



UTE COUNTRY NEWS

FREE

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June 2026

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

Vol. 18, No. 6

Welcome to Ute Country

**"Far up in the deep blue sky,
Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses bright and sunshine clear
Show that lovely June is here."**

— F. G. Sanders

PEEK INSIDE...



page 6

*The Cripple Creek District
Museum Celebrates 2026*



page 8

*10th Anniversary of Guffey
Bakery*



**page
13**



*Thirty-Eight Years of Unearthing
Stories*

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June is a happy month! Warm weather brings fresh mountain breezes, the return of the songbirds and hummingbirds, and the forests are alive with all the new births; all invite us to be outside in the midst of nature. The festivals, shows and events will draw locals and visitors alike. It is time to get outside whether it is to connect with community or immerse yourself in nature. Jeff took our cover photo of Cripple Creek in May of 2024. The quote is perfect for inviting us to get outside.

This year Victor has invited the Lake George Gem and Mineral Show to be a part of their Annual Gem and Mineral Show. There are more activities in Victor, such as gold panning, ghost walks in cemeteries and live music to start the season! The Cripple Creek District Museum Celebrates 2026 with several new exhibits to discover. The Lakota hold their Annual Sun Dance, which is a sacred ceremony of prayers for the people and planet. We are treated to an inside peek of what is all involved in this special ceremony in Oyate Herbals' "Sun Dance: A Lakota Spiritual Journey." Those who seek and love the light will enjoy *Panning for Good* as Dr. Bee shares her exploration of chromotherapy.

Shutterbugs who enjoy taking photos of their indoor and outdoor pets might want to share their pics. We'd love to print pics them; 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!

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 Sun Dance, A Lakota Spiritual Journey

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

Han (Greetings!)
Welcome to Wójuپی Wi "Moon When the Leaves are Green" and June or tinpsinla itkaha wi ("the moon when the seedpods of the wild turnip blossom") or wipazuka wašte ("wipazukan", a red berry growing in small bunches in June; 'wašte' meaning good, therefore 'moon of the good red wipazukan berries'). There are many ways we look at the moons and different seasons and the way they affect the environment. This was the teachings passed on for generations.

June is also a time for us to start preparing for one of our most sacred ceremonies, the Sun Dance. As Lakota, we know when it is time to start preparing when we hear the Wakinyan's "Thunder beings" return in spring. The Sun Dance is one of our seven sacred rights and is the most sacred of the seven sacred ceremonies practiced by the Lakota tribes. The Sun Dance, or Wi wanyang waچی pi has been a cornerstone of Lakota culture for centuries. Its origins are wrapped in oral traditions, passed down through generations and the ceremony's presence is undeniable in our spiritual and social lives. The Sun Dance served as a way for the Lakota to connect with the Great Spirit (Wakan Tanka), the universe, and the community. It's a time for renewal, sacrifice, and a plea for the well-being of the people. This isn't just about a dance; it's about a way of life.

Throughout history, the Sun Dance has faced challenges, including suppression by the United States government. The government tried to ban it, seeing it as a threat to assimilation and the criminalization of the ceremony in 1883. However, the Lakota people's commitment to their traditions was unwavering, and they kept their practices alive, often done secretly. The Sun Dance only achieved legal status in 1978 as part of the American Indian Religious Freedom Restoration Act. The Sun Dance is a testament to the resilience and enduring spirit of our people. Today, it stands as a symbol of cultural survival and a source of immense pride for the Lakota people. It is a vivid reminder of the past and a commitment to the future.

The core of the Sun Dance revolves around themes of sacrifice, healing, and gratitude. Dancers endure physical challenges, such as fasting, going without water, and piercing their skin (in certain ceremonies), all as a form of offering. This is not done for punishment, but as a means of connecting with the spiritual world and demonstrating their commitment to their community and prayer. The physical trials are a way to purify the body and focus the mind, making the spiritual connection even stronger. The Sun Dance is also a time for the community to come together, sharing stories, providing support, and strengthening the bonds that hold them together. It's about communal healing and the shared responsibility for the well-being of everyone involved. The Sun Dance is a place of intense spiritual energy and a powerful example of the Lakota people's enduring spirit and cultural practices, offering a unique perspective on life, spirituality, and community.

So, you're probably wondering, what happens at a Sun Dance? Well, let's break down the main steps involved. The Sun Dance is a complex ceremony with several parts, each holding deep meaning. It's a community effort and takes time, preparation, and commitment from everyone involved.

Preparation

Months before the actual dance, the preparations begin. This includes selecting the dance grounds, gathering materials, and choosing the ceremonial leaders. The grandmothers of the tribe are the ones who set the theme. The selection of the sacred tree (the central pole) is particularly important. The tree is seen as a connection between the earth and the sky, and its selection is a sacred process. Community members work together to prepare the site, ensuring everything is set for the spiritual event. The participants also undertake extensive spiritual and physical preparation, which includes fasting and prayer. This pre-ceremony period is important for setting the intention for the dance and preparing the participants' minds and bodies.

The Construction of the Arbor

The construction of the Sun Dance arbor itself is an important aspect of the ceremony. The arbor is constructed from specific materials and is oriented in a circle, with the Sacred tree in the center which represents the Tree of Life. The inner circle, just inside the arbor is made up of 365 to 405 colored sticks with cloth tobacco prayer ties tied at the top and

placed in the ground, creating a circle between the supports and the dancers. The arbor represents the universe and serves as a sacred space where the Sun Dance takes place. Building the arbor is a communal effort, reinforcing the unity of the community and their shared commitment to the ceremony.

The Raising of the Sacred Tree

The raising of the sacred tree is a pivotal moment. This tree, usually a cottonwood, is selected with great care and represents the axis of the universe. Its erection signifies the connection between the earth and the sky. Prayers and songs accompany the tree's raising, celebrating this sacred connection and the spiritual energy it brings to the ceremony. The dancers will hang prayer ties and flags on the tree prior to rising, and as they dance, they will focus on their prayers and the prayers of the other dancers.



A Sundance Tree



Sundance Tree and Arbor

and the physical sacrifices made by the dancers. These offerings represent a commitment to the spiritual world and a plea for the well-being of the community and all things that life on this planet. The sacrifices are not meant as pain but to connect with spirit and to show one's commitment to the cause. Sun Dance is much more than just procedures; it is a way to connect with our culture, spirituality, and the community. The Sun Dance is a transformative experience that strengthens the bonds and reaffirms the connection to the sacred.

The Sun Dance ceremony provides a link between past, present and future generations, as well as between humans and the natural world, giving people the opportunity to connect with their spirit and ancestors, heal from trauma, appeal for help towards personal goals and send healing prayers out to the four directions and the world around us. We Sun Dance to heal from great loss, celebrate our culture and ancestry, and foster a sense of acceptance, belonging and hope for our people and future generations.

The Dance Itself

The actual Sun Dance involves four days of dancing, singing, drumming, and prayer. Dancers fast, abstain from water, and may undergo body piercing or flesh offerings. The dance is a test of endurance and a demonstration of spiritual devotion. The rhythmic drumming and singing set the tempo, creating an atmosphere of intense spiritual experience. Dancers focus their energy on their intentions, such as healing, gratitude, and seeking guidance. The dancers dance several rounds each day and the rounds can last up to an hour or more with small rest periods in-between, challenging the participants both physically and spiritually. This intense period allows for profound spiritual experiences and the strengthening of the community.

The Offerings and Sacrifices

Throughout the dance, offerings are made to the Great Spirit. These offerings can take various forms, smoking of Chanupa's (sacred pipe)

If you're interested in learning more or maybe participating in a Sun Dance, it's super important to approach it with respect and understanding. It's a private, sacred ceremony, and it's crucial to be mindful of the cultural significance. There are many specific protocols that must be followed. Educate yourself, do your homework and talk to members of the Lakota community. Understanding the history, meaning, and significance of the Sun Dance will help you to approach the ceremony with greater respect and humility. Seek out reliable sources of information and avoid relying on stereotypes or misinformation.

Please seek guidance if you're considering participating, reach out to a Lakota spiritual leader or elder. They can provide guidance, answer your questions, and help you understand the appropriate way to participate. They will explain the specific protocols, expectations, and cultural norms. Respect the advice of the elders. They are the keepers of this sacred knowledge. Approach the Sun Dance with humility and an open mind. It's a

continued on page 4

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Oyate Herbals Sundance, A Lakota Spiritual Journey

continued from page 3

spiritual experience that might challenge your existing beliefs and perspectives. Be willing to learn and to listen. Remember that you are a guest in our culture, and your role is to learn, observe, and show respect for the traditions. Follow the specific guidelines and protocols that are provided. These might include dress codes, rules about photography, and the way you interact with the participants and the sacred space. The more you adhere to these guidelines, the more respectful your involvement will be. Be careful to avoid cultural appropriation. This means not taking or using elements of the Lakota culture without proper understanding, respect, and permission. If

you're unsure, it's always best to ask and seek guidance from those who hold the knowledge. By following these guidelines, you can approach Sun Dance with respect and learn from this powerful, transformational spiritual experience.

If you want to learn more or need assistance with traditional medicines. Please stop by the store at 38 Costillo Ave, Florissant, CO or call me at 719-661-0410. I'd be happy to speak with you.

Mitákuyepi Anpétu wašté (Good day relatives) Many Blessings and may you walk in balance on your path

What Makes That Rock Special? Lake George Gem & Mineral Club can help

by Ruth Zalewski

The 2026 Victor Gem & Mineral Show in historic Victor will include free rock and mineral identification as part of the weekend activities. The show runs June 19-21, 2026, and admission is free.

Have a cool pet rock? Think you struck gold? Wonder what that heavy rock you use as a doorknob is made of?

A rock identification booth will be hosted by the Lake George Gem & Mineral Club in a special booth during the Victor Gem & Mineral Show — bring your favorite rock to the booth and get an expert to tell you all about it.

The Lake George Gem & Mineral Club is a nonprofit Colorado rockhound and earth science club based in Lake George. The club focuses on geology, minerals, fossils, lapidary arts, jewelry making, field trips, and educational programs related to the Pikes Peak region.

The Victor Gem & Mineral Show will include vendors from across the region selling crystals, gems, hand-made jewelry, fossils, flint knapping, cabs and slabs, and one-of-a-kind rock treasures.

The show is 9-5 p.m. each day, with music Saturday night, and 9-4 on Sunday.

Gold panning will also be available at Victor Lowell Thomas Museum during the show weekend.

In addition to shopping and exhibits, attendees can enjoy:

- Educational displays and mineral collections
- Mine tours and local history attractions, including Rita the Rock Planter giant troll
- Free live music — Saturday night Backroads Band will bring bluegrass to the stage
- Hiking on the Trails of Gold
- Local restaurants, shops, museums, and historic attractions throughout Victor

The Victor Gem & Mineral Show is sponsored by the Southern Teller County Focus Group (STCFG), a non-profit organization managing hiking and biking trails and historic mining education and preservation in Victor and Cripple Creek. Supporters include SSR Cripple Creek & Victor Gold Mining, City of Victor, Victor Elks Lodge #367. Vendor fees from the show help the STCFG maintain its local Trails of Gold. FMI, visit STCFG.com.

Victor's Annual Gem and Mineral Show and Live Music Concerts

by Ruth Zalewski

The annual Victor Gem & Mineral Show presented by the Southern Teller County Focus Group (STCFG) in Victor, Colorado will be held June 19-21. The event offers a unique way to spend Father's Day weekend in the cool and sunny mountain air. Bring Dad to Victor, learn to pan for gold, and take in some free live music. The show will be held in downtown historic Victor and is open and free to the public.

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

Saturday night, June 20, the City of Victor will sponsor free live music on the Pinnacle Park Plaza stage. Backroads Band offers a unique blend of bluegrass, folk, country and rock & roll that is sure to captivate any crowd. Come enjoy a cold drink and take in the concert, shop for gems and jewelry, and relax in the mountain air. This is the first in a series of summer concerts hosted by the city. Concerts

are free and are scheduled for several Saturday nights through August.

Ever wonder what that cool rock you found might be? Did you strike it rich and find gold or maybe silver? The Lake George Gem & Mineral Club will be hosting a rock identification table, so bring that cool rock to the show and find out what it is really made of.

In addition, the Victor Lowell Thomas Museum hosts gold panning for kids of all ages. The museum also houses a mineral collection as well as historic mining equipment displays, photos, and displays in the old hotel rooms on the upper floor. See VictorMuseum.com FMI.

Victor's many shops and attractions will also be open, including Victor's Gold Camp Ag & Mining Museum, antique, art, and gift shops, the Gold Camp Bakery, the local bars and eateries, as well as the local parks and Trails of Gold where you can explore the outdoors in historic gold mining country. The Victor Elks will be grilling on the lodge porch.

FMI on the STCFG or this event, visit STCFG.com, email info@stcfg.com, or call 719-689-5509.

