREW WOMMACK



CHARIS BIBLE COLLEGE

Charis Bible College  
800 Gospel Truth Way  
Woodland Park, CO