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Vol. 7, No. 12

## Welcome to Ute Country

"They err who think  
Santa Claus enters  
through the chimney.  
He enters through  
the heart."

— Charles W. Howard

### PEEK INSIDE...



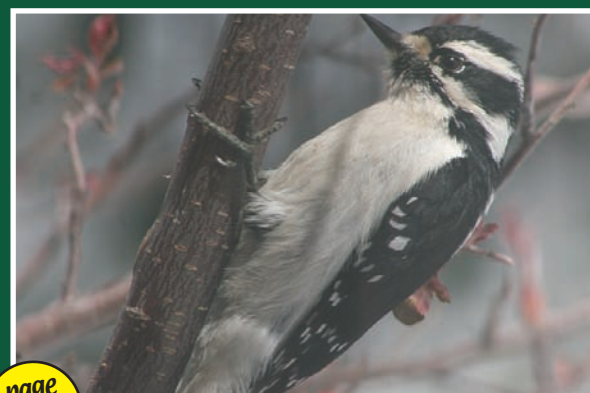
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Birds of the Ute Country





This month's cover photo deviates from our usual shot of nature's wonders, and instead focuses on another reason living in the mountains is the choice for many of us; it's people. On the cover is Claire Begley sitting on Santa Don's lap at Christmas in Divide on November 14, 2015. Her eyes are bright with excitement and magic. How fun to finally see Santa! You can see she is bursting with joy. Special thanks to Don Butzlaff! We also wish to thank the Divide Chamber, vendors, and all who attended for making Christmas in Divide a huge success!

We hope our readers will be filled with the joy of this holiday season. We hope you find within these pages many treasures to fill your mind, sooth your soul, and heal your heart. We gather with friends and family this time of year to share our joy and celebrate the magic of our relationships. Please enjoy a safe, healthy, and joyous season!

We encourage you to send photos of your inside or outside pets for Critter Corner. Send to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or by snail mail at POB 753, Divide, CO 80814.

We welcome your comments, feedback, stories of interest, critter pics, as well as criticisms. Please send to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or call 719-686-7393. We love to hear from you!

Thank you,  
— Kathy & Jeff Hansen

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



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First Class subscriptions are available for \$36 for 13 issues.

## Memorial to Big Mr. Spaz

by Kathy Hansen  
photos by Jeff Hansen

The decision to get another cat was a conscious one; we even did our research. There had been conflicting information as to whether a "resident" cat would take to a "newbie".

In our case, Bobcat was the resident cat. Bobcat was of the Manx breed, orange tabby in color. There were many unique aspects of Bobcat; most notable was his "cat-itude". You see Bobcat wasn't going to take ANYTHING from ANYBODY; he was boss and as long as everyone understood that, life was good.

Bobcat's cat-itude extended beyond the bounds of our house. We would sometimes let Bobcat outside to the narrow back yard bound by fences on each side. The neighbors to the north came outside to smoke cigarettes and had two pitbulls; all were friendly. At least until Bobcat came outside. If he saw those pitbulls he rammed that chain link fence, even climbed it a few times. That little nubbin of a tail would triple in size and become this HUGE puffball tail. Those pitbulls backed up, eyes wide and cowering. Bobcat was clinging to the fence with de-clawed paws, hissing like a viper as I pulled him off and took him inside. It was hard to predict if Bobcat would accept the presence of another animal indoors.

Bobcat passed the test when Jeff's friend Mike moved in for a few weeks while his roof was being repaired and brought his feline companion, Gus. Mike and Gus' visit gave us encouragement as Gus and Bobcat interacted with acceptance, using mostly the "time-share" strategy.

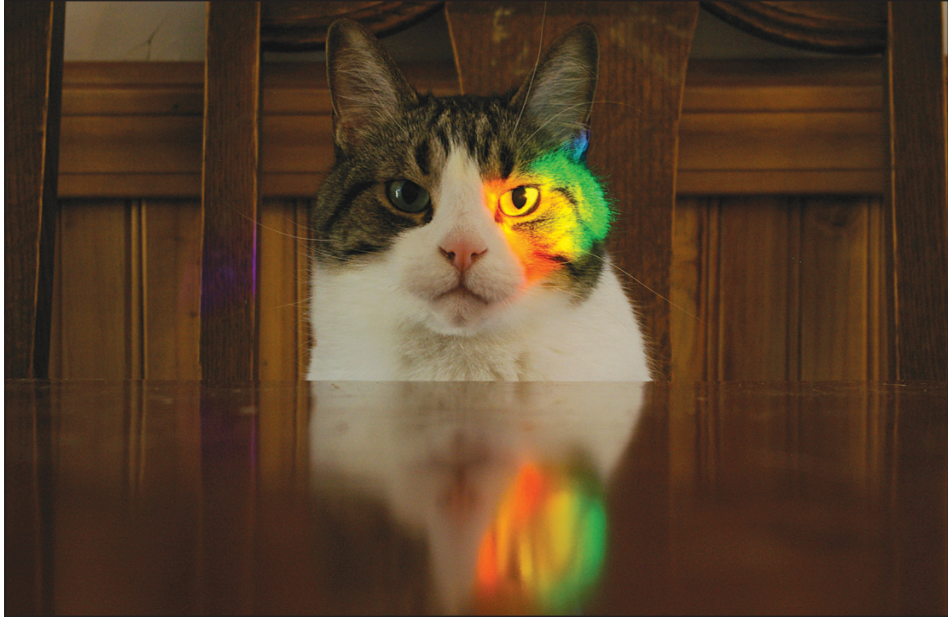
The afternoon of April 15, 2000 was cold and snowy in Milwaukee, WI. Jeff and I went to the address our friend Fay gave us as we were in search of a kitten. There were three momma cats and many kittens. We sat on the floor to see who was interested in interacting with us. Those bright green eyes caught our attention fairly quickly; any attempt to break away was an effort in futility. His eyes peered into my soul and touched me deeply. We agreed he was the one.



Bobcat and Mr. Spaz

I tucked him into my leather jacket and wrapped my hair around him; he was shivering and scared. This was his first time outside of that house and his first ride in a truck. The adventure began.

Arriving at home, the first step is to set the new kitty in the cat box and let him find his



Spazticus Morgan Felinus 2000-2015

way to the next room. It was a big house, so we did this a few times so he could get the layout from several different perspectives and find his way back again.

The next step is to show him where the food and water dish can be found. He is not interested now, with so much new space to explore! So we explore the first floor a few times, always ending at the cat box.

This is a good time for the first bath. He will lose the smells he was familiar with, leaving only one new kitty-scent to be detected by Bobcat. Newbie tolerated his first bath like a champ! After only a few fluffs of the towel and driven more by his curios need to explore, he decided he's dry enough and jumps down.

We had fun watching him meander through the house that first afternoon. Everything was new and exciting; new sounds, new smells, new... Who is That? Bobcat walks past the newbie toward the living room window, gazes outside for a minute, then turns and ... WHO is THAT? Bobcat jumps like a Halloween cat at the first sight of the newbie. They smell each other, Bobcat walks around the little fur-ball sizing him up, as the newbie looks up to his new big brother seeking only acceptance.

So far, so good; resident Bobcat seems to accept newbie.

We decided we would name the newbie based on his behavior; we would let him tell us his name. It gave us a chance to allow his personality to develop on its own. The opportunity came later that first day. Traveling, meeting new people and a new brother, inside a new environment can be tiring for a little kitty. He found his way up on the couch between us and laid down for a nap.

Sleeping cats are beautiful! They appear so innocent, so peaceful; how incredibly deceptive!

It's hard to say what caused the startle, but something woke up the newbie. Big green eyes now wide, a yawn to end all yawns, and then it began. Suddenly, he's up

on all fours. His eyes dart to the left, then the right. He hops 180 degrees, now facing the other direction. Jeff extends a fingertip; eyes and ears alert in response and the action begins, followed by our laughter. Even Bobcat comes in to see what's going on, only to witness the antics of the newbie. We watch Bobcat witness in wonder at this tiny creature moving in strange ways, quick as a bullet, from one position to another.



Mr. Spaz and Shadow

Jeff looks at me, "I've got it! Spazticus Felinus, we'll call him Mr. Spaz for short."

The name fit him well. Two weeks later he let me know his middle name is Morgan, so Spazticus Morgan Felinus is the official name. There is no need to stop there; every cat has at least one nick-name and at least one song just for them. We often called Mr. Spaz, 'Big Mr. Mr. with the great-whisker whiskers' or 'Spazmo' or just 'Big Mr.' for short. He learned his many monikers quickly, always gifting the speaker with a gaze from those big green eyes!

Bobcat and Mr. Spaz enjoyed each other's company and interacted with each other. Bobcat seemed to enjoy having a little

*continued on page 32*

## A tale of two Tarryalls

by Linda Bjorklund  
photos from the collection of the  
Park County Local History Archives

Tarryall Creek has its beginnings close to the Continental Divide not far from Boreas Pass. The creek meanders to the southeast past the town of Jefferson and down Highway 77. It flows between the Puma Hills and the Tarryall Mountains and then converges into the South Platte River near the boundary lines of Park and Teller Counties.

Although this land had been part of the Louisiana Purchase in 1803, there were no occupants of the Tarryall Valley except the local Indians, who hunted, fished and set up their teepees as the mood struck them. In the early 1850s the mountains began to be penetrated by trappers, among them the famous mountain man, Kit Carson. Carson and fellow trappers found beaver along the Tarryall Creek and built a small cabin in the area where gold was to be discovered in 1859.

The first prospectors came from the Gregory Diggings near what is now Central City. As those gold fields became crowded, the more recent prospectors headed west to new areas. They encountered hostile Indians, but persevered and soon found the small cabin located near the creek that Carson and his fellow trappers had left.

The prospectors began to pan for gold on the creek and were excited to discover it in paying quantities. One prospector named Daniel Pound reported that he had found gold scales as big as watermelon seeds. The rumors spread and got comforted, so that Pound's Diggings was said to have produced as much as a pound a day of the precious metal. It wasn't long before all the Tarryall Diggings were staked out and there were none for newcomers to claim. Thus sprouted the infamous story about the later prospectors having to head further west in their search for gold, naming their new area Fairplay. They referred to the Tarryall Diggings where they had been rebuffed as "Grab-all."

The miners in Tarryall weren't entirely heartless, though. They had established one claim called the "Whiskey Hole," from which any prospector down on his luck could spend a day with his gold pan. The rule was that whatever gold you got from there had to be spent at the local saloons.

As the winter of 1859 approached, some of the prospectors opted to head back to Denver to stay until spring. Some of the harder ones, however, decided to rough it throughout the winter season. They met at the local mercantile and formed a debating society that they named, "Tarry All Lyceum." The lively debates occupied their time and energies until spring, when they could again work their claims.

In the spring of 1860, the prospectors came back, ready to work. Two men, William Holman and Earl Hamilton, established rival towns, across the Tarryall Creek from one another. Holman laid out the town of Tarryall and soon a cluster of tents and cabins were built. About a half-mile upstream, on the other side, the town of Hamilton sprung up. Since Hamilton was on the side of the creek next to the road, one had to cross the creek to get to neighboring Tarryall.

Post offices were established and mail delivery began. The postmaster was kept busy as they estimated up to 20,000 miners having received mail there. If the miner's name was a common one like "Smith" it was advised that the person sending mail be quite specific about which Smith, Such as, "Cross-eyed John Smith," or "William Smith the father of 12 grandchildren from Pike County Illinois," or "James Smith who failed in Keokuk Iowa in '57."

As happened in all the gold rush communities, gambling tables were set up, as well as make-shift hotels. A fiddler was paid \$100 a night to play in front of the gambling tents to try to draw crowds. The areas also drew their share of thieves, who sought to get their fortunes an easier way. One fellow named McFarland came from Blackhawk after he had been banished from that community for stealing goods and selling them. His punishment at Blackhawk had been 30 lashes and half of his head



Hamilton about 1910

shaved. At the Tarryall Diggings, when he was caught stealing gold out of sluice boxes, they simply hanged him.

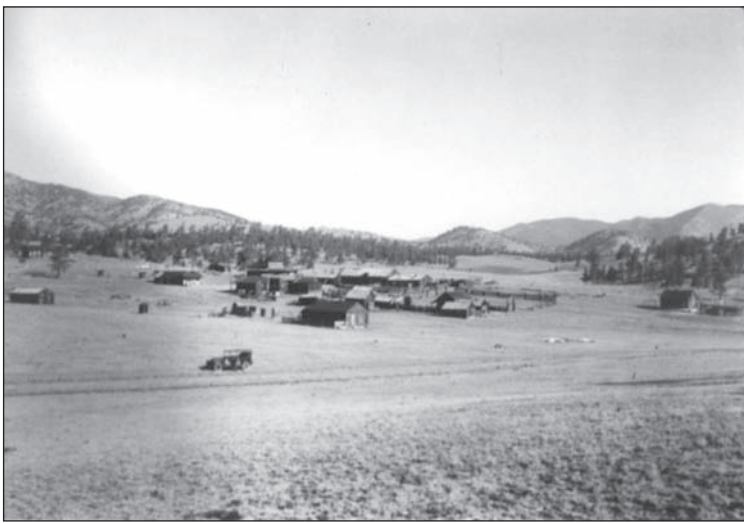
A fellow named Parsons, set up a business to mint the gold into coins. He did that until 1864, when the government passed a law that private businesses could not mint coins.

It was estimated that more than two million dollars in gold was found in the Tarryall District. As the claims began to be worked out, the prospectors left for better fields. But, in 1878, a couple of enterprising companies brought in Chinese workers to Hamilton. The Chinese filled up the empty cabins and brought in even more of the precious metal. A dredge was brought in that worked the creek for what gold was left.



Tarryall (Puma City) in 1898

Eventually the water became scarce and local ranchers complained because tailings and debris had been dumped into the creek. The Denver, South Park and Pacific Railroad came through Como in 1879 and coal mines near Como began to produce fuel for them. So the era of gold mining in the towns of Tarryall and Hamilton came to an end. A short drive from Como up the road toward Boreas Pass reveals where it was. You can tell by the tailings (piles of rock) left from the dredge operations as you cross Tarryall Creek.



Tarryall (Puma City) in 1920

Prospectors did not give up looking for gold in the area known as South Park. In 1896 a couple of miners found a place in the Puma Hills that showed the presence of porphyritic quartz, a sign that gold might be there. They staked out their claims and, almost immediately, C. W. Gilman laid out a plat for a town nearby covering about 40 acres. Before long there were 50 houses, tents and log cabins and a school. Two sawmills, five saloons and three hotels and board-

ing houses were quickly built. A moderate amount of gold, silver and lead came out of the local mines, but they were soon depleted.

The town, however, prospered. It was initially named Puma City. Upon application for a post office, though, it was found that there already was a Puma City on the books. So the founders settled on the name of a town that had disappeared and the second Tarryall began to take shape.