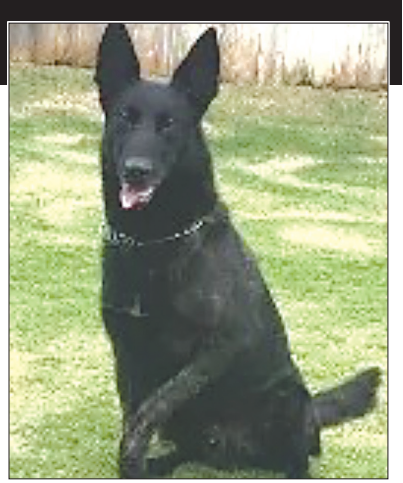
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by TCRA

Layla

Hello friends! I am a very energetic dog who loves to play and run in the yard. I'm about 4 years old in human years. I am a Dutch-Shepherd mix and I'm ready for a new beginning! My favorite game is tug-of-war. I love to be hugged and give hugs! My favorite activities are playing with toys with my people, going on car rides, and watching birds and squirrels from the window. I know my commands of come, sit, stay and shake, but I am still working on drop it. I am doing very well with my leash training and love going on walks. I'm going to need someone experienced with meeting new dogs and some training experience because my brain needs to be worked! I am a very special girl that needs multiple visits before I can go home. If you need an extra special girl like me, then call TCRA at 719-686-7707.

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



A Look Inside the Artist Shoney Goebel, painter

by Mary Shell

I met Shoney about 6 years ago at one of my painting parties. Since then, she has become a proficient artist creating wonderful paintings. How she does it with 3 children and one very ill amazes me. Keep up the good work Shoney, and I hope to see you again soon.

How old were you when you first started painting?

I was probably 26 the first time I went to a Wine and Paint with Mary Shell. My best friend, Mackenzie, took me and I fell in love with painting.

What's your favorite medium?

I have only used acrylic and pyrography. One day I would love to try oil painting but that will come when I have space for drying.

What is your favorite subject?

I love nature and just the peace that sitting outside, listening to the wind and creatures gives to me. This really makes me enjoy painting landscapes most. I also really love it when someone asks me to paint them something that is very specific and challenging.

Can you explain your process?

Really my process depends on what I am painting. I like to cut wood to use as my canvas and make paintings a little different. If I am doing a wood painting, I first draw out my design on the wood, cut it out, sand it, and then start painting. Sometimes I draw out my designs if they are specific subjects. Most of the time I start with a base color and then let whatever scene is tickling my mind flow out. If I lose my vision for a painting, I will hang the half-finished work on the wall to stare at for a while until I recover the inspiration.

Who inspires you to create?

My children are the ones who inspire me the most. They give my life such meaning. Art is also an escape for me from the stress of motherhood and being a mom of a special needs child. Creating what makes me happy really calms my soul. I have shared this with my children and two of my children now share in my art therapy time.

Who's your favorite artist?

Bob Ross and my son, Jaiden.

What's your favorite subject

Really anything nature. I love making Christmas ornaments as well.

What is the most difficult painting you have created?

I have had two paintings that just really pushed me. One was a pet portrait. I had never done one and this was 3 different pups. I had to hand draw them before painting and getting them just right was so intimidating. Another I was asked to paint a dragon and tiger in a ying-yang. I ended up loving it and would have kept it if it hadn't been a commission. Took me several months to get the fine details perfected on that one.

Is there anything new in your future?

My future happens to be full of uncertainties. Being a special needs mom keeps you on your toes and you just have to take things day by day. We are currently waiting for heart surgery to take place in California. I already have a bag of painting supplies to take while I stay there with my son. I am also dreaming of purchasing a small greenhouse to turn into my art room!

What haven't you tried that you would like to do in art?

I have not gotten to try oil paints. On day I would like to dabble in that once space allows. I also really would like to try my hand at murals along with neon paints.

What is your favorite painting that you made?

I have 3 favorite paintings. The first is a painting I did of my Pappaw and Mammaw's farm in Tennessee. I painted it after he passed away from cancer and my Mammaw had to leave it to receive care at an Alzheimer's facility where she later passed away. They were my heroes and I will always treasure their memory and the memories of their beautiful piece of paradise. The other two are paintings of my kids and the planets as they are my world and the sky is NOT the limit for them.

What is it that you want people to see in

your art?

Beauty that is usually taken for granted or even looked over and the feeling that you could step into the painting and be surrounded by the beauty of nature.

How do you choose your subjects?

If I am really stressed, I will usually paint a landscape where I feel like I can feel the mountain air or hear the gurgling of a stream.

If I am just wanting to paint something new, I will pick a friend's favorite book to paint a scene from or I will pick something that means a lot to someone I love such as a ballerina for my daughter, rolling hills for my family in Tennessee.



Do you create a story with your paintings?

No. Each piece is its own entity now. I'm a mom of three amazing kids who keep me crazy busy with sports, dance and music. My kids are my world, and we are nearly always together. I love to garden, backpack, hammock camp, explore the

wilderness, forage, read, ride bicycles and traveling to see family. I find joy in taking pictures of moss, mushrooms, trees and bugs. Yes, I think bugs are cool. I love cuddling with my cats and dog and watching my tortoise boogie over booty scratches.

You can reach Mary Shell at www.maryshellart.com

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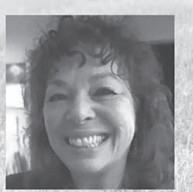
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Visit With Ghosts of the Past – Victor Sunnyside Cemetery

by Ruth Zalewski

Guided walking tours of the Sunnyside Cemetery near Victor, sponsored by the Victor Lowell Thomas Museum, will be held June 6 through Sept. 19 — the first Saturdays of each month at 10 a.m. and third Saturdays of each month at 1 p.m., weather allowing. Check VictorMuseum.com for schedules and information. Local historians Alicia Petri Harrington and Veldean Myers will be conducting the tours, sharing histories of families who pioneered the gold rush days, telling stories of resilient women, brave men, grave robbers, and unusual characters. Meet just outside the cemetery gate in Pauper's Field (Teller County Road 87 southwest of Victor).

Advance reservations are encouraged and can be made at VictorMuseum.com. Tickets at the gate are by cash only. You can also purchase tickets at the museum ahead of the event. Tickets are \$15 for a single ticket and \$12.50 per additional ticket. Be sure to dress appropriately for mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and bring water and sunscreen. There are no restroom facilities at the cemetery.

For more information, visit VictorMuseum.com, email tours@victormuseum.com or call 719-689-5509.

Tiny Wood Particles Can Have a Big Benefit

by Forest Service's Forest Products Laboratory

Forest thinning keeps forests healthier and reduces the risk of catastrophic wildfires. But forest thinning is usually done when trees are too small to become lumber. For now, it is chopped up and left as forest fertilizer or put into piles to be burned. But the Forest Products Laboratory is finding more useful solutions.

"We are able to take forest residues and forest resources that otherwise may not have an application, convert them to cellulose nanomaterials, and incorporate them into new products," said Forest Service's Forest Products Laboratory Supervisory Chemical Engineer Nicole Stark.

The lab is finding that these tiny particles of wood have many uses, including faster-drying cement, better food storage, wastewater filters, and bullet-proof panels.

Check out this video: https://www.fs.usda.gov/about-agency/features/tiny-wood-particles-can-have-big-benefit?utm_source=MarketingCloud&utm_medium=email

The Cripple Creek District Museum Celebrates 2026

The folks at the Cripple Creek District Museum have been busy over the past winter. Several new exhibits have been added, with two of them specific to Colorado.

Colorado was admitted to the Union on August 1, 1876, making it the 38th state. The District Museum is pleased to have on display an original 38 star U.S. flag. "We are excited to be able to have an original Colorado flag on display. Especially one in such good condition," quoted Jeanne Gripp, archivist for the Cripple Creek District Museum. Also showcasing Colorado, is a display of rocks and minerals from across the state. Many exceptional specimens can be seen, including rhodochrosite from the Sweet Home Mine near Alma.

Three other rock and mineral exhibits are new this season. A Black Light display allows museum visitors to view rocks and Uranium Glass in bright light conditions and then under Black Light which will cause them to fluoresce. A Unique Mineral exhibit allows visitors to see rocks and ore like natural salt, green fluorite, or native copper. The last new rock and mineral display explains why the Cripple Creek Mining District has such an abundance of gold. Examples of ore from various levels of the mines in The District can be seen.

The Cripple Creek District Museum has five historic buildings filled with historical photos and artifacts from the early years of gold mining in the Cripple Creek Mining District. Also available is Gem panning, a fun activity for all ages.

Returning for another summer is the fun scavenger hunt Mysteries at the District Museum. Museum visitors can answer the questions for a chance to win 1 of 3 gold nuggets. The Oldest Building in Cripple Creek is the



Display of minerals found in Colorado. Cover: Old Glory sporting the 38th star.

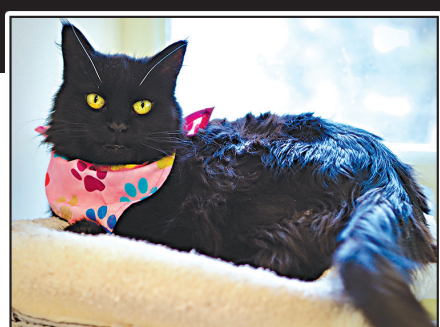
Colorado Trading & Transfer building, located on the corner of 5th St. & Bennett Ave. It was built in 1894 and survived both of the Fires of 1896. This historic wood building, besides housing exhibits about the Fires and the Labor Wars, is home to one of the best gift shops in southern Teller County. The Colorado Trading & Transfer Gift Shop prides itself on having something for everyone.

Both the Cripple Creek District Museum and the Colorado Trading & Transfer Gift Shop are open 10-5 p.m., seven days a week. The District Museum is located at the east end of Bennett Ave. Call 719-689-9540 for more information. Follow us on Facebook to see fun and amazing old photos, read about area history, or get information about upcoming events.

Adopt Me by Ark Valley Humane Society

Chabi

Chabi may only have 2 teeth left, but what she lacks in teeth, she more than makes up for in love. First arriving at Ark-Valley Human Society in 2022, Chabi was diagnosed with a history of Oral Eosinophilic Granuloma and has received veterinary care through the shelter, including dental procedures, mass removal surgery, tooth extractions and corticosteroid injections. After recently returning to AVHS, Chabi underwent another dental procedure and was diagnosed with Eosinophilic Stomatitis, officially joining the exclusive "two-tooth club" with only her lower canine teeth remaining. Despite everything she has been through, Chabi continues to enjoy life's simple pleasures — treats, brushing sessions, and receiving gentle pets. AVHS remains committed to supporting Chabi's health and comfort every step of the way and hopes to find a compassionate adopter who will continue giving her the care and love she deserves. Gentle, affectionate and full of personality, Chabi is ready to fill a home with cuddles, companionship, and perhaps just a little drool, which everyone at the shelter agrees is more than worth it. To make an appointment to meet Chabi call 719-395-2737.



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

A Successful Armed Forces Art Exhibit and Sale

by Flip Boettcher
photos by Flip Boettcher

The 7th annual Armed Forces Art Exhibit and Sale opened May 9 at the Bell Tower in Florence with the performing arts presentation and later the "Meet and greet the artists" reception in the downtown shops. There are 13 artists' artwork displayed in six downtown shops on Main Street.

The art exhibition is open to active duty personnel, their spouses and children, Veterans and retired personnel in Colorado. The performing arts can include reading of books, stories or dramatic presentations of poems; instrumental or vocal; or dance performances. This year, the juried Bell Tower Art Show was included in the program.

About 20 people attended the performing arts program, which started off with Florence Mayor Steven Wolf welcoming everyone and thanking Veterans for their service.

Charles Jamison read his PTSD impact statement; how traumatic events can make one shut down like the aperture of a camera. Jamison has been interested in photography but has expanded his artistic talents to include painting. Jamison just took 3rd place in photography in the Bell Tower Art Show this year, he said.

Eight-year-old Max then played a piano improvisation piece.

Nancy Shaw, with the Mt. Caramel Quilters from Colorado Springs then presented Tom Cleveland a Quilt of Valor (QOV) as a THANK YOU for his service, sacrifice and valor, saying "Freedom is not free" and "please use your quilt."

Cleveland was a Marine serving in Viet Nam, was also in the Army special forces and served in the Israeli Army in the Golan Heights. Cleveland and his wife Rhonda have the Main Street Gallery on Main Street. Stop in and visit them, they have a lot of interesting items.

The Quilts of Valor Foundation (QOVF) — www.qovf.org was started as a dream, literally, in 2003 by Catherine Roberts after she had a dream; her son was deployed to Iraq. The message of Roberts' dream was that Quilts = Healing.

The first QOV was awarded in November 2003 and by 2014, QOVF had awarded 100,000 quilts to service members and

Veterans; by 2019 over 125,000 quilts had been awarded. This year marks 300,000 QOV awarded and the 100th that the Mt. Caramel Quilters have awarded.

A QOV is a quality hand-made quilt that is machine or hand quilted. It is awarded to a service member or Veteran who has been touched by war. The quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation," from the QOVF website.

To use the term Quilt of Valor the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded at the QOVF website. Someone has to nominate the recipient for the QOV.

After the QOV presentation Jamison recited his poem "Bridge Builder for Cleveland."

The Army Veteran and author K.L. Emanuelson started off by saying that reading a book is good and better than social media or playing video games.

Emanuelson writes about the old west, its people, outlaws, unknown women and indigenous peoples, (by the way, the majority of them are serving in the armed services). The old west was more multi-cultural and storytelling and books are very powerful. She then read from the first chapter of her book *The Woman Who Rode Destiny*.

Last on the program was Viet Nam Veteran and author Steve Andrews. Andrews writes non-fiction and some fiction, he said, and he read his very emotional poem about a medic in the war. The poem is from his book *See the Light, Kiss the Ground*.

Andrews' book is available at the Aspen Leaf Bakery; Jamison's artwork is on display



Steve Andrews with his book on the left and Charles Jamison on the right in front of Trending on Main with some of Charles' artwork in the window.



