



UTE COUNTRY NEWS

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August 2026

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

Vol. 18, No. 8

Welcome to Ute Country

**"The children start school
now in August. They say it
has to do with
air-conditioning,
but I know sadism
when I see it."**

— Rick Bragg

PEEK INSIDE...



Teller Tire: New owners, new expansion



**Panning for Good:
Exploring Master Masonry**



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★ July 11, 12, 25, 26

★ August 8, 9, 22, 23

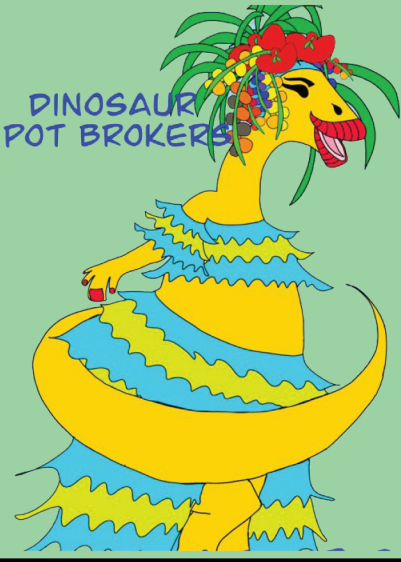
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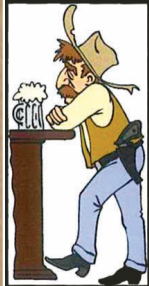
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Jeff took our cover photo back in July of 2018 near Waugh Mountain. We enjoyed the trip taking the backroads from Salida to Florissant. Road trips and other family adventures are likely to be intended for early August as so many schools start in August in our area. Growing up, the school year began after Labor Day. We feel a bit sad for the students these days having to go back to school in August, so that is why our quote for the month has a bit of humor. We all need to laugh.

The number one reason to laugh per Mayo Clinic is that laughter enhances your intake of oxygen-rich air, stimulating your heart, lungs and muscles and increases endorphins released by your brain. You just might find yourself laughing at the *Vintage Baseball Game on August 8* in Woodland Park because there are so many activities in addition to the game. *Panning for Good* explores masonry with an experienced mason that has a great sense of humor. Improper nutrition is no laughing matter, however, *Notes on Nutrition* provides methods to discover "What Are We Missing" in our diets. Losing pollinators is also not something to laugh about but you just might find yourself grinning as you read all about *Beekeeping*. If you just want to have some fun, check out *A Look Inside the Artist* as Mary Shell has a fun exercise for you to participate in and encourages you to share your input!

Is there any chance you took pictures of your indoor or outdoor pets this summer? Please send them via email to utecountrynewspaper@gmail.com, drop in to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814, we are happy to publish them!

Our office has moved to 121 County Road 5 as of June 1, 2026. Come on in and see what's new!

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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Oyate Herbals

Traditional medicines used to improve lung function

by Tammie Lowell, PhD, CMH, founder of Oyate Herbals

Han (Greetings!)
Welcome to Wasúthun Wí, "The Moon of Harvest"

As the moon of fall rises, it brings cooler evenings and the abundance of ripened berries. This is a time when plants reach their peak, ready to be gathered for food, medicine, and preparation for the changing season. As I sit here and think about this harvest season, it brings many thoughts. The drought has caused so many issues, and it will defiantly be affecting this harvest season.

Some of the other issues it has caused is the fires that have encompassed our beautiful state. So many people have been affected by the fires in multiple ways. My heart goes out to everyone who has lost loved ones, their homes or property. My thoughts and prayers are with the firefighters and their families. Those men and women give everything they have in them to battle the fires and to keep everyone safe.

With all the fires in the area and the abundance of smoke, it brings about many other issues, especially breathing issues. As a person that has had asthma most of her life, I have been struggling a lot with my breathing lately. Most people will rely on rescue inhalers and breathing treatments to help alleviate the problems, while others do not want to put those stimulants and steroids in their systems. Like me, I don't want to use those methods unless it's an emergency. There are so many plants and herbs that can help you during this time and many of them grow right in our backyards.

Mullein:

Mullein (*Verbascum Thapsus*) is a versatile herb known for supporting respiratory health, reducing inflammation, and offering antibacterial and antiviral properties. Mullein is widely recognized for its ability to support lung and respiratory function. It acts as an expectorant, helping to loosen mucus and make it easier to expel from the lungs, which can relieve congestion and prevent airway blockages. Its leaves and flowers contain mucilage, which coats the mucous membranes, reducing irritation and inflammation in the throat and bronchial areas. Traditional uses include teas, syrups, and smoking the leaves to ease conditions like asthma, bronchitis, dry coughs, and sore throats.

Lobelia:

Lobelia (genus *Lobelia*) is a powerful herb that supports lung health by acting as an expectorant, bronchodilator, and anti-spasmodic, making it beneficial for various respiratory conditions. Lobelia contains an alkaloid called lobeline, which helps to thin mucus and break down congestion in the lungs. This makes it easier to expel phlegm and clear the airways, promoting better breathing. Lobeline acts as a bronchodilator, which means it helps to open the airways. This is particularly beneficial for individuals suffering from conditions like asthma, bronchitis, or chronic obstructive pulmonary disease (COPD), as it allows for easier air flow and improved oxygen exchange. Lobelia has strong anti-spasmodic properties, which can help relax the smooth muscles in the respiratory tract. This is useful for alleviating spasmodic coughs and reducing chest tightness associated with respiratory distress. Lobelia also acts as a nerve relaxant, calming the nervous tension that can accompany breathlessness or anxiety. This dual action of opening the lungs while relaxing the body makes lobelia particularly effective for those experiencing stress-related respiratory issues.

Elecampane:

Elecampane (*Inula helenium*), also called horse-heal or elfdock, has a long history in traditional herbal medicine for supporting lung and respiratory health. It is valued as a primo respiratory remedy, meaning it is considered especially suited to the lungs. Elecampane helps loosen and expel mucus from the lungs, making it useful for chronic catarrhal conditions and mild, non-productive coughs. It contains compounds like inulin and alantolactone that are thought to thin mucus, making it easier to move and cough up mucus in the lungs. With anti-inflammatory effects, Sesquiterpene lactones and other constituents may reduce airway inflammation, helping to calm bronchial irritation. Also containing saponin-like compounds which lower mucus surface tension, improving the efficiency of the ciliary system in removing mucus. In chronic or weakened lung conditions, elecampane may help restore normal respiratory function and lung tissue alongside treating acute symptoms.

Osha Root:

Osha root (*Ligusticum porteri*), also called bear root or porter's licorice, is a perennial herb native to the Rocky Mountains and parts of Mexico. It has a long history of use by Indigenous and Hispanic cultures for respiratory support, immune boosting, and soothing throat and lung discomfort. Osha root contains volatile oils and phthalide compounds (notably Z-ligustilide) that help thin and expel mucus from the bronchial tubes and lungs, easing congestion and improving airflow. Lab studies show Osha root extract can reduce oxidative stress and inflammatory markers, which may help protect lung tissue from damage and support recovery from respiratory infections. Traditionally it has been used to strengthen the immune system, Osha root may help the body respond more effectively to colds, bronchitis, pneumonia, and the flu. The volatile oils are thought to promote blood flow to the lungs, supporting deeper breathing. Osha root is known to be a sacred to many American Indian tribes including the Lakota.

Pleurisy Root:

Pleurisy root (*Asclepias tuberosa*), also called Butterfly Weed, is a North American prairie plant with a long history of use for lung and chest-related conditions. Its name comes from its traditional use by Native Americans and early settlers to treat pleurisy inflammation of the membrane lining the lungs and chest cavity, which causes sharp, breath-related chest pain. Herbalists and eclectic physicians have valued pleurisy root for respiratory infections such as bronchitis, pneumonia, and influenza, coughs (especially dry or tight coughs), feverish colds and lung congestion, pleuritic chest pain and inflammation, mild asthma and bronchial spasms. It is considered a lung decongestant, expectorant, anti-inflammatory, and diaphoretic (promotes sweating to help reduce fever). Active compounds include cardiac glycosides (e.g., asclepiadin), flavonoids, volatile oils, and tannins, which contribute to its expectorant, anti-inflammatory, and mild cardiac effects.

Horehound:

Horehound (*Marrubium vulgare*), a bitter herb in the mint family, has been used for centuries in traditional medicine to support respiratory health, including lung function and airway clearance. Horehound is valued as an expectorant, meaning it helps loosen and thin mucus in the airways, making it easier to expel phlegm. This can be beneficial for conditions such as coughs, colds, bronchitis, asthma, and even whooping cough. The primary active compound, marrubiin, is thought to promote mucus movement and may also have antispasmodic effects, helping relax airway muscles and reduce cough intensity. Some herbalists also note its potential anti-inflammatory and mild antimicrobial properties, which may soothe inflamed respiratory passages.

I have used all the herbs above either in single or blended form though teas and tinctures. These herbs have been used for centuries for lungs, cough and cold issues. I have made a blended tincture of them and several of my clients have reported great success with improving their lungs, throat and breathing problems. Many clients that have used this formula had previous diagnosis of asthma, COPD and bronchitis. I use it on a regular basis, and it has improved my breathing problems significantly. I developed this formula about 10 years ago and it has become very popular over the years. You can purchase this at both store locations, 38 Costello Ave in Florissant CO, 80816 and 720 N Silver St., Lake City CO, 81235 or online at my website www.oyateherbals.com under the tinctures section. Feel free to reach out if you have any questions about this formula or any other herbal questions or concerns you may have (719-661-0410).

There are so many other plants and traditional medicines on this planet. Over 50,000 medicinal plants are used across the world today. I will leave you with this quote by Morning Dove of the Northern Plateau for you to ponder on: "Everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."

Anpetu Waste Mitakaye Oyate. (Good day relatives)
Many Blessings and may you walk in balance.



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Teller Tire

New owners, new expansion

by Kathy Hansen
photos by Jeff & Kathy Hansen

Adam Clifton became aware that his boss at Teller Tire was interested in selling the business about a year ago, Adam told his friend Ryan Wilson, who decided this could be a great opportunity!

Ryan had an excavation business at the time and began to ponder possibilities, like a set schedule of 8-5 p.m. Since BTR Interiors had gone mobile, additional space was available. This would allow for an expansion of the tire installation space, create a more inviting waiting area, offer coffee service while waiting and space available for his wife, Kaitlyn's crafting area. She had picked up her neighbor's inventory from craft shows and decided a single place works better than the loading/unloading for craft shows, while eliminating the fees for space at craft shows. All the ducks seemed to line up in the proper row, so it was a go!

Ryan has been in mechanic's shops since he was 2 years old. His dad worked on radiators

and custom built trailers. Ryan's grandfather worked ready mix concrete, so he picked up a few tricks from him. Ryan's step-dad flipped cars and Ryan helped, learning even more techniques of the mechanic's trade. He legitimized his education by getting his Mechanic's Degree from Otero Junior college. He also worked at the Cripple Creek/Victor mine as a Diesel Mechanic for 5 years.

You are welcome to call ahead to make an appointment for new tires. Yet, accidents happen and emergency repairs can be handled on a walk-in basis. He will do his best to get your vehicle back on the road as soon as possible. Teller Tire offers more than just new and used tires.

They also work on brakes, suspension and steering, as well as maintenance tasks like oil changes, tune-ups and diagnostics. Every vehicle they service will get a 48-point safety vehicle inspection as a courtesy to their customers. All alignments get a thorough shakedown for underlying problems by their certified alignment techs. If Ryan notices a bad ball joint that could shift the alignment, he won't waste the customer's money; rather he informs them of the situation, so the appropriate repair can take place. If he happens to notice worn brake pads or exploded struts, he informs his customers of the issues. Sometimes the issue is immediate and other times it is a repair they need to keep in mind or put in the budget for a near future repair. Ryan wants his customers to be safe! "Every vehicle that comes through here gets properly torqued tires," Ryan assured me.

Is your vehicle part of a Fleet? Teller Tire is a Holman Partner. That means if you have rented an Enterprise rental vehicle or drive a Colorado Natural Gas truck and a mechanical issue has arisen, you can take the vehicle to Teller Tire. They will repair the vehicle and send the bill to Enterprise Rentals or Colorado Natural Gas for payment.