In 1897 the whole countryside was set on its heels when news of a shooting battle between two Puma City saloon owners hit the newspapers. The two saloon owners were Peter S. Cox and James Gregg. Gregg had apparently expressed the desire to sell his saloon and leave town. Cox agreed to purchase the saloon. Instead of leaving town, however, Gregg set up another saloon right across the street and began to solicit his old customers. The loud music from the new saloon soon caused Cox's temper to get the better of him.

Cox grabbed his Winchester and barged into the saloon newly opened by Gregg. It was never made clear who started the shooting, but Gregg and one of his workers, Charles Harrison (alias the 'Aspen Kid') fired their weapons as Cox was firing his Winchester.

Peter Cox was hit with two bullets to the front and one to the back, the latter shot causing his death. Gregg's coat appeared to be full of holes caused by shots, but he was not seriously injured.

Although there were apparently plenty of witnesses in the saloon, they were ridiculed as the "ice box brigade." When the shooting started, they had hid behind a six-foot ice box, unable to see exactly who shot who, amongst the clouds of smoke from all the guns.

When the trial came to an end, James Gregg was found innocent of murder. The charge against Charles Harrison, who was also accused of murdering Cox, was dismissed.

Although the mining soon ended, the town of Tarryall, formerly Puma City, continued to prosper as a small rural town. A number of homesteaders settled in the area and there was enough population to support a school. The original school was replaced in 1922 and the new one used until 1947, when the students were bussed to Fairplay.

The Tarryall School is now the prominent feature reminiscent of the second town of Tarryall. It has been refurbished and designated as a historical site. It is located on Highway 77 about 10 miles north of Lake George. Another 10 miles up on Highway 77 from Lake George, signs indicate the Tarryall Reservoir, now a State Wildlife Area known for its camping, fishing and migratory waterfowl.

It was originally built as a trout rearing facility. The land was purchased from homesteaders that had been successful with their hay producing ranches. The Tarryall Reservoir was built in 1929. The area around the reservoir also became an experimental station for big horn sheep.

All along the Tarryall Road, otherwise known as Highway 77, there are historic sites. But there really were two towns known as "Tarryall."

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## Teller County Search & Rescue's 50th Anniversary

by Janet Bennett

Teller County Search and Rescue is happy to announce that this is our 50th anniversary of service to Teller County and the surrounding communities. Since 1965, Teller County Search and Rescue has been an all-volunteer, non-profit organization tasked with locating and rescuing lost and missing people in Teller County and the surrounding areas.

We hold monthly membership meetings and trainings on the first Monday of every month beginning at 7 p.m. at the Woodland Park Library (downstairs meeting room). We are currently accepting new members. Residents of Teller County who are interested in learning more about our organization are encouraged to attend an upcoming meeting. If you enjoy being in the outdoors and helping people, this is the group for you.

All of our members are certified in CPR and wilderness first aid. We conduct monthly trainings and mock missions to be sure all of our members are ready to get into the field. Please contact Janet Bennett for more information at 719-306-0826.

## Lake George Charter School election results

The Lake George Charter School Board Elections held on November 18, 2015. The three seats for the two-year terms will be filled by: Rick Favinger, Jennifer Geffre, and Erin Snyder.

We want to thank all the members of the election committee who made sure things ran smoothly and everyone who manned the polls during the voting because they volunteered their time. Thank you to all the voters who came out and cast their vote. The biggest thanks go to the candidates and all members of the Board as everyone works together to give the children the best education possible and to constantly be striving to improve our school.

Please contact Julie Gilley, Election Committee, at 719-748-3911 x102 for further information.

## CASA volunteer information hour

CASA of the Pikes Peak Region trains and supervises volunteers to represent the best interests of our most vulnerable citizens — victims of child abuse, neglect, and severe domestic conflict. CASA volunteers are appointed by judges to be a voice for these children in court and in the community. The desired result is that children are placed into safe, loving homes where they can thrive.

Learn how you can make a lasting difference in the life of an abused or neglected child at CASA's 4-1-1 hour on Dec. 10 from noon to 1 p.m. This informational presentation will be held at the CASA office, 701 South Cascade in Colorado Springs. To learn more about the many fulfilling volunteer opportunities available at CASA, call 719-447-9898 or visit [casapp.org](http://casapp.org).

## HAMET update The Army invades Guffey

by Flip Boettcher

photos by Roberta Smith

The army from Fort Carson was well represented at the recent HAMET (High Altitude Mountain Environment Training) update meeting held at the Bull Moose Restaurant in Guffey on Tuesday, November 17, with about 50 people attending.

Ft. Carson is in the process of getting a right-of-way grant from the BLM to use public lands in south central Park, southwest Teller and north Fremont Counties to

establish helicopter landing zones (LZs) for their HAMET program.

During the public comment period in the first phase of the process, there naturally was great public outcry from residents in the areas where the fly zones and LZs were to be located. The first phase of the process will be complete with the submission of the plan of development to the BLM.

Ft. Carson is very willing to work with communities and residents who are close to LZs and address their concerns, according to Colonel Hamilton of Ft. Carson, because, as he said, "we live here too."

Col. Hamilton said the army needs to train here. There are areas here like nowhere else. According to the proposal Ft. Carson is the only active army post in the U.S. with mountains high enough, and in close enough proximity to replicate mountains in high altitude operations around the world.

Chief Bill Hamm, senior helicopter pilot and instructor, said he created the original LZs here in 2010, because of a spike in helicopter accidents, knowing the pilots needed more high altitude training.

At altitude, continued Chief Hamm, lack of oxygen means less power. The Colorado high altitude terrain is really a lot like the terrain in Afghanistan. Chief Hamm said that Ft. Carson has 16 LZs in the Pike National Forest, but they are too high for helicopter landings.

Chief Hamm said that during the recent public comment period on the HAMET proposal, Ft. Carson received 650 letters, which he had personally read.

According to Col. Hamilton, the proposed Ft. Carson "fly zone" is over uninhabited terrain a 1,000 feet above ground level; 1,000 feet from the LZs and between LZs, the helicopters will fly at 500 feet. The LZs are all located at least one half mile from any houses.

Because of public concerns, Ft. Carson is moving five of the original LZs to more remote areas and they removed 13 LZs all together from the original proposal, stated Col. Hamilton. Ft. Carson is also requesting about six more LZs to be located south and west of Black Mountain, which is southwest of Guffey.

Col. Hamilton said that Ft. Carson helicopter operations would be conducted from 8 a.m. to 11 p.m. in the permanent LZs and from 8 a.m. to 10 p.m. in the temporary LZs. Ft. Carson helicopters would only be landing and taking off in the LZs. Col. Hamilton added that FAA rules let helicopters legally hover over any property in the U.S.

Concerns were raised about late night, low level helicopter fly overs and landings near their houses. Col. Hamilton explained that many other branches of the service, including black, special operations helicopters, also use these LZs and Ft. Carson has very little control over them. He added that the Air Force has had a low level (below 500') training

route right over this area for 50 years.

Col. Hamilton said that if anyone had a helicopter buzz their house at 2 a.m. or had any unusual helicopter activity, they should call Ft. Carson. Ft. Carson would then try to contact that service branch and talk to them about the situation here. The Ft. Carson numbers to call in such an event are: during business hours 719-526-1246 or after hours 719-526-5500. A person in the audience said



Chief Hamm on the far left and Col. Hamilton on the far right sitting at the table in the front.

that they had had a good response from Ft. Carson when they have called in the past.

Another concern was the high number of possible touchdowns in each LZ, but according to Col. Hamilton, the numbers were wrong in the original proposal and were being recalculated.

Concerns had also been raised about the flights affecting the local wildlife and Col. Hamilton said that what they were doing disrupted the environment and the animals very little. In fact, he said, the elk and deer don't even run when a helicopter touches down. Domestic livestock is another story he added.

Concerns about Ft. Carson operations affecting the Guffey-based Southern Park County Fire Protection District's air ambulances during emergency flights. Col. Hamil-



Chief Hamm explaining about the landing zones on the map.

ton said that their operations will in no way effect Flite for Life and Ft. Carson has been working with Flite directly.

Col. Hamilton said Ft. Carson has its own lifesaving Medivac helicopters in the very unlikely event of a helicopter crash. In a round-about way, Col. Hamilton said the army might pay for any fire suppression which the SPCFPD had to do in case of a helicopter crash within their district and any reimbursement for EMS services rendered by the SPCFPD would be on a case-by-case basis.

Ft. Carson is in the final stage of the written process with the changes added. This might take a couple more months. That written proposal then goes to the BLM and then there will be another public comment period, stated Col. Hamilton.

Col. Hamilton said that Ft. Carson would like to have update meetings every three to four months during the process and proposed that the next meeting be in March or April of 2016.

For more information visit: <http://www.blm.gov/co/st/en/fo/rgfo/planning/hamet.html>.

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## Bearberry *Arctostaphylos uva-ursi*

by Ciena Higginbotham  
artwork by Ciena Higginbotham



Bearberry is an evergreen shrub with bright red berries that nestles in the woodlands and thrives on Colorado sunshine. The long, trailing branches creeping along the mountain sides are only ½ inch tall, but grow to 3 ½ feet long. Dark green leathery leaves plaster the woody stems. These leaves hold their color until winter, when they turn a shade of burgundy. Bearberry has small clusters of vase-shaped flowers that have a white to pink coloring. These unique flowers bloom from April to July before growing into scarlet fruit that birds and bears love, which is what gave the plant its name. It is commonly called *uva-ursi* - *uva* translating in Latin to 'grape' and *ursi* to 'bear', thus literally meaning 'bear's grape' or 'bear's berry'.

This plant is easy to identify, but without its flowers, it looks nearly identical to a plant called Purslane (*Portulaca oleracea*). Purslane is also a common Colorado plant that has yellow flowers and many uses, but the way to tell the difference between the two is to take a leaf from your found specimen and tear it in half. Is it succulent and moist inside? Then you have found Purslane. Is it dry and flat? Then you have found Bearberry.

Without good pictures and easy-to-follow descriptions, plants are difficult to identify. That is why one of my favorite flower identification books is one by G. K. Guennel called *Guide to Colorado Wildflowers*. It has great pictures and simple descriptions, not to mention lovely paintings. I have easily found many of the plants in both the *Mountains Volume* and the *Plains & Foothills Volume* in our area of the state.

Just what is the story behind Bearberry? It was first documented in a Welsh herbal book in the 13th century and folk tales suggest that Marco Polo thought the Chinese were using it as a diuretic, but closer to home, this plant was important to the Native Americans. The berries were used dried by different tribes as beads for jewelry and inside rattles for babies. Mashed to a paste, the berries were also used to waterproof the inside of coiled cedar root baskets. A grey-brown dye was obtained from the berries and the leaves make a yellow-brown color. The Native Americans also mixed the leaves with alder bark and tobacco to toast them crisp by an

open fire and then smoked them.

Bearberry, the berries in particular, is still used today, usually in cuisine. They are eaten raw, but when cooked a sweeter flavor is brought forth. This makes them excellent for soups and stews, or most popular, preserves. Bearberry jelly is the perfect complement to a piece of fresh bread. Try some on your own with a recipe below!

Bearberry leaves are made into a tea for its benefits to your heart and also as a mouthwash to soothe sore gums. The whole plant is supposed to be the best natural urinary antiseptic. The leaves are especially beneficial, as they strengthen the urinary tract and have diuretic properties. Not only that, but when they are made to a poultice and applied, they ease the pain for burns, rheumatism and sore backs. Just take caution in using the plant medicinally. It is best used no longer than seven days and is not prescribed to children or pregnant women.

Next time you step outside keep an eye out for bright berries. They are easy to find if you are looking. Maybe even try making some Bearberry jelly!

### Bearberry Jelly

Ingredients:  
2 Quarts berries  
1 Cup sugar per cup of juice  
1 Tbsp. lemon juice  
3 Fl. Oz. liquid pectin

Berries should be fully ripe. Wash and stem berries. Place in saucepan and cook till the fruit pops and the juice flows freely. Remove from heat and squeeze through jelly bag. Measure juice and place into a deep saucepan. Add 1 cup of sugar per cup of juice measured. Add 1 Tbsp. of lemon juice and mix thoroughly. Place mixture over high heat and boil till sugar dissolves while stirring constantly. Add 3 ounces of liquid pectin and keep mixture at a hard boil for 1 full minute. Skim off foam and pour into hot, sterile jelly jars and seal.

Source: <http://creefiresurvival.blogspot.com/2010/10/food-edible-bearberry.html>.

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## The Thymekeeper A Tribute to a true American Cowboy

by Mari Marques  
photo by Tom Linz

My heroes haven't always been cowboys but every once in a while, someone comes into your life and makes such an impact that you know you'll never forget them. One such person for me was Joseph Jesse Bruce.

I'll never forget the day I met him, it's as if it were yesterday when in fact it was at least 12 years ago. I was standing at the top of a ladder preparing my front window for the grand opening of my herb store in Manitou Springs when a portly gentleman, hunched at the shoulders shouted up to me, "Hellooooo, what are you doing up there?" With his long braids, cowboy hat and a book tucked into the back of his pants titled "Merlyn", he immediately sparked my curiosity and just as I suspected, there was more to this man than meets the eye.

Many people knew him by Joe Bruce, some called him Joseph; to me he was Uncle Joe. Whether it be sharing in his shenanigans or listening to his many colorful tales, I always enjoyed the times I spent with him. He had a way of making people feel better just by being around him as evidenced by his vast legion of friends. Joe was a character like no other. Mischievous, charming, and knowledgeable all wrapped into one, you never knew what was coming next. He was bursting with life and although he appeared tough on the outside, inside was a heart of gold.

A descendant of Robert the Bruce of *Brave Heart* fame, he was proud of both his Scottish and Indian heritage. Per Joe, "when the wagons start to burn, I never know which way to run." He spoke fluent Latin, Cheyenne, and Lakota Sioux and would quote Shakespeare at the drop of a hat.

He operated Reservation Cattle Company, Appraisals and Restorations and Joseph's California Bit Emporium online. Joe was a gentleman and one of the last great bridle horseman. His knowledge of Thoroughbred and Quarter horse bloodlines was extensive.

As stated in his obituary, "He loved California bits, pretty women and horses.

Joseph worked as a rancher, cowboy in several western states, brand inspector in New Mexico and has hosted the Durango Cowboy poets gathering in his kilt and spurs of course. Joseph tried to keep the old west values and traditions of leatherwork, saddle making [and] hitched horsehair braiding alive. He was a bridle horseman who lived in the Vaquero tradition." The word Vaquero translates to "cow man". They were rough, hardworking and they lived Life according to a code of honor similar to the Knights of the Round Table. They may have been cowmen but they were also gentlemen, and they revered and honored women.

**He loved California bits, pretty women and horses. Joseph worked as a rancher, cowboy in several western states, brand inspector in New Mexico and has hosted the Durango Cowboy poets gathering in his kilt and spurs of course.**

As he walked in the footsteps of those that went before him, Joe employed the popular tradition of horse whisperer when working with animals. Animal whisperer extraordinaire, our four legged friends from raccoons to bears found a trusted friend in Joe. An advocate for the abused, one of his favorite sayings was "When you hit that horse, you'll never hear his cries of pain, but I guarantee you, God will." Vaquero wisdom at its finest. A World renowned horse trainer, Joe gave numerous horsemanship clinics and lessons,



Uncle Joe with Merlyn and Moon.

and trained an untold number of horses and young people. He was more than happy to help anyone he could most of the time receiving no compensation; only the fact that a new generation of horsemen would have a genuine respect and admiration of their horses.