Tom Cleveland wrapped in his Quilt of Valor with a pillowcase and certificate on the left. Nancy Shaw of Mt. Caramel Quilters on the right.

at Trending on Main; and Emanuelson's books are available at the Antique Warehouse. The Armed Forces Art Show is organized by Virginia Lindley who owns and operates the Antique Warehouse on Main Street.

Even though you missed the opening day of the Armed Forces Art Exhibit and Sale, you can still visit Florence and see their artwork. Please give a big THANK YOU to them for their service.

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dana@theguffeybakery.com • www.theguffeybakery.com
Hours: Thursday, Friday, Saturday, Sunday and Monday 8am - 3pm



What the building looked like before becoming the Bakery.

10th Anniversary of Guffey Bakery

by Flip Boettcher
photos by Dana Peters

The Guffey Bakery will be celebrating their 10th anniversary all day Saturday July 4 with music and BBQ, according to owner Dana Peters. The Bakery actually started out in the building adjacent to the then Freshwater Saloon as Strictly Guffey in the fall of 2014. Strictly Guffey featured local Guffey artisans and their work on consignment in the shop, but when the Freshwater sold, Peters had to look for another location.

Peters purchased the big red barn on Main Street just south of the school. The building was a large open space pole barn with a dirt/gravel floor, which had housed the wagons, carriages and buggies from the antique store next door. After extensive remodeling, which became a much larger project than anticipated, said Peters, the Bakery opened July 2, 2016. The results were worth the wait.

At first, the Bakery had a limited breakfast, pastries and sandwiches. The Bakery has expanded and now offers more seating, a case full of delicious goodies, breads, and a full breakfast and lunch menu and features Saturday special dinners. There is also Smokin' Babes BBQ on Fridays.

Recently, Peters opened the Market at the Bakery which features a limited selection of staples, canned goods, fresh produce, small quanti-

ties of dry goods like flour and sugar, a freezer full of local homegrown beef and individual frozen dinner selections like lasagna, and local honey. There is also a selection of local artists' items. The Bakery offers catering too!

Peters has handmade candy and chocolates, which she makes. You can also find Mountain Bramble Coffee Roasters featuring organic, fair traded whole bean and ground coffee roasted on site is located in the store.

Out back is the Gather and Grow community garden and Peters' bees. In her spare time Peters is a beekeeper!

Starting Saturday June 6 from 10-2 p.m. will be the Farmers Market every Saturday through the summer set up in the parking area. Over the years, Peters has expanded the kitchen space and storage areas, as well as adding a small living space in the back with a downstairs bedroom and bath and an upstairs bedroom loft.

Bakery hours are Thursday-Monday 8-3 p.m. and Saturday dinners 4-7 p.m. The Bakery is located at 336 Main Street in Guffey. Phone 719-838-4575. Contact - dana@theguffeybakery.com or visit www.theguffeybakery.com.

Come on in July 4 and help them celebrate their 10th anniversary!

Call for Artists Indoor Outdoor Sculpture Show at Blue Spruce

by Lynn Lemmon-Oliver

The Blue Spruce Gallery is celebrating our exciting sculpture show during June. This show includes metal yard art, ceramic sculpture, fiber sculpture, paper art, and more. The gallery will showcase the work inside the gallery and in the landscaped front garden. Artists need to have their work at the gallery by Tuesday, June 9. Each artist may enter up to 3 pieces.

The show opens on June 10, with a reception on Second Saturday, June 13, from 4:30-6:30 p.m. Cash prizes will be awarded, as well as ribbons in several categories.

Come to Florence on Second Saturday, and enjoy the public reception at the Blue Spruce Gallery, 205 West Main Street. In addition, many of the downtown merchants have special promotions on "Second Saturday."

Call the gallery FMI at 784-1339.

Families Strike Gold at Summer Gold Panning Adventures in Victor

by Ruth Zalewski

The Victor Lowell Thomas Museum invites visitors of all ages to experience the excitement of Colorado's gold rush history with hands-on gold panning adventures this summer in the heart of historic Victor.

Participants will learn the basics of traditional gold panning techniques just like the miners and prospectors who lived through the boomtown days that shaped the legendary Cripple Creek & Victor Mining District. Guided demonstrations make the activity fun and accessible for beginners, families, and history enthusiasts alike.

Set against the backdrop of Victor's preserved mining-town charm at nearly 10,000 feet elevation, the program offers a unique opportunity to connect with Colorado heritage in an interactive way. Guests may even discover a few sparkling flakes of gold while learning

how prospectors searched mountain streams more than a century ago.

Gold panning gives visitors a hands-on connection to the region's rich mining history. It's educational, entertaining, and a memorable experience for both children and adults.

Gold panning will be offered on summer days at the museum from 10-4 p.m., weather permitting. All necessary equipment and instruction are provided.

In addition to gold panning, visitors are encouraged to explore the museum's exhibits featuring local mining history, historic photographs, artifacts, and stories connected to the famous gold camps of the Cripple Creek & Victor Mining District.

FMI, visit VictorMuseum.com or follow the museum on facebook.

JCCA Peaches!

by Carol Smusz

Jefferson Community Civic Association will again be taking orders for peaches. If you have purchased in the past, I will be emailing an order blank to you. Otherwise, they will be available at the Jefferson Market, Jefferson Real Estate Office or by calling me 719-836-1430. I will also be hanging some in the Como Post Office. Peaches are the same price as last year! How many places can say that? \$25 for a 9 pound box and \$45 for an 18 pound box. Delivery will be at the Jefferson Community Building on August 1 or July 25; we will know more about that later.

Teller County Residents Concerned About Wildfires Teller County Wildland Fire Council Members

by Toni Moore

I am writing to inform Teller County residents and to ask members of the Teller County Wildland Fire Council to look carefully at whether the Council is still functioning as the collaborative wildfire mitigation body envisioned by the Teller County CMAT Report.

The current CMAT Report did not describe the Wildland Fire Council as a political briefing forum, a place for elected officials to manage controversy, or a meeting controlled by the Sheriff and County Commissioners. It described the Council as a collaborative, action-oriented wildfire mitigation partnership focused on creating safer communities through mitigation actions, collaborative partnerships, and improved ecological health.

The Report emphasized that community engagement must move beyond messaging, public relations, and agency updates. The Council was supposed to help residents, neighborhoods, fire districts, land managers, nonprofits, and community groups work together to complete actual mitigation. It was supposed to support neighborhood workdays, identify and prioritize risks, track completed projects, assist residents who cannot mitigate on their own, and create a culture where engaged residents work directly with partners to make homes, neighborhoods, forests, and access routes safer.

That is not what the meetings have become. Instead, the Council now appears to function largely as a county-controlled update meeting. The agenda and minutes show recurring opening comments from Commissioner Williams and Sheriff Mikesell, legislative updates, agency reports, grant updates, fire statistics, and institutional briefings. Those topics may have some relevance, but they are not a substitute for the community-led mitigation partnership described in the Report.

What appears to be missing is exactly what CMAT called for: neighborhood mitigation leaders presenting their work, HOAs and POAs discussing local risks and solutions, community groups reporting actual projects completed, residents sharing lessons learned, volunteers being connected with property owners who need help, and the Council tracking measurable mitigation accomplishments on the ground.

NoFloCo is exactly the kind of community-

based mitigation group the CMAT model should have welcomed.

NoFloCo's mission is to assist private property owners in the Wildland Urban Interface with fire mitigation, fire awareness, and forest health, consistent with the Cohesive Strategy, while making the community safer from wildfire danger. NoFloCo describes itself as a grassroots "neighbors helping neighbors" organization focused on practical mitigation work, including fuel reduction, removal of ladder fuels, thinning dead or diseased trees, community training, and volunteer workdays. NoFloCo organizes and conducts project workdays, training classes, neighborhood organization efforts, and specific mitigation accomplishments such as Project 234, where volunteers removed more than 375 stems, produced more than 8.5 cords of firewood, improved ingress and egress, addressed mountain pine beetle and dwarf mistletoe impacts, and helped a private property owner reduce fuel load. (NoFloCo.org)

Yet instead of being treated as a community partner, NoFloCo has repeatedly been treated as a problem to be controlled, excluded, or obstructed.

That did not occur after a neutral public process. It did not occur after a noticed hearing. It did not occur after a good-faith conflict-resolution meeting. It did not occur after County officials came to a NoFloCo workday, observed the work, met with volunteers, reviewed actual safety practices, or attempted to resolve concerns collaboratively.

The record shows the opposite. Every relevant county official has been invited to more than 400 NoFloCo workdays and events. To date, no one from Teller County Sheriff's Office nor Teller County Commissioners or Administrative Offices have attended. On September 28, 2023, then-OEM Director Jay Teague wrote to County Administrator Ross Herzog about the burn permit regulation changes. He said he did not see the document until five minutes before the BOCC meeting, would not have approved the resolution going forward, and that it appeared from what passed that "certain folks were in a hurry to stick it to NOFLOCO, rather than actually bring our Burn Permit Regs and System

up to par." He further wrote that the effort was "rushed and 'Half-Assed'" and that he did not want his name attached to it.

That internal email is important because it shows that, from inside the Teller County government, the burn regulation changes were understood as being directed at NoFloCo rather than developed through careful policy review.

The County's later conduct continued the same pattern. On October 31, 2025, the Board of County Commissioners sent a letter to DNR stating that Teller County did not support any NoFloCo grant application, accusing NoFloCo of unsafe activities, disregard of regulations, lack of permits, unsafe burn practices, and lack of liability insurance. The letter recommended that DNR and COSWAP deny funds to NoFloCo.

That letter was not preceded by a due-process meeting with NoFloCo. It was not preceded by an invitation to sit down and review the facts. It was not preceded by a Fire Council discussion in which community mitigation partners could ask questions, compare evidence, or seek a solution that preserved public safety while allowing mitigation to continue.

NoFloCo has invited County officials, the Sheriff, Commissioners, and Fire Council participants to observe its work and engage directly. NoFloCo has kept officials informed, invited participation, carefully studied and followed all regulations, asked for dialogue, and attempted to continue doing the exact kind of neighborhood-based mitigation the CMAT Report recommended. NoFloCo leadership viewed the Fire Council as an opportunity for collaboration and invited commissioners, the sheriff, and other attendees to participate in workdays for hands-on experience in fire mitigation.

The response has not been collaboration. The response has been obstruction. If the Wildland Fire Council is to serve its intended purpose, it should not be used to marginalize the very community groups doing mitigation work. It should not become a venue where elected officials speak, agencies report, and residents listen. It should not allow political conflict with NoFloCo to substitute for a transparent, evidence-based, community-centered mitigation process.

I respectfully ask Fire Council members to consider the following corrective steps:

- Re-center the Council on the CMAT Report's purpose: collaborative, community-led, measurable wildfire mitigation.
- Add regular agenda time for neighborhood, HOA, POA, and volunteer mitigation groups to present completed projects, current risks, lessons learned, and requests for support.
- Create a standing section of each meeting for community-led mitigation reports, not just agency or elected-official updates.
- Invite NoFloCo and other community mitigation groups to present actual completed work, safety practices, training, lessons learned, and current barriers.
- Establish a neutral conflict-resolution process before any public entity uses the Council, County communications, or grant processes to damage or obstruct a community fire mitigation work.
- Require that concerns about any mitigation group be addressed through facts, documentation, notice, and an opportunity to respond, not through informal exclusion, unsupported accusations, or political pressure.

The question before the Council is not whether everyone agrees with NoFloCo, or whether County officials have concerns about particular activities. The question is whether the Wildland Fire Council will function as CMAT intended: a collaborative forum where residents, neighborhoods, agencies, fire districts, and community organizations work together to reduce wildfire risk.

Teller County cannot claim to value community wildfire mitigation while excluding, obstructing, or politically discrediting the community members actually doing the work.

I ask each Council member to help restore the Teller County Wildland Fire Council to its original purpose.

- Concerned residents may contact:**
- Erik Stone email stonee@tellercounty.gov
 - Bob Campbell email campbellr@tellercounty.gov
 - Jason Mikesell email MikesellJ@co.teller.co.us
 - Dan Williams email WilliamsD@co.teller.co.us
 - Aryanna Tushingham email TushinghamA@tellercounty.gov

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Lucy and Rex — Mike Spieth, Santa Fe, NM

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The Zombie Virus by Gilrond the Historian

My Dear Westin, I am writing this in the hope that you will follow my advice and do as I say. The following is what happened to my wife Jennifer and me as we hiked in the mountains above Colorado Springs.

It was 15 years ago, when we were still living in the Springs, that my Jennifer and I went for a hike up in the mountains west of town. It was a beautiful day with few clouds, and the temperature was in the 70s when we parked our car and started off following a trail that had been recommended to us by some friends at church.

It wasn't one of the usual "marked trails" but it was easy to find, and we were the only ones there.

The trail led into a thick wood, but the trail was pretty well cleared by the forest service and was fun to follow.

We had walked for nearly an hour when we came upon another trail that once had been a road, but was now nearly overgrown with grass, bushes, and trees. We could see old tire tracks in the ground that had been plowed at one time. We decided to follow the old road to see where it might take us.

We walked for nearly an hour more when we came upon a gated fence that had seen better times. The fence was chicken wire with barbed wire at the top, and the gate was leaning over so far that it was easy for us to step through and continue on the old road.