What happens when your vehicle is in need of a serious repair and your funds are at a minimum? No worries. Teller Tire has you covered as they offer financing options through AFFIRM and Sunbit. Ryan can draw



Teller Tire owners and employees (back row, l to r): Ryan Wilson, Kaitlyn Wilson, Jayce Wilson, Adam Clifton, Jeremiah Van Edmond, Joe Geer, (front row): Westen Wilson, Rylee Wilson

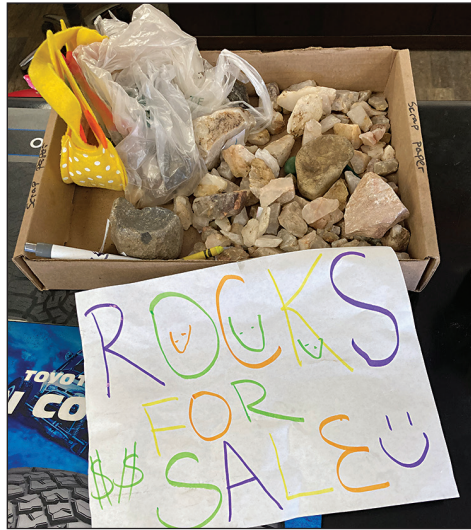
an estimate, submit it for pre-authorization. Upon approval, you can get the vehicle serviced and Teller Tire will be paid directly through AFFIRM or Sunbit.

Are there more reasons you want to try Teller Tire? They are local, family owned and honest; they do not try to upsell. They do their best to provide options for immediate repairs and give an honest evaluation for those down-the-road repairs that can wait a bit longer. Ryan can explain what is wrong and the safety aspect behind it. Their Facebook page boasts, "No City Sales Tax You save 3% already!"

The whole family is involved in Teller Tire. Kaitlyn covers the craft portion. Son Jayce, 15 years old, helps out in the shop and is learning the business. Daughter Rylee, 11 years old, helps unload tires and is learning the computer aspect. Their youngest is Westyn, age 6, who is helping unload tires and also sells rock at the shop. They also have 3 dedicated employees that feel like family.

Next time you need a minor repair, tune-up or new tires, check out Teller Tire! Enter their office at the East entrance. The address is

11102 US Highway 24. They are here to help Monday-Friday 8-5 p.m. FMI 719-687-0606.



Even young Westyn gets in on the action at Teller Tire.



Teller Tire's lobby includes space for crafts by Kaitlyn

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Colorado Pharmgirl

Trial by Fire

by Peggy Badgett

The unmistakable sound of scratching and scurrying tiny paws sent my body and mind into red alert. Disoriented, it took me a minute to realize I was in the van. I sat up, grabbed my flashlight and shone the beam on the counter. Beady black eyes stared into mine for a moment before a small pack rat flicked its tail and disappeared.

It was the first night of my volunteer campground hosting position in Western Colorado. The day had begun poorly. I'd pulled up at the visitor center under a billowing plume of smoke floating in from the west. As introductions were made, I asked the rangers if they had been watching the sky. Clearly a fire was near. Everyone ran outside to take pictures. There wasn't much information about its location and path. They were concerned but not panicking. I signed the required paperwork, received an official hat and shirt, and accompanied the current host on his rounds as part of the orientation. I learned how to run the golf cart, check online campsite reservations, and post events/programs in the information kiosks. During our tour, the fire's orange/grey cloud grew menacingly on the horizon. Helicopters sounded in the distance.

Back at the visitor center, I asked one of the rangers about evacuation procedures. They hedged around the question. A bit unsettled about the situation, the host and I spent the evening getting to know each other while keeping an eye on the ridges around us. After my hike up to the top of Mount Elbert the previous day, I was exhausted and needed sleep. I set up a mesh curtain over the van's sliding side door opening to let air circulate, brushed my teeth and read a few pages of a book. My eyelids were fluttering shut when I got a text from the camp host at 10 p.m. He needed help.

I threw on some clothes and trotted over to his site. A park supervisor had asked us to obtain a headcount for each site and inform occupants to pack a "go bag" just in case. The two of us were also asked to formulate a plan to get everyone out. WHAT?!!! This didn't seem like a job for volunteers; I hadn't even had a chance to go through the volunteer manual yet. Undaunted, we hopped in the golf cart, turned

on the headlights, and completed our task, waking many campers during the process. At least no one shot at us. I filled out a handwritten spreadsheet as we cruised through the 80 camp-sites; luckily only about a third were occupied.

It was almost midnight when we returned to the host site and texted the information to our supervisor. We were told to keep cell phones on and charged. There were two exits from the area; one was 20 miles away and the other was five. Both required driving along winding curves and sheer cliffs, a hazardous situation for older folks with poor night vision and who might have already taken their sleep or pain meds for the evening. How would we know which direction to send them? Was I going to ride my bike through the campground with my headlights flashing once for the east exit and two for the west like some modern day "Paula" Revere?

Soon, a steady stream of headlights flashed through the campground. Many campers left. I didn't blame them. It was probably terrifying to have a couple of golf-cart-driving-country-bumpkins knocking on their tents with no information about how close the fire was or the evacuation plan. I had finally fallen asleep around 2 a.m. when the rodent woke me. Another adrenaline surge. After glancing out the window and not seeing any red, I dug through my supplies for a package of sticky traps I kept in the van, just in case. After sprinkling them with breadcrumbs, I set them up, shut off the lights, and waited. Sure enough, two minutes later, I heard scurrying,



Fire danger can certainly put a damper on the camping intention (above). The brilliant colors of the sunset (left), are sure indications of a nearby fire.



followed by a thump. I turned on the light, and found the little rat on the floor, stuck fast. I preferred snap traps for their efficiency but this time was grateful for the glue. Pack rats are smart. I used a plastic bag to pick the animal up, closed

it tight so he'd die quickly, and carried him to the dumpster. Between watching for flames and listening for the pattering of tiny feet, I didn't get much sleep before the sun came up the next morning.

The camp host and I cruised through our ghost town of a campground after sipping mugs of coffee. At the visitor center, information was filtering in about the fire, and several of the rangers apologized profusely about our mission the night before. Meetings were being held to discuss information sharing and personnel roles; apparently law enforcement was supposed to coordinate evacuation if necessary. I

wondered how that would work when they all went home at 5 p.m. Was anyone watching?

Tiny specks of ash fell around us the evening before my new friend left for his summer vacation. I'd found a few snap traps, but it became a full-time job throwing the carcasses into the dumpster and resetting traps throughout the nights. High daytime temperatures contributed to my sloth-like feeling, along with trying to sleep in sweltering heat when I shut the side door to slow the parade of varmints. After 96 hours of heat, fire and critter worries, I decided fulfilling my allotted two weeks as campground host wasn't worth the effort. My experience had truly been trial by fire. I'd rather spend eleven dollars a night (thanks senior discount!) and have the freedom to move on if I chose.

Peggy Badgett is an artist and writer. She has several years' worth of adventures you can read for free on her website pharmgirl.org, and can be reached at coloradopharmgirl@gmail.com Her book Rooster in the Drive-Through is available for purchase at Shipping Plus in Divide.

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26th Annual Victor Celebrates the Arts

by Judy Sandlin

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1st Place Professional by Kirk Mueller
“Stitched by Rust, Bound by Gold”



VHS 2nd Place by Ed McKay “Morning Glow”



3rd Place Emerging by Terry Hoskins
“West Beaver Creek”

facebook.com/victorcelebrateshearts

Senior Living Options for Older Adults Impacted by Wildfires

As wildfires continue to affect communities across Colorado, Rivaria El Camino and Rivaria Vista Grande have immediate apartment availability for adults 62 and older seeking short- or long-term senior living accommodations.

The two Southern Colorado senior living communities are available to support older adults who have been displaced or otherwise impacted by the wildfires, including those who may need a temporary place to stay or are considering a longer-term living solution. Residency options are available based on individual needs, care requirements and current apartment availability.

“We know how stressful and overwhelming wildfire evacuations can be, especially for seniors,” said Angela Spence, Regional Vice President of Operations at Integral Senior Living. “Our priority is to provide immediate relief, a safe place to stay, hot meals and compassionate care our neighbors can depend on during this time.”

Both communities offer modestly furnished studio and one-bedroom apartment homes, along with daily meals, weekly housekeeping and laundry services, basic cable, scheduled transportation and a full calendar of social and recreational programming. Residents also have access to personalized support services in a comfortable, maintenance-free setting.

Professional healthcare services are available on-site. Each community’s clinical team is equipped to assist with activities of daily living (ADLs) and can provide formal medication management with a physician’s approval.

Individuals and families interested in learning more about apartment availability, residency options, pricing or care services are encouraged to contact either community directly. Prospective residents should have identification, insurance cards, a Social Security card and an up-to-date medication list available, if applicable. Both communities are pet-friendly, though all pets must be approved by the Executive Director.

To ensure individualized care and service, apartment availability is limited.

For current apartment availability, residency options, pricing and care information, please contact:

Rivaria El Camino
4723 Surfwood Lane
Pueblo, CO 81005
719-561-1400

Rivaria Vista Grande
2780 Vickers Drive
Colorado Springs, CO 80918
719-598-0400

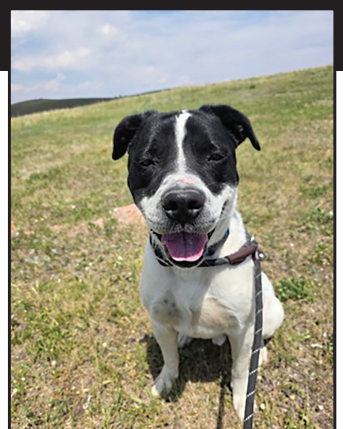
Adopt Me

by TCRAS

Mr. Panther

Mr. Panther is a 3-year-old neutered male Pointer Mix who is lovely and ready for his new beginning. He is very sweet, personable boy with lots of love in his heart. Mr. Panther loves quality time with people and going on walks is one of his favorite past times! He can be a little particular about his dog friends, so would like to meet new roommates before going home. He’s really a great guy who just wants a home to call his own. Come make an appointment to see me with my friends at TCRAS 719-686-7707!

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





Vintage Baseball Game August 8

The Ute Pass Fire Brigade Nine vs. Star BBC of Colorado Territory

by Kathy Hansen

Are you ready for some ‘ol timey fun? Come to the Rodeo Grounds north of Walmart (19250 E. Hwy 24 in Woodland Park) and bring the entire family for the baseball game! There are activities all day and tickets are ‘ol timey priced at \$10 for adults, kids under 16 are FREE with an adult. Step back in time and let your worries take a rest while you check it out! You might even learn a little history.

The Ute Pass Fire Brigade includes familiar faces of the public stewards and City of Woodland Park workers you already know, like Mayor Goerg Jones of Woodland Park. The Colorado Vintage Baseball Association’s team is the Star BBC of Colorado Territory. Mary Jo Larsen will throw the first pitch. Part of what makes it more fun is the ‘ol timey ball; not the current regulation, it is softer yet not as soft or big as a softball. The players do NOT wear gloves and they DO wear the ‘ol timey uniforms. There is a slight variance in the rules: if the ball is caught after 1 bounce it is an “out” and if a fly ball is caught by anyone in the crowd it is an “out.” You can be a part of the action! The game will be announced by Charlie Chambers, current president of the Ute Pass Historical Society, and Charlie will MC the events of the day.

Come early! Gates open at 10 a.m., first pitch is at 11 a.m. Katherine Lockwood, singer from Woodland Park will sing our National Anthem, the Star Spangled Banner to open the day.

As of this writing we do not know who the Teller County Fair Queen will be as the fair hasn’t started yet. We know the Queen and her court will ride in on horseback with our flag. The Queen and her court will be helping with the games for the kids.

Between the innings there are activities for the children. Get ready for the Barrel Hoop Roll! Back in the day the metal rings from barrels were used along with a stick. It turns out there is a trick to the stick, so to keep it simple hula hoops will be used, and the children are allowed to use their hands. Another exciting activity is the Egg on a Spoon Race modified Teller County style as the Spud on a Spoon Race. Each participant uses a wooden spoon to hold their potato as they move as quickly as they can to the finish line WITH-OUT spilling the spud! That spoon handle just might be a little longer than you expected and it can wobble so steady the spud on the spoon as best you can. The potato instead of the egg honors the potato history of Teller County. Back in WWII German soldiers from prison camps were sent to work on farms growing potatoes. (Save the date of October 9, 2026 for the Annual Potato Soup Supper sponsored by the Ute Pass Historical Society).