I recall just one of my encounters with Joe. One afternoon he walked into my store holding his elbow with a painful expression on his face. Being a rough and tumble kind of guy, injuries were no stranger to him. When I asked what happened he explained that he had torn the ligaments and tendons. When I strongly advised him to go to the emergency room, he shook his head, "Nope, already did that. They put a cast on it and I cut the \*%#\$ thing off." At which point I deemed it futile to discuss the issue further. Did I mention stubborn? I proceeded to soak his arm in an herbal mixture to ease the pain and take down the swelling. As I was tending to his cowboy roping callouses with my wound healing salve I asked "What will we call this for the cowboys?" Without missing a beat he raised his good arm in the air and in a knightly fashion donned it "Riata Balm!" and so it was, and remains to this day.

In the last year of his life, with his loving sister, Cathi by his side, Joseph fought his battle

with courage and inner strength seldom seen. "With friends and family now I am making my last stand, and hoping to be horseback when I reach the Promised Land!"

On May 30, 2015 Joe stepped over the rainbow to be with his beloved horse Merlyn, Aussie dog Kelli, and loved cat Ja'gna. His wit, humor and thoughtfulness will be missed by many. When a person of Joe's strength and character leaves this world, it becomes a little less colorful and a little less magical. Ride in Peace my friend! You've touched many souls and you'll be forever in our hearts. Happy trails, until we meet again.

Joe's DVD "Meet Joe Bruce" Bridle Horse Equipment & Techniques is available through Eclectic Horseman

[http://eclectic-horseman.com/mercantile/product\\_info.php/products\\_id/533](http://eclectic-horseman.com/mercantile/product_info.php/products_id/533)

A portion of all DVD sales will be donated to charities for abused horses and battered women.

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at [mugsyspad@aol.com](mailto:mugsyspad@aol.com) or 719-439-7303. Mari is available for private consultation and classes.

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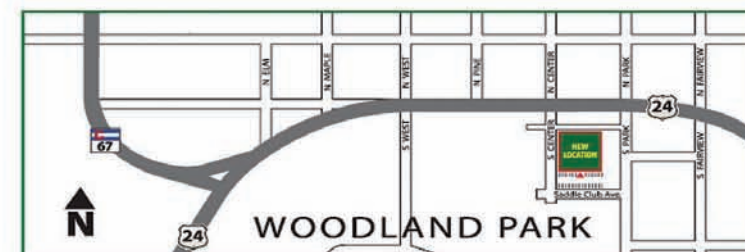


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## Many thanks Lake George Charter School's 38th Annual Halloween Carnival was a huge success!

Thank You to everyone who participated in our annual Halloween Carnival! Congratulations to all of the winners of the raffle prizes, gift certificates and bingo! Here is a list of the local businesses that sponsored booths and donated raffle and bingo prizes. Next time you're in one of these establishments, please take the time to thank them for their generosity. Their support contributes to the present and future success of our school!

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We also thank many families and individuals from the school and community! A special Thanks goes to all of the parents, staff members and students who volunteered their time and energy and the Air Force Academy servicemen & women who volunteered. There was a lot of work involved in organizing, getting sponsors and donations, shopping, setting up, running game booths and cleaning up. If you volunteered in any way, please be sure to log in your volunteer hours in the office. Thank you for your continued support!!

## Annual park passes and gift certificates yield free subscription

by Manda Walters

Get a jump on the holidays and relax by providing loved ones with the gift of access to 42 state parks that can be enjoyed year round. As a bonus, you'll get a year's subscription to Colorado Outdoors magazine, the official publication of Colorado Parks and Wildlife (CPW) and the only magazine dedicated to Colorado's wildlife and conservation.

CPW's 2015 holiday incentive of a free Colorado Outdoors subscription with online purchase of an annual parks pass or \$70 gift certificate is underway now through Dec. 24, 2016.

"The holidays are a busy time for everyone, purchasing online has lots of time-saving benefits. This holiday incentive is sure to be appreciated throughout the year by friends and family as they connect and enjoy the outdoors," said CPW Spokesman, Matt Robbins.

CPW offers family-friendly activities, fun-filled adventures and opportunities to learn and try new things at state parks. Check out all there is to do at <http://cpw.state.co.us/aboutus/Pages/Calendar.aspx>.

The pass is delivered in just 7 to 10 business days and provides 12 months of state park access. Gift certificates can be used for annual or daily park passes, camping or park merchandise. The last issue of Colorado Outdoors magazine was slated for November.

"Stunning wildlife photography and in-depth articles provide both novice and experienced outdoorsman with something of interest," said Colorado Outdoors Editor, Wayne Lewis.

The free subscription includes six issues containing valuable insight from experts regarding hunting and fishing, endangered species recovery efforts, and wildlife management, environmental news, watchable wildlife events, volunteer opportunities, state fishing records, and much more.

Learn more about Colorado Outdoors magazine at <http://cpw.state.co.us/Pages/Holiday.aspx>

Purchases can be made online today at <http://wildlifetore.state.co.us> or by calling 1-800-417-8986.

## One Nation Walking Together Headdress: Symbol of honor

by Kelsey Comfort

This article was inspired by an image found online that states, "Indigenous beauty is older than America and it isn't found in a hipster headdress."

Wearing Native American headdresses has undoubtedly become a fashion trend. In July, Jessica Simpson shared a photo on Instagram featuring her wearing a headdress for her 35th birthday. That same weekend, singer Susan Boyle was spotted wearing a headdress while performing at the "T In The Park" music festival in Perthshire, Scotland. Other famous headdress blunders include the floor-length headdress Karlle Kloss wore in the 2012 Victoria's Secret fashion show, Lana Del Rey in her 2012 "Ride" music video and Pharrell Williams on the July 2014 cover of Elle UK — just to name a few.

That doesn't even include the many non-celebrity music festival attendees. Native headdresses, unfortunately, have become a growing part of music festival and concert fashion. Though worn by many different types of people, photos typically depict young, white women wearing headdresses paired with bikini tops and Daisy Dukes rocking out at music festivals such as Coachella. The images are then plastered across social media sites from Instagram to Tumblr.



The image that inspired this article.

So what's the big deal, really? It's just fashion, right? Aren't these people honoring Native culture?

Well, to put it simply — no. The problem with wearing a Native American headdress for fashion is multifaceted.

First, it's important to understand the meaning behind a Native headdress, or warbonnet, before you think about making it a part of your ensemble. Warriors earn warbonnets, explained local Native Sebrena Forrest of the Mohawk Nation, and great honor is involved in being able to wear one. Forrest says that when non-Natives wear a warbonnet, it's similar to someone putting on military medals they haven't earned.

Additionally, eagle feathers, which are used in warbonnets, are incredibly sacred in Native culture. Writer Ruth Hopkins of the Sioux Nation wrote that each feather within a warbonnet represents a great deed. The U.S. Fish and Wildlife Service even states that it recognizes the religious and cultural significance of eagles to Native Americans, so they are the only people legally allowed to possess eagle feathers. Even though these "hipster headdresses" may not contain real eagle feathers, the imitation is still there.

When someone wears a headdress, it can play into the phenomenon of dressing up American Indian, Forrest said. To explain dressing up American Indian and the problem with this, Forrest uses the example of a couple that dresses up as a cowboy and an Indian for Halloween. One is a profession and the other is a race, Forrest said. "You wouldn't dress up as a construction worker and a black lady," she said.

Wearing a headdress is also a gender issue. Though many non-Native women have been spotted wearing them, in Native culture women don't wear headdresses, Darius Smith, Director at the Denver Anti-Discrimination Office Agency for Human Rights and Community Partnerships, said.

When you put on a headdress, Smith says, "it dehumanizes a group of people, it basically renders them invisible."

This is because the use of headdresses as a fashion trend doesn't look at Natives as real and contemporary people, Smith explained. It feeds into the stereotypes that many people have of American Indians, Smith said. When you think of Native Americans, "The Crying Indian" from the famous 1970s

PSA image, Disney's Pocahontas or Gwen Stefani's portrayal of an Indian princess in No Doubts' 2012 "Looking Hot" music video (which the band quickly pulled after receiving backlash) may come to mind. But these are neither accurate nor all-inclusive representations of Native Americans today.

Not all Native American tribes even wear headdresses. Smith's tribe (Navajo Nation) doesn't wear them. Forrest's tribe does. The Bureau of Indian Affairs' 2005 American Indian Population and Labor Force Report included 561 federally recognized tribes. Headdresses are predominantly only worn by Plains Indians according to the Museum of the Cherokee Indian, and headdresses only became known in mainstream culture through television and movies.

Though there are over 560 federally recognized tribes, Native Americans make up less than two percent of the population, Smith said, so it's difficult for them to protest and have their voices heard.

But there is hope — Electric Forest recently decided to ban Native American headdresses from its 2016 music festival. The Osheaga Music and Arts Festival in Canada also recently announced a ban on headdresses, its website states:

"The First Nations Headdresses have a spiritual and cultural meaning in the na-



tive communities and to respect and honor their people. Osheaga, Heavy Montreal and ileSonig ask fans and artists attending the festivals to not use this symbol as a fashion accessory."

Hopefully, other music festivals and concert venues will continue to follow suit.

Some celebrities are even apologizing after receiving backlash for donning headdresses. Pharrell apologized for his Elle UK cover, and both Karlle Kloss and Victoria's Secret apologized for their fashion show headdress mistake.

Smith says that now "society is making a correlation that when you put on that headdress you slam a culture."

"As a society, we're not stagnant, we're always progressing," Smith said.

So as ticket sales for this summer's upcoming festival season approach, and you begin all of the exciting planning that comes with it, remember the words of Hopkins,



One Nation friend, Bob Swan in his headdress.

"Would you wear a medal of honor or a purple heart that you haven't earned? Then you shouldn't wear a warbonnet either."

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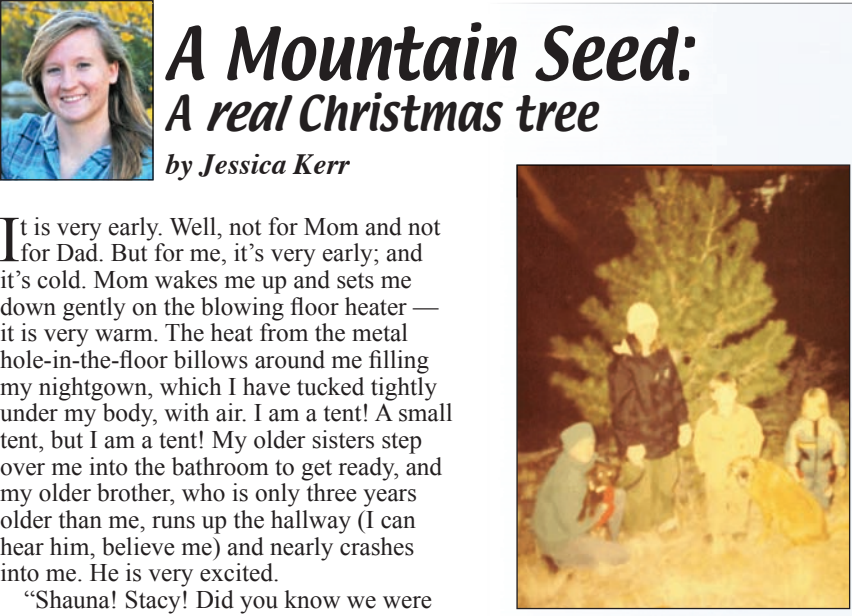
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# A Mountain Seed: A real Christmas tree

by Jessica Kerr

It is very early. Well, not for Mom and not for Dad. But for me, it's very early; and it's cold. Mom wakes me up and sets me down gently on the blowing floor heater — it is very warm. The heat from the metal hole-in-the-floor billows around me filling my nightgown, which I have tucked tightly under my body, with air. I am a tent! A small tent, but I am a tent! My older sisters step over me into the bathroom to get ready, and my older brother, who is only three years older than me, runs up the hallway (I can hear him, believe me) and nearly crashes into me. He is very excited.

“Shauna! Stacy! Did you know we were going to go to get a tree today?! Guys!” he yells in his seven-year-old voice while hanging off the cabinet corner.

My sisters turn to look at him but they don't answer. He always does this. “Guuuuuys!”

“Yes, Mikey, we are going to get a tree today and don't hang on that cabinet, it could fall over!”

I listen to all of this while I sit on the heater, my tiny cheeks bunched in a dreamy, half-awake smile. It is very warm inside my tent-gown. Mike runs back down the hallway, “I'm gonna get my boots!”

Hmm. I remember, now that I am thinking, slowly, that we are going to get a Christmas tree today! As the heater turns off, I jump up from my spot and race down the hallway following my brother. I pass his room and screech to a halt in the kitchen where warm eggs, over easy, and toast await me. The smell of bacon curls around me as I chomp down my food. It is very yummy. Mom is filling Dad's thermos with dark, black coffee and another with hot cocoa.

“Mommm! Can I have another piece of bacon, please?” Boots clomp heavily down the hallway and land on the hard linoleum of the kitchen. Taking a piece of bacon Mom hands him, he darts back to his room, mumbling between stuffed bites how he needs to find that orange Bronco snow hat...

Even though it's pretty early in the morning, it's bright outside. So bright that when I look I have to rub my eyes because it sort of hurts. The snow from a few days ago is still there. Dad comes in from outside saying that everything's almost ready to go; we're supposed to get more snow tonight.

Boxes upon boxes of Christmas decorations lay around the living room, which is right by the kitchen. I see the biggest box... the one that holds all of the tree's decorations. I think of my favorite one: a pink and green rattle, with a toddler playing with blocks in the middle. You have to stick a Christmas light into it to make it glow, which is what I like. It's very bright and pretty. It's mine.

“Jessica!” One of my sisters is calling me from the bedroom. “Time to get dressed! We need to leave!”

I drink the last of my milk and slide off of the tall chair, which I have to work hard to get up on in the first place. One cannot think of walking on this day, I am too excited. So, just like my big brother, I bolt down the hallway and burst into my bedroom, which I share with my older sisters.

Someone slides on my tiny long johns, followed by layers of tiny socks, clothes



A photograph of my family during this time. From the left: Shauna, Cocoa, Stacy, Mike, Charlie, and me.

and finally my tiny and very 80s snow suit. “Swish swish swish,” my pants say when I walk. I swish swish down hallway, where Mom is dressed and ready to put on my tiny boots and tiny hat.

BAM! A big, white snowball hits the window and I hear Mike's shrill laughter: “Got youuu!” Finally Mom gets me all ready and I walk out the door, wary of any stray snowballs. Dad whistles and both dogs, Charlie, the big tan one, and Cocoa, the chocolate lab (who is smaller than Charlie because she is still a baby even though she's bigger than me) leap into the back of the truck. I swish down the porch stairs and walk around the truck. Dad stuffs the hatchet and saws into the protected space between the bedding and the metal of the truck so that we won't hurt ourselves.