We could see that there had once been a guard house at the gate, but it had long since collapsed due to the weather that comes in Colorado winters.

We continued following the road and soon came to what appeared to have been a compound of some sort. There were crumbling buildings all over what seemed to have been a well-organized, small sort of village.

My wife and I walked down the main street of the place looking at various ramshackle buildings, wondering what they could have been used for and why had this place been built here, away from everything else?

I decided to enter one of the buildings that looked, somewhat, like a medical building; it had a faded red cross on the front of it. I wondered if there might be some sort of paperwork that might explain the purpose of this place; what it was built for and its use.

It was a medical building; I could tell by various rooms filled with the different types of equipment that would be used in a medical facility. There were the tables that patients would lay on and the circular bright lamps next to the tables. There were scales and devices to measure a person's height along with blood pressure devices and cabinets still filled with rubber gloves and sterile wipes, long dried out, and other things that are usually associated with doctors' offices.

I opened drawer after drawer and found things that I knew not the use of, but had seen in modern doctor's offices; so, I knew that this had been abandoned quickly.

As I continued to look around, my wife called to me to come back outside to see what she had found. I found her just at the door of what appeared to have been an outbuilding used for storage. She pointed inside and I looked into the doorway.

With the sunlight that streamed through the holes in the roof where the shingles had lost the battle with the strong winds that sometimes roared through, I was able to see several shelves in sorry shape on the opposite walls. On these shelves were wooden boxes of a standard size in different stages of decay.

She asked me what I thought might be in those boxes; of course, I didn't know, so I entered the shed and looked more closely at the various boxes.

Most of the boxes were, upon closer inspection, in deplorable shape and what might have been in them at one time was now gone. I tried to read the stencils on the boxes, but they were too faded. It was nearly impossible to even see what they may have once informed the reader of their use.

I went from shelf to shelf looking for an answer, even looking on the floor of the shed, for some of the shelves had failed completely and the boxes had fallen onto the cement floor.

There I saw that some of the boxes had once contained glass bottles of various sizes but most of them had been of what I would call the wine bottle size and shape. They had labels, but they had deteriorated to such an extent that they were illegible after the bottles had broken when they had fallen.

There was nothing else for me to see, so I left the shed and we walked back into the medical building and started roaming through the many offices looking for answers as to the purpose of this place.

I walked down one side of the main hallway, and my Jennifer walked down the other side; we were both looking into the doorways of the rooms that we came to for any clue that may come to our eyes.

She stopped and then entered the room she had come to. As I was about to continue on down the hallway, she called for me to come into the room, for she felt that she had found something that may be of interest to us.

I could tell by the look on her face that what she had found was not something that was good.

The papers that she held in her hand had been on the floor next to a paper shredder that appeared to have been put to great use by someone. The catch bag under it was full to capacity and overflowing onto the floor. The papers that she had found had spilled from the desk onto the floor next to the shredder. I think that they too were to be shredded, but something had happened, and they were overlooked when they had fallen to the floor.

We found file drawers still open all over the office and the desk drawers were open too; most of them were completely empty, but not all. It appeared that something had happened that had caused the people in this office to be compelled to destroy all of the paperwork contained in the desk and the files in a hurry.

I took the papers that my wife offered to me and sat in an empty desk chair, and I started to read.

I discovered that there were scientists in this compound that were working to develop a virus that, when exposed to our soldiers, would make them into what I call, a kind of Zombie. They would be totally fearless and very aggressive. They would follow any and all orders given them by their superiors, no matter what.

As I was reading these frightening papers, my Jennifer was looking around and found some more papers in a large metal trash can that had been used for burning some of the papers that needed to be destroyed. Some of the papers were not completely burned and she was looking at what appeared to be photographs of the soldiers that had been exposed to the virus.

We could read some of the captions and notes that accompanied the pictures and saw the most disgusting things I had ever seen. The men who had volunteered

for the project had been turned into the most revolting creatures that I have ever observed. Yes, they still wore the uniform of our armed forces, but they were no longer the men we had come to respect and admire.

They had been transformed into twisted and deformed "Things" in somewhat human shape. Their faces were pale and sickly looking with eyes rimmed in a reddish green color that appeared to run with a slime that matched the eyes and slid down their pale and sunken cheeks.

Their noses were twisted to one side or the other as was the mouth, the red swollen lips of which turned this way and that exposing the decaying teeth and swollen tongues.

They looked, to me, like they were dying of some horrible sickness. But this was just the way they were supposed to look (according to the papers we had found) to strike fear into any enemy that they approached.

What brought fear into my heart was that with further reading of the papers that we had found, these men were in perfect health. In fact, they were even stronger than in their natural state.

As I continued to read, those incredible papers, I found that the soldiers

were now impervious to stab or bullet wounds, the only way to kill one was to remove the head. Even then it would continue to fire its weapon randomly in any direction for of course, it could no longer see where to direct its fire.

All of this was documented in the papers that we had found. You can see why all of the papers that we found had been attempted to be destroyed.

We wondered what had occurred that these papers had been destroyed in such a hurry and that some of them had been overlooked and not destroyed at all.

When we had recovered from the shock of such a discovery, we continued to look around and not finding much more, except more papers on the experiments that were performed, and written in terms that I could not understand, we walked back out to the outbuilding that we had looked at earlier.

As we approached the small buildings, my Jennifer noticed another that was set back further into the side of the mountain. The door was hanging by one hinge and was easy to open. We could just see inside, for the sun was just in the right position and we saw that it, too, was filled with shelves and boxes similar to the broken ones in the other sheds.

I didn't really wish to go inside because I couldn't see into the small room, but I pushed the door open as far as it would go and entered. The boxes were all empty that sat on the shelves, all but one. That one was not on a shelf but lying in a darkened corner of the shed under a fallen shelf board.

I picked up the box and noticed that there was still an undamaged bottle in it and then I looked at the shelves trying to determine just where this particular box had fallen from. I found that all of the shelves had been marked with various notes or labels with warnings. Some of them said; "To be opened by Dr. Sanders, or Dr. Williams."

There were other names that I cannot remember, but it makes no difference. I could see that these boxes had contained some very dangerous materials having to do with the development of that horrible Zombie Virus displayed in the photos we had seen earlier.

I looked closer at the box that I held in my hand and then at the shelf just above where I had found it. The shelf was marked with a badly faded red label that said, "DO NOT OPEN UNDER ANY CIRCUMSTANCES, TO BE DESTROYED BY RESEARCH AND

DEVELOPMENT TEAM."

Was this the box the label was referring to by those ominous words? Or was there another box that had already been destroyed?

There were other open spaces on the shelf, where were those boxes? The labels on those spaces weren't as ominous, but they still had warnings that I referred to before.

Was the box that I held in my hands the one that should never be opened? Or some other box that held a lesser danger? How could I tell? They all looked the same. There were no letters or other cryptic symbols known only to the scientists that had developed the liquids inside the bottles. There were symbols on the shelf labels, but I didn't know what they meant.

What should I do with the box that I held in my hand?

As I looked at the box, I realized that it would be easy to pull the bottle out of the damaged box, but should I?

The box had been secured with metal bands that were now rusted; it was not to be opened by just anyone. What if it was cracked and some of the evil liquids were to spill onto my hands; would it turn me into one of the horrid creatures that were represented in the photos in the papers we had found earlier?

I decided not to take the bottle out of the old, damaged box. We discussed the problem and decided that we would give the whole thing to you because of your occupation in the chemical industry.

I'm hoping that you will be able to analyze what is in this bottle and we will let you dispose of it as you see fit. We have held on to it far too long, not knowing what to do with it.

Jennifer wanted to dump it into the toilet and flush it down, but I was afraid that in some way it might get back into the general water system and infect others. With something like this, how can you be sure that it would be cleansed by nature's ways?

I felt that if we were to return it to the government authorities, it might come back on us for trespassing in some way on former government property and taking what didn't belong to us. So, we decided to just keep it out of sight until some opportunity came that we could get rid of the bottle and its' disgusting contents.

Do not tell Jennifer, but I was tempted at times to open the bottle and, perhaps, take a sip. But after reading what I read and seeing the pictures that I saw, I didn't have the courage, and I have left the bottle sealed.

Now I have sent the bottle to you to do with as you wish. Open it and analyze it or destroy it in some safe way. But I think that you should take it somewhere far away and bury it deep, then forget about it. But you will do as you think is best for us all.

BUT, above all, DO NOT DRINK WHAT IS IN THE BOTTLE!!!!

Please take a few minutes to read my letter again.

Your sister would never forgive me if you should give in to your curiosity and even take a sip of that liquid death. We will not be responsible for whatever horrible creature you may become if you should choose to do that.

As always, Your brother-in-law,
Lucas

~ 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



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Life-Enhancing Journeys

How to build a strong, honest relationship without losing yourself

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

Some relationships repeatedly face the same disagreements and problems without ever fully resolving them. Over time, this may cause hurt feelings, resentment, emotional distance, and exhaustion. It is important to remember that the main problem is not a lack of care between people. Instead, it often stems from differences in temperaments, habits, beliefs, or perspectives on life, which can lead to conflict.

But conflict does not automatically mean a relationship is failing. In many cases, it can become an opportunity for growth. When both people are willing to listen, communicate honestly, and work through challenges together, they can build a relationship that becomes stronger, closer, and more resilient over time.

Healthy relationships are not built on two people agreeing on everything or never disappointing each other. They are built when both partners learn to handle differences with respect, patience, honesty, and understanding. Strong couples recognize that conflict is a normal part of being close to another person, and they learn how to handle differences without putting each other down. Instead of avoiding difficult conversations or blaming one another, they communicate openly and learn to work together as a team. Even small changes, such as listening more carefully, speaking respectfully, or trying to understand your partner's feelings, can gradually build greater trust. Over time, these efforts can strengthen the bond between partners, making them feel more secure, valued, and emotionally connected to each other.

The more time couples spend together, patterns can emerge. You may notice that your decisions are questioned, your preferences are criticized or ignored, or that you feel pressured to alter parts of yourself to prevent conflict and maintain peace. This can lead to emotional exhaustion and make you wonder whether you are truly accepted for who you are.

After a while, each partner may find themselves asking a difficult question: "Is it really possible to stay true to myself while being in this relationship?" This is not a selfish question but often a healthy one. Strong relationships are not built by one person losing themselves to please the other. Instead, they grow when both partners feel respected, valued, and emotionally safe enough to be themselves, all while working together as a couple.

A healthy relationship includes respecting and valuing differences, so you can strengthen your bond and deepen your connection.

In a balanced relationship:

- You can maintain separate interests and still feel close.
- Your partner can disagree with you without criticizing or belittling you.
- You feel supported rather than controlled.
- You can express yourself without fear or anxiety.

A healthy relationship allows closeness and independence to exist together.

Signs you may be losing yourself

- Sometimes people gradually change just to avoid tension or criticism. You may notice that you are:
- Explaining or defending yourself excessively

sively

- Suppressing parts of your personality
- Spending less time with friends, hobbies, or interests you value
- Questioning whether your needs are "reasonable"
- Feeling less confident or not quite like yourself.

These signs do not indicate failure. Instead, they signal that something important requires your attention.

Moving from seeking approval to earning respect.

One of the healthiest changes you can make is shifting your focus from constantly seeking approval to building mutual respect.

A healthier mindset may sound like this:

"We don't have to see eye to eye with everything, but I do need respect in this relationship." Respect means allowing people to have their own thoughts, feelings, habits, and opinions without trying to shame, control, or erase them. It means recognizing that two people can be different and still deeply care about each other.

Your part in the relationship

While you cannot control others' actions, you can prioritize your own well-being by communicating clearly. This involves paying attention to your feelings, health, and happiness, and engaging in activities that keep you balanced and positive.

Having been married to Mark for over 50 years, we have learned not to take thoughtless comments personally. When such remarks happen, I often ask him, "Did you mean to sound so grumpy?" or "Are you aware that you raised your voice?" to bring them to his attention, and he does the same for me. We recognize that stress or exhaustion can sometimes cause us to snap at each other unintentionally. When Mark gives me feedback, I usually realize I was unaware of how I sounded, and I thank him for pointing it out. As a result, our interactions bring us closer and deepen our understanding, something I might never have realized without his feedback.

Your work may include:

- Staying connected to what matters most to you
- Speaking honestly about your needs and values
- Setting limits around repeated criticism or disrespect
- Reducing the need to over-explain yourself
- Honoring your voice and identity and valuing the unique way you express yourself

Healthy boundaries are not punishments.

They are ways to protect your emotional well-being while staying connected.

Examples of respectful boundaries include:

- "I'm willing to have a discussion, but not when I'm being criticized."
- "My friendships are important to me."
- "I'd like us to discuss disagreements respectfully."
- "This matters to me, and I want to keep it in my life."
- "You might see it differently, but I still expect my viewpoint to be respected just as I respect yours."

The aim is not control. You are striving for

clarity and emotional safety.

Your partner's part may include:

- Accepting that differences are normal
- Becoming more curious, less judgmental, and more open to different perspectives without making assumptions or jumping to conclusions.
- Respecting your individuality and your choices
- Listening without trying to control or change you
- Working together to solve problems respectfully

Healthy relationships depend on mutual willingness and effort from both partners. One person cannot carry the entire relationship alone.

Know what matters most to you while maintaining your independence

Ask yourself: What parts of my life are important to me?