Be ready for photo ops! There will be an ‘ol timey photo booth to recognize Anna May Wellington, who taught herself photography in the 1800s. She will be there with her box camera. We understand Anna Mae was also a crack shot with a rifle! Throughout the day and between innings enjoy the harmonic sounds of Velco Barber Shop Quartet. They will harmonize their hearts out throughout the day. You will also feel like you have gone back in time as you see the many members of the Gold Camp Victorian Society. Maybe you can get a photograph of yourself with members of Velco, the Victorian Society, Anna Mae or the baseball players. Keep those cell phones handy! You might just meet Dennis the Emu!

The entire day is arranged around all that would have happened back in the day, including a Colorado Midland Railroad robbery and shoot out! The bullets the Colorado Cowboys use are all blanks, safety first! If your Service Animal or any of your young children or friends are skittish around the sounds of gunshots this portion may not be for you. However, if you can appreciate a gun fight from a safe distance, soak it in!

Did you know that Crystola was named after the crystal ball? Henry Clay Childs, a legislator from Illinois, came to the area per the advice of a Spiritualist. He was told that gold would be found in the area, so he moved to the area. He hoped to start a school for Spiritualism. He built an ore reduction plant. It turns out it was the scandal of the 1800s because gold was never found in Crystola. You will meet Alexander the OK, a magician who will perform magic tricks. You’ll have to show up in person to see if he brought his crystal ball.

All this excitement is sure to bring on a healthy appetite. There will be six different food trucks to satisfy. Twisted Soda offers sarsaparilla for 19th Century soda and other “dirty” soda flavors. Toast Malone’s offers grilled sandwiches on their focaccia bread and pesto. Thai BBQ can add a little spice to the day. The Slow Burn offers roasted meat choices. Then there is Pikes Peak Smoked Pork that also offers shaved ice. A sweet treat to top it off can be found with Crafty Cones and Coffee.

We thank the City of Woodland Park who partnered with the Ute Pass Historical Society to bring on this ‘ol timey event. The City is supporting traffic assistance, porta-potties, and mowed the field. There is ample parking for approximately 700 vehicles on the north side. Activities on the south side of the Rodeo Grounds. Enjoy the day away!



Some of the spoons to be used in the “Spud on a Spoon Race”.



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A Look Inside the Artist Featuring: You, the reader

by Mary Shell

For nearly 10 years I have been interviewing artists in every medium including dance, music and food. I've expressed how important art is to our human selves. I've explained how art has been the catalyst for change in society for centuries and has been a powerful tool for social activism and how art can change the way you see the world without whispering a word. We can all look at a painting and not two of us would see the same thing.

This month I would like to switch things around a bit...so I would like to interview you, the reader, to see what you have to say about art.

Before I begin, look at the painting in this article. The name of it is "Transition." Is she putting on the mask or removing it? Let's see how many people say putting it on, and how many say taking it off. Art is most certainly open for interpretation.

So, here's your interview:

- Is she putting on the mask or removing it?
- What kind of art do you like?
- Do you like a specific style?
- What colors are you attracted to?



- Do you have a favorite artist?
- If you could paint, what would you make?

You can send your answers to me a creatingfromthesoul@yahoo.com. I look forward to reading your responses.

People See, People Do You can Kindle Kindness, too!

by Readers of Ute Country News

This is a column dedicated to acts of kindness! That is why you will not read names of people or businesses; the focus is on the behavior to remind us all how to act to co-create a kind society. The intention is by sharing acts of kindness, we can all be reminded what that looks like so we can emulate the same behavior for a kinder, gentler community. Have you experienced or witnessed an act of kindness? Please share! You may email us at ShippingPlusCO@gmail.com, you may stop in our store at our NEW LOCATION 121 County Road 5 in Divide or leave a voicemail 719-686-7587. We'd love to share!

- It was a pest situation; wasps making a nest in one of our newspaper boxes. No one wants to open the door to get a paper when wasps fly out! The intention was for the wasps to relocate because killing them off means losing much needed pollinators. Peppermint essential oils could perhaps deter them. It became a team effort — she would treat the wasps to peppermint spray when she tended the box, and I would treat them to peppermint soaked cotton balls when I tended the box. He helped by crushing the nest. Eventually the wasps found a new home.
- She said, "It's always good to see you" with a smile on her face. That comment brightened my day, so it was an act of kindness!
- Fires are devastating for sure! Have you noticed how such tragedy brings out the humanity in people? The number of organizations, communities, fire stations, and individuals that are coming forth to help is truly heartwarming! Donations come pouring in and people are getting their basic needs met. There are MANY homes destroyed leading to overwhelming shock for those who have lost theirs. The road ahead is hard, for sure! The outpouring of support meets the basic needs and lets them know that they belong, they matter and their community remains.
- It was interesting to watch and listen to: He was engaging with the children in a fascinating manner, he got down to their level, looked them in the eye, waited patiently for their answers and gave meaningful replies. Then the kids would go play for a bit. Soon after one or two of them would return to the kind man and share how their play was going. Again, he listened patiently, meeting them on their level. At one point, he said to the child, "Do you know what makes everything better? A hug. A hug can make anything better. Would you like a hug?" The child eagerly agreed to a hug. I complimented him on how he communicated with the children, which by this time we realized were not his. He said, "I had siblings and cousins 10 years older and 10 years younger, but none my age. I know what it is

to feel left out. I think it is important to let kids know they matter and to reach them on their level. We all need to know we matter and belong."

- I was surprised to receive the unexpected gift of a towel. She said, "Well, I thought you'd like it because it's artsy, looks like the artist painted it and I wanted you to have it." I graciously accepted and said, "I'll put it out when we have company, thank you!"
- She was watching how close she was getting to the other vehicle, when she lost sight of the road and had gotten stuck in the ditch. Only 3 tires were making contact. She could not move the vehicle forward or backward. There were 3 trucks that came to help just by noticing the precarious predicament. They worked together cooperatively! One had the tow-line, another knew how to connect it and the third could maneuver the vehicle. Together, they moved the vehicle onto all 4 wheels and pointed in a direction on the road. When I thanked them, they were all very gracious, one said, "Oh, I could see this could be trouble, so you bet, I was happy to help! I'd help you ladies any time!"
- As I drove west on Hwy. 24 across South Park, I suddenly felt the car steering, beginning to fail. Pulling on to a side road, I discovered I had a flat tire. This was the first time in over 30 years I had experienced this and was completely unsure as to how to change a tire on this Subaru Forester. As my wife and I began to unload our luggage from the back to access the spare, a white truck pulled over and asked if he could help. The driver was a big cowboy in hat and boots with his son and wife in the vehicle. I told him I could manage, but my wife jumped in and requested help. This gentleman then went to work lying on the wet gravel road as he explained each step to his son, in the event he was ever in a similar situation. I stood back as he watched as he performed each task, never asking for my help in any way. I was dumbstruck by his knowledge and in awe of his skill as he used the jack, replaced the tire then refused the money I attempted to give him for his help. To this day I do not know who this man was or how he came to our rescue and I am forever grateful for his kindness and assistance. I think of this man every time I lose faith in the basic human decency of my fellow man.
- There was lots of food left. We gave away as much as the guests would take then they said, "Keep the rest or give it to someone who could use it." We thought of a woman who lives with her children and grandchildren and money is tight. Easy peasy to share the kindness of extra food.



Keep Your Butts In Your Car!
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Guffey Library

by Flip Boettcher

There are many more services and activities available at the Guffey Library besides checking out books. Branch manager Jennifer Taylor is there to help, she said.

Libraries have always been important, but even more so in rural areas providing services that are available in more populated areas but not so readily available in rural areas. Libraries can also help combat isolation, which is common among seniors and those without reliable transportation in rural areas.

The Guffey Library, which is part of the

Park County Public Library system, offers 24/7 Wi-Fi access and patron computer usage; print, copy and fax services; offer space to partner with Rocky Mountain Rural Health and pro-bono legal services; many community groups meet there including the Book Club, Threads, a fiber, knitting and quilting group and the Socrates Cafe to mention a few.

You can also get a list of helpful community groups called "Guffey Partners in Caring" put out by the Guffey Community Association.

Dylan's Pantry, which is on that list, offers shelf-stable food items and pet food. It is located in the foyer of the Community Building which is adjacent to the library. Dylan's Pantry is open 24/7.

A short note on Dylan's Pantry. In October of last year, there was a post on Facebook that sparked a lot of conversations regarding SNAP benefits and the partial government shut-down, according to local resident Denise Krey. Where were the resources in Park County for those in need and such, she said, and nothing was close to Guffey. So on October 28, Krey got a plastic storage box, filled it with food and put it inside the Community Building foyer. Krey put out a call to the Guffey community and Dylan's Pantry blossomed from there, she said.

Dylan's Pantry is open 24/7 and available to everyone. No card to show. No sign in. If you have a need, then hopefully we can help!

With the increase of the town bear breaks, Dylan's Pantry was cleared out and closed from Monday the 13th until today, August 20th out of an abundance of caution. I will be going down today to restock, Krey said.

Another service the Guffey Library offers is a private telehealth room, which allows patients

to get medical healthcare remotely with virtual visits via video calls with their healthcare provider, mental health therapy, speech therapy and simple follow-up appointments.

The secure, soundproof room comes with high-speed internet, user-friendly computer, a pulse-OX meter, blood pressure monitor, scale, thermometer and Bluetooth headsets.

Patients make an appointment with their telehealth care provider who gives them a Zoom link via their email address, then they reserve the telehealth room at the library.



Guffey Library branch manager Jennifer Taylor in front of the Community Building with the Dylan's Pantry sign.

Come on into the Guffey Library, and if you don't have a library card, Taylor would be happy to get you one. That library card offers one many free online resources including, but not limited to, continuing education classes, Mango Language to learn another language, the EBSCO database with a wealth of reference materials and much more.

Need help with online applications like the Park County Senior Coalition, which offers free monthly shelf-stable food boxes, chore assistance and mileage reimbursement for medical and grocery trips for those 60+ years old? Taylor can help with those applications, as well as offering computer help and information.

The Guffey Library is there to serve the community to connect local residents to essential resources, foster community unity and to give a gateway to many opportunities. The library offers free access to information, technology and educational programs regardless of age, income or background.

"A public library is a library that is accessible by the general public and is generally funded from public sources, such as taxes," Wikipedia.

When was the last time you supported or visited the Guffey Library? It might be time to check it out, you may be surprised at what you might find available.

Call for Artists and Opening Reception "Colorado's Best" Show at Blue Spruce

by Lynn Lemmon-Oliver

The Blue Spruce Gallery is celebrating the 150th birthday of our beautiful Colorado in August with "Colorado's Best" a show focused on everything in our amazing state. This show is open to all mediums... oil, clay, watercolor, fiber... we welcome it all! Artists need to have their work at the gallery by Tuesday, August 4. Each artist may enter up to 3 pieces, and the entry fee is waived for this show as it is generously sponsored by Diane DelDuca.

The show opens August 5, with a reception on Second Saturday, August 8, 4-6:30 p.m. Cash prizes will be awarded.

Come to Florence on Second Saturday and enjoy the public reception with light refreshments and good conversation at the Blue Spruce Gallery 205 West Main Street. In addition, many of the downtown merchants have sidewalk sales on Second Saturday. There is also a "Junktique Off Main" just a few blocks away. So much to do and see in Florence! FMI 719-784-1339.

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Critter Corner



Merrill's Ready for his close-up! – Kathy Hansen, Florissant, CO



Spencer's ready, too! – Harlin Robeson, Santa Fe, NM

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

Shifting Shadows

by Gilrund the Historian

It had been a long day, and Larry was tired. He enjoyed his job at the museum, but sometimes it gets to you and today it had.

Larry had been sifting through all of the stuff that had been brought out of the old, abandoned Lighthouse that two boys had found a few months ago. The small boxes had gone quickly. They were mostly empty. The others had only a few bits of old jewelry, most of it plastic or just polished stone.

Some of the other things were of no value at all, like the bones. None of which were human. The old sails were of some value to the museum and some of the pieces of rigging were good too. But the wood was of no value to anyone.

The only thing that Larry found was interesting and appeared to be authentic was the clothing that had been found. The old books and ships logs were very interesting, as were some letters that he had been able to open and read without them falling to pieces. That was a lot of work and maybe why he was so tired. It took a lot of very careful handling of the paper to keep them together. Some of them were lost altogether. They just crumbled to dust. The ships logs were in fairly good shape, but they had been damaged in the water. Most of them could still be read but not completely.