“I want to ride in the back, too, Dad! Can I please?” Mike implores of him. I watch my dad's face for his answer.

“Yes, both of you will ride in the back today.”

Without another word, my brother scrambles up the tailgate and nearly bumps his head on the camper shell. Dad lifts me up and sets me on the tailgate and I crawl towards the cab, throwing myself on Charlie, the tan pillow. He's not so fond of me but he tolerates my small hands anyway.

Next thing I know (because I fell asleep), Mike is yelling in my ear. “Wake up Jessica! We're going to look at the treeee!” The light is so bright I need to rub my eyes. Everyone else had been looking out the windows of the truck as it crawled around shadowy mountain corners. It's much colder than in the house but my coat and hat keeps me warm. I swish to the tailgate and someone lifts me up and sets me on the ground. Cocoa bounds through a deep snow drift overshadowed by HUGE trees. These trees are so big I almost fall over trying to see the tops of them. Trees everywhere! Tall ones! Short fat ones! Some in the middle and some fallen over and dead on the ground. Snow is everywhere and much deeper than at home. It even comes up to my belly in some places!

My older siblings and Dad (and Mike, who can't stand to be left at the truck) amble (or swim, like Mike) through the snow like tall bears in bright coats, searching for the perfect tree. I stand and watch, because that's all I can do. I am getting pretty tired from all of this excitement. When someone finds the perfect tree, we all go to it. We each get a turn saving at it (even me!). Dad wraps his huge gloved hand around

mine and helps me saw: back and forth, back and forth. It is very hard. The yellow sawdust falls slowly to the ground and the snow isn't very white anymore. But new flakes, which come down from the sky, will change that.

Next, I see the huge tree we have picked being carried over the snowy ground; it is tied to our truck. Before we go home, we have hot cocoa (except for Dad, he likes coffee) and red, raspberry-filled doughnuts. The red raspberry in the middle is my favorite. My face is dusted with sugar and my hair is dusted with snow. I am very sleepy so I take a nap on the way home through the hills.

I wake up and it's getting dark. I am warm and cozy and Mom is carrying me inside. The tree is leaning against the house, ready to be carried inside. A breeze picks up and touches my red cheeks. I smell someone's wood fire.

Mom takes off all of my layers and puts my cozy jammies on me. I don't hear my brother, he has worn himself out. The lights are low, strings and piano and trumpets are playing cheerful songs of triumph in the stereo. I smell tiny pizzas in the oven, which will soon be eaten.

First the bright lights (which are my favorite), then the sparkly garland, and finally I get to help pour water into the base of the tree and put on decorations! I put on red bulbs, blue bulbs, the craft I did in BusyBee's Preschool, and then some icicles. I find my pink rattle, a blue light, and stick it in. It shines very brightly and I just want to stare at it all night long.

It is warm and cozy and comfortable in my home. We are all tired but content; full-bellied and full-hearted. I sit with the dogs and my brother under the tree, staring at the lights. A couple of needles that have fallen decorate our hair. For the final time that day, I slip into a deep, happy sleep.

This Christmas might be a little different for me. Oklahoma is pretty in its own way but nothing in it compares with my mountains. I can't imagine a Christmas without a real tree, one that breathes and gives off its own smell. There is something important about tree hunting and having a real tree. Like hunting animals, it makes you more appreciative of what you get. I miss my mountains. These fake trees are pretty, but nothing compares to the real thing. Oklahoma's trees are pretty, but there aren't enough evergreens, and there is not enough snow. I can't wait to be back home this Christmas, in my mountains and my snow, under my real Christmas tree.



Wooden toys are on display at Cup and Cone in Canon City.

# Cup and Cone has wooden toys

by Flip Boettcher  
photo by Flip Boettcher

The Cup and Cone, located at Hwy 50 and 4th Street in Canon City, is proud to announce for the holidays the opening of their Wooden Toy Department located within their ice cream and coffee shop.

With the Wooden Toy Department, Jeri Fry, owner of the Cup and Cone, hopes to reintroduce the magic of wooden, animated toys and puzzles. The wooden toys are all animated either by pulling, by string action, by gravity and even by sand, said Fry.

The end of the summer is when Fry started looking for wooden toy makers and now the Wooden Toy Department features the Fremont County Wood Artists composed of five woodworkers.

Mike Fry makes string action toys that climb a rope and look like gingerbread men.

Bert Nuckols retired and became an RVer. He named his new business “Woodworker on Wheels” because he would pick up orders on his travels and then mail them when he finished the project from where ever he was at the time. Nuckols makes the tray puzzles with the blocky shapes, and the block train, the horses, and seashores.

Dick Ward, a talented scroll saw artist, takes no money for his creations, but donates

all proceeds to the Canon City Humane Society. Ward makes the puzzles that look like animals with their animal name as part of the body of the puzzle. Ward has also duplicated the one dimensional puzzle in a tray and the three dimensional puzzle of blocks that Fry's grandfather made her long ago.

Larry and Margaret McDonald make the animal pull toys, the blocky cars, and the blocky bus. Margaret is actually the woodworker of the pair and is a retired bookkeeper.

The last featured woodworker is D. Chess. Chess makes the squeeze action toys and the larger piece puzzles.

According to Fry, toys are important instruments in the processes of socialization, upbringing, development, and education. “Today's technology has made us rethink how our childhood experiences and impressions shape the most intimate components of our personalities. What we spend time playing with says a lot about what is going on for people,” said Fry.

Fry is still looking for craftsmen who would like a place to offer their wooden toys this holiday season. Anyone interested please contact Fry at the shop: 719-275-3434.

# Adopt Me Freckles

by Teller County Regional Animal Shelter



Well, hey! I'm Freckles. Yes, I'm pretty shy but given the chance I can be such a nice girl. If I could go to a home of my own soon then that would be so amazing so that I can relax and be myself. Would you like to give me a try? I'm sure I'll warm up to you if you are patient and love me for the great kitty that I am. Come meet me at TCRAS at 308 Weaver-ville Rd in Divide.

TCRAS will hold Jingle Paws 2015 in Woodland Park on Dec 5. Register for the annual 5Krun and dog walk via www.tcrascolorado.org or in person TCRAS, 308 Weaver-ville Rd, Divide, CO 80814 or call 719-686-7707 for more information.

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# Hartsel Huskies: rescues revisited

by **Kathy Hansen**  
photos by **Jeff Hansen**

*During the winter of 2009-2010 an investigation found close to 50 Malamute Husky mixes and Alaskan Sled dogs in deplorable conditions, on the verge of starvation near Hartsel, CO. Due to efforts of the Park County Animal Control, Pet Animal Care Facilities Act (PACFA), and several surrounding animal shelters, these animals were relocated, nursed back to health, and set up for adoption. This is a follow up on one story.*

Mary Kay had been an animal lover all of her life. When the news was spread over radio and television about these huskies in Hartsel, she was horrified! When she learned some had been taken in at the animal shelter in Buena Vista, she felt she needed to volunteer; anything to help these animals recover from such a hazardous environment. So she set a time to help clean the kennels. Mary had a cat, Cameron Campbell at home. They were still grieving a very recent loss of their two Aussies, Blaven and Sorcha. Mary had absolutely no intention of adopting anyone to fill the huge empty space left by Blaven and Sorcha, the loss too recent and raw.

The first day Mary went to clean kennels at the animal shelter in Buena Vista she felt she was in the right place. She knew these dogs had endured unimaginable conditions and wanted them to know not all humans are like that. Mary understood some might be a little skittish, shy away, or even hide. She went onto the task at hand, knowing in her heart she was making a difference for these animals.

The last pen held two dogs bred to be lead dogs on a sled team. Mary began her task when out of the corner of her eye she spied a beautiful Malamute-Husky mix who walked



Some of Una's friends are also found along the Monarch Spur Trail.

right up to Mary and put her paws around her as if to say, "Thank you for helping us!" Needless to say, that simple gesture opened Mary's heart and this dog knew to jump right in! Only 10 days later the adoption was complete; a forever home with a wonderful woman who loved her enough to give her another chance, as well as a new name. She could not even remember her old name, if she had one. Mary told her Una is Gaelic for Hannah.

There was a bit of transitioning as there typically is when a new member nestles their way into a home. Una lost most of her coat and had a bit of a health issue. Mary immediately contacted her veterinarian for assistance. Una responded well to treatments and grew a beautiful coat.

Mary was watchful and sensitive to Una's reactions. The very first time Mary picked up a flyswatter to rid the house of a pesky fly she understood the flyswatter held different meaning for Una. Mary consistently met Una's fear with love and compassion, reminding Una that life is different now. This regular message of love, compassion, and respect was just what Una needed to let go of her past and develop a sense of trust with Mary and Cameron.

Una learned early she could have her OWN bed! Una loves her bed and doesn't go to other areas or on human furniture. Mary makes sure she has more than one to choose from; Una feels like a queen with such luxurious accommodations! Cameron made it clear that Cat is the highest order of the house, so as long as Una could comprehend the pecking order, all is well with Cameron. Una eagerly agreed; this part was easy. The pair seem to get along quite well. Mary shared just recently Cameron has been teasing Una by curling up in Una's bed to sleep and to see just what will Una do because cats like to test boundaries. Una will not go into her bed when Cameron is in there; she looks a bit confused and a little disappointed, and goes to find a different bed to choose from. Contented Cameron agrees and silently chuckles.

Mary marvels at how well behaved Una

is; she has never snarled or bitten, and Mary has never heard Una bark. Una is clean about her territory; she will not relieve herself where she lives, resulting in three walks per day, good for both woman and beast. It is hard to say who enjoys the walk more; Mary and Una both like meeting people and other dogs on the trail. Una loves to greet and chase; she often steals a hat or mitten to engage a game of chase.

The transition was going along very well. Mary knew Una seems to prefer cold weather over warmer; she's built for it. When February of 2011 brought bad weather Mary learned Una didn't care for the metal steps into the house and Una took off! Mary went seeking her, but couldn't move as



Una relaxes in her back yard.

Mary adamantly refused and sought another vet. Again, the vet said the damage was irreparable and recommended euthanizing Una. Mary would have nothing to do with that answer and found yet another vet.

This cycle continued as Mary's determination surged forward like a freight train until she came across Dr. Ed Fuller of Pet Menders in Boulder. He was a bit ambivalent, but was swayed by Mary's motivation and Una's sweet eyes until finally he agreed, making no promises. Dr. Fuller amputated Una's left front paw at the carpal and two toe nails on the right front paw.

The recovery process went well. Mary fed Una healthier foods than many human children receive. She kept Una clean and warm, being ever-so-gentle with grooming, as Una is a bit modest.

The first two prosthetics were unsuccessful. As disappointing as this failure was, that negativity was no rival for the love Mary had for Una or for her level of dedication to Una. After all, Mary is an intelligent woman and resourceful. Her drive led her to K-9 Orthotics and Prosthetics in Nova Scotia, Canada. Measurements and X-rays were taken to design a prosthetic specifically for

*continued on next page*

## Building a picture of a reputable breeder

Could you tell the difference between a reputable breeder and a "puppy mill"? It can help to know what to look for. Consider each item below to be a piece of a puzzle for you to construct as you consider options.

### Go to them

Never meet somewhere else, so you can observe the animal's living conditions for yourself. Reputable breeders often encourage potential adopters to visit their facility as they are concerned the match will be a good fit. Sometimes frequent visits prior to adoption can help to build the relationship, leading to an easier transition.

### Cleanliness

The facility, the kennel, pens, and the animals should be clean and breathing should be easy.

### General appearance of animals

Look at the animals you see. Do they have healthy fur coats and are their eyes clear? Is there ample room for animals to move freely or are conditions crowded? How do the animals interact with each other?

### Meet the parents

If both parents are on the property ask to

meet them. Do they appear to be in good general health? Notice their personality as it can often be inherited.

### Multiple breeds

Seeing lots of animals of multiple breeds in one location can be a red flag this is a mill. Ask if they have a PACFA license. Breeders who are AKC or UKC will be proud of the lineage and often forthcoming with documentation.

### Veterinarian

Ask who their veterinarian is and if you can call the vet to assure a record of annual

exams and immunizations have been kept current.

### References

Ask for references of other people who have adopted animals from here. If you get a contact, follow up by asking how their adoption has worked and if they had any concerns.

### Return policy

Responsible breeders want to know the match is a good fit and if not, will welcome the animal back, but it is important to ask.

Una. Mary found Harley's Hope Foundation to help cover the expense.

It did not take long for Una to adapt to this prosthetic made specifically for her. Una can comprehend the importance of this tool for mobility, balance, and let's not forget playing chase. She will sit ever-so-still and patiently while Mary puts on or takes off the prosthetic to care for the residual. Una knows just a few minutes to care for it each day affords her an active lifestyle of meeting new people and their pets during their daily walks. Una has made quite a few friends and even an admirer who painted her likeness alongside other regulars on the Monarch Spur Trail (see cover index photo).

Una has come a long way from when she was tethered to a roost in Hartsel. She now has several beds indoors, is fed quality-healthy food, has a roommate in Cameron the Cat, and a loving woman named Mary to accompany each walk as they meet new friends. Mary is happy to have Una and Cameron to fulfill her

life. Her goal is to live "just one day more than they do because I can't imagine anyone could care for them better than I do."

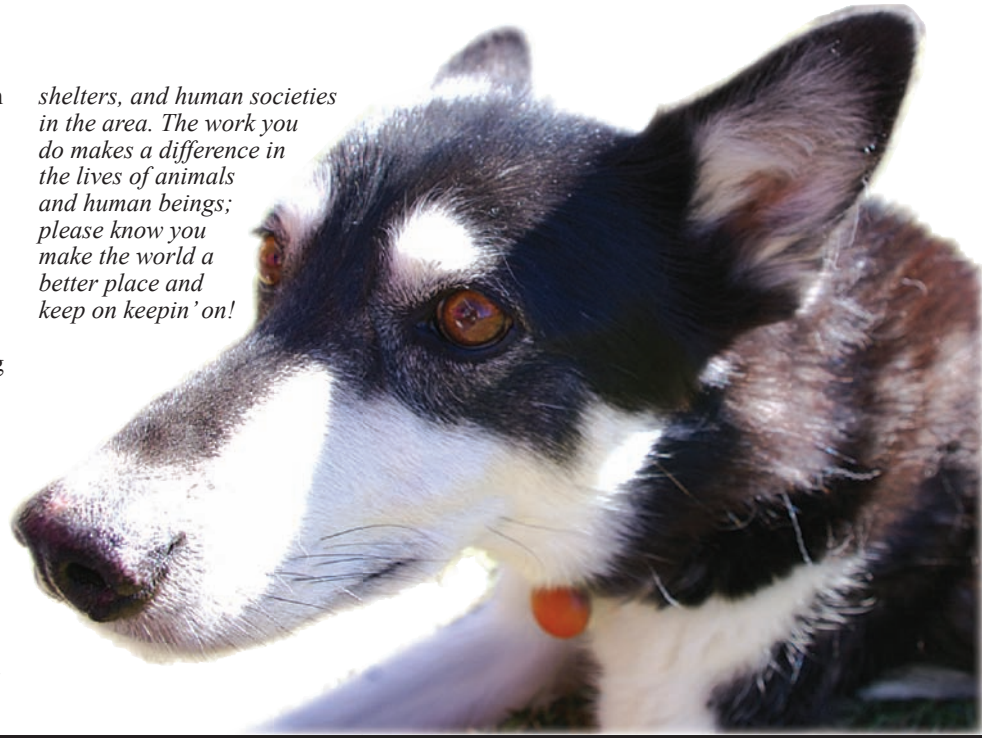
After seeing Una and Mary together, I can't imagine it either.