Examples may include:

- Friendships
- Family
- Being creative
- Your Spirituality
- Career goals
- Independence
- Personal routines
- Lifestyle choices

Then ask yourself:

"If I gave up something important to me just to avoid conflict, how would it affect me emotionally?" This type of reflection allows you to better understand what you need in life to achieve emotional balance, happiness, and fulfillment.

As both of you work on the relationship changes may occur.

Notice changes such as:

- Fewer criticisms and harsh judgments
- More respectful conversations
- Greater emotional safety
- Increased flexibility and acceptance
- Better listening
- Feeling more comfortable during discussions

Does your partner:

- Listen and make an effort?
- Struggle at times but still try?
- Dismiss your feelings or intensify the conflict?

Their response gives you valuable information about the health of the relationship.

Practice making clear statements

Use language that sounds natural, just like how you speak in everyday conversations.

Ask yourself important questions:

- "Who am I becoming in this relationship?"
- "If nothing changes, could I realistically live with this long-term?"

Do you feel:

- More secure, energized, and emotionally open?
- More anxious and self-doubting?
- Less confident, less enthusiastic, or disconnected from yourself?

A possible response could be, "Yes, I want to keep working on our relationship as long as we are both willing to put in effort." Your emotional experience is important because it reveals whether the relationship supports your growth or causes you to gradually lose parts of yourself. Sometimes, it is evident that a major change is needed for you to stay in the relationship.

The reality of relationships

Most relationships eventually move in one of three directions:

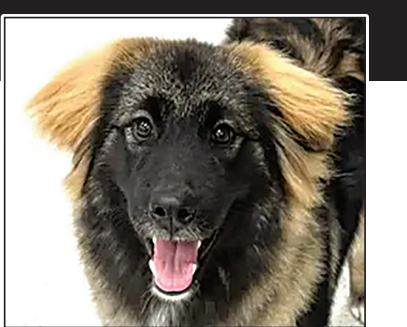
- 1. Mutual growth — where both people learn, adapt, and grow together.

Adopt Me

by SLV Animal Welfare Society

Misha

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

Thirty-Eight Years of Unearthing Stories

by Steven Wade Veatch

The Deepest Secrets of the Earth

They say that a person starts writing to record history, but they keep writing because they've become a part of it. I still remember the physical toll and the sudden, breathless reward of a specific dig in the Colorado dirt: my rock-hounding partner and I had excavated 18 feet down, a vertical journey through layers of time. Then, we found it.

Reaching into a fresh rock pocket, my fingers brushed against the cool, sharp faces of blue, blocky amazonite and smoky quartz crystals. The amazonite crystals were stunning. We found over 100 specimens; several amazonite clusters could cover a dinner plate. Some of the smoky quartz crystals were long, elegant scepters; others were stubby crystals larger than an apple. In that moment, I set aside the heavy metal tools for the delicate touch of wooden chopsticks or a small branch, gently coaxing these treasures from their dark berths.

That tactile connection to the Earth is part of the reason I have spent the last 38 years writing for the Colorado Springs Mineralogical Society (CSMS) newsletter. For me, writing isn't just about documenting minerals, rocks, and fossils; it's about the human connection — the friends I have made through the CSMS, the field trips I have gone on, and the memories that fill a lifetime.

A Legacy in the Rock

I write a lot about Cripple Creek. My fascination with the "World's Greatest Gold Camp" isn't academic — it's ancestral. When I write about Cripple Creek, I'm not just tracing veins of gold; I'm tracing the footsteps of my own family. Sharing stories of my grandfather, who worked at the Elkton mine, allows me to honor the grit it took for him to survive and prosper in the gold-rush atmosphere of the mining district.

The same holds true for Boulder County. Researching my grandfather's family and their time at the Caribou mine transformed a cold piece of silver ore into a warm family legacy. Through these articles, I've been able to bridge the gap between the modern collector and the pioneer miner, reminding



Spencer Penrose reshaped Colorado Springs, transforming it into a destination city through landmark projects like the Broadmoor Hotel, the Pikes Peak Highway, and the El Pomar Foundation, leaving a civic and cultural legacy that still defines the region today. Photo from the Collection of S. W. Veatch.



Breaking into a pocket at the Red Elephant. A blocky cluster of amazonite crystals is being held in place by tree roots. Photo date 1997 by S.W. Veatch.

our members that every specimen in a display case once represented a person's livelihood.

My writing has taken me back to the stories of my grandfather, who was the personal private secretary for Spencer Penrose. Penrose made his first fortune in the goldfields of Cripple Creek and then his biggest fortune in the copper mines of Utah. My grandfather told me many "insider" stories about Penrose.

After Spencer Penrose's death my grandfather worked for his widow, Julie Penrose, and then for the El Pomar Foundation until his retirement in the 1960s.

From Dinosaurs to Diamonds

Writing for the CSMS has granted me a "press pass" to explore the vast geological timeline of our state. Over nearly four decades, I've had the joy of diving into:

- Ancient Life: Documenting the delicate preservation of the Florissant fossils and the towering giants of the Garden Park dinosaur beds.
- The Mining Frontier: Recording the fascinating and often rowdy histories of Alma, Buckskin Gulch, Gilman, Victor, and other Colorado boomtowns.
- Exploring the diamond fields: Finding red garnets, bright green chromium diopside, and other minerals among diamond-bearing kimberlite pipes on the Colorado-Wyoming border.
- The Thrill of the Find: Sharing the technical and visceral excitement of field collecting topaz and amazonite across the rugged terrains of Park and Teller counties.



View of the Elkton Mine. My grandfather worked there for over 20 years. Photo courtesy of the Cripple Creek District Museum. CCDD A82-143.

waiting just beneath the surface. As long as there are stories left to tell in the shadows of Pikes Peak, I'll keep my pen — and my rock hammer — ready.

Note: The Colorado Springs Mineralogical Society meets from 7 p.m.-9 p.m. on the third Thursday of the month at the Colorado Springs Christian School, 4855 Mallow Rd, Colorado Springs, CO 80907.



Trooper Tips

"Wear Your Seatbelt, You Will" - Yoda, probably

by Trooper Hunter Mathews

Yoda (probably) didn't say to wear your seatbelt, but the point still stands. Throughout this movie franchise, you will notice many prominent characters wearing some form of seatbelt or safety harness. Jango Fett is shown wearing one in "Attack of the Clones" with a young Boba Fett strapped in as well. Anakin Skywalker and Obi-Wan Kenobi are seen wearing restraints in "Revenge of the Sith." Din Djarin even takes the time to make sure he and Grogu are properly restrained in "The Mandalorian."

What I'm trying to say is, it doesn't matter whether it's here on Earth or a galaxy far, far away; a safety restraint is one of the most important and no-brainer things you can do when driving, especially for teenagers. The National Highway Traffic Safety Administration (NHTSA) data show that teenagers have the lowest seatbelt use of any age group. Now consider this along with the fact that teen drivers in Colorado (ages 16-19) face a significantly higher crash risk, with fatal crash rates nearly three times higher than those of drivers 20 and older, driven by inexperience, distractions, and speeding.

Parents should know that what you do matters. Teens model their behavior after their parents, who are the primary influence on their decision-making. Being properly restrained reduces the risk of injury by 50% and death by up to 65%. Wouldn't you want your child's odds of making it home safely to be higher?

Most of us who love and adore the Star Wars franchise have grown up and have kids now, so take the time to teach them the importance of safe driving. As Obi-Wan Kenobi said to Luke Skywalker: "You've taken your first step into a larger world." Make sure that the first step for your teenager's driving is always to secure with a seatbelt.

The Heart of the Society

While the rocks are the catalyst, the people are the soul. Some of my most rewarding experiences have been working with and being a friend of CSMS members for over 59 years. Recently, I have been writing profiles of past members of the CSMS, individuals who were the stewards of our hobby. By recording their stories, I ensure that their contributions to Colorado rockhounding aren't buried by time. We are a community built on shared wonder, and their stories are just as bright and faceted as the gems they collected.

Why I Keep Digging

People often ask how I haven't run out of things to say after 38 years of writing for the CSMS Pick and Pack. The answer is simple: the more you dig, the more you find. Every article is an excuse to explore a new wonder or unearth a forgotten narrative. Writing has turned my hobby into a lifelong quest for discovery.

I don't just write to fill a page; I write because, like the miners of Cripple Creek or my great-grandfather at the Caribou mine, I know there is always something precious

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Family Owned Business

Tales from Big Sky Ranch Bed and Biscuit
Maddie the Resident Innkeeper

by Kendra Lee Hall

A sleek brown Terrier mix with warm, watchful eyes, Maddie first arrived at Big Sky Ranch Bed and Biscuit as a guest. A client who was fostering her needed boarding while out of town, so Maddie came along, arriving with two Portuguese Water Dogs who were regulars. No one knew, at the time, that she had just come home.

The moment she hopped out of the SUV, Maddie looked around with wonder. It was a beautiful property, and she seemed to appreciate it all. She took it in — the fresh mountain air, the butterfly fluttering overhead, the aspens and pines lining the distant hills.

Next came the play yard. Ears perked, tail gently wagging, she trotted along the fence line with curiosity and confidence. Her glossy coat shimmered in the sun. When something excited her — a drifting scent, a singing bird — her whole body broke into joyful wiggles.

She explored every corner of the yard. Two towering pines in the back touched at their bases to form a natural vee. They had been dubbed the “Superman Trees,” after Bodie, an athletic Mini Bernedoodle, began leaping through the gap mid-chase with his legs stretched out front and back like a superhero in flight. Maddie spent extra time there, as if sensing the spot was somehow special.

When she met the other dogs, it felt like she was greeting old friends. Through the years, many of them would become dear friends.

In her younger days, Maddie joined every chase, every game of tag. She could outrun almost anyone, but she never used her speed to dominate — only to invite others along for the fun.



Maddie commands quiet respect

Inside the house, Maddie had a gift for grounding the room. If dogs came bounding indoors after play, her presence alone could settle the group. She didn't command calm. She inspired it.

These days, with a few more years under her collar, Maddie doesn't join every game with the other dogs. She still plays, but her favorite pastime now, by far, is the daily squirrel game.

Two mischievous squirrels, Ellie and Jasper, live high in the big Bristlecone Pine that towers over the play yard. They have so many antics that keep the dogs entertained and the

gifts. When she does, she gazes up at Ellie and Jasper with affection, while they give a little bow, a your welcome.

Ellie and Jasper have a soft spot for her. She doesn't chase her furry grey friends but instead will look at them fondly as they perch in the branches above.

Maddie receives pinecone offerings too. Ellie and Jasper treasure pinecones, and for her, they're shared with endearment. They'll drop them lightly at her side.

But not every dog gets the gentle version of the pinecone toss. For those who look at the squirrels like snacks rather than playmates, the pinecones are tossed with a bit more flair — chucked rather than dropped — accompanied by a chatter that might be laughter or teasing. It's always hard to tell.



Ellie and Jasper bestowing gifts to Maddie

caretakers laughing.

They're clever and feisty, and they adore Maddie. Each morning they wait for her, hidden among the branches. The moment she steps outside as the ranch doors open, Maddie pauses at the top of the play yard stairs and scans the trees. Her body is taut, ready to give chase if she sees them.

Usually, Ellie and Jasper stay in their bristlecone perch. But at times, they switch it up — moving to the aspens or waiting quietly and motionless at the fence line. If Maddie doesn't spot them from the deck, she'll run to the Bristlecone first. She takes her post below, looking up into the branches, sometimes stretching tall and putting her paws on the trunk for a better view.

Then it begins.

Ellie and Jasper initiate the game, scampering from their hiding spot just close enough to be spotted. If they're in their Bristlecone, they'll scamper headlong down the trunk, just out of reach of the dogs.

Maddie takes off like a bolt, often leading a pack of eager dogs in a fun pursuit. But the squirrels are always one step ahead, slipping through the fence and zipping up a nearby tree. Maddie is a flash of energy as she races to the fence, knowing full well her little friends will escape. They always do.

Once safe on a high branch, they chatter down — Cha-cha-cha-cha-chi! — bushy tails flicking wildly. Maddie grins, eyes sparkling, never tiring of the game.

Another game the squirrels enjoy playing is the pinecone toss. For some dogs, like Maizey, a sweet old mixed breed who prefers to observe the fun from a shady spot, gets pinecones placed gently near her paws as

cherish — Maddie, wrapped in a cradle hug.

If another dog comes for attention and affection, Maddie will quietly give up her place and offer Lee a gentle lick as if to say, I'll share you. I'll be back.

Maddie has many favorite places: a sunny patch on top of the pillowy sofa cushion top, a sunbeam on the floor, or — on cold days — sprawled out in front of the wood stove until she pants from the warmth. Lee often reminds her not to roast for too long.

As an official innkeeper, Maddie has become an invaluable presence at Big Sky Ranch. New arrivals who feel unsure or are timid at first are gently guided by her steady presence. She'll walk beside them slowly, making introductions and showing them around with calm encouragement. Her demeanor tells them, You're safe here. You belong.

With her comforting presence, first-time dog guests quickly settle in, learn the routine, and soon feel right at home.

What makes Maddie so special isn't just what she does — it's how she does it. She doesn't demand attention, but she receives it anyway. She doesn't need to be in charge, but somehow, the dogs look to her. She's a quiet leader, a steadfast friend.

But Maddie's most extraordinary trait isn't her calm innkeeper skills, her squirrel-chasing talent, or even her snuggling savvy. It's her expressiveness. To look at Maddie you know exactly what she's communicating. Lee, who knows her so well, can read every lift of the eyebrow, every twitch of the nose, every flick of the tail. Her facial expressions and body language tells you everything.