Larry was mostly interested in the old clothing that had been found. Most of it was in very bad shape, but there were some pieces that seemed to stand the test of time.

He especially liked the dress and a light brown suit that he had found in an old suitcase along with a few toiletries and a sealed envelope that when he had opened it contained photographs of a couple that seemed to date from the 1920s or so. The woman in the pictures was actually wearing the dress. The young man standing next to her was wearing a sports suit from that time. There were several pictures of the same couple doing different things together.

The young woman was very pretty, and the young man was a handsome fellow for sure.

Larry was sure that they were married; perhaps these were Honeymoon photos.

Then he got to thinking, could the couple have been on a ship that sank and this was all that was left of their lives together? Perhaps they just lost some of their luggage or something like that.

Well, it was time to go home, he would finish sorting out the rest of the salvaged things tomorrow.

It was eight o'clock and dark outside. Larry put the dress and the suit on hangers that were there just for that purpose and put them on the mobile hanger with small wheels then rolled it to the back wall of the room.

He walked to the door and was just about to open it and shut off the light switch when he thought that he saw a shadow on the wall next to the mobile hanger.

He stopped for a moment and looked more closely and there it was. It was the shadow of a woman, and she was on the wall right behind the mobile hanger where the clothes were hanging.

Larry turned and walked slowly back into the room looking steadily at the

shadow. It moved a little as though looking at the clothes on the hangers. Then the arm of the shadow moved off of the wall and the hand touched the dress.

Larry just stood still and watched as the dress moved a little as the shadow hand touched it. Then he thought he heard the sound of a woman crying.

He looked around the room for the person that may be crying and only found the shadow which had now both hands on the face and the shadow was shaking a little as a person would if they were crying.

Larry slowly walked back into the room toward the shadow and stopped to watch, as he built up his courage to speak to the sorrowful shadow.

"You are the owner of that dress?" he asked in a soft tone.

The shadow turned and looked at him and answered, "Yes, that was the dress that I had made for the honeymoon cruise with my wonderful husband Roger."

It was silent for a few moments and then the shadow continued. "We had only been married for three days when we went on the cruise that should have lasted a week. But the boat was flooded during a storm that no one expected. All were lost, even me and my husband. We drown in water that wouldn't stop foaming and throwing us against the side of the sinking ship and then down into the deeps of the ocean."

My Roger tried to save us, but it was no use. How can one defeat the waters of the ocean? You can't! So we were drown and our married life was cut short."

The shadow started crying again and Larry didn't know what to do. How does one comfort a shadow?

The shadow stopped crying and said, "Would that I could wear that dress once again for Roger. He loved to see me in it, and I loved to wear it for him."

Larry just stood and listened to the shadow speak to him, wishing that there was something that he could do for her. That was when he heard another voice. It was a male voice.

Larry looked around the room for the man that had spoken and saw only another shadow on the wall that was moving closer to the woman's shadow.

"Am I going crazy?" thought Larry, "Another shadow that speaks to me. I've got to get a different job."

The new shadow moved up to the woman's shadow as it said, "My precious Laura, I've found you at last."

The two shadows came together into one tangled shadow and there was no speaking for a few moments as the shadows seemed to embrace.

"What has brought you here to this place of death, sorrow and lost things?" the male shadow asked.

"I have found my dress, my love," answered Laura's shadow, "Remember the one that you loved to see me wear? Here it is on the hanger in this room that

you so dislike because of what it stands for. But it has brought us back together again after so long a time apart. Would you like to see me wear it again?"

Laura's shadow leaned down and picked up the dress, then drew it onto the wall. The shadow went through the motions of putting on the dress and then it stepped down on to the floor, a real woman dressed in her honeymoon dress.

She was beautiful as she smiled at Larry, who just stood and stared at what a moment ago was a shadow on the wall. The dress she was wearing wasn't wrinkled as it was on the hanger. It looked brand new and fit her perfectly.

Laura looked back at the shadow of Roger that was still on the wall watching

seemed to last for a very long time.

Larry was getting a bit embarrassed and turned away until he heard Laura say how much she had missed that sort of kiss. Then both of them looked at Larry. Roger thanked him for what he had done for them.

Larry just waved his hand in a dismissive way and said, "Think nothing of it. I do it all the time, it's part of my job."

Then all three of them laughed until Larry asked them, "What now?"

Roger thought for a moment and said, "I think that as long as these clothes

as we wear these clothes we can go wherever we wish. Come Laura, let's see if I am correct."

Roger took Laura's hand and they walked by Larry and out of the door of the workroom and into the main part of the museum. Larry watched them as they approached the main door of the museum and walked outside. The couple vanished and the clothes that they were wearing dropped to the concrete sidewalk.

Larry stood looking with his mouth wide open. "Did I just see what I think I saw? Of course I did, I've been talking to two dead people all evening. I need a vacation!"

Larry hurried to the front doors and picked up the fallen clothes, then quickly took them back to the work room and put them back on the hangers. He turned out the light and closed the door, hurried to the front door of the museum, went out and locked the doors. Then hurried home in his used car to his apartment two miles away.

He ate his frozen pizza dinner as he drank three beers and went to bed thinking, "Things will all be back to normal in the morning. I hope."

The next morning things were normal. Larry awoke at his usual time and had his breakfast of eggs, bacon and toast, then it was off to work at the museum to sort out more of the things found in the old lighthouse.

Larry was greeted by the other employees as he walked through the front door and went on into the workroom. There was the mobile hanger and on it were all of the clothes that he had put on it yesterday. "Oh, good," he thought, "It must have just been my imagination working overtime. Nothing has changed."

He looked at the wall behind the mobile hanger, and it was just as it should be, painted white and there was nothing on it.

Larry picked up another cardboard box, placed it on the worktable and started taking out the things that were in it. There was an old partly burned candle, a badly tarnished brass candle holder, three silver forks and a spoon, a box of matches that still had four matches in it and what looked like a pirate eye patch.

Larry grinned as he looked at the old worn eye patch. One of the straps was broken shorter than the other, but it still would be useable if the person didn't have a big head. Larry put the patch over his left eye and held it there as he growled out, "Arrrh, Avast me hardy's. Loose the sails on the main mast and be quick about it."

He laughed and went on taking things out of the other boxes and sorting out the things that could be put on display in the museum and the other things that were of no value to the museum or anyone else.

The rest of the day was spent labeling, sorting and moving things here and there. Formerly empty shelves were filled with various items that were labeled for further examination by the museum's experts. Larry was on his way to being an expert in various fields of research. He loved the work he was doing. The day had gone by quickly because of the many interesting things that he had found in the boxes that were there to be emptied and sorted.

It was the end of the day and time to go home. So once again Larry walked to the door and was about to turn out the lights, when he heard a gruff voice call out, "Hold there! What has ye done with me blade? I can see that me patch is in good shape, but me blade is nearly runit."

Larry looked back to see who had asked the odd question. There on the wall holding several shelves was a shadow and not just any shadow, but the shadow of a pirate. It was obvious it was a pirate, by what it was wearing. The dark shadow figure was looking down at the top shelf where Larry had put the eye patch and a badly rusted sword along with some other items not associated with a pirate.

Larry's head went down as he said, "Not again!" He went back inside the workroom and looked up at the pirate's shadow. It was reaching down for the eye patch and as it touched it, the shadow became a real person dressed in the clothes of an early 17th-century pirate. He grabbed the eye patch and carefully put it on over his left eye and then he reached up again to the shelf and took the rusted sword in his hand. The sword instantly lost its rusty condition and looked brand new in the pirate's hand.

"Arrah, now that's the way a fine blade should look, shinin' and sharp as your razor, ready to wreak havoc on the enemy. You done a fine job, Matey. You should have an extra flask of rum, you should."

Larry went into a pirate roll and answered, "Thank ye Cap'n, I think I will. Will ye share a pint wit me?" The pirate smiled and nodded his head as Larry started for the door with the pirate following him. He quickly walked to the front door of the museum and held the door for the pirate to go out first, which he did and instantly vanished. Leaving only the eye patch and the now shining sword on the ground.

Larry picked them both up and returned them to the workroom, turned out the light and went home.

He knew how to deal with the shifting shadows that appeared in his workroom and frequently did.

~ The End ~

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..

Mark Edwards Scholarship Golf Outing



August 22, 2026

7am Registration

8am Shotgun Start

Collegiate Peaks Golf Course, Buena Vista

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Proceeds benefit the Mark Edwards Scholarship Fund for South Park Students

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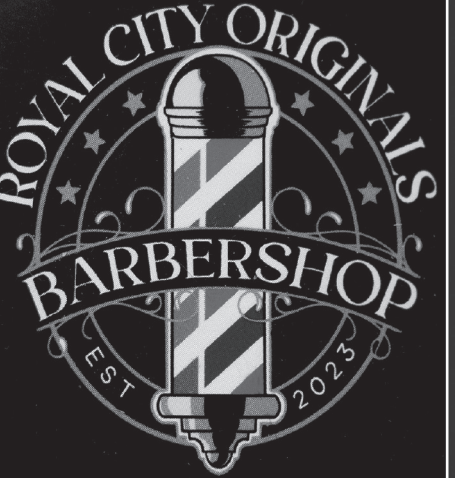
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oil painter

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in Woodland

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Art Walk, 4 - 7 p.m.

August 8, 8am - 8pm

Car Show, 9 - 11 a.m.

Art Gala and Grand Reopening, 6 - 8 p.m.



Panning for Good Exploring Master Masonry

by Dr. Bec

“Masonry is kind of a dying trade because now you can pretty much buy a house in a box, but I don’t know why it’s dying, because you know, the three little pigs.”

— Mike Mackey

We have rock columns that hold up our deck. When our deck needed to be repaired and one rock column had to be replaced, it became an issue for contractors to find a skilled mason to redo the rock columns. We were told quite a few times that good masons are few and far between, up in the mountain areas. This did not make sense to me, because of course, we have a lot of rocks here in the mountains and lots of structures built using rock, so why are good masons hard to find? I learned more about masonry and witnessed the art and science of it as experienced Master Mason, Mike Mackey, worked on our rock columns and then helped me bring a fireplace idea to life. I was fascinated by the processes involved and the combination of strength, attention to detail and spatial awareness needed to produce structurally sound and beautiful rock creations. I asked Mike the following questions to ascertain how he had become such a skilled mason.



Process of Attaching Stones Before Final Mortar

How did you become interested in Masonry as a profession?

“When I was young, I would collect rocks and stones and always did have an eye for how stuff would fit together and work. I liked to work with my hands, and at the age of 17, I began working in construction doing concrete foundation work as a laborer. There really wasn’t a lot of work in Teller County when I was younger, but in 1991, the casinos started coming in and work needed to be done there. My girlfriend’s dad was a bricklayer, and I was able to basically apprentice with him while we worked for the same company. It was great to have steady and plentiful work. I worked as a hod (a stick with a rectangular box on top of it) carrier where brick, mortar or other materials were placed in the container and then handed up to the masons. Basically, my job was to be a mason tender, to get everything ready for them to lay the bricks, stone or concrete, often while they were on scaffolds.

I also had been operating heavy farm machinery since the age of 12 when working with my grandparents on their dairy farm, so I knew how to work the forklift. I became a very young labor foreman after about a year. I had to do my own work in an exemplary way and then hope the skilled workers would show me how to do the masonry work. There were about 4-6 hod workers on jobsites, and we basically tried to outdo each other, to prove who could work the hardest type of thing, kind of like a competition. We took pride in the quality of our work even as very young men.

I didn’t get into the stonework until about five years into masonry. Before that, I mostly worked with brick and concrete blocks and concrete flatwork which are main categories within the field of masonry work along with historical restoration. I was fortunate to work in Cripple Creek and learn about restoration techniques early on in my career. I worked for a couple of companies laying brick, then went to work with a solo mason doing stonework and signs and that’s where I got into the stone thing more. I worked with him and we would do really cool stuff such as the Flying Horse

subdivision sign in Colorado Springs. Now I really prefer the stonework, I find it more satisfying and I like the artistry of it.”

What are some of the projects you have worked on that you are most proud of?

“I’ve worked on many homes and a lot of big stuff — every casino in Cripple Creek, World Arena, Municipal Court in Colorado Springs, Pikes Peak Center, UCCS Library — pretty proud of being a part of that — I did the little brick benches inside. I also did outside sign bases for Florissant Fossil Beds and the Pikes Peak Highway. It makes me pretty happy to think that families are taking pictures by my signs, and those pictures are going all over the world. Some of the restorations I’ve been part of were the Catholic Church in Victor — built in the 1800s and the Manitou Experimental Forest Buildings, built in the 1930s during the “Get America Back to Work” initiative during the great depression.