If you are considering opening your home to a pet, please consider starting at your local animal shelter. You may end up giving an animal a chance they wouldn't otherwise have and their gratitude will fill your heart with unconditional love, lowering your blood pressure, increasing feel-good chemicals in your brain, aiding digestion, and lowering your heart rate. The relationship will benefit you both!

*We hope you enjoyed Una's story. We will be bringing you a few other stories to follow up on other Hartsel Husky rescues to see where their lives are today.*

*Special thanks goes out from the publishers of the Ute Country News to all those who work in animal control, PACFA, animal*

*shelters, and human societies in the area. The work you do makes a difference in the lives of animals and human beings; please know you make the world a better place and keep on keepin' on!*



## Animals as gifts

Many animal shelters have gift certificates available for those who would like to adopt an animal so they have something for "under the tree" as the family discusses what responsibilities could include. Many families build excitement toward a special day they can visit the shelter to find the perfect fit.

At one time the general consensus had been that choosing an animal as a gift of surprise to be raised by someone else was a bad idea. Recently, the ASPCA did a national study which found people who receive an animal as a surprise gift will love them as much, care for as deeply, and the animal will remain in the home just as long as those who chose for themselves. A fair number did not care that they were not involved in the choosing process. The vast majority were delighted with their new furry friend.

If you are thinking of surprising a loved one with a live animal as a gift there are some considerations to keep in mind.

### How well do you know the person?

It is important that you know the person REALLY well. You need to know their lifestyle, activity level, and personality to know if it can be a good fit. An energetic adolescent Great Dane may be a bit much for someone unsteady on their feet. Likewise, an older cat who likes to sleep much of the day may not be the best candidate to ride shotgun in the convertible.

### Does the person really want one?

It's one thing to say, "Awe, isn't that dog cute!" and quite another to clean up after it every day, and providing for every need. Wanting an animal means you are aware of the upkeep required to maintain a hygienic space and are ready, willing, and able to make that happen. Someone who wants a pet is looking forward to the attention they can give to the animal, especially if they are looking for a young animal. Both kittens and puppies require a good deal of attention those first few years. Is the person's lifestyle conducive to

providing such attention at this time? A puppy may not be a good fit for someone who travels or commutes long distances for work. Is the person financially able to accept the additional food costs and annual veterinarian visits? Those first few feline and canine years can require additional vaccinations that are no longer necessary years later.

### Shelter staff can help!

If you are considering a pet for your home or for someone else, consider discussing your idea to adopt with the staff at your local shelter. No one knows the animals they have better than they do. They can help with understanding energy levels and personalities, as well as needs for exercise. They can listen as you describe your lifestyle and how you envisioned a new pet fitting into your life to help make the best match. Shelters often encourage trial meetings as a so called test-drive; sometimes multiple visits can be beneficial. As Mary Steinbeiser of Teller County Regional Animal Shelter (TCRAS) says, "We don't want just any home we want them to go to the RIGHT home."



# Christmas In Guffey



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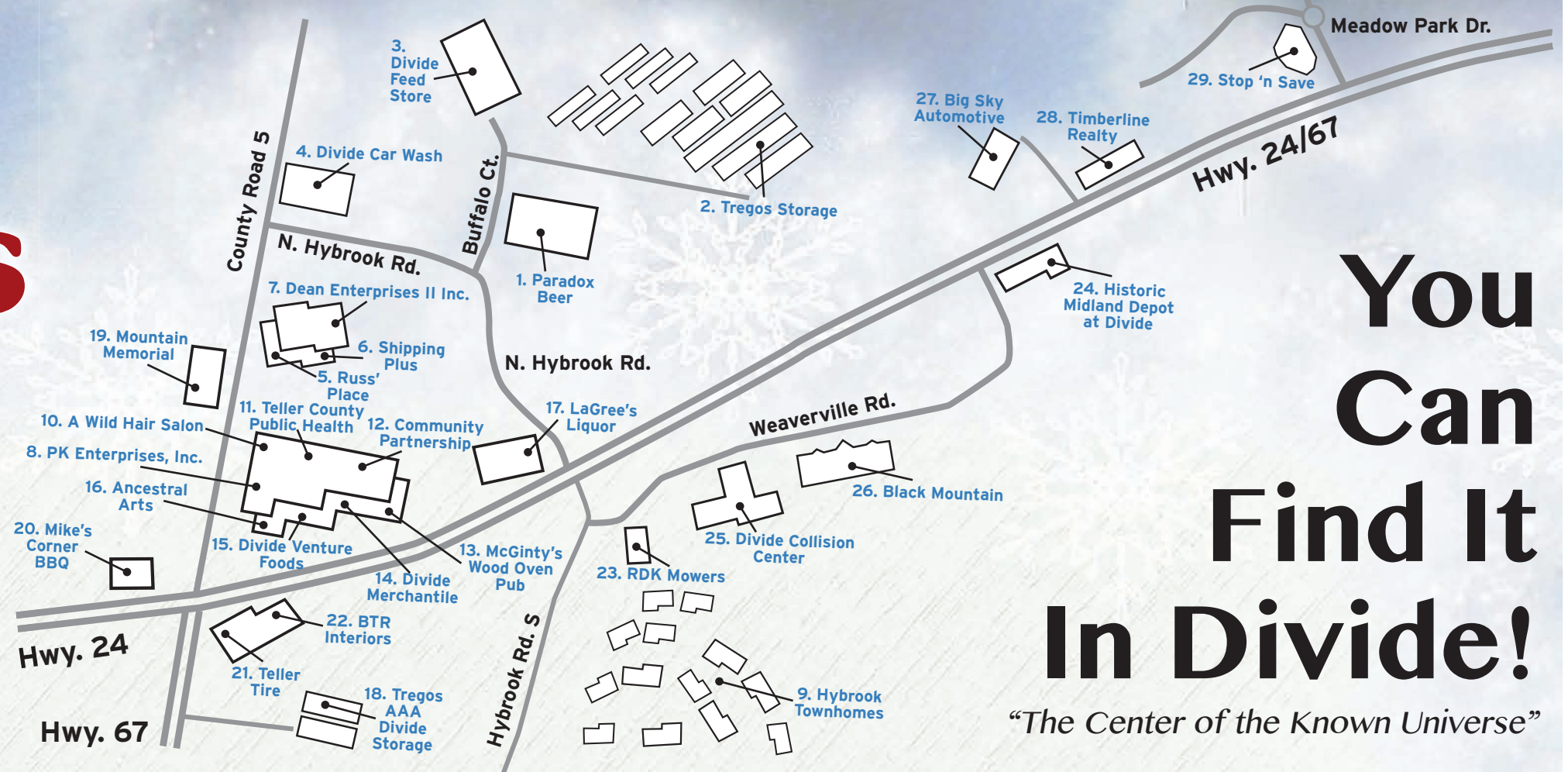






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## Just The Facts

### Colorado's downhill doozies or Mega movements of Earth

by John Hagadorn

Last year a block of earth 20 times the size of Coors Field slid downhill at upwards of 80 mph, bowling over a forest and killing three Coloradans near Collbran. Two decades prior, and not too far away, a football-field-sized chunk of 1-70 heaved upward 14 feet — making the roadbed more suited to monster trucks than Camrys.

As the nation's cradle for steep slopes and high mountains, Colorado experiences over a thousand mass movements of earth — each year.

Should we be concerned?

Most of these are as small as your backyard, but some are the size of towns. Although there are many names to describe different types of downslope earth movements, we can lump them together as “landslides” *sensu lato*. Landslides are to dirt/rock as avalanches are to snow, except that landslides are a year-round affair.

Fortunately there is some predictability and patterning to such events. Many are triggered by rainfall — whether from a hovering storm system or an afternoon downpour. What about those wildfires we've had in recent years? They just exacerbate the situation; vegetation-less landscapes slough-off curtains of loose sediment, turning rainy runoff into a wall of moving mud.

Water infiltration, which peaks when snowmelt wicks its way down into cracks and pores in the earth, is another big cause of Colorado landslides, generating hillside slumps, rock slides, and embankment failures. These types of landslides can lag behind their triggering event, sometimes occurring months after a snowmelt or late summer monsoon because it can take a long time for the pores and cracks in soils and rock to become filled with slowly-infiltrating meltwater. Not only does the water-saturated dirt become heavier, but water also reduces the frictional characteristics of the soil, inhibiting its ability to “hold” its place on a slope.

Colorado's large daily temperature variations are another cause of landslides. Think of those days when you walked the dog with



*This home near Grand Junction was destroyed by a landslide that was caused by the Colorado River undercutting its own bank. Many of the stream banks in Colorado that are composed of soft sediments are prone to slope failure, especially around meander bends. Year unknown. photo credit CGS archive.*

morning frost on the ground but later stepped out for lunch on a sunny 50° afternoon. These temperature fluctuations cause expansion and contraction of rock and soil as water in pore spaces and rock fractures repeatedly freezes and thaws. Called ice-jacking, it triggers downslope movement of unstable earth. It's the same thermal process that causes so many potholes to form in our roads.

Not surprisingly, high-elevation communities are in the belly of the landslide-producing beast, much as they are for avalanches. Just pick your favorite pass. Loveland, Red Mountain, Slumgullion — they teem with downward-moving rock and dirt. Ditto for Colorado's high parks and mesas, where slides are catalyzed by flood-and-furrow agricultural irrigation practices together with our bad habit of lopping off the toes of slopes during development.

As for the Front Range, Western Colorado Springs is such a classic example that it ought to be included in the FEMA training handbook. Much of the Springs was developed over the last few decades, with builders

siting houses on ancient landslides or slide-prone surfaces. It's like a perfect storm. Grade some of these sites, exuberantly irrigate the turf, and add a wet winter or two and... kasloosh! Landslides let loose. Ponder it next time you're sipping chai at the Broadmoor.

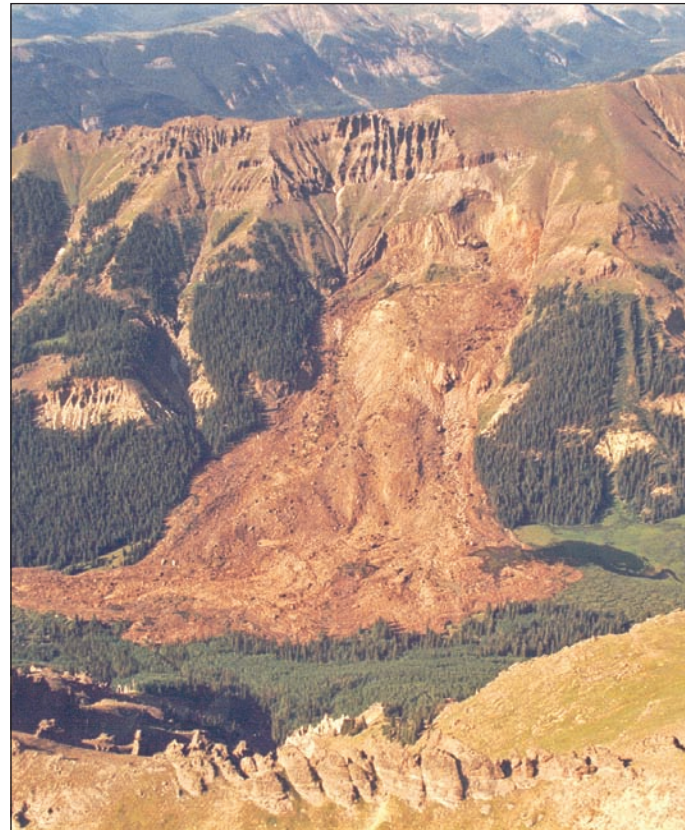
Surprisingly, Colorado doesn't require all builders, municipalities, or agencies to assess risk before commencing development. Moreover, just because a property (home, road, business, or farm) was platted back in the day doesn't mean that it was ever assessed for geohazards like landslides, underground faults, abandoned mines, or swelling or collapsible soils.

Fortunately, the lion's share of large land movements progress slowly, perhaps creeping an inch or a foot per year. Many landslide-prone areas and regularly moving slides are known. See coloradogeologicalsurvey.org/geologic-hazards/landslides-2/

There's a saying among landslidologists: “Some landslides you fix, and others you name”. Fixing landslides includes buttressing the earth, holding it back using soil or tie-back anchors, or making it less heavy by drying it out or removing weight or earth from atop it. As for the landslides that get named? Usually we address them by avoiding them and/or monitoring them with devices that notify authorities

With new laser-based scans of ancient and current landslides, Colorado's landslide science could soon be predictive, employing risk-based asset management principles to protect people and property.

*James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science. Suggestions & comments welcome at jwhagadorn@dmns.org*



*Approximately 10.5 million cu yds of material was mobilized when heavy rains and meltwater triggered a catastrophic slope failure above West Lost Creek in the San Juan Mountains. The debris ran down the hillside and up the opposite valley wall to a height of nearly 200 ft. Eyewitness reports suggested that the slide moved nearly 1/2-mile in 30 seconds. 1991. photo credit CGS archive.*



*View of a portion of the head scarp of a catastrophic landslide that destroyed Huerfano County Road 580 over several days in July, 2015. This landslide appears to have been triggered by a breached collection ditch that drained water into this hillside over several years. The road remains closed and the landslide has not stabilized. photo Jonathan Lovekin, CGS*

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by Danielle Dellinger

*Mother Nature and the forest spirit last appeared together in August's issue, on pages 20 & 21, 'Mother Nature's Wrath.'*

Mother Nature began as a small seed of fuzzy light, buried deep within Mother Earth. It was warm. She was cozy. She didn't want to leave the warmth. She didn't know how long she'd been in the ground. All she knew was that it was her home. Then one day she felt the earth gently moving and shifting around her.

"It's time, child," said Mother Earth softly.

"No, just a few more minutes," Mother Nature whined, rolling and shifting in on herself. She felt herself being cradled by delicate roots, being lifted up and up.

"Wake up, child," cooed the motherly voice.

Mother Nature shuddered violently as she breached the surface, the roots still carefully cradling her. She could hear them talking excitedly about her to each other.

"Look at her! Her light is so crisp!"

"She's perfect for the job."

"She has the features of Father Time, and Mother Earth's glow."