Most dogs come and go.

Maddie came — and stayed.



Panning for Good
Exploring Chromotherapy

by Dr. Bec

Since 1666, when Isaac Newton shone white light through a prism producing the colors of the rainbow, then inverted another prism, shone the colors through it which then reproduced the white light, the amazing truth that white light contains the visible spectrum of colors within it (similar to a rainbow) was established. Newton's initial idea that light was made up of particles was updated in 1801 when Thomas Young, an English physician figured out that light actually moves in waves (similar to water ripples) with varied intensities and that the wavelengths corresponding to specific colors could be measured. Current technologies have further refined our understanding of and access to the healing properties of color.

About 10 years ago, after slipping on loose gravel resulting in a fractured elbow, my chiropractor told me I could help the bone heal more quickly if I moved a red light laser over the injured area for a few minutes each day. I purchased a small portable laser about the length and size of a large pen and used it as directed. It did seem to help! Red light therapy has now become a popular way to address a variety of ailments. Similarly, other colors, or different wavelengths of light, are also being used to address many physical and psychological challenges. Is this a recently discovered type of medicine? Surprisingly not! Chromotherapy, or “specific healing influences of different colors from the visible spectrum,” (Martel, 2018) has been practiced since ancient times.

Color	Wavelength in Nanometers
Red	760-635nm
Orange	635-590nm
Yellow	590-550nm
Green	550-490nm
Blue	490-460nm
Indigo	460-430nm
Violet	430-380nm
Martel, A. 2018	

History of chromotherapy

Ancient civilizations were fascinated with the sun. As the source of light, warmth, and in essence, life itself, gods of the sun were worshipped in ancient Egypt, China, India, Rome, Greece and in Celtic and Aztec cultures. The earliest medical formulas using Heliotherapy, or specifically using sunlight for medical purposes, were found in the writings of Imhotep, an Egyptian architect in 2600 BC. The ancient Greeks used solariums for healing and Hippocrates recommended sunlight to strengthen bones and to treat obesity and rickets. The Romans even had “right to light” laws ensuring adequate sunlight for health. Light medicine was then refined further as color began to be used for therapeutic purposes.

Developed in ancient India (1500 BC), Ayurveda (an alternative medicine system) included color as a key player in effective therapeutic offerings and was to be used both visually and on the skin. Persian physician Ibn Sina, also known as Avicenna (1025 BC), found that different colors could be used to identify and treat a variety of disorders. He had access to the highest quality colored,

translucent Arabian glass available at that time. His treatments included patients basking in sunlight shining through different colored panes of glass to target specific ailments. The technique used to create this pristine glass was kept close to Arabian robes for many years, but eventually adorned numerous buildings throughout the known world including historic cathedrals such as Notre-Dame in Paris.

Interested researchers and inventors throughout history continued to intermittently experiment with chromotherapy. In 1876, Augustus James Pleasonton, a Civil war general, created hothouses with blue and green glass walls tripling the growth rate of grapes! Indian medical doctor, Dinshah Ghadiali (1933), used indigo light to heal a woman with advanced dysentery, then invented the Spectro-Chrome which identified 12 colors based on the science of how elements in the periodic table emitted specific colors. He then matched the colors to standardized tinted glass colors and developed procedures to treat a variety of ailments. Dr. Harry Spittler (1941) used direct application of colored light to the eye to reestablish the equilibrium of the autonomic nervous system. His system was used successfully by over a thousand optometrists.

Light therapy enjoyed popularity between the years of 1860-1938. When penicillin was discovered in 1938 and the age of anti-biotics brought quick and reliable healing for serious diseases, light therapy, along with other holistic therapies, became sidelined for a time. Even though success had been achieved with some light therapies, the U.S. Food and Drug Administration made most of the practices connected with light therapy illegal, forced doctors Spittler and Ghadiali to close their schools and banned the use of their research. However, in time, new science and common sense helped bring an awareness of light therapies back to the general population.

Since the 1980s, light therapy has enjoyed a resurgence with the discoveries of 1) Melanin, defined as environmental problems associated with artificial light not being full-spectrum light (Dr. John Ott, 1970), 2) Seasonal Affective Disorder (SAD) being identified as a lack of sunlight linked to depression with the treatment being bright light therapy (Norman Rosenthal, 1984 and Michael Terman, 1988) along with, 3) Restoration of and improvements upon the past colored light therapy work of Spittler and Ghadiali. Current therapies include, colorpuncture, a mix of color and acupuncture and some multi-sensory applications using sound, color and even kinesthetic interaction like the Sensora which combines colored light projection with music and an interactive chair.

How does light therapy work?

In 1989, biophysicist Tiina Karu published a paper suggesting that red light was effective at treating health issues in animals. She found that application of the light stimulates the mitochondria which supports the metabolism of cells and relieves oxidative stress reducing inflammation and addressing other symptoms associated with aging. This bumped the credibility of red light therapy which was also strengthened when NASA inadvertently discovered that wounds on astronaut's hands were healing more quickly when exposed to the red and blue LED lights used to help plants grow in space. This led to experi-

LIGHT

MEDICINE OF THE FUTURE

JACOB LIBERMAN, O.D., Ph.D.

LIGHT THERAPIES

A COMPLETE GUIDE TO THE HEALING POWER OF LIGHT

ANADI MARTEL

FOREWORD BY JACOB LIBERMAN, O.D., Ph.D.
AUTHOR OF LIGHT: MEDICINE OF THE FUTURE

Light Therapy books.

mentation resulting in NASA and the company Quantum Devices designing a handheld device for the military named WARP 10 or Warfighter Accelerated Recovery by Photobiomodulation. Later, it was cleared by the FDA to address arthritis, muscle and joint pain along with muscle spasms.



Dr. David Williams

We know red light laser and red light therapy work for some things, but how they work and consistently for what, is still not completely determined. Lately, research is pointing to cytochrome c oxidase, an enzyme in the metabolism of cells, that when absorbing the red and infrared wavelengths, causes a succession of positive effects within the cells. Because it is not decisively known how light therapy works or what the quality of light needs to be to produce results, a lot of people are selling products whose results are not vetted. Companies who base their products on the NASA research may be more reliable and doctors that have expertise in light therapy can also be a good resource.

Dr. David Williams, a chiropractor in Las Vegas has successfully used light therapy for the last 15 years. He has found that, “The cold laser is versatile and effective. I use it mostly for brain trauma and concussions, it's great for inflammation. I also use it to support the vagus nerve and to address carpal tunnel syndrome and acute injuries with bones. It heals bones super fast! One of the most incredible things that has happened since I began using the laser is that when I used the red frequency of about 635 nanometers for 3-5 weeks at 2 times per week on seven people who had lost the senses of taste and smell due to brain injuries and COVID, those senses were restored.”

Red lasers come with the safety risk of overdoing the application and also damaging the eyes. Red light and other color therapies using LED's are generally considered safe, but eye protection is a good idea. Dr. Williams says that red light therapy penetrates about 5-7 millimeters into the tissue and the red cold laser penetrates 2-3 inches. The depths of penetration depend upon the color wavelength with green and blue addressing more of the skin's surface area and red and infrared penetrating more deeply into the tissues.

My own journey into the use of chromotherapy began with using the pen red light laser on my elbow and on an injury to the back of my

head. After seeing results, I bought a combo red light massager to strap onto my knees to address arthritis — it helped! Then, red light beds were being touted as a weight loss support at a chiropractor in the Springs, so I booked some sessions. No luck on the weight loss, but my spider veins started disappearing, so that was great. I must admit to buying some of the latest gadgets including a half circle face tunnel projecting the colors purple, blue, green, yellow, orange, red and even near infrared red. The accompanying booklet noted the benefits to include anti-aging, a boost in collagen, a lowering of inflammation, pain relief, pore shrinkage, a reduction in cellulite, wound healing, and the annihilation of acne. Well, who wouldn't want all that? I hope I'm not being scammed in this instance, there are charlatans everywhere. Thankfully, chromotherapy has a long history and is a fascinating field of study that is proving to be very beneficial if not completely understood.

Resources:

Light Therapies: A Complete Guide to the Healing Power of Light by Anadi Martel, 2018
Light: Medicine of the Future by Jacob Liberman, 1947
<https://spinoff.nasa.gov/NASA-Research-Illuminates-Medical-Uses-of-Light>

Joke:

Today I thought of a color that doesn't exist, but then I realized it was just a pigment of my imagination.

Challenge:

Find a bit of time to bask in natural sunlight and use lights with the light spectrum closest to that of the sun (incandescent and warm white LED's). Avoid fluorescent lights and flickering bulbs.

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

Editor's note: the red light therapy device sold by Lori Martin Fitness has the appropriate wavelength. We use this device on a regular basis. Visit www.DNAVibe.com/lorimartinfitness to purchase your DNA Vibe Red Light Therapy device.

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JA in a Day Students Experience JA Finance Park! by Junior Achievement- Rocky Mountain

Several dozen students in the 7th and 8th grades at Lake George Charter School and Cripple Creek Victor Jr/Sr High School recently participated in Junior Achievement-Rocky Mountain's Finance Park activity. Lake George Charter School hosted the mobile pop-up unit where students "shopped" at storefronts for housing, utilities, transportation, and groceries while balancing their assigned budgets.



The Junior Achievement Finance Park program helps students manage their finances in a safe environment — without the real-world consequences that can take years to overcome. Shown here, Joey Gavato, Manager of Experiential Learning, Junior Achievement-Rocky, recaps the day with middle school students from Lake George Charter School and Cripple Creek-Victor Junior/Senior High School.

During this realistic immersive simulation, featuring personal financial planning education and an assigned hypothetical life situation, students engaged with community volunteers and put into practice what they learned earlier in the school year about developing personal budgets and career exploration.

Students became an "adult" for the day and were immersed in a reality-based decision-making simulation addressing aspects of individual family budgeting, including housing, transportation, food, utilities, healthcare, investments, philanthropy, and banking.

At the end of the event, many of the students had succeeded in making productive financial decisions that matched their unique life profiles, like income, marital status, and family scenarios.

"It was an interesting day," said one 8th grader. "I appreciated that the volunteers helped me make good financial decisions during the simulation and everything I learned about planning for my financial future."

JA programs support national and state standards in reading, mathematics, social studies, and work and career readiness. FMI contact Sherri L. Albertson, Junior Achievement-Rocky Mountain, Teller County Coordinator, at salbertson@ja-rockymountain.org.



Notes on Nutrition Go with Your Gut

by Catrina Lynn, Nutrition Enthusiast, Dance Instructor

The healthy food market was estimated at \$897 billion USD in January of 2025 and is expected to reach \$2.2 trillion USD by 2035. These are products that are in demand by people who want more transparency about what is in their food and where it comes from, less unnecessary ingredients (especially those shown to cause harmful effects in unbiased research studies), and minimal processing. Healthy eating is often considered a trend that comes and goes. Yet, it seems marketing has always nodded at the "granola moms" doing the shopping, even if we get a bad rep in the sitcoms. Commercially tout the vitamins and minerals contained in overly sugary cereals, eggs go on and off the naughty list, Got Milk? With so much money going around and a high demand for food that is considered healthy, where do the recommendations for what is good for you come from?

The information consumers use to understand the health and safety of their food comes from government agencies that oversee food safety/dietary recommendations, and the Academy of Nutrition and Dietetics (the AND). The AND is sponsored by several multinational food companies, pharmaceutical companies, and food industry lobbying groups (examples include Splenda, Nestle Health Sciences, Pepsi and McDonalds). I'm not so sure these companies have our best health at heart.

Research continues to enrich our ever-changing understanding of science, resulting in shifting protocols used in everyday healthcare. When I was younger, genes were thought to dictate most of what would happen with our health no matter what we do and antibiotics were all the rage. Now, we have epigenetics. This science shows that while genes can be present, it's our environment and choices that determine if the genes will be expressed or not. With the advent of Super Bugs (antibiotic resistant bacteria), and the surge of people at high risk from an infection becoming out of control due to overprescription of antibiotics, doctors have quietly stopped prescribing antibiotics for every cough and cold. Instead, steroids seem to be "in" for the last couple of decades. I don't think of it as an agenda to mislead us. I do think we need to educate ourselves and help each other advocate for care that is appropriate to the person, while working on our own self awareness; what we surround ourselves with, and what we eat and drink.

With all the money, advertising, and politics going on with our food systems, how do we know what is good for us to eat? Who do we trust? The answer is OURSELVES. Our bodies communicate clearly with us about what is being digested well and what is not. A common commercial that makes me cringe are the ones promoting gas and heartburn products. When we are eating a diet that is well digested, we do not have these symptoms. Gas is not a painful effect from eating something fun; it's a sign that you did not get the nutrients your body needs from your food, and a nice colony (or several) of bad bacteria are having a feast in your small intestine. Gas is what is released by the bacteria after consuming undigested foods, and eventually it builds up to the point that you may be doubled in pain or at least feeling a little embarrassed next to your loved one in bed. A plethora of products are marketed to us that are completely unnecessary,

for the most part, if we listen to our body and stick with foods that we can digest well. That does not mean the same thing for everyone.