Currently, to become a certified “Master Mason,” the process includes: 1) High school diploma or GED, 2) Trade School masonry program, 3) Masonry Apprenticeship that combines classes and paid on the job training mostly through programs such as Trade Schools, the MCAA (Mason Contractors Association of America) and/or some employers, 4) Become a Journeyman to allow solo work by passing required exams and finishing apprenticeship hours, 5) Gain extensive experience working as a Journeyman to master complex work such as decorative stone work and restoration, 6) Apply for “Master Mason” certification through recognized industry bodies like MCAA. If you would like to run your own business, obtain a state specific masonry or general contracting license.”

What are some tips you would give young people who might want to become Masons?

“Start as a laborer, it takes a while before you become an apprentice. You may have to do your job twice as fast before you get to do your apprentice work. If you don’t keep the skilled workers happy, they don’t want to teach you. Be interested and work hard, don’t hide around the corner looking at your phone.”



Mike Mackey Stone Masonry, Florissant Fossil Beds National Monument on Twin Rocks Road

Cover: Stone Masonry by Mike Mackey, Florissant Fossil Beds National Monument sign on Teller County Road 1

Family Fireplace

I have wanted to have a unique fireplace built for many years. When I saw that Mike had the skill to do amazing custom work, I began thinking through ways to make the fireplace not only functional, but meaningful for our family. Since I had collected stones for many years, my kids knew quite a bit about them and each child and grandchild chose a type of stone that they felt best represented



Mountain Master Mason Mike Mackey!



Frazier Family Fireplace-Mike Mackey Stone Masonry

them or that they really liked. Shout out to the Gold Mine Rock Shop in Cañon City, where I found many of the stones in workable sizes to fit into the design.

Mike helped make my ideas doable by explaining the need for a base stone and the importance of trying to keep the same amount of space between the rocks so the mortar would be about the same width around the stones throughout. This project took a lot of planning, measuring and some cutting. Sorting through stones and then holding them up to find the right one for a certain space often required immense strength. Mike’s artistic talents of visualizing consistent spacing, color and shape considerations resulted in a balanced and aesthetically pleasing result.

The wide variety of stones I had chosen had various hardness levels that required the use of 4 diamond encrusted saw blades. Mike also used an amazing technique to pop off and rough up the edges of some stones using a blow torch and a chisel. Miraculously, when he popped off part of the edge of the hearthstone, there was a perfectly centered natural shape that was also incorporated into the upper center of my design. Also, a natural heart was unearthed inside the hearthstone using this process. I had that, “meant to be” and “God is involved” type of feeling throughout the project.

What are some challenging aspects of Masonry?

“First of all, trying to see what the customer has in their mind as far as the stonework, to do the work the way they want it can be a challenge (Did he mean me? Haha!). Also, everything is heavy. Getting the materials, setting up the job, making sure everything is where you need it and the work area is accessible and safe are important considerations. It is also important to keep yourself strong and in good health. I’m 54 now and kind of beat up but can still do it. I’ve seen quite a few people have to quit because of injuries.”

Benefits of Masonry

Mike shared that masonry as a profession

has many benefits including good pay, being able to create long-lasting structures resulting in physical evidence of your hard work, a flexible schedule, the chance to work outside and increased muscular strength and agility that is more useful than bodybuilder strength, “monstrous guys can’t pick up a wheelbarrow without dumping it” (check out humorous construction workers vs bodybuilders videos). Mike feels the opportunity to work with others to create something real, not digital, is incredibly satisfying. Masonry materials are weather and fire resistant along with being natural insulators. The finished product is typically aesthetically pleasing and low maintenance.

Resources:

MCAA (Mason Contractors Association of America)

Construction Workers vs Bodybuilders:

<https://www.youtube.com/watch?v=CwzuCc181GY>

Quote:

“The thing about masonry is that you can’t half-ass it. It’s hard. You have to be really strong and good masons often look for and hold in place 5-6 rocks before they choose one to make sure it’s the best fit and looks good.”

— Jerry Jenkins

(Owner of Ute Pass Sand & Gravel)

Joke:

Q: Why did the mason go to therapy?
A: He had too many walls up.

Challenge:

Find and thank someone who has worked hard to master an incredible talent that has enhanced your life.

Rebecca Frazier, PhD is an educator, author and journalist with a penchant for earth science and the exploration of all things good. rebeccafrrazier@gmail.com

Tales from Big Sky Ranch Bed and Biscuit

Juneau’gusto

by Kendra Lee Hall

At Big Sky Ranch Bed and Biscuit, nestled high in the Colorado mountains, the days were filled with dogs barking, tails thumping, and the occasional squirrel-related commotion — but none of those sounds compared to the music of Juneau.

Juneau was a husky with a voice as free as her spirit. Her silver coat gleamed in the sunlight, and her piercing blue eyes sparkled with expression. But it was her songs that made her unforgettable. From the moment she arrived for her first visit, it was clear she was going to be cheerful entertainment for one and all. She was an opera singer in a world of woofs. She didn’t just bark or howl. No — Juneau sang.

The caretakers had taken to calling her Juneau’gusto on occasion, because she delivered each note with such passion and flair. It was a name she wore proudly. Whether it was dawn or dusk, mealtime or squirrel watch, Juneau had a song ready. Sometimes it was a gentle hum, barely above a breath, and sometimes it was a full-bodied howl that was filled with such gusto she sometimes inspired an impromptu chorus.

Each morning began with her signature greeting — a soft, rising tune that floated through the house as the early morning sun sparkled on the mountain peaks.

While the other dogs stretched and blinked away sleep, Juneau was already singing her morning greeting, trotting in circles, tail sweeping in rhythm, waiting to be let out for an outdoor break before breakfast.

She had a particular flair for meal-times. When Lee pulled the prepped food bowls from the drawer, Juneau added a trill. The other dogs would bark or hop, but Juneau delivered an aria. She would begin a slow, dramatic hum filled with squeaks, warbles, trills and chirps that gradually crescendoed into a song filled with passion and anticipation.

“Here you go, Miss Juneau’gusto,” Lee would laugh setting the bowl before her.

After a good meal and some time to digest, it was time to go outside. Juneau always spun — once clockwise, then counterclockwise — waiting at the gate to the fun area. She never took her eyes off Lee.

In the play area, the other dogs explored, chased and looked up trees for squirrels, while Juneau provided the music. If Teddy spun in tight Aussie circles or Bonnie dashed around while refereeing a game of tag, Juneau was sure to sing them through it.

Not all her songs were loud. Some were gentle, a soft warble when curling into a sunny spot on the couch or the expressive sigh of contentment that sounded like a lullaby as she shut her eyes for a nap.

At naptime Fluffy might promptly start to snore, Gus might give one more dramatic



At dusk her voice was softer as if singing to the stars.

yawn before falling asleep, but Juneau always seemed to drift off with music still lingering.

Her most moving moments came in the evenings after a full day of play and fun. As the sun melted into gold through the trees and the stars began to appear, Juneau would often



Juneau provided the music in the play area.

sit at the edge of the yard and lift her head to the sky. Her voice at dusk was softer, more thoughtful, like she was singing to the stars.

As the dogs were tucked into their cozy pens for the night, one by one settling into soft blankets and dog beds, Juneau always had one last note to give. It wasn’t loud. It wasn’t dramatic. It was just enough — a single, fluttering tone that seemed to say, “good night my friends, see you tomorrow.”

The happy spin may have been the expression of joy at the Bed and Biscuit, but Juneau’s music? It was the soul. She told stories of joy, anticipation, friendship and freedom.

So, the legend of Juneau’gusto lives on — one howl, one tune, one heartfelt song at a time. To the caretakers, she was a beloved character, as much a part of the Bed and Biscuit as mountain views and friendships made.

Mountain Artists Festival Returns to Woodland Park for the 41st Year

by Kevin O’Neill

Don’t miss the 2026 Mountain Arts Festival in Woodland Park, Colorado on August 8 & 9! This year’s 41st annual event features established artists of the region, emerging artists, live performances, and art activities for children. Join those in the community and beyond to discover the creativity and talent of over 70 artists featuring pottery, watercolor, oil, acrylic, mosaics, metalwork and more. Come enjoy the mountain air, original art, and live music!

nal art, and live music!

The festival is located in Memorial Park, 200 N. Park Street, Woodland Park, Colorado. Hours of the festival are 9-4 p.m.

FMI visit <https://themountainartists.org/>

Follow us:

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• Facebook: Mountain Artists of Teller County

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Mollie

Mollie is a German Shepherd mix, weighs about 50 lbs. and is oh, so sweet and mellow! She is almost 7 years old. Mollie gets along well with other dogs. She is spayed, current on all vaccinations and microchipped. Check out our website to see how to meet Mollie or any of our other dogs ready for adoption <https://www.slvaws.org/>

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





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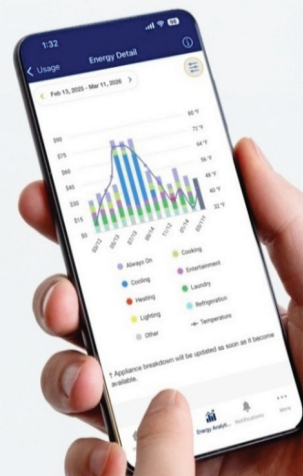


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Notes on Nutrition

What Are We Missing?

by Catrina Lynn, Nutrition Enthusiast, Dance Instructor

We are in another era of prioritizing weight loss. If you have been around awhile, you have seen the pendulum swing a few times between “let it all go” and “skinny is beauty.” Most of it is marketing: products, procedures, medications, and entertainment for sale. Anti-aging products never seem to leave our screens. What’s terrifying is how young the target markets have become. What if being healthy is attractive and somewhere in the middle of extremes is where we thrive? We need simple, self-inclined changes with outside motivation, and medicinal support applied thoughtfully. We need interventions tailored for each individual. There is no such thing as One-Size-Fits-All in clothing or maximizing health.

If you are like most people, you have the Standard American Diet (aka SAD). You may have tried a trendy eating plan (Keto, Vegan, Low Carb, No Carb, Paleo, etc.), and it probably didn’t last long. Extreme changes with strict rules are rarely sustainable and we have deeply ingrained habits. Our diets are high in refined sugars and carbohydrates, low in fiber; high in seed oils and omega-6 fatty acids, low in good fats; high in calories, low in micronutrients (vitamins and minerals) and polyphenols (flavonoids and antioxidants). As a result, there are likely nutrients missing, enough to affect our health and promote disease. One can be underweight, overweight, or neither; eat thousands of calories per day or extremely few. Weight, energy, and disease resistance all benefit from the proper intake of the macro- and micro-nutrients that are the building blocks for our bodies. Nutrient dense foods, properly prepared, can often correct concerns (like weight, rapid aging, fatigue, anxiousness) without other intervention. Sometimes, a supplement, process, or procedure is needed to restore homeostasis (the body’s natural tendency to keep in balance and in good operation) and allow food to do its job.

As I was contemplating what information to include in an article about Nutrition Deficiency, the CDC released its 2026 Nutrition Report in June. Fascinating. You can find it at cdc.gov/nutrition-report/index.html. Click on “Learn More” for a nice summary of what was researched over a 24 year period, the methods, and the outcomes of the studies. I highly recommend looking this report over and going as deep as you like. It’s interesting to consider what the public health impacts will be from the study. Policies, regulations, and recommendations will be updated and passed based on the findings. Will it help?

Have you ever heard the story of why our flour is “enriched”?

Whole wheat kernels contain 3 main parts:

1. Bran — an outer layer rich in fiber
2. Germ — the next layer packed with vitamins and healthy fats
3. Endosperm — the center, starchy and providing energy

While great for our bodies, the shelf life is extremely poor. Industrial milling had a solution in the early 1900s, remove the more perishable outer layers, and grind the rest into a lighter, fluffier flour that lasts months and sells well because people prefer the taste. Nutritionally poor, calorie rich food has hit the market. This wasn’t

thought to be a problem, until the U.S. population was facing significant levels of diseases like scurvy, rickets, pellagra and beri-beri. In the 1940s, the U.S. government ordered the millers to add iron and SYNTHETIC versions of some of the B vitamins back into the flour. It’s a very interesting story tied to WWII, worth a search! Folic acid was included in the requirements in 1998. This is what enriched flour is, and it is still the primary flour used in packaged breads and foods. For more than 100 years, industrial food practices have put shelf life before health, and for nearly 100 years, the U.S. government has “tried” to intervene. Trans fats are another example of companies knowingly producing harmful products and banning occurring far too late.