Mother Nature opened her eyes, looking out at the world for the first time.

"I'm here! She's here!" announced a rather obnoxious being. It was a Steller's Jay. His crest flared as he looked alertly at Mother Nature.

"She's here! I'm here!" he crowed again. He hopped over to Mother Nature and pecked her, his beak going right through her.

"Ow! That hurt!" she exclaimed, her form growing in size and glowing brighter.

"Forgive the Steller's Jay," said Mother Earth. "He has little fear of anyone or anything, and has an extreme curiosity. So he can be a pest, much like his cousin the Blue Jay. He's quite good at imitating hawks, squirrels, and even cats."

Mother Nature looked around, clearly unhappy about being out of the ground. She felt the roots caressing her, still quietly chattering. She focused on the mighty pine trees the roots belong to.

"Why am I here?" she finally asked, sitting up and looking down at her shimmering form.

"I need you to take care of the living beings that reside upon me," answered Mother Earth. "I need you to be their guide, their teacher, their disciplinarian."

Mother Nature looked around, trying to find the source of the voice, but it was everywhere and only in her head, all at once, "Why me? I don't want that job."

"Father Time and I agreed that someone needs to govern the living. So, you were created. Please, child. This is what you were meant to do in life. This is your purpose."

Mother Nature sighed heavily. "I was just fine with my purpose being nestled in the ground for eternity," she replied grumpily.

"Come, my child. Come look at the world, and see all the beauty it offers."

The roots lifted Mother Nature up so she was standing.

She looked around, unimpressed.

"Why is it so dim?" she asked. "I can't see hardly anything."

"The sun is about to rise. Just wait. Be patient. That is the first lesson you must learn. Patience. Once you've mastered that, things will be easy."

"What's the second lesson?" Mother Nature asked.

"Fairness. You must learn to be fair or at least justified in all your decisions. Understand?"

Mother Nature nodded, watching the horizon faintly glowing pink and yellow.

"I understand. What else?"

"The third and final lesson you must learn is how to be tough. This is a lawless place, and you'll be the one responsible for creating the laws, for giving every being just enough advantage to survive and just enough disadvantage so no one has exorbitant power," Mother

Earth explained. "Understand?"

Again, Mother Nature nodded. "Will I be liked?" she asked quietly, after a few minutes of watching the sun peek over the horizon.

There was a long silence. "No."

Mother Nature lowered her gaze to the ground. "Am I allowed to have favorites?"

"Yes, but favor only those who need to be favored in that exact moment of time."

Mother Nature lifted her eyes back to the rising sun. She could barely feel the heat from it.

"You must remain solitary if you are to be impartial to the living."

Mother Nature shook her head, her emotions rising. "I don't want to be solitary. I want to be in the company of others."

"You must remain alone. Listen to me, Mother Nature. If you don't remain alone, if you seek out someone's company, the whole world will be thrown into chaos. There will be no control, and it's imperative that there be control and order at all times. If there isn't, there will be irreparable damage. You will kill us all if you aren't solitary."

"I won't take this job. You can't make me!" Mother Nature shouted, shaking her head. She turned and sped away, gliding swiftly over the ground. She didn't care if she wasn't going to see the beauty of the world. She didn't want to be in charge of keeping order.

"You cannot run or hide, Mother Nature. This is your destiny. You must accept it," Mother Earth said, her tone firm.

"You are being called upon to perform your duty. You cannot abandon it."

"I have free will, therefore, I absolutely can abandon it!" she called, fleeing down the side of a mountain.

Dark clouds began to billow in the sky, lightning flashing and thunder rumbling in their bellies.

"Child, it's no use to run," warned Mother Earth.

Gnarled roots suddenly sprang up in front of Mother Nature. She gasped and fled right through them, their sharp tips tearing at her, creating jagged and fuzzy edges. More sprang up in front of her, and more tore at her as she ran through them, not slowing for a minute. But she was growing tired.

"You must stop this nonsense, child. This is no way for you to behave. You have to set the example and follow the rules," Mother Earth said.

"I refuse to be forced into this!"

Mother Nature yelled. "Do you hear me? I refuse!"

She kept running. She didn't know where she was going, but she vowed to herself to keep going and to never stop. She did just that until geysers erupted all around her, blocking her on all sides. She went to run through one and part of her got burned away, causing her to fall back with a cry.

"Do not make this unnecessarily hard," Mother Earth said. "I know you're frightened right now, my child, but you can do this. I trust that you can. Otherwise, I wouldn't have pulled you from the ground today."

Mother Nature sat on her knees, studying the spot where the geyser had burned her. "This is slavery," she muttered darkly under her breath.

"It is not. You will be compensated accordingly."

"How so?" Mother Nature asked.

"With rich, unyielding power. You'll be able to call all of the shots once you've learned your three lessons."

Roots started to rise up out of the ground around Mother Nature.

"You'll be escorted away now to do your training," Mother Earth said.

The roots wrapped around Mother Nature, and they began to pull her back into the ground.

"Wait, wait! I still haven't agreed to this!"

Mother Nature called out, struggling to get free.

"Give it time and patience, and you

will accept your destiny," crooned Mother Earth. "Best of luck, my child."

The ground enveloped Mother Nature, even as she struggled against the roots dragging her down. She could hear them whispering, "Patience," over and over. As they lowered her further into the ground, they began to impart important information about themselves to her.

They told her that most roots are found only about a foot beneath the surface of the ground, that they extend two to three times the width of the tree, and that they store more starch than the trunk.

"Why do I need to know this?" she asked, confused.

"You'll need to learn about every living thing. We're all individuals with our own lifestyles that should have order in them."

Mother Nature sighed.

"It won't be so bad," the roots assured. "We'll help you to get grounded."

Finally, her descent into the earth stopped.

"You must learn patience. Only when your form twinkles instead of shimmers, will you have learned the first lesson," the roots explained in unison.

Mother Nature sighed again, closing her eyes to meditate. She wanted to return to the sleep that she had been in before Mother Earth had pulled her from the ground.

"Patience," she muttered to herself.

"Patience . . ."

She lost track of time. The only thing she was aware of was internally telling herself "Patience." She felt like she had been there ages.

Suddenly, she felt a root tip stroke up her back. "You did it!" cheered the root.

"Lesson two: fairness."

An image of two elk calves appeared in Mother Nature's mind. One looked strong, but the other looked weaker.

"Decide who lives. What's fair?" asked the root.

Mother Nature frowned, her eyes still closed. "None of it's fair," she said quickly, angrily.

"Yes, it is," answered the root. "Who lives? Who will you favor?"

"The one that isn't as strong!" Mother Nature replied immediately.

"Why? Justify your decision."

"Because it deserves a chance to live--they both do. I choose both of them."

The image changed and the weaker elk calf began to cough, obviously sick.

"Now it's suffering because it's not strong or healthy enough to live."

Mother Nature felt a strange wetness on her cheeks. "They still both deserve to live!"

"Eventually the stronger one will be infected. Then the whole herd will collapse. By allowing the weak one to live, the virus gets stronger and learns how to take down even the healthy ones. So, who lives? What's best for the species?"

Mother Nature let out a sob. "The . . . strong one. The strong one lives," she sniffled.

"Good. You put the weak one out of its misery."

In the image, the weak elk calf dropped to the ground.

"Your third lesson: be tough. Now, you have to stand by your decision. Go and get the calf's soul and help it cross to the spirit world."

"I-I don't know how!" Mother Nature stammered.

"You have the knowledge within you. You know what needs to be done."

Mother Nature pursed her lips, tightly squeezing her eyes shut. In her mind, she reached out to the elk calf and cupped its muzzle. A smoky, white orb fell out of its mouth and into her palm. She closed her hand around it, and lifted her hand up toward the sky. As she opened her hand, she happened to look in front of her and she saw the elk calf's mom standing a few yards away, watching. Her breath caught in her throat, and she quickly looked back up at her hand in time to see the white orb floating up into the air. It faded away as it got thousands of feet in the air.

Mother Nature shuddered violently, and she opened her eyes as the image evaporated from her mind. She felt more of a strange wetness on her cheeks, and she lightly touched it with her fingertips. Tears. She was crying.

She knew now that she was the antagonist the world needed. She had to be the one to keep order. Because if it wasn't her, who would it be? She broke down right then, weeping into her hands. She wept and wept and wept.

She lost track of time. Maybe it was only a minute later, or an hour later, or a year later, but the next thing she knew was that the roots were wrapping around her once more and she was ascending through the earth. As she rose up out of the ground the sunlight blinded her, and she gasped, raising a see-through hand to cover her eyes.

"You are officially born, my child!"

Mother Earth said happily. "You'll do a wonderful job, I just know it."

"She's here! She's here! I'm here!"

crowed the Steller's Jay, obnoxiously announcing her arrival alongside his, as was his custom.

"Go forth, my child. Begin your work."

Mother Nature turned away from the noise of the Steller's Jay cawing, and began walking. Roots rippled around her as she glided along. Everything seemed to shiver as she strode by, as if they could feel the power already radiating off of her.

Ages after her birth, she felt strong enough to create guardians. The first one she created was the forest spirit, which she did by weaving blades of grass and flowers together into a centaur shape. She put it in a spot so it could receive all the sunlight it needed. She would periodically create gentle rain storms to water it. It finally grew to nine feet tall and shook off the grass and flowers. Covered completely in elk fur, with elk antlers, elongated elf ears, and piercing silver eyes, which were its only feminine feature, Mother Nature felt she'd created an excellent forest spirit. She watched in awe as it strode away quietly into the forest, tilting its head ever-so-slightly as it walked to avoid hitting tree branches. It seemed happy to have been created.

Present day found Mother Nature sitting on a tree stump, reflecting over the events of the past few months. She'd been hard on the seasonal guardians and the forest spirit. Over the years, she'd had practice at being tough and fair. But, even then, it had broken her heart to take away the forest spirit's powers. She'd cried non-stop for a few days afterward. She kept telling herself that she was justified in taking its powers, that she had clearly warned it not to interfere with Spring Maiden and Summer Girl's handling of the snow dragon.

She heard the soft sound of a twig snapping several yards away. She looked in that direction and saw the forest spirit walking along. Its entire body was black now, after it learned how to jumpstart its own powers. She felt proud that it had learned how to make its own powers, even if it was with Spring Maiden's help, who she admired greatly. But she'd never tell Spring Maiden that.

The forest spirit must have sensed that she was nearby, because it stopped and looked her way. They stared at each other for a few minutes. It then turned and headed off away from her. She could tell that it was still upset with her. She also knew that Skylar had recruited the forest spirit and Spring Maiden and had allowed them entrance into the spirit world. She was still debating on whether to punish them or not. They just refused to follow the rules, and she worried that they were going to throw the world into chaos. She couldn't let Mother Earth down. She had to maintain order, for the sake of everyone, including herself.

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## Birds of the Ute Country Woodpeckers Family: Picidae

by Mary Menz  
photos by Mary Menz

*Birds that frequent Chaffee, Fremont, Park, and Teller Counties love the variety of scrub oak, pinyon juniper, coniferous forest, and riparian areas found in this part of Colorado. In this column, you'll learn about the common — and not so common — birds of the Ute Country.*

Ute Country is the year-round home of both the Downy Woodpecker (*Picoides pubescens*) and the Hairy Woodpecker (*Picoides villosus*). Both love the forested areas of the Ute Country and both have similar black and white plumage. Males of both species sport a small patch of red feathers on the back of the head, though the juvenile male wears the red feathers on this crown, that eventually turn black when the red patch forms on his head. The primary difference between these two species of birds is overall size from bill tip to tail and the size and shape of the bill.

The Downy Woodpecker is six to seven inches long and has a shorter bill than the Hairy Woodpecker. The Hairy Woodpecker is nine to ten inches long and has a longer, pointier bill. Rarely are they positioned next to each other in the field, so learning to gauge relative size is a quick identifier. The Downy Woodpecker is smaller than the common American Robin and the Hairy Woodpecker is about the same size as the Robin. Another quick identifier is to learn the size of the bill. The Downy Woodpecker's bill is less than half the width of its head, while the Hairy Woodpecker's bill the same width as its head.

Winter is a great time to view these common feeder birds as they will stuff themselves until the bird seed and suet need to be replaced. These two supplemental food sources can be helpful during extended cold snaps. For optimal viewing of woodpeckers and other feeder birds, position your feeders near trees and bushes where they will take their food to eat in safety.

Mixed forests, or coniferous forests like those in Ute Country, provide not only neces-



Note the red feather patch at the back of the male Downy Woodpecker's head. Cover: A female Downy Woodpecker dining in a pin cherry tree.

sary habitat, but also provide the primary food source for the Downy and Hairy Woodpeckers. Woodpeckers feast primarily on insects, nuts (such as acorns), and small berries.

### The benefits of decaying trees

Many people are rushing to thin stands of trees in fire mitigation efforts. Even so, natural resource professionals are quick to encourage leaving a bit of standing dead and fallen trees in a healthy forest environment. Woodpeckers are just one of many bird species that nest entirely in trees. These small, but determined, excavators rely on the aging or dying trees to hollow out and create a hole or cavity lined with wood chips in which to lay their eggs. Without this kind of habitat, woodpeckers would decline rapidly.

Habitat loss from logging is one reason (along with hunting) that significantly contributed to the extinction of the magnificent Ivory-billed Woodpecker.

### Unique adaptations

Woodpeckers, including the Downy and Hairy species, have three unique adaptations that distinguish them from other birds. Woodpeckers have zygodactyl feet. This simply means that they have two toes facing forward and two toes facing backward, unlike most songbirds that have three toes facing forward and one facing backward. This 2:2 configuration allows for the woodpecker to grasp wood and trees more easily than their singing bird brethren. Woodpeckers also feature very stiff tail feathers that allow them to balance vertically as they use their chisel-like bills to pick larvae and insects from tree bark.

A female Downey Woodpecker balances on a Ponderosa Pine while eating lunch.

Finally, woodpeckers have tiny bristle-like feathers around their bills to prevent them from breathing in sawdust generated while excavating nest cavities in trees.

### That old familiar song

The recognizable rat-a-tat-tat of a woodpecker drumming on a tree (or siding of a house, or metal roof caps) is, in the spring, a territorial display and an advertisement to available females in the area. During other times of the year, the drumming typically is only conducted in trees, where the woodpecker is looking for insects that make their home in the tight bark. Both the Downy and Hairy Woodpecker enjoy these insects and use their sticky, long tongues to lap them up. Woodpecker tongues can be up to four inches long, curling up into their skulls like a tape measure for storage. They are voracious feeders with high metabolisms and will, reportedly, drum their bills an estimated 8,000 times per day to fulfil their dietary needs. Their thick skulls have evolved to accommodate the near constant thrumming on hard surfaces.