Bioindividuality is a term that describes how each person has a different physical makeup, environment, and experience. Many things factor into metabolism. Age, sex, ethnicity, location, occupation and history all play a role in metabolism and exposure to adverse chemicals and events. Family history comes into play. For example, a family that primarily stayed on coastlines, dining primarily on fish and grains, may find whole wheat bread, beef and cheese troublesome when moving to Wisconsin, even generations later! Many of us have experienced the role age plays; we could eat anything through our 20s, then, in our 30s and 40s we find ourselves looking for the Roloids (I prefer licorice root) after a couple of pieces of pizza. Men tend to have a faster metabolism than women, and foods that "go straight to our thighs" for women don't seem to affect our male counterparts as much.

Both the downside and the beauty of how complicated truly healthy eating can be is that only you can tell what is good for you. Trial and error, and listening to what your body experiences paves the way to better rest, more energy, clearer skin, better mental function, and less smelly and painful results.

A great place to start is with Macro Nutrients: fats, proteins, and carbohydrates. Our bodies need all three to function and rebuild. Bioindividuality means each person is going to need a different ratio of these to best support their bodies. I spent many years trying to lose weight. I counted calories, I ate lean meats/salads and exercised, then only got larger. I bought into the difficulty for a modern mom over 30, who had a hysterectomy (post-menopausal), to be fit. Once I started really studying nutrition and listened to my body, I learned I am a protein and fat burner, needing many more calories in a day to fuel my body than "recommended." I lost over 100 pounds in about two years. I began to have the energy to really move in meaningful ways and felt better than I had in years. This helped me manage chronic pain, fatigue and mental health far better into my 40s than most of my life, without prescriptions.

Here's a fun way to begin to sort out what macro nutrients you need more and less of:

- Close your eyes, take a few deep-belly breaths.
- Imagine yourself at a party or potluck. All the dishes are laid out on tables and there is every variety of food you can think of.
- What table are you drawn to? Savory dishes and meats? Rich desserts? Chips and sweets?

This is a great first step to teaching yourself to become aware of your body's needs. If savory is where you go, begin to add more healthy fats and protein to your diet. Do not count the calories or fat content. Whole foods, processed properly, in your proper proportion, do not need counting. Satisfaction and lack of indigestion will prove you are providing well for your body and the added savings in mental energy will benefit you! If you are more drawn to light and sweet foods, you might find that carbohydrates are your friend; salads,

vegetables and fruits are very nourishing. You only need heavier proteins and healthy fats a few times a week. With some trial and error and an effort on your part to really tune in to how your body is responding to foods you'll be amazed at how uncomplicated a good diet can be.

That said, I must give THE speech about sugar. I know, I know, we are all pretty aware of how damaging processed sugar is for us. When we digest, fat takes longest, protein is next, and carbohydrates are faster. Sugar is instantly broken down. It contains very little nutrition for SUSTAINED energy for our nervous, muscular and skeletal systems. The rapid increase and decrease in blood sugar causes chaos in so many of our body's processes and can prevent the proper digestion of other nutrients.

Helping the digestive system function at its best is another opportunity we have to prevent disease and produce healthy cells. Eat fats first, proteins next, carbohydrates last (simple carbs on a very limited basis and definitely last thing). Take your time, chewing thoroughly. Then, give your body at least 2 to 3 hours to do its work processing the input before you eat again. This has a big impact on the amount of nutrients you are able to absorb and use, and how little undigested food makes its way past the stomach.

Most people have heard something about gut health by now, maybe taking probiotics to improve it, as it is a critical aspect of our overall health. Bacteria, bacteriophages, viruses and fungi come together in a microbiome in our intestines that play a role in several processes. For one, regulation of hormone secretion — hormones that are made by special cells in the gut and are critical to operating these amazing suits we wear around. Let's feed the microbes that care for us and avoid foods that feed the ones that take up space, consume the helpers, and secrete toxins. When we do, we feel better and prevent the overwhelm and exhaustion our bodies face when we load them up with useless and harmful materials.

You don't have to take my word for it. Two great books on the topic are *The Mind Gut Connection* by Dr. Emeran Mayer and *Gut and Psychology Syndrome* by Natasha Campbell-McBride. There is plenty of research online, whfoods.com is a wealth of information and recipes. Don't be intimidated by medical journals and scientific publications, even if you do not comprehend every word, you will absolutely find meaningful information. If we're open to learning and discussing our experiences and observations, we will always be amazed and improved on our journeys.

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

You can reach me at maggieatthespring.com and facebook.com/maggieatthespring. I teach *Belly Dance Fitness on Wednesdays*, and *Fusion Classes on Fridays*. Find class and event times/locations on the website (*Programs page*) and connect with me there or Facebook for personal pricing, private instruction of more information. Classes resume June 17, 2026.



Colorado Pharmgirl Off the beaten path

by Peggy Budgett

A few hours into my journey to Medora, North Dakota, a very loud rattle from my camping van's engine startled me. Adrenaline immediately shot through my system. Was my road trip with a vehicle over 200,000 miles doomed already? After pulling to the road shoulder, I climbed over, popped the hood, and shone the flashlight over wires, hoses, and metal parts. I didn't see anything glaringly amiss, so let the hood clang shut. Then I crawled under the chassis and tried to wiggle a few things. Nothing seemed loose. Puzzled, I hopped back in the driver's seat and started the engine. It purred like a big cat. The noise was gone. I gently pulled back onto the highway and drove a few miles. Whatever it was, seemed to have been exorcised. Breathing a sigh of relief, I turned the radio up. Dusk forecasted.

My goal was to outrace a foreclosed winter storm. Steady rain alternated with torrential downpours. Temperatures hovered just above freezing. I thought about surrendering and stopping at the Wyoming border rest area but didn't relish the possibility of losing days with my youngest child who had just begun working at Theodore Roosevelt National Park. Finally, as I neared Cheyenne, the rain slowed to a drizzle. I stopped for gas and checked the weather. Snow was supposed to start after midnight, so I pushed on. The two lane highway was quiet. I kept my bright headlights on to deter wildlife, sipped my soda, and ate salty corn chips so I wouldn't have to stop to use a bathroom for a while.

At 1 a.m., I sought refuge in Lusk, Wyoming. I pulled into a gas station, but "No Overnight Parking" warnings were posted in several places. Then, in the middle of town, I spotted a tiny sign proclaiming a rest area 2 miles west on a different highway. Five minutes later, I parked in front of a small brick building, scurried to the bathroom to brush my teeth, then ran back to the van, locked the doors, and curled up on the bed.

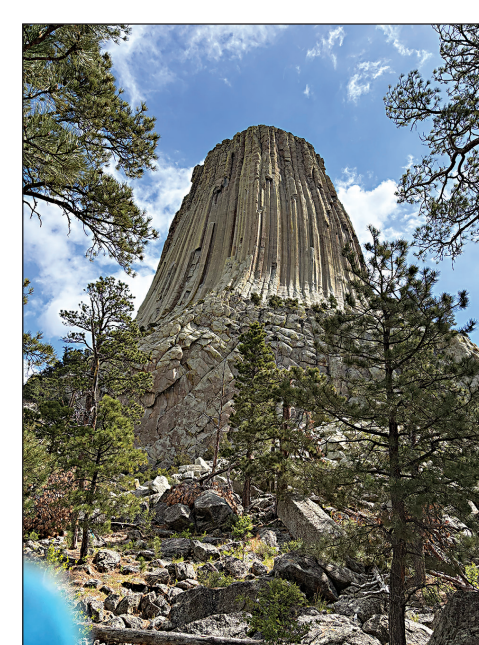
At four in the morning, wind gusts and sleet pelted the van. I covered my ears, rolled over, and hoped for the best. Thankfully, I woke to

blue skies and dry pavement, stretched, dug through the cooler for snacks and water, and continued on. I thought about driving through Rapid City; with Hannah's encouragement I'd begun a weightlifting routine and joined a national chain of gyms, Planet Fitness. A quick upper body session and luxurious shower sounded amazing, but a small brown sign advertising Devil's Tower appeared. Curious, I pulled over on the shoulder, looked at the website, and checked how much time the detour added to my route. It sounded more interesting than working out and wasn't that far off the beaten path. I turned the van around.

Visiting that national monument was a great decision. Native American prayer cloths hung from many of the pines along the path around the base. I walked in quiet solitude, pondering the almost palpable spirituality of the mystical rock formation. Grateful for the experience and opportunity to learn more about peoples who had lived in our country first, I hopped back in the van and decided to travel more back roads. On the way through the rest of Wyoming and Montana, eagles and hawks hunted from the air. A peregrine falcon soared over a cow pasture. Meadowlarks sang from dead thistle heads. Killdeer called from the fields. The rolling hillsides reminded me of Wisconsin and felt like home.

Another brown roadside sign led me to explore a small state park after crossing into Montana. Medicine Rocks had long ago been ancient sand dunes. Centuries of wind, rain and sun riddled the rock monoliths with holes and intricate structures. The formations were utilized by many Native American tribes for vision quests, meeting places or shelters. It was another area steeped in traditions, but a biting wind and cold temps didn't encourage lingering. Finally, large buttes signaled the beginning of Theodore Roosevelt National Park. By the time I parked at Hannah's house, my legs and shoulders ached. We strolled around Medora and had dinner. Then, I fell into an exhausted sleep on her couch.

The next day, while Hannah worked, I



At the base of Devil's Tower.

visited the small town of Beach. I needed caffeine to fuel some necessary editing. Like every small town, heads turned when I walked in a coffee shop on their main street. I wasn't a local. I requested a plain latte from the cowboy-hatted barista, sat in a corner, and tapped away. A large group of retirees played a spirited game of dice at one large table, and several ranchers discussed hay prices at another. Several times I smiled in both their directions. When I made my way to the bathroom, an elderly gentleman inquired if I was a novelist. That question led to a wonderful conversation about my writing and adventuring. "I could live here," I thought to myself after they left. The people were kind and good. I left with a warm feeling in my heart, grateful to have the ability to venture off the beaten path to experience new sights and make new friends.

Peggy Budgett 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 sale at *Shipping Plus in Divide*, now located at 121 County Road 5.

Boxing isn't Just Punching

by Tracie Bennett

Four years ago, Dylan Moran bought a house in Cripple Creek. "Walking through the Cripple Creek District Museum I saw a pair of Jack Dempsey's boxing gloves," Dylan recalled. "I had a vision of Jack Dempsey Days coming to town after that experience." Jack Dempsey was born William Harrison "Jack" Dempsey. He was known as "Kid Blackie" when he fought in western mining town saloons. The historic fight in 1914 at the Lyric Opera House, which is where the Double Eagle Hotel Casino stands now, was where he fought George Coplen, finally knocking him down in the seventh round when the referee called the fight.

According to information on Wikipedia, Coplen himself, who outweighed Dempsey by 20 lbs. (165 to 145) upon seeing Dempsey's small stature in the ring, warned the promoter, "I might kill that skinny guy." The promoter reluctantly permitted the fight to commence, and in his first outing as "Jack Dempsey," the future champion downed Coplen six times in the first round and twice in the second. From there, it was a battle of attrition ("Neither Bernie nor I had taken into consideration the high altitude at Cripple Creek," said Jack Dempsey), until a last knockdown of Coplen in the seventh move of the referee to make the then-unusual move of stopping the fight once Coplen regained his feet. According to Dempsey "In those days they didn't stop mining-town fights as long as one guy could move." This trial by fire carried with it a \$100 purse. The promoter, angered at the switch pulled by the brothers, had laid no promised side bets, "... and even if I did, I wouldn't give you anything." Dempsey's career was off and running.

Kid Blackie Boxing was born from this history. "I started boxing when I was 13 at the Pecos Club in Denver," he said. "It was a small club with an old school boxing set up," according to Dylan. "I learned a lot there."

With an idea to start a nonprofit boxing club, Dylan was able to gather the forces of local Jim Kroll, Sura-quay Arbon from the St. Nicholas Hotel and Archi Torres Jr. from Cripple Creek Park and Rec to form the board of the new Kid Blackie Boxing 501-C3 organization. Dylan started organizing the idea while training kids and adults throughout the whole process.

Dylan recalled he struggled with anger issues as a teen and boxing really helped him. He chose not to get a passbook, required to compete with USA Boxing, during that time and felt it affected his overall confidence. "Now I have six belts and understand the sport much better," he said. Dylan has been competing around the state in areas including Denver, Boulder, Colorado Springs, Durango and Buena Vista. "Katie Kopec from the Good Fight Boxing Club in Durango has helped a lot with 'teaching me the ropes' to getting our club off the ground," he said. "Boxing is a brutal sport, but it's dancing and beautiful to watch."

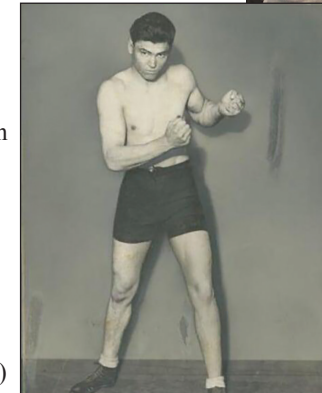
Jeanne DePriest, president of Colorado Local Boxing Committee (LBC) is the officer in charge of fights. "She helped me figure out the system and how to get our club sanctioned," he said. *Punches Against Parkinson's Disease* is one of the fundraisers he's organizing. "I think everyone should learn how to defend themselves," he said. "We're hoping to get folks with that condition in to participate and work with them."

Dempsey boxed in Cripple Creek as a test of the American grit. "He came to Cripple Creek, changed his name and went on to become a champion," Dylan said. Dempsey fought in the Lyric Opera House on the location where the Double Eagle Hotel Casino stands now. "Leslie Harris, marketing director, has been incredibly supportive bringing the event to town," he said. A plaque is being made to put up at the Double Eagle Hotel Casino to signify its historical location.

Raul Utajara, with Ghost Town Promotions, is overseeing the professional portion of the upcoming Jack Dempsey Days event. "Raul has been doing boxing shows for over 20 years," Dylan said. "I am also working with Coach Epaul Kelly who was my boxing coach when I was a kid." Jack Dempsey Days Boxing Festival will kick off on June 19 with



Coach Jim and boxer from the club (above), Jack Dempsey (left).



the weigh in. June 20 amateur participants will weigh in privately. At 12:30 p.m. the Cripple Creek American Legion will present the colors and the bell to kick off the afternoon will ring at 1 p.m. He's anticipating up to 22 amateur bouts during that time. "We are celebrating a century of boxing," Dylan said. "Everyone who has come through the doors has walked out a better person. Dempsey went from a skinny kid to heavyweight champion for seven years from 1919 to 1926."

The amateur portion of the event will last until around 5:30 p.m. on Saturday. The Double Eagle is hosting a costume competition during the intermission. "We're planning on folks showing up in 1920 period costumes," he said. "The Cripple Creek Victorian Society is helping with the reenactment. Professional boxing will then start around 6:30 p.m." On Sunday June 21, there will be a Jack Dempsey vs George H. Copeland reenactment. "This is a testament to our local heroes," Dylan said. "George is actually buried at Mt. Pisgah Cemetery in Cripple Creek."

Presale tickets are available at givebutter.com/c/mcblxt "We're hoping to get a collapsible ring for classes with monies raised from the event," Dylan said. "As a Heritage Boxing Festival, this event will be a unique opportunity to reflect on Jack Dempsey's beginnings as well as our own." You can also visit their website at kidblackieboxingclub.com for more information on the organization.

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

by Readers of Ute Country News

This is a column all about kindness, which is exactly why you will not read names of people or businesses — this is all about kindness! The intention is for all of us to remember what it means to be kind to one another as we collectively work to co-create a kinder community. Have you witnessed or experienced an act of kindness? Please share! You may stop into Shipping Plus to tell us all about it, you can email me at utecountrynewspaper@gmail.com.

The first thing she said was, "I'm so sorry if I was rude the last time I was in..." My confused face appeared. She went on to explain about the accident and the broken sternum, leaving her feeling like she had been short with me. She then recounted the conversation. We did not recall the situation or remember being offended. Clearly, this is a reflection on her; what a considerate person to wonder if she was offensive in any way on a day she wasn't feeling her usual self! I accepted the unnecessary apology, asked if she felt I was rude (she said no), and told her that her concern opened my heart. We do our best to remember that we're all human and fallible; sometimes we have a rough day, and it is important to extend grace to everyone.

Have you heard of the "Take 5"? It is a personal challenge to take 5 minutes of each day to do something that is positive; you can call a friend who is ill; you can call or write your Congressional Representatives; you can pick up litter. The idea is that you dedicate 5 minutes of each day to take action about something that results in the feeling that you have made a difference in the world somehow. I have been enjoying this for a while and tonight I'm calling the school board.

Wow! What a helpful community we live in! We let people know we are moving across the street. Countless people have offered to help move.

Acknowledgement feels good! Thanks for sharing your feeling of appreciation; it was something that lifted my mood and turned my perspective. It is amazing what a little positive energy will do when shared.

We were unloading the truck, which was parked in front of his car. We apologized and said it wouldn't take long. He then offered to help! That way, we could ALL finish sooner. When solutions benefit everyone, it's a sure win all around. Benefiting everyone is kindness in action.

The entire purpose of the call was to wish us a safe trip! Safety wishes are a form of kindness because it shows he cares and we ALL want to be cared about.

She was willing to host the visit and had provided everything we could possibly need. It must have taken a great deal of preparation both inside and outside. All of it made the visit spectacular. Preparation and attending to the particular details (like popcorn) are truly acts of kindness.

It was the BEST salad I had ever eaten! Good food, nurturance and connection can always be counted on with these fine folks. Being reliable is a kindness most often noticed when most needed!

Sometimes I'm just not sure what to do. When she said it was respectful to ask permission, it felt like the right thing to do to simply ask. The answer came quickly, it was thorough and the words of recognition warmed my heart! Having the courage to just ask the questions led to receiving unexpected kind words.

He offered his flatbed trailer to help and boy, that was a great opportunity! There is no way we would have gotten that counter onto a pick-up truck. Plus, he also knew how to secure it for safe passage. Offering helpful tools and insights are acts of kindness.



Antique Show and Flea Market

650 South Union Street, Florence, Colorado 81226

2026 DATES

June 12-13, July 10-11, August 14-15
September 11-12, October 9-10, November 13-14

www.JunktiqueShowAndMarket.com

COMMERCIAL SPACE IN DIVIDE FOR RENT

Shipping Plus • Approximately 625 sq ft • Zoned commercial



Call Paula Kerr 719-210-1863
Or stop by Russ' Place next door and ask for Paula, Bobby, or Russ.

~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

CAÑON CITY

Sundays Paint with Mary Shell - see page 11.

LIBRARY

6 Southern Colorado Community Band 1 p.m. in Macon Plaza, free to all. They will play patriotic tunes.

24 Summer Learning Program 2 p.m. with special programs every Thursday. Each week something different, through July 24.

- Tuesdays after storytime Face Painting in the Plaza
- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakfast Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on my knees) story time Mondays 10:30
- Chees Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- D&D for teens 12-2 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 10:30-11:30 a.m.
- Rummikub Club meets 3rd Monday of each month 1 p.m.
- Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
- Storytime and craft Tuesday and Thursdays 10:30 a.m.

All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.cepl.lib.co.us

CASCADE

UTE PASS LIBRARY

12, 19, 26 Storytime 10:30-11:15 a.m. Stories and more for children ages 3-7, and their parents or caregivers.

6 Upcycled T-Shirt Tote Bags 3-4 p.m. Transform a t-shirt into a customized tote bag — no sewing required. Learn about upcycling and sustainability while decorating and designing your own stylish bag! Ages 9-15. Registration required: <https://ppld.lib.ramapo.net/online/upcycled-t-shirt-tote-bags-5454521>

11 Summer Fun: Rocky Mountain Dinosaur Resource Center 10:30-11:15 a.m. Join the Rocky Mountain Dinosaur Resource Center to learn more about the amazing creatures that roamed the Earth millions of years ago! Ages 0-12.

12 LEGO Build 3:30-4:30 p.m. Engineering your best LEGO creation and completing LEGO games are only some of the possibilities at this open-ended LEGO program using the Library's LEGO resources. Join us for creative fun! All ages welcome.

18 Idea Lab: Egg Drop Challenge 10:30-11:30 a.m. Learn a bit about gravity and resistance as you build a contraption to prevent your egg from "breaking" when dropped. We will use plastic eggs to minimize the mess. Ages 5-12.

22 DIY Coaster Quartet 3-4:30 p.m. Join us for a hands-on craft program where you will make a set of four distinct coasters to take home, perfect as small gifts or to add personality to your own table. All supplies will be provided. Ages 18 and up. Registration required at <https://ppld.lib.ramapo.net/event/diy-coaster-quartet-545057>

25 Summer Fun: Winnie the Pooh presented by Theatre Across Borders 10:30-11:15 a.m. Join Christopher Robin and that "Silly Old Bear," Winnie the Pooh, for a cozy adventure perfect for young audiences ages 0-12. We will search for honey, do some exercises, and take a balloon ride with Pooh Bear. Wiggles welcome! Jacqueline Stone, director of last year's Peter Rabbit, adapts this beloved A.A. Milne classic. Ages 0-12. Registration and questions can be directed to 719-531-6333 ext. 7011.

BEVERLY HILLS

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JACK DEMPSEY DAYS AT THE DOUBLE EAGLE HOTEL & CASINO

PRO & AMATEUR BOXING EVENT

JUNE 20-21 CRIPPLE CREEK, COLORADO

19-21 Jack Dempsey Days Boxing Festival at Double Eagle see story on page 17.

CRIPPLE CREEK

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Lady Distillery

- Fridays Night magic 7 p.m.
- Saturdays adult RPGs 6/7 p.m. different RPG each week.

6 Friends at the Florissant and Divide Libraries' Book Sale 10-1 p.m.

8 Romantics with Altitude Book Club 4-5:30 p.m. Read and talk about romance books with other lovers of love!

10 Florissant Bookworms Book Club 10:30-12 p.m.

12 Bubble Storytime 10 a.m. Join us for a special storytime with massive bubbles!

12 Writing Club 11 a.m. Share progress, talk about the craft, bring snippets for critique and troubleshoot your projects!

12 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. June's theme is "Treasures!"

13 Florissant Family Makerspace Orientation and Certification 10 a.m. Get your family oriented to use the new mini Florissant Makerspace and then get the certifications! Please give us a call to sign up for a spot!

16 Read Amok Book Club 11-12:30 p.m. Bring up to 5 books within the theme to share! June's theme is "inventors."

20 Relax and Craft 10-12 p.m. Bring a friend and create something wonderful. Materials for a self-guided craft will be provided. Treat yourself! For teens and adults.

23-26 Summer Reading Day Camp 10-2 p.m. for ages 10-12. Please call to register!

26 Writing Club 11 a.m. Share progress, talk about the craft, bring snippets for critique and troubleshoot your projects!

27 Melody and Make A Musical Celebration for Colorado's 150th Anniversary. Listen to traditional Native American music! Join in creating rhythm. Learn through stories. For ages 8 and under: 10-10:45 a.m. For ages 8 and up: 11-11:45 a.m.

• Thursdays 10-11 a.m. Homeschool Family Playgroup. Come make connections with other homeschool families!

• Tuesdays Tai Chi 10-11 a.m. Come relax with us!

• Storytime every Friday 10 a.m. FMI 719-748-3939

FLORENCE

10 Indoor Outdoor Sculpture Show at Blue Spruce Gallery 4:30-6:30 p.m. See page 8.

• Yoga in Pathfinder Park Event Room, Tuesdays 8:30-10 a.m., and 5:30-7 p.m. On Zoom Only 7:30 p.m. Yoga Nidra Guided Meditation FMI ColoradoYogaDipika.com.

FLORENCE PIONEER MUSEUM

5 Tavern Talks continue at Braden's Pleasure Palace (aka the Florence Pioneer Museum E. Front St.) "Get on Board" 2 p.m., across the street at the Florence Brewery, a talk on the railroads of Florence.

13 Tavern Talks at Braden's Pleasure Palace "From the Deep Below to Dreams Above" 2 p.m., a talk about the gold ore of the area.

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WOODLAND PARK

4 Blood Drive 11-2:30 p.m. in the Large Conference Room of the library. FMI 877-258-4825 or vitalant.org.

13 WP Senior Rummage Sale 9-1 p.m. If you have items you would like to donate for the yard sale, call the front desk at 719-687-3877 to make a drop off appointment. Come and browse inside and out for housewares, pictures, fabric, yarn, puzzles, games and much more. We have been collecting since January and our sheds are overflowing. On sale day, plan to make several trips as you load up items for the yard sale. This annual event helps to support the programs and activities of the Woodland Park Senior Center. We appreciate the support of each one of you!

23 Annual Plant Sale at Mountain Naturals begins see ad on page 7.

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JEFFERSON

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LEADVILLE

16 Mining For Knowledge: Minerals At The West exhibit monthly series 5-6 p.m. \$20/ login. National Mining Hall of Fame and Museum.

MANITOU SPRINGS

6 The annual Manitou Springs Wine Fest happens in Memorial Park. Tickets on sale now at www.manitousprings.org.

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8 Library Explorers 10-12 p.m. Library Explorers gives adults with differing physical and developmental abilities the opportunity to enjoy accessible library programs that fit their abilities and individual needs. This month, join us to visit Wallace and Gromit: The Curse of the Were-Rabbit.

3- July 22 Manitou Springs Library Lawn Concert Series. The Pikes Peak Library District is proud to present the 2026 Manitou Springs Library Lawn Concert Series! Concerts will be on Wednesdays 6-7:30 p.m. This season's concert series will be held outdoors on the lawn to the north of the Manitou Springs Carnegie Library. Bring your lawn chairs or blankets and enjoy the music of this summer concert series. Registration and for questions contact 719-531-6333 ext. 7004.

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JEFFERSON

20 All You Can Eat Breakfast at Jefferson Community Civic Association 98 Main St. follow signs. 7:30-11 a.m. Serving bacon, sausage, scrambled eggs, pancakes, potatoes, biscuits and gravy, green chili, coffee and orange juice. Ask about our peach delivery July 25 or Aug 1. Proceeds go toward repairs, new boiler and paint. FMI 303-838-7491 or visit <https://www.jeffersoncolorado.org/>

LEADVILLE

16 Mining For Knowledge: Minerals At The West exhibit monthly series 5-6 p.m. \$20/ login. National Mining Hall of Fame and Museum.

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**Saturday,
June 13**

PSBTrust

Park State Bank & Trust

**9 a.m. to Noon
Bank Parking Lot**

Join Us For Shred Day

Dispose of all your documents

As part of our ongoing efforts to serve the community we are providing FREE ON-SITE shredding services.



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 OPEN DAILY UNTIL OCTOBER 15TH

Silver Scoop Creamery
 An Old-Fashioned Soda Fountain

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