You’ll notice the nutrients considered deficient in the study haven’t changed over the years. Even if supplementation has improved things a little, why is the general public still seemingly subject (and subjecting themselves) to foods that are so limited in nutrition that we’re deficient to such a high degree? The systems are over-complicated. Nutrition labels are a band-aid. Sugar is addictive. Companies like mine. There are many reasons.

The good news is that whole foods are available to us and preparation doesn’t have to be fancy or difficult. The not so good news is that mass produced whole foods have a lower nutrition content and are grown with unwanted chemicals in nutrient-poor soil. Our proteins are raised industrially with similar downsides. Organic foods can be expensive or not what they’re cracked up to be, “natural” food is a buzz word and put on labels with no oversight. Growing food yourself responsibly (or knowing someone who does) is ideal, yet, not for everyone. Let’s find ways to take control of what we know and what we eat. Let’s look for the helpers.

There are lab tests to detect drastic deficiencies, and often high dose supplementation is advised to correct these. It’s always best to look to your doctor for advice and testing if you feel malnutrition is affecting your health. Keeping track of the foods you eat until you get a good sense of your dietary needs can catch and prevent concerns early on. Whatever the budget and sources, we can increase whole foods intake and figure out the nutrients we are most likely lacking. Exploring foods that fulfill our nutrition needs is refreshing and enjoyable.

Tracking and identifying gaps in your diet is a powerful way to improve your health. If you keep a journal and look up nutrition information for the foods you ate, or use an online tracking tool, and monitor your food intake for at least two weeks, you will be able to see trends in vitamins, minerals, fiber, protein, and other important qualities of your diet. Sometimes this is enough to pick up the pace on foods that are missing, and lower less desirable and empty calorie intake. A month or more of personal dedication to researching what foods can be added and removed from your diet can be life altering. You can do this with or without assistance from a professional or knowledgeable helper. Nutrition Therapists and alternative health professionals are out there to teach and coach step by step. Please set aside a little time and resources for a good foundation. Our diets are not providing what our bodies need to prevent tissue damage and disease.

Most Common Deficiencies and High Content Foods:

- **Iron** — Beef, Chicken, Clams, Eggs, Lamb, Ham, Turkey, Pork, Liver, Shrimp, Tuna, Sardines, Haddock, Mackerel, Oysters, Scallops (less absorbable non-heme iron is found in legumes, nuts, seeds, whole grains, and enriched foods)
- **Vitamin A** — Liver, Cod Liver Oil (also great for Vitamin D), Tuna, Carrots, Butternut Squash, Sweet Potatoes, Eggs, Spinach, Romaine Lettuce, Cantaloupe, Broccoli, Red Bell Peppers, Tomatoes
- **Zinc** — Beef, Pork, Oysters, Sardines, Crab, Turkey, Chicken, Eggs, Greek Yogurt, Lentils, Quinoa, Pumpkin Seeds, Black Beans, Kidney Beans, Oats, Brown Rice
- **Iodine** — Seaweed, Cod, Lima Beans, Eggs, Tuna, Shrimp, Organ Meats, Iodized Salt (be careful of excess iodine, especially for thyroid health)
- **Folate** — Asparagus, Leafy Greens, Brussels Sprouts, Beets, Eggs, Citrus Fruits, Beef Liver, Avocados, Whole Grains

Whole foods with plenty of greens, healthy fats and proteins are key, and we need to maximize their benefits. Organically grown, pasture raised, researched sources are great. Preparation affects the nutrition content of food as well, and can be improved by soaking grains and legumes, and lightly cooking vegetables to remove phytates that block the absorption of some minerals and vitamins. Overcooking vegetables (especially boiling) kills and removes key vitamins and minerals. Lightly roasting or frying them with a little olive oil or butter is delicious and nutritious.

Listed below are tools to maximize your ability to key into micronutrient rich foods and what to prioritize when budgeting on organics.

- **Nutrition Articles and Advice:** ewg.org (the Environmental Working Group) - research and suggestions on what foods and sources are most nutritious (e.g. the Dirty Dozen and Clean 15)
- **westonaprice.org** — same as above, also a non-profit
- **Search for the archived version of the World’s Healthiest Foods** (whfoods) website. The founder passed and the non-profit no longer runs the site. Find it in the Wayback Machine for an awesome nutrition knowledge base.
- **Basic Common Food Values:** nutrition-value.org has a very simple search for the nutrition content of common foods.
- **Journal/Tracker:** cronometer.com was user friendly when I last used the site. There are a few with different interfaces, and most work with mobile. Try a couple if the first one doesn’t fit.

Goals based on better health are always going to be in style. A few pounds gained or lost is only a small part of the big picture. We can stay strong, and enjoy our days more, by finding the root causes of dysfunction in our bodies and supplying the building blocks for healing and new growth.

This article is not intended to replace medical advice. Always consult your healthcare providers.

You can reach me at magpieatthespring.com and facebook.com/magpieatthespring



Life-Enhancing Journeys

I Just Don’t Care Anymore:

Why So Many People Lose Their Passion for Life and How to Find It Again

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

Have you ever wondered, “What is wrong with me?” or reflected, “I used to enjoy gardening?” Perhaps you’ve felt that “nothing seems fun anymore” or that “I do not even care about going out.” I have a loving family and can pay my bills, so I should be happy, yet I feel drab and uninspired.

From the outside, everything seems fine, but inside, something has shifted. The activities you once enjoyed no longer excite you, and you turn down invitations you would have accepted before. You spend your days handling responsibilities, yet you cannot recall the last time you felt genuinely excited about anything. Your life has not fallen apart. You still have people who care about you, your bills are paid, and you may have worked hard to build the life you once dreamed of.

You could even feel guilty about having these feelings. Your thoughts might include:

- “I have so much to be grateful for.”
- “I shouldn’t complain.”
- “Others face real problems.”

A truly encouraging shift occurs when you reframe your question from “What is wrong with me?” to “What is my life missing?” These questions are quite different. The first suggests something is broken within you, while the second invites curiosity about what has been overlooked or neglected.

As a therapist, I frequently encounter these questions. Clients seldom say they suddenly woke up one day and lost their passion for life. More often, they describe something that sneaks up on them. It is as if the vibrant colors of their world slowly fade away. Nothing traumatic has occurred, and there is no major crisis. Instead, the lively, sparkling hues simply diminish until life looks like a faded photograph. They carry on with their routines, getting up in the morning, working, making dinner, paying bills, and smiling when expected. Yet the joy they once felt watching sunsets, laughing with friends, gardening, or planning trips slowly diminishes. Many find it difficult to identify exactly when this shift started. They just know they miss how they used to feel.

Many people assume this means they are depressed. Sometimes they are right, but often they are not. The experience feels remarkably similar, yet the causes are very different. Understanding the difference matters because the solutions are different.

One of the biggest misconceptions about emotional health is the idea that if you have lost your enthusiasm for life, you must be clinically depressed. Depression is certainly one possibility, but it is not the only explanation. Burnout, prolonged stress, grief, chronic illness, retirement, loneliness, and the loss of a meaningful role can all leave a person feeling emotionally disconnected from life. While you still perform your daily routines, go to work, and meet your responsibilities, a subtle change occurs inside of you. Life does not feel painful, yet it looks dull and colorless, even though everything looks fine on the outside.

When you notice yourself thinking, “Is something wrong with me?” or “Why am I feeling so dull?” Pause and replace those thoughts with “What might I need right now?” Curiosity opens the door to understanding.

Self-criticism and judgment usually close it.

Emotions like these are common during periods of transition. Retirement offers freedom, yet it can also leave you wondering who you are without the work that shaped your days for so many years. As children become more independent, parents may discover they miss not only their children but also the sense of purpose their children gave them by making them feel needed. Chronic illness may limit what your body can do. Grief can change the future you imagined for yourself. Even achieving a long-awaited goal can leave you asking, “What comes next?”

Although these experiences are very different, they share something in common. They quietly alter the roles, routines, and sense of purpose that once gave your life structure. Many parents experience a sense of longing and are often surprised by how much they miss their former selves during the busy phase of raising children. It is natural to want to feel needed and to find daily purpose. Their grief extends beyond their children leaving. They are also saying goodbye to an important part of who they once were.

Our minds often assume that meaning comes from dramatic moments, but most of it actually stems from the everyday routines we do without even thinking. Making lunches for your children each morning, greeting coworkers, walking the dog, caring for an aging parent, or meeting friends for coffee may seem trivial, yet together they create the rhythm that enriches your life. When routines fade, people might feel lost, but they have simply overlooked the signs that showed those routines mattered to someone.

For years, your days were filled with people who needed you, work that challenged you, and responsibilities that gave your life purpose. You may not have lost yourself entirely, but perhaps you lost the conditions that once gave your life meaning and direction. Maybe you are missing a sense of satisfaction. Your routine has become so comfortable that you are no longer learning, growing, or challenging yourself. Life now seems dull, lacking in vibrancy and excitement.

I have noticed that many people plan their finances for retirement but overlook the emotional side. They envision a future where they no longer need to perform specific tasks, freeing up more time for introspection and inspiration. While flexible, unstructured time may seem like a gift, it can cause feelings of emptiness if not used purposefully.

My husband retired last year after over 46 years of repairing, modifying, and restoring European cars. It took him around six months to reconnect with his love for cars. Now, he is one of the happiest retirees I know.

Arthur C. Brooks, PhD, a researcher and professor who studies happiness, offers a perspective that I find both practical and hopeful. He suggests that passion is usually not something you discover. It is something you cultivate by the way you live. Rather than asking, “Why am I unhappy?” he encourages us to become curious about what may be missing.

Dr. Brooks identifies happiness as having three main elements: enjoyment, satisfaction, and meaning. As an aspiring artist, I view these as the fundamental colors on an artist’s

palette, essential for producing a wide range of colors. No single color can create the entire painting. It is the combination of these colors that results in a masterpiece, even if one starts to fade. The same principle applies to emotional well-being. You do not need to fix everything at once. When life seems less vibrant, avoid asking, “How do I get my old life back?” Instead, consider, “What is one small thing I can do today to add a bit more color to tomorrow?” This question is often simpler to answer and helps identify the part of your life that could benefit from your attention. “How do I decide what to do when I do not know what will make me happy?” My suggestion is to choose actions that reflect the person you want to become.

Over the years, I have noticed that many people put a lot of effort into building a comfortable life. Comfort alone rarely leads to true happiness. After years of living an “easier life,” some people discover they also miss feeling challenged, needed, and involved. Most of us need more than just easy days. We need opportunities to grow, help others, solve problems, and sometimes step beyond our comfort zone. These opportunities can often bring happiness back and add color to our lives.

Some people believe that once they feel motivated, they will reconnect with friends, volunteer, exercise, learn new skills, or chase a dream. My experiences have shown me that motivation comes from taking action.

Self-reflection is important. Set aside a few minutes at the end of the day to ask yourself these questions:

- What brought me enjoyment today?
- What gave me satisfaction?
- What reminded me that my life has meaning?

You might be surprised to find that the answers often focus on everyday moments instead of extraordinary events.

Think back to when you last shared a laugh with someone. Reflect on the challenges that are helping you grow. Who truly benefits from your presence in their lives? These questions are not meant to induce guilt but to help you recognize where your emotional well-being might need more nourishment.

Picture yourself five years from now, looking back on this year. What moments will stand out? They probably will not be the evenings spent scrolling on your phone or binge-watching TV. Instead, you will likely remember meaningful conversations, overcoming difficult situations, helping others, traveling, or taking risks that transformed you. All these experiences share a common thread. They require you to be present, build connections, reflect your core values, and nurture your passion.

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.



Mayra Ayala, owner on the right with co-worker Lourdes Frausto.

Mr. Burro Café

by Flip Boettcher

Sadly, a devastating fire destroyed the Mr. Burro Café on Main Street in Fairplay last winter, but the café had their grand re-opening July 4th and is now on historic Front Street.

Mr. Burro is located at 501 Front Street between the Colorado Mountain Hat Company and the Park Bar in the old Millonzi’s building. The café is serving breakfast and lunch from 7-5 p.m. daily. They have the same menu as before, featuring burgers, sandwiches, salads, wraps, avocado toast, smoothies, frappes, waffles, breakfast burritos, chicken fried steak, eggs Benedict with gluten-free options. Mr. Burro also has a case full of delicious baked goods.

So, dine in or take-out and enjoy. Call 719-837-2028 or visit www.mrburrocafe.com.

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Behind the Scenes

How in the World does this Event Happen?

by Tracie Bennitt

Welcome to this new column celebrating the people we never see behind the scenes. You know who I'm talking about, the cooks, the linemen, the snow shoveler, the janitor, those folks. The ones behind the scenes who keep us going every day. That's who I'll be celebrating each month. Have a recommendation? Email me tracie.bennitt@gmail.com

Lots of times there are a myriad of things that are going on behind the scenes that you never think about. Like the county fair. Who in the world is the person pulling the strings to make this event happen?

For Teller County, that person is Terri Snare. "My dad was a DJ in Gallup, New Mexico and then worked for Resistol Hats in Texas," she said. Moving back to Teller County after being raised in the suburbs of Dallas in 1984, Terri has been instrumental in

making things happen for the fair.

"My grandmother homesteaded here," she said. "She lived by Skagway Reservoir and would ride the buckboard wagon to Florissant to buy seed potatoes from Nate Snare, Randy's granddad." Terri recalls the connection of the families back to the 1860s. "There is a tremendous amount of history in farming and ranching in Teller County," according to Terri. "Education is a really big part of learning about the animals in the region."

Terri has been a club leader for 4H for many years and consistently helps with projects. "I'm active with all of the animal stuff, leathercraft, posters, small engines and bread making just to name a few," she said. "Mainly I'm working with the animals this year. One of my kids is 8 years old and is making a quilt this year. She has to create a record book detailing her activities and what it took to get

her project completed."

"Kids had the biggest issues here," she said. "Everything has to be recorded. Rate of Gain. How many pounds of grain produce a pound of weight? Each age group has more information that is added to their record keeping." 4H education is high on the list. There are 955 different projects including computer science, movie making and building robots that the kids can participate in. On a personal note, my daughter participated in the cooking event many years ago. Winning Grand Champion in Teller County, she took her Chili recipe to Pueblo where she was runner up to a cricket recipe. Needless to say, she has never liked crickets since! Personally, I think her Chili and presentation were amazing!

This is the 106th year for the Teller County Fair. "Since the fair board started in 2007 and progressed into a nonprofit in 2012, the Fair



Terri Snare and cows.

Board has grown to over 100 kids participating," she said. Terri has been active in running the fair for 19 years. "The fair runs nine days long this year. 4H kids participate in the middle of the week, and the weekends are reserved for community activities," she said. "Two of our biggest events are the Senior Luncheon and Open Class events during the week."

Teller County Commissioners have been busy working to improve the conditions at the Fair Grounds. "Based on the fires that keep occurring in our area, creating barns and facilities for livestock has been an important part of growth for the fair," she said. A new barn, new arena, grandstands with covers and a planned bath house are only a few of the new things going on. An expanded camping area is also in the works."

The Snare ranch is currently located on over 700 acres. According to Terri, home-school groups come out on a regular basis to learn about ranching and farming. "There is so much that goes into every animal for the kids to learn about," she said. "These field trips let kids learn about the animals and what it takes to take care of them."

About 800 people recently attended the rodeo at the Snare Property on July 4th. "We provide the stock for the rodeos, as we have 12 bulls in our stock along with 11 horses, 3 milk cows and a herd of 60 cattle," Terri said. "We also provide the stock for the fair through Snare Cattle Company."

Terri and Randy married in 1985 and now have 6 kids and 18 grandkids in the family. "The youngest just turned 1 month old," she said. "All of the kids participate in the fair activities each year. It's a family event. We're all about the kids. Teaching them good ethics and good sportsmanship is what it's all about."

The Teller County Fair kicked off this year on July 24 and runs through August 2. Visit www.tecfas.org for a schedule of events.

Blue Wave Rally

Don't agonize, Organize!

Join your neighbors and like-minded friends for an energizing event on Sunday, August 23 at the Ute Pass Cultural Center in Woodland Park 2-4 p.m. Learn about the November election and how you can help make changes in our government.

Hear from Democratic candidates up and down the ticket about why they are running and what they will do for us. Representatives from local and regional progressive organizations will share event calendars and actions so you can get involved.

Enjoy live Rockin' Blues from Six String Dave and Bluegrass from Bald'n Gray'n along with snacks, a cash bar and silent auction. All proceeds from the \$20 entry fee, the silent auction and \$1 of each drink will go toward voter outreach, progressive action and Democratic candidates.

Sponsored by the Teller County Democratic Party

Beekeeping

by Flip Boettcher

Beekeeping at 9,000 feet is difficult and challenging to say the least, but there are many local, Guffey-area residents who are beekeepers.

Kodie Ketchbaw of the K-Bar Ranch bought three hives of bees last April and is very excited to be a beekeeper. Kodie received two different species of bees, the Italian Carniolian and the Saskatraz species. The Saskatraz was developed in the 1980s in Canada and should be a hardier bee for this area and the cold.

When one buys a hive of bees, there are about 10,000 bees and Kodie said that her hives should grow to 50,000 to 60,000 bees over the summer and have already grown since April.

Kodie's hives have wax frames and are specially insulated hives to help the bees survive. Bees don't like wind, cold or pressure changes. Probably why they are hard to raise up here!

When I visited the K-Bar Ranch, Kodie's friend and beekeeping mentor Kristen Elfers was there when we opened the hives to see how the bees were doing. So far, Kodie's bees are doing well.

Kristen has been beekeeping in the Guffey-area for five years and owns Belle's Ranch, which is named after her daughter, who was named after her great grandmother Isabelle. Kristen was a beekeeper for 10 years in New Jersey and did quite well with 50 hives, each yielding 30 pounds of honey.

It's quite different keeping bees at altitude vs. closer to sea level, Kristen said. Beekeepers have to get new hives each year because some hives are always lost over the winter here.

Kristen is involved in a pollen study research project by Washington State University (WSU), the WSU Honey Bees and Pollinator Program. The program is looking for two beekeepers per county across the nation to participate. WSU is working to pull bees back from the brink. For more information see www.bees.wsu.edu.

Bees and pollinators worldwide are in trouble and declining at an alarming rate, according to the National Park Service (NPS) website www.nps.gov, and that's scary. The challenges they are facing include habitat loss, non-native species, pesticides, climate change, parasites and diseases. Bees and pollinators are key to maintaining a healthy ecosystem.

A pollinator is anything that helps move pollen from one part of a flower to another.

This fertilizes a plant, helping make seeds, fruits, vegetables and new plants. Some plants self-pollinate; others use wind or water to move their pollen. But many plants need help from insects and animals.

Pollinators include honeybees, bumblebees, wild bees, wasps, ants, flies, butterflies, moths, beetles, bats, birds like hummingbirds, honey eaters and sunbirds, monkeys, lemurs, possums, rodents and some lizards, Wikipedi.

Pollinators are responsible for 1 in 3 bites of food we take each day and 75% of all flowering plants on earth are pollinated by insects and animals — plants which help stabilize the soil, clean the air, supply oxygen and support wildlife, NPS.

Bees pollinate one third of the crops we eat from apples to blueberries and from coffee beans to avocados, but last year alone, honeybee losses hit 50%, western monarch butterflies have declined to historic lows, and wild bee populations are disappearing fast, Friends of the Earth, www.foe.org. It is estimated that 40% of pollinators are facing extinction including Western bumblebees, monarch butterflies, hummingbirds and bats.

In the US alone, pollination by honeybees contributed to over \$19 billion of crop production in 2010, NPS, while pollination by other insect pollinators contributed \$10 billion of crop production.

A 2017 report done for the Center of Biological Diversity using data documented in the US on native bee species, found that nearly 1 in 4 (347 species of 1437 species) is imperiled and at increasing risk of extinction. More than half of native bee species are in decline, and 40% globally insect pollinators (primarily native bees) are highly threatened, Wikipedi. "Declines in the health and populations of pollinators pose what could be a significant threat to the integrity of biodiversity, to global food webs, and to human health.



Viewing the honeycomb are Kodie Ketchbaw on the left and Kristen Elfers on the right. Cover: Checking the hives are Kristen Elfers on the left and Kodie Ketchbaw on the right.

At least 80% of our world's crop species requires pollination to set seed," Wikipedia.

The NPS advises that people get involved by helping pollinators in your backyard. Plant pollinator friendly plants, encourage birds, butterflies and bees. Participate in pollinator friendly events. Limit your use of pesticides.

Also, please help support local beekeepers and their products. According to Kristen, honey, wax and pollen are the health trifecta we get from bees. Belle's Ranch makes soaps, lip balm and candles with bee products. Contact Kristen at BellesRanch@gmail.com or text 973-945-3152 to find out more about her products. Kristen is sometimes at the local Farmers Market at the Guffey Bakery on Saturdays 10-2 p.m. through the summer or she has a store located across from the library/community building but has very limited hours. Other local beekeepers and their products can be found at the Farmers Market, as well.

Although Kodie's hives don't produce enough beeswax or honey to make products, Kodie does make all natural soap with good-for-you ingredients which can be found on her website at www.witchermountainapothecary.com.

Another source for useful information is from the Colorado State Beekeepers Association at www.coloradobeekeepers.org.

So please, let's all do what we can to help the bees and pollinators, our environment, our health and our planet.

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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.

AVAILABLE ONLINE

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

BUENA VISTA

- 22 Mark Edwards Scholarship Golf Outing 7 a.m. registration, 8 a.m. shotgun at Collegiate Peaks Golf Course, hosted by Fairplay American Legion. Prizes, silent auction, raffle. Proceeds benefit the Mark Edwards Scholarship Fund for South Park Students.

CAÑON CITY

- Sundays Paint with Mary Shell — see page 14.

LIBRARY

- Tuesdays after storytime Face Painting in the Plaza
- Mondays Listening Corner 10-1 p.m. a safe and supportive space for healing.
- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- D&D for teens 12-23 p.m., Saturdays adults and younger kids 2-4 p.m. Registration is required.
- Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
- GAME Dice with D.I.C.E. 2-4 p.m. Saturdays. Local police officers play board games with teens in our teen room
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Second Saturdays 10:30 a.m.
- Rummikub Club meets 3rd Monday of each month 1 p.m.
- Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
- Story time and craft Tuesday and Thursdays 10:30 a.m.
- All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.ccpilb.org us

MUSEUM OF COLORADO PRISONS

- 15 Paranormal Investigation call to book a spot 719-269-3012.

CASCADE

UTE PASS LIBRARY

- 7, 14 Storytime 10:30-11:15 a.m. Stories and more for children ages 3-7 and their parents or caregivers
- 7 Protect Yourself: Understanding and Preventing Fraud 3-4 p.m. Fraud is everywhere, whether it is cryptocurrency schemes like FTX, healthcare scams, romance fraud, or Social Security fraud. Join us and presenter Gregory Beal CFP with the non-profit Association of Financial Educators (AFE) as we explore current fraud trends, teach you how to identify scams, and help you recognize key warning signs. Registration required <https://ppld.librarymarket.com/event/protect-yourself-understanding-and-preventing-fraud-545085> or by calling 719-531-6333 x7011.
- 14 LEGO Build 3:30-4:30 p.m. Engineering your best LEGO creation and completing LEGO challenges in this only-one of the possibilities at this open-ended LEGO program using the Library's LEGO resources. Join us for creative fun! All ages welcome!

COLORADO SPRINGS

- 15 Gold Hill Mesa Legends Peak Big Band 4-7 p.m., under the direction of Dan Bell, this 18 piece Peak Big Band blends classic swing with modern jazz energy with dynamic charts, tight grooves, and powerhouse performances. Free. Food trucks and adult beverages for purchase at all events.

CRIPPLE CREEK

- 1 Colorado Day
- 4 National Night Out at Park N Rec
- 7 Red Clay Rally downtown
- 15 History Talk with Ken Valles 10-noon at the Heritage Center. He will share his knowledge of tools and equipment used by early settlers to include live demonstrations. Light refreshments will be served. Donations benefit the speaker. FMI 719-689-3315.
- 20 Gold mine tours begin. Visit victor-museum.com.
- 20 Third Thursday of the month is the Two Mile High Club monthly meeting at 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.
- 20-21 Salute to American Veterans Rally downtown
- 27 Paint drop-off 2-6 p.m., 207 CR 89. See ad page 7.
- GED Classes Mondays & Wednesdays 1-3 p.m. New students (min age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cppteller.org.

AMERICAN LEGION

- 6 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.
- 8 BINGO the second Saturday each month 6-8 p.m. at the American Legion Post 171. The Victor Elk's has teamed up with American Legion Post 171 to raise funds and support veterans, youth and community services in Teller County. Teamwork building a better community.

ASPEN MINE CENTER

- 28 Commodities distribution 9-1 p.m.
- Tuesdays BINGO 10:30 a.m. for seniors.
 - Tuesdays Moral Recreation Therapy 5-7 p.m. at ACCC Building.
 - Second Tuesdays Grafting Group 12-1:30 p.m. Join us in a welcoming space designed for self-expression and connection! FMI 719-471-8181 ext. 163.
 - What Matters Wednesdays 10-11:45 a.m. Learning Series upstairs conference room. Join us every week as we bring professionals to you. We may go over different subjects like fraud protection.
 - Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, donations greatly appreciated, but not required.
 - Mexican Train on Thursday 10:30 a.m. All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

DIVIDE

- 10, 24 Little Chapel of the Hills Food Distribution 2-5 p.m. For more info 719-322-7610 or email littlechapel-foodpantry@outlook.com
- 14, 28 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!

COMMUNITY PARTNERSHIP

- 4 Playgroup 10-11:30 a.m. Hayden Community Park. Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Playgroup moves indoors to CP when temperatures are 500 or below. Follow CP's Facebook page and website for schedule and location updates. FMI Aimee@cppteller.org
- 16 Smokin the Ute Pass Summit — BBQ Contest & Fundraiser 12-2 p.m. at Paradox Beer Company. Smokin the Ute Pass Summit BBQ brings the community together for an afternoon of great food, local beer, live music, and family friendly fun, all for a great cause. All tickets include BBQ tastings, one beer or soda, and people's choice vote. Proceeds from ticket sales & sponsorships benefit Community Partnership Resource Center. www.eventgives.com/cpbbq2026. FMI Jamie@cppteller.org

COLORADO WOLF & WILDLIFE CENTER

- 28 Full Moon Feeding Tour 5:30 p.m. Tickets are \$35 for adults (12+) and \$15 for kids (8-11)
- 29 Full Moon Tour 6:30 p.m. Tickets are \$35 for adults (12+) and \$15 for kids (8-11)
- 30 Full Moon Feeding Tour 5:30 p.m. Tickets are \$35 for adults (12+) and \$15 for kids (8-11)
- LIBRARY
- 11122 US-24, 719-686-5301
- 4 Fiber Arts Club 11 a.m. All are invited to join this club of fiber artists! Some of these arts include: crochet, knitting, felting, needle point, sewing, macrame and more.
- 13 Fiber Arts Club 11 a.m. All are invited to join this club of fiber artists! Some of these arts include: crochet, knitting, felting, needle point, sewing, macrame and more.
- Wiggle Wednesdays Storytime every Wednesday at 10 a.m. Come get your wiggles out at this new story-time for ages 0-5!
- Mahjong Club every Monday 2-4 p.m. Learn to play and then play as a group!

FLORENCE

- 4 Artists have art submitted for "Colorado's Best" show at Blue Spruce see page 9.
- 7, 8 Outdoorsman Days at Pathfinder Park.
- 8 Second Saturday "Colorado's Best" reception at Blue Spruce Gallery see page 9.
- 22 Tavern Talk "Jewel of the Arkansas" 2 p.m. at Branden's Pleasure Palace (Florence Pioneer Museum) 100 E. Front St. Join the discussion of historical and present-day Florence waterworks by the water boss himself, Brandon Harris. Admission is free or by donation www.florencepioneer-museum.org.
- Farmer's Market 10:30-11:45 a.m.
 - Second Saturdays 10-4 p.m.
- JOHN C FREMONT LIBRARY
- 3 Legal Foundation 2 p.m. for a Q&A session with community members. Bring your questions and connect with a local attorney at the library

- for free general legal information in a casual community setting.
- 6, 13, 20, 27 Last days of Farmers Market Story Time 10:30 a.m.
- 6 Trivia 2 p.m. The theme will be Colorado history and the person who answers the most questions correctly will win a prize.
- 7, 14, 21, 28 Story Time 10:30 a.m. New theme every week with an easy craft.

- 7 Silent Book Club 2 p.m. Book Swap. Anyone is welcome to come. Bring your clean, gently used adult fiction and nonfiction books and swap them for new-to-you titles. No textbooks, manuals or magazines. 1 to 5 items per person.
- 10 Adult Matinee Movie 2 p.m. If anyone would like to know which movie we are showing they can visit our website at Adult Programs
- John C. Fremont Library District. There will be free popcorn but bring a drink in case you get thirsty!
- 14 Canon City Workforce 11-1 p.m. to answer career related questions.
- 14 Family Movie 2 p.m. FREE popcorn! Bring a drink.
- 18 Master Gardeners present, every Wed. Talk 10 a.m. The theme will be determined during the July Garden Talk.
- 20 Creative Writing 2 p.m. The theme will be memoirs.
- 21 Tween Group 2 p.m. Dreamcatchers. Supplies and snacks provided for teens 10-15 years old.
- 24 Technology presentation How to Use Google Effectively 2 p.m.
- 25 Painted Book Edge craft 2 p.m. Registration is required. If you would like to register please contact Abby at 719-784-4649 ext. 3.
- 28 The first meeting of the new Un-plugged Adults Club 2 p.m. This will be an informal club where anyone interested can meet at the library once per month to play a board game together. The board game for August will be Scrabble.

- The artist of the Month for August is photographer Alan Ziff but his art will only be up during August so anyone interested in seeing it should make sure they visit before the end of the month!
- All programs at the library are free. Abby & Deborah Hlonkey

SWEET RADIANCE

- 16 Paint and Sip Canvas Edition 2-4 p.m. \$25

YOGA

- Yoga in Pathfinder Park Event Center, Community Meeting Room and on Zoom
 - IAM Yoga Open Class Tuesdays 8:30-10 a.m. Join on Zoom Meeting ID 950-5914-4447, password TR-Yoga
 - IAM Yoga Open Class Tuesdays 5:30-7 p.m. Join on Zoom Meeting ID 932-9489-3063, password W5-Yoga
 - FREE Yoga Nidra Meditation Tuesdays 7:15-8 p.m. Zoom only Meeting ID 980-0308-4414, password YogaNidra
- First Class is FREE! Discount for multiple classes — 4 weeks x1 - \$52, Drop in \$15.

LEADVILLE

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JEFFERSON

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MANITOU SPRINGS

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- FLORISSANT GRANGE
- Every Tuesday, bullpens meet 9-noon.
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VICTOR

- Sunnyside Cemetery Tours, first Saturday at 10 a.m., third Saturday at 1 p.m. Check VictorMuseum.com for schedules and info.
- 20 CC&V Mine Tours — Thursday through Sunday. Tours begin at Victor Lowell Thomas Museum to sign

- in then transported to the mine site, then transported back. See Victor-Museum.com for reservations.
- Under the Stars Free Concerts Saturday nights through Aug. 29 in the Pinnacle Park Plaza. 6:30-9 p.m.

SAVE THE DATES

- September 5, 6, 7 for Victor Celebrates the arts, see page 6.

WOODLAND PARK

- 8 Purple Heart Day 9-11 a.m. Tava House. Honoring the courage, sacrifice and service of our nation's heroes. Free breakfast!
- 8, 9 The 41st Annual Mountain Artists in Memorial Park 9-4 p.m. See page 13.
- 8 Vintage Baseball Game and MORE! See page 7.
- 9 Sweet History Free Ice Cream Social 12 p.m. Ute Pass Cultural Center. Screening of local award-winning history documentaries produced by Ute Pass Historical Society. FMI utepass.org/event-list
- 10 Metaphysical Book Club 5:45 p.m. Join us for open-hearted discussions around a theme every month. Topics touch on spirituality, philosophy, and metaphysics. Read one of the featured books and bring your thoughts and ideas to share. Check the website for each month's theme and book picks!
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THUNDERBIRD INN

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- 22 Austin Ross Band 6-10 p.m. A dedication to Toni.

GUFFEY

- Farmer's Market 10-2 p.m. every Saturday through the summer in the parking area of the Bakery.

LIBRARY

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- 4 Threads Craftersnoon Craft Day - First Tuesdays of the Month, 1 p.m.
- 4 Socrates Cafe 6 p.m. in the Community Center (next to the library).
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- Summer Reading Program has transitioned to Come and Play at your convenience. Jenn will have crafts and projects here to do! Mon-Weds 11-3 p.m.

BOARDS AND BARRELS

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COMMUNITY PARTNERSHIP

- 1 Vino & Notes 11-5 p.m. Memorial Park. On this day celebrating Colorado's 150th anniversary, let America's Mountain set the stage for wine tasting, live music, and an unforgettable afternoon. Free wine glass, wine tote, and unlimited wine tasting. Buy tickets online at vinoandnotes.com. A portion of the proceeds from the event go to support Community Partnership Family Resource Center. FMI vinoandnotes@gmail.com
- 12 Touch-A-Truck 10-12 p.m. Meadow Wood Sports Complex. Kids come climb and crawl on more than 20 big trucks and emergency vehicles. Vehicles you can expect to experience are Fire Engines, Helicopter, Ambulance, Dump Trucks, Tow Trucks, Snow Plow, Street Sweeper, Joint Light Tactical Vehicle, Police Car, Back Hoe, School Buses and more. FMI 719-744-2513
- 13 Greccio Housing's B.F.F. Luncheon 11:30-1 p.m. Community Partnership Family Resource Center. Join Greccio Housing for their first Building Firm Foundations Luncheon in Teller County! Participants will enjoy a free lunch as they learn about the Affordable Housing communities and resident-focused programs Greccio offers in Teller County and across the Pikes Peak region. Limited spots are available, so secure your spot today! RSVP www.greccio.org/event-details/teller-county-building-firm-foundations-luncheon/form FMI 719-475-1422
- 13 Parent Advisory Committee Open House 5:30-7:30 p.m. Learn how parents and caregivers can help shape Community Partnership Family Resource Center's programs, share ideas, and make a difference for families in our community. Meet current members, ask questions and discover how your voice can have an impact. Meal and childcare provided. RSVP preferred but not required. FMI taylr@cppteller.org
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- Addiction Recovery Tuesdays 9-2:45 p.m. Serenity Recovery Connection provides peer and telephone recovery support and coaching. Walk-ins welcome. FMI 719-465-2295
- Career Center Tuesdays & Thursdays 10-3 p.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cppteller.org.

- Community Garden Work & Learn Day Tuesdays & Thursdays 9-12 p.m. CP's Community Garden at City Hall. Hands-on gardening, helpful tips, and community connection. Open to all ages and no experience required. Get involved with planting and watering or learn something new. There's something for everyone! FMI Michelle@cppteller.org.
- Family Cafe Monday-Thursdays 9-4 p.m. Enjoy coffee, Free WiFi, Kid's Corner, and a space for parents and caregivers in our community to connect.
- Foundation Training Innovative Exercise Program Wednesday 7-7:45 a.m. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after just one class. Bring your mat. FMI behindthetraining@gmail.com
- GEC Classes Mondays & Wednesdays 10-12 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cppteller.org.
- Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Schedule your certification or licensure exam at www.pearsonvue.com. Fees vary. FMI Katy@cppteller.org.

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~OUT AND ABOUT~

continued from page 18

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- 26 Celebrating Diversity 4-15 p.m. There is a place in your community to be recognized and supported. A teen LGBTQIA and allies group will be making connections, sharing, and helping. Library staff will be present to ensure respect, safety, and enjoyment of the facility by all who participate. Snacks and an activity are provided.
- 26 Renters Rights Workshop 5 p.m. Come learn about your rights as a renter in Colorado, including rental basics, fair housing laws, and the eviction process.
- 26 Memory Cafe 1 p.m. Are you or a loved one experiencing memory loss and brain change? Join our monthly gathering of caregivers and loved ones for engaging music and activities, refreshments, guest speakers, friendship and community support!
- <

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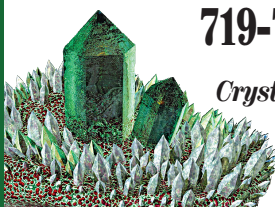
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