### Reporting birds with deformed bills

When looking at bird bills, it's important to know what you're looking at. According to Project Feederwatch, a program of The Cornell Laboratory of Ornithology, citizen scientists have reported more than 25 species of birds having deformed bills (also called beaks). While studies are ongoing, there is not yet a single reason for beak or bill deformities, but it's thought that contaminants, disease or parasites, genetics, or nutritional deficiencies may be to blame. Of course, more data and study is needed. Anyone seeing a bird with a bill deformity is encouraged to submit a report and, more importantly, photographs of any bird with a bill deform-



A male Hairy Woodpecker with a deformed bill (at least one year old).

ity to [http://alaska.usgs.gov/science/biology/landbirds/beak\\_deformity/index.html](http://alaska.usgs.gov/science/biology/landbirds/beak_deformity/index.html).

Mary Menz is a naturalist and master birder who lives in Ute Country at 9,000'. She first became enamored with nature as a child living in Idaho, where the expedition of Meriwether Lewis and William Clark was studied at an early age. You can reach her at [SnowberryBlossom@gmail.com](mailto:SnowberryBlossom@gmail.com).



## The Psychic Corner Four New Year resolutions to expand your awareness

by Claudia Brownlie

As we approach 2016 I thought it'd be befitting to end with some doable New Year resolution ideas that have a spiritual, metaphysical direction. For many people, the word "resolution" brings up thoughts of having to give up or stop doing something, or setting a goal that's hard-to-reach, but these ideas aren't like that at all. I do hope the following are of interest to you or help jog your thoughts to other creative, interesting resolution ideas you'd like to try in order to improve any aspect of your life. Make it pleasing, enjoyable and/or fun and you're sure to reap the positive energy from maintaining that mindset, too.

### Meditate

Meditation has been shown to reduce stress, improve creativity, and bring about a calmer daily demeanor, just to name a few possible benefits. For many, the time spent meditating can set their spirit free, and with deeper concentration and practice many are able to enter the infinite inner realms of their soul. Find a place where it's quiet and you won't be disturbed. Sit in an upright but relaxed posture. Then close your eyes and focus on the inner silence within while being mindful of the in-and-out of your breathing, if even for only five minutes each day if that's all you can handle. These simple steps can often be enough to help you unwind, calm down and become more aware of all that is around you.

There are different meditation techniques that can be practiced, but if you're just starting out I would suggest you start out with the simple method mentioned above.

### Learn to induce lucid dreams

Lucid dreaming can be a most extraordinary experience; being consciously aware within your dream is something worth learning to master and can bring us great rewards. Ultimately, you are able to experience a higher awareness such as: consciously interacting with whatever is transpiring during your dream; gaining a deeper understanding of an issue concerning you; making the dream go in the direction you wish it to go; doing things you wouldn't necessarily be able to do in waking-life; even performing actions such as levitating or flying bodily through the air. There are many practical benefits that can be gained, and for many lucid dreaming is the method used to connect and confirm that their identity as an eternal soul is merely inhabiting a temporary human body.

Briefly, concerted effort, mindfulness of the desire to have lucid dreaming, the ability to control your thoughts, and practice and patience are definitely necessary. One of the ways to help reinforce in your brain that you do want to have lucid dreaming ability is to repeat a phrase such as "I am going to have a lucid dream tonight," or "I will be totally aware I am dreaming tonight." Repeat your phrase over and over during the day and also as you are drifting off to sleep. Combine this with the knowledge that you WILL have a lucid dream. Belief and affirmation play a huge part.

There is a lot more to learn on this subject in order to become proficient than I can include here. With research you'll find many great resources to help guide your way.

### Take time to slow down and smell the roses

Are you practicing mindfulness of all that is around you? Do you take time each day, or at various times during the day, to just slow down everything within yourself if even for a few minutes and tune out the external and internal interferences bombarding us all the time? Do you relish the beauty, or joy, or peace, or whatever lovely and calming feelings and thoughts you can have? Do you try to bring an awareness and thankfulness into yourself of just how awesome things are in your life and surroundings? Things such as: where you live; the view out your window; the sound of birds chirping; the beauty of the petals on a flower; the aroma of a wonderful baked good; the smile on a little child's face; your pet giving you unconditional love and affection; the fact you are healthy, or can walk with both legs, or see clearly with your eyes, or have a sharp mind? There are so many things we take for granted in our life that another

person may not have in theirs, such as they are battling an illness, or are homeless, or live in a country where war is waging all around them. Don't overlook the seemingly simplest of blessings that fill your life to be appreciative of.

You get the drift — the thing or things that you can take a few minutes to focus on with clear attention, and pure appreciation and thankfulness can go miles in helping to bring greater contentment and ultimately greater awareness of all that goes on around you. Do also include conscious awareness of slowing down your breath; it'll be an added plus.

There is a lot of online information, videos, and of course there are a multitude of good books on each of the above subjects that you can make use of to delve deeper.

In parting, let me share this paraphrase from the Holy Bible: "Where were you while the morning stars sang together, and all the angels shouted for joy?" (Job 38:7)



If there is nothing else you decide to do to help improve your life in 2016, do please just stop, slow down, and bask in the beauty of all that God, Goddess, Universal Creator, or whatever term you use for that which is greater than all we can imagine, is placing right in front of you each day for your utmost joy.

I wish you and your family a blessed, healthy, joyful and most abundant holiday season and New Year! See you next month, with love, light and blessings.

Claudia Brownlie is a Woodland Park, Colorado-based Professional Psychic Intuitive Consultant and certified Life Coach, serving clients locally and world-wide. In-person, telephone, and Skype video chat appointments are available. Claudia also provides classes and lectures, and offers psychic reading services tailored for corporate events and private parties. For more information please call her: 719-602-5440. Or visit her website: [ClaudiaBrownlie.com](http://ClaudiaBrownlie.com).

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## Grants, goodies, and goals

by Flip Boettcher  
photos by Flip Boettcher

About 20 people, including eleven youths, participated in the Thanksgiving festivities on Saturday, November 21, at the Guffey library hosted by head librarian, Rita Mick.

The Guffey library recently received a \$1,400 Libri Foundation grant and received 70 new books for the library.

The Libri grant comes in the form of books, said Peg Larson, member of the Friends of the Guffey Library (FOGL), and the library can choose books from the Libri list she added. Denise Taylor, member of the FOGL, wrote the grant and Larson and Elaine Rockstead, member of the FOGL, picked out the books the Guffey library was to get.

Larson said that the Guffey library has gotten this grant in three other years and it has really made a difference to the library here. This is the last year of the Libri Foundation she added.

In the spirit of Thanksgiving, the group made three "Thank You" banners which they hung up in the youth section of the library. The banners included pictures of some of the covers of the new books. Each participant was to check out at least one of the new books to read and return it with a book report.

After the banners were hung, it was refreshment time and everyone made a turkey out of an apple, toothpicks, tangerine slices, and marshmallows.

When the turkeys were all eaten, everyone voted on which movie out of three to watch. Everyone then settled in to watch "The Polar Express" and sip on hot chocolate.

The library recently had a fundraising silent auction with 25 donated items up for bid. The winners were announced at the 2nd Annual Eighth Grade Guffey Community Charter School fundraising spaghetti dinner on November 18 at the Guffey School. About 60 people attended the event.

Lilu and Jacob in front of the banner they made and some of the new books from the Libri grant.

The hanging of the banner.

The library raised about \$800 in the silent auction according to Larson and the school raised about \$700, according to Pam Moore, school principal. Each year, the graduating eighth graders go on a spring trip. The funds raised at the spaghetti dinner will go to help fund the eighth grade trip again this year.

This year there are two eighth graders, Lilu Robinson and Lulu Faulk. The girls would like to go to the Stanley Hotel in Estes Park this year for their trip. Last year's graduates went on a two day raft trip and soak at Mt. Princeton Hot Springs in Buena Vista.

Thanks to Derry Hirsch and Dean Wilson for preparing the great spaghetti dinner.

## Barry Dolan's stained glass

by Charlotte Burrous  
photos by Barry Dolan

His interest in art began as a child. At first, Canon City artist Barry Dolan drew sketches and designed various pieces. But when he took stained glass lessons, it captured his imagination.

"My grandmother really influenced me," he said. "She built a house in Wetmore when I was six years old; a very fascinating process to me. From that time on, I spent summers with her. I was a city kid from Denver and I got to spend summers in the country. That was a really wonderful experience. She was very much into art and architecture."

A year after he started working with glass, he purchased wood working equipment then combined the two fields of interest. At the time he lived in Durango, which was a lot like Canon City, he said.

While living in Durango, he worked as a traditional stained glass artist at a studio. At the time, he intended to serve an apprenticeship; however, the owner decided to go a different way. That's when Dolan took over with very little experience. When it did not work out, he moved to San Diego, California, where he worked for a stained glass studio. Before long, he was promoted into the production department, designing and installed \$2 million worth of stained glass in various buildings in the area. After two years, he went out on his own, but decided to go back to the studio when his wife became pregnant with their second child.

He continued doing his design work, but also creating stained glass and wood merchandise on the side.

About that time, his parents decided to move back to Canon City and invited him to move back as well. But he couldn't find anything in his field.

"I was getting pretty desperate," Dolan said. "I had applied to every job I could possibly think of. I found myself driving to Penrose and back to give the illusion I was still looking.

Basically, I had just ran out of options."

In the meantime, he had contacted the Fremont Center for the Arts in its new location at the former post office. The director looked at his portfolio and said she had \$2,000 artist in resident grant, which FCA would lose if they didn't use it within the next week or so. So she offered him the position, which he jumped at the opportunity. He kept the program going for two years. He did various shows in the gallery, which is how he got his introduction to Canon City.

After a newspaper article, people started contacting him to do commissions for them.

"I did exactly what I set out to do - that is to become an artist," Dolan said.

Today, his work is seen all over the community - in doors and windows, cabinets, furniture, in several businesses around town and in private residences in the area.

"Canon City has been very receptive to my art," Dolan said.

To contact him, call 719-276-6718.

Left to right: LSO committee members Tracie Bennett, Gail Wingerd, Symphony Guild Members Sandy King, Nancy Spradling, and Board President Karolyn Smith, and LSO committee Jan Wilson.

## Lighter Side of Christmas brings Fantasia to Woodland Park

The 2015 Lighter Side of Christmas (LSOC) parade committee has been working for months planning events and activities for the 27th Anniversary of the Lighter Side of Christmas Parade, scheduled for Saturday, December 5 at 6 p.m. in downtown Woodland Park. The parade theme this year recognizes the role Kiwanis plays in our community with "Making Children's Fantasies Come True!"

*Fantasia* is an American animated film produced by Walt Disney and was first released on November 13, 1940. The film consists of eight animated segments set to pieces of classical music conducted by Leopold Stokowski and performed by the Philadelphia Orchestra. As of 2012, *Fantasia* was the 22nd highest-grossing film of all time in the U.S. and now includes video games, Disneyland attractions, a live concert, and a theatrically released sequel (*Fantasia 2000*). *Fantasia* is widely acclaimed. In 1998 the American Film Institute ranked it as the 58th greatest American film in their "100 Years...100 Movies" and the fifth greatest animated film in their "10 Top 10 list." The LSO Committee invites you to participate in the 2015 LSO Parade, "Making Children's Fantasies Come True!"

Each year, the LSO Committee chooses a recipient for the parade fundraising effort. The Ute Pass Kiwanis will benefit from this year's fundraising efforts. Kiwanis, founded in 1915, is a thriving organization of service- and community-minded men and women who support children and young adults worldwide. More than 8,500 Kiwanis clubs in more than 80 countries make their mark by responding to the needs of their communities and pooling their resources to address worldwide issues. Through these efforts, Kiwanis focus on one common goal, "Serving the Children of the World."

Earlier this year, the LSO Committee presented a check for \$5,800 to the Ute Pass Symphony Guild, the 2014 parade beneficiary. "We are grateful for the support of the community for this annual event," stated

committee participant Sandy King. "It was a pleasure serving with the parade committee."

The "Holiday Treasure Hunt" kicked off November 13 with the first clue as to the whereabouts of this year's hidden treasure. Clues are given out each week by the Gold Business Sponsors (listed at [www.lightersideofchristmas.com](http://www.lightersideofchristmas.com)). To get the clue of the week, visit a participating Gold Business Sponsor. The individual that finds the LSO Sorcerer's Wand, based on weekly clues provided at Gold Sponsor businesses, will win a gift basket full of goodies from local businesses valued at over \$1,000.

The "Fill the Van" campaign is going to take place again this year, with parade attendees being asked to bring nonperishable food items to fill the Community Cupboard van following the parade during tree lighting and awards ceremony at the Ute Pass Cultural Center.

The annual Crazy Hat Contest, sponsored by Williams Furniture, takes place the night of the parade. This annual event honors Mike Williams and his love of holiday fun. Woodland Park Mayor Neil Levy will walk the sidelines of the parade route handing out "10" Golden Tickets for the hat finalists. Those finalists will be presented at the Tree lighting ceremony where the public will judge the winners. Prizes are awarded to all 10 finalists so get your Crazy Hat on the night of the parade.

The WP Library district is hosting the annual LSOC Gingerbread House Contest, sure to be a tasteful event. Rules are available at [www.lightersideofchristmas.com](http://www.lightersideofchristmas.com). All entries must be dropped off at the Woodland Park Library on Friday, December 4th between 1 p.m. and 4 p.m. Entries will be judged on overall appearance, difficulty, creativity and originality and technique and skill. All entries will be displayed at the library through December 18th.

Applications and details are available at [www.lightersideofchristmas.com](http://www.lightersideofchristmas.com) where you can explore all the opportunities for this year's Lighter Side of Christmas.

## Workforce Center awarded grant to help parolees

The Pikes Peak Workforce Center (PPWFC) announced that it has received a grant of \$203,333 from the Colorado Department of Labor and Employment to help people released from prison or jail prepare for the workplace, find, and retain employment. "Policymakers across the political spectrum agree that for people released from prison or jail, employment can be the gateway to successful re-entry.

Some evidence supports that reentering individuals are more likely to be re-incarcerated if they are unemployed, and these individuals report that a job is key to avoiding criminal activity."

PPWFC will work closely with the Department of Corrections (DOC) to develop the Road to Work program and identify medium-to-high risk offenders in the Pikes Peak Region who will benefit from participation in the program.

Road to Work, a four-phase program based on best practices presented in the Integrated Reentry and Employment Strategies: Reducing recidivism and promoting job readiness report prepared for the Anne E. Casey Foundation, the Bureau of Justice Assistance, the U.S Department of Justice

and the U.S. Department of Labor, will be created. The four phases are:  
Phase 1 - 30-day Work Readiness program  
Phase 2 - Training and Education  
Phase 3 - Employment  
Phase 4 - Employment Retention and Follow-up

Subsidized employment through work experiences and/or on-the-job training programs may be provided to participants who need to gain work experience and job skills. Support groups also will be available to participants. To assist with job retention, 12 months of follow-up services will be provided to stabilize participants and administer employment-related guidance and advocacy.

For more information see <https://cs-justicecenter.org/reentry/the-reentry-and-employment-project/integrated-reentry-and-employment/>

The Pikes Peak Workforce Center connects vital businesses with work-ready job seekers and employer-driven services. More information about the Pikes Peak Workforce Center can be found online at [www.ppwfc.org](http://www.ppwfc.org).

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# 2015 Watershed work

by Coalition for the Upper South Platte

Much was accomplished in our corner of Colorado this year to improve the health of local watersheds. Individuals, communities, and partner organizations worked with the Coalition for the Upper South Platte (CUSP) this year to make significant improvements in forests, waterways, and habitats. CUSP is a local nonprofit based out of Lake George that protects the water quality and ecological health of the Upper South Platte Watershed by working closely with communities and other stakeholders to accomplish shared goals. The Upper South Platte Watershed encompasses the headwaters of the South Platte River, stretching from the Continental Divide to the Front Range and including parts of Park, Teller, Douglas, Jefferson, and Clear Creek Counties. In addition to being home to many communities, this 1.6 million acre watershed is an incredible recreation destination and a critical source of water for 75 percent of Colorado residents.

Through combined efforts to improve and protect where we live, work, and play, the following was accomplished this year:

- Nearly 2,000 volunteers coming from near and far contributed more than 15,000 hours—worth \$425,000 of in-kind labor to protect watershed health. In addition to their hard work, these volunteers also supported our economy by visiting local destinations and patronizing local businesses.
- By the end of 2015, CUSP will have mitigated 750 acres within the watershed, greatly reducing wildfire risk and improving wildlife habitat. Several hundred slash piles on previously treated landscapes were burned, further reducing hazardous fuels in our local forests.
- The 2015 flood season was long and wet. CUSP and our partners continued invaluable flood mitigation and wildfire rehabilitation in areas impacted by the 2012 Waldo Canyon Fire and 2002 Hayman Fire. These efforts helped keep important thoroughfares like Highway 24 open and homeowners near these burn scars protected from post-fire flooding.
- The operation of slash sites in Divide and Fairplay, two sites landowners can bring slash to for disposal after their wildfire mitigation projects, continues to be a powerful resource for area residents working on defensible space on their properties. More than 2,300 loads of slash were brought to the sites, translating into more than 2,700 acres treated by homeowners. CUSP also brought our chipper out to individual neighborhoods to chip slash for larger projects neighbors worked on together.
- Extensive water quality monitoring along the South Platte River and its tributaries, including areas impacted by historic mining, to understand how our water is doing and where projects to improve water quality are needed.
- Deployment of three CUSP wildland firefighters to California and Washington assisted with firefighting and preparedness in communities impacted by large wildfires. CUSP firefighters and other Colorado firefighters deployed to the coast came back with valuable experience and increased certifications that will improve local response the next time a wildfire ignites in our area.
- Noxious weeds were mitigated to improve habitat and reduce costly infestations in areas from Eleven Mile State Park to Birch Hill.
- Nearly 2.5 miles of trail maintenance and enhancement at popular recreation areas including Cheesman Canyon, Guanella Pass, Staunton Springs, Rampart Range, and Trail Creek.
- Extensive work at the Florissant Fossil Beds National Monument. Efforts included collaborative coordination of the Trails4Teens program, which connected youth to the Fossil Beds through engaging experiences working and playing on the National Monument's 14

miles of trails. CUSP crews and volunteers also installed amenities and completed trail tread for the new geology trail, and completed critical maintenance on 11 miles of trails at the Fossil Beds.

- Initiation of an air quality monitoring program in South Park. CUSP is working with Park County, South Park National Heritage Area, and South Park High School to get students involved in establishing baseline air quality data for this area.
- Completion of the Park County Community Wildfire Protection Plan update in partnership with county stakeholders.
- Facilitation of community involvement and participation in the Bureau of Land Management's land use planning for the Front Range and eastern Colorado.
- Initiation of a pilot project to study the effectiveness of using native mushrooms to break down chipped wood left over from forest thinning projects to enrich soils and reduce fuel for wildfires.
- Engagement of over 465 youth from across Colorado and across the nation in experiential environmental education and service-learning projects.
- Over \$464,000 was paid out to contractors in 2015 from grants CUSP secured. We work with these businesses to build local capacity for watershed work and boost the

amount of government spending coming back and circulating in our local economy.

As we look forward to 2016, work started in 2015 will continue and more watershed projects are on the way. Forest health work to improve wildlife habitat and reduce the risk of wildfires near communities will continue to be a major focus going into the new year. In addition to thinning forests with chainsaws and equipment, CUSP will also be participating in several prescribed fires south and north of Woodland Park to help clear out hazardous fuels and rejuvenate the forest as part of the Pikes Peak Fire Learning Network. Work will also ramp up in Horse Creek, a tributary to the South Platte River heavily impacted by the Hayman Fire. Extensive river restoration, bridge and culvert replacement, and work on the banks of the creek will greatly improve erosion and flooding problems while enhancing fish habitat and water quality. Work above Highway 24 in critical areas impacted by the Waldo Canyon Fire will continue in order to control erosion and protect important water delivery infrastructure.

We hope you will join us in our efforts to make the watershed a better place to live and explore. Learn more about the work CUSP and our partners do, and how you can get involved at <https://cusp.ws>

# HOW YOUR MONEY GOES FURTHER

WHEN YOU GIVE TO CUSP



CUSP works across boundaries to improve watershed health. WHEN YOU GIVE A LITTLE, YOU GET A LOT. HERE'S HOW:

## You INVEST in your watershed

CUSP is a stakeholder-driven organization. We rely on your input and your investment to support long-term watershed protection. Your donation allows us the flexibility to respond quickly to urgent needs in the watershed and sustain innovative programs. Ongoing support from individuals provides a dependable base of support that reduces the resources needed to fundraise. 95% of your donation goes directly to programs that support the health of your watershed.



## Your gift is LEVERAGED for additional funding

CUSP works collaboratively with partners from all levels of government, communities, the private sector, and other nonprofits to identify critical needs in the watershed using the best available science. We apply for grants from foundations and federal, state, and local agencies to fund projects to address identified needs. Your donation is used to fulfill matching fund obligations required to secure grant funding. By leveraging your donation as matching funding, your gift of \$100 yields \$350 for vital watershed programs.

## We put your money to WORK

CUSP works with private and public partners, big and small, to proactively address shared challenges with collaborative solutions on a landscape scale. We work on-the-ground and in the boardroom to ensure available resources are used to fund projects that maximize benefits for watershed stakeholders. We use cutting-edge practices to implement projects, and monitor programs in order to continually improve outcomes and share knowledge with partners near and far. Whatever amount you choose to give, we take your investment seriously and work hard to ensure it has the greatest impact possible in your watershed.



COALITION FOR THE UPPER SOUTH PLATTE  
A HEALTHY WATERSHED - NOW AND IN THE FUTURE



# Reducing toxic chemicals in your body and home - Part 1

by Carol Grieve

It is estimated that as many as 41 percent of all Americans will develop cancer within the next 20 years. This is about 130 million people. Consider this statement and what it means to you, your family, and your friends. This means that two in five people you know or nearly half of your family and social circle will develop some sort of cancer. Cancer causing toxins are literally being hidden from you inside personal care products like shampoo, soaps, conditioners, sunscreens, body lotions and so much more. There are also household cleaning products that contain carcinogens that you may not be aware of. Worst of all, federal regulatory agencies like the US Food and Drug Association (FDA) and Environmental Protection Agency (EPA), the agencies that are supposed to do their job to protect you from these various chemicals, do not!

It is up to you to educate yourself about what you put in your body and on your body. Let's start with personal care products. We all use them. Products like toothpaste, shampoo, and soap can all contain cancer causing toxins. A study conducted at Harvard University found that the average person is exposed to more than 100 chemicals from soaps, cosmetics, and various other personal care products before they even get to work in the morning. I will be offering some alternative products for you to use that are considerably less toxic than some of the brands you may be using.

Keep in mind; this represents a small portion of the more than 80,000 chemicals currently in use in personal care products that have never been adequately safety tested by federal regulators. Even worse is that a great number of these chemicals have been shown in independent testing to cause cancer and other serious health problems.

## Toothpaste

Toothpaste has many toxic additives. Fluoride is an industrial waste product linked to lowering IQ's in children, dental fluorosis or mottling of the teeth. The prestigious medical journal *The Lancet* has published a report that supports what opponents of fluoride have long been arguing. In essence, the journal article pointed to the fact that fluoride is a developmental neurotoxin. According to the National Toxicology Program (NTP), "the preponderance of evidence" from laboratory studies indicates that fluoride is a mutagen (a compound that can cause genetic damage). A chemical that can cause genetic damage is one that can likely cause, or contribute to, the development of cancer. Another ingredient is propylene glycol, a synthetic moisture absorbent linked to organ toxicity. Some toothpaste also contains triclosan, an antibacterial chemical that disrupts hormone production and promotes multiple forms of cancer, including breast, ovarian, testicular, and prostate.

Here are a few better choices than conventional toothpastes. Dr. Bronner's All In One Toothpaste, Aromere Ayurvedic Toothpaste, Spry Dental Defense, Desert Essence, Jason, Natures Answers, PerioBrite Natural, Thieves by Young Living and Nature Gate. (Make sure you buy toothpaste without Carageenan which is a carcinogen.)

## Mouthwash

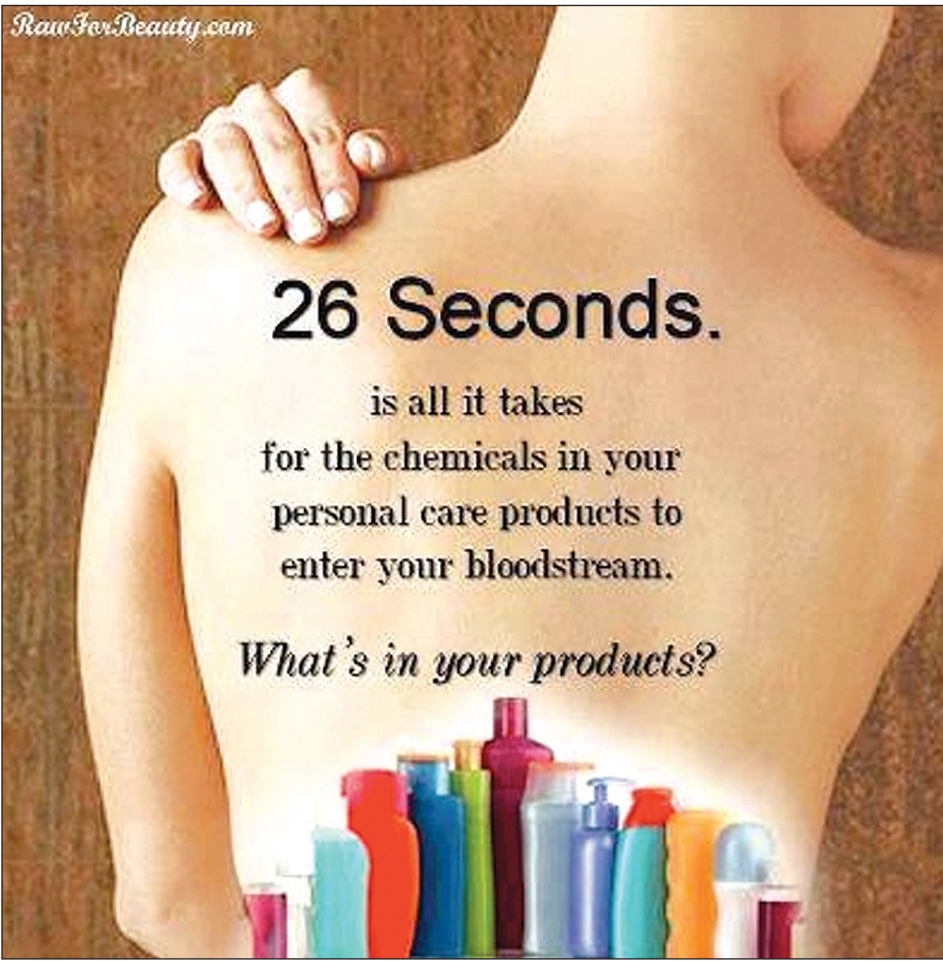
Your body contains a special kind of good bacteria that helps promote digestion and blood vessel health. Many popular mouthwash products contain an ingredient known as chlorhexidine that destroys these bacteria, weakening the immune system, which is critical to cancer prevention. Safe ingredients such as water, glycerin (from vegetables), aloe vera, and natural essential food grade oils derived from mint and wintergreen can work well as mouthwash.

## Dental floss

Some dental floss comes with its own set of cancer risks. This is because of the use of a chemical known as per fluorinated polymer, or PFC. This is a cheap replacement for natural wax and interferes with hormone and immune function which may increase risk of some cancers.

## Hair Care

Another area of concern are shampoos and conditioners, many of which contain cancer-causing parabens (a type of pre-



**It is up to you to educate yourself about what you put in your body and on your body.**

servative linked to breast cancer), synthetic "fragrance" chemicals, sulfates (a detergent and surfactant), and other chemicals linked to various forms of cancer. In 2013, the Center for Environmental Health discovered through independent testing that a large number of brands sold in grocery and drug stores, and also department stores contain a chemical known as cocamide diethanolamine (cocamide DEA), a foaming agent and thickener, which is a known carcinogen. Some alternatives to use include Dr. Bronner's Pure-Castile Liquid Soaps, Aubrey Organics, Jason, Himalaya Hair Products, John Master's Organics and Avalon Organics.

## Hand and body lotions

There is a class of emulsifying ingredients known as alkyloamides used in many of them can convert into cancer-causing agents known as nitrosamines. These include diethanolamide (DEA), monoethanolamines (MEA), triethanolamides (TEA), tonoisopropanolamides (MIPA) and ethoxylated alkyloamdes (PEA). The simplest and safest way to moisture skin either is with coconut oil and jojoba oils. Shea butter is good too. There are currently several organic body lotions on the market. I like Desert Essence.

## Deodorant and antiperspirants

Many deodorants and antiperspirants contain toxic aluminum, a compound that blocks the pores in your armpits, inhibiting detoxification through sweat. Aluminum is also a neurotoxin and a study in the *Journal for Applied Toxicology* found that it deposits itself into breast tissue after being absorbed through the skin. You can make your own deodorant at home using a little bit of baking soda with a small amount of water and rubbing it under your armpits. To reduce wetness, mix one part baking soda with six parts corn starch (non-gmo).

## Body soaps and washes

Many soaps we use to wash our bodies are a source of carcinogens if they contain ingredients such as benzyl acetate, a perfumed chemical linked to liver adenomas, carcinomas, stomach tumors and pancreatic cancer. Sodium laureth sulfate, or SLS, is duly mutagenic, meaning it damages cellular genetics. It also inhibits the skin's ability to retain moisture. A few recommendations are: Dr. Bronner's Pure Castile Liquid Soap and

bar soaps, hand-made soaps, Nubian Heritage, and One with Nature.

## Hand sanitizers

Commercial hand sanitizers are not what they are cracked up to be — many do not work because they're designed to kill bacteria (including good bacteria that you need to support immunity). They are typically loaded with triclosan, and synthetic fragrance chemicals. What makes these products worse than hand soaps is that they are not washed off with water; they are absorbed into the skin. If you must sanitize your hands, try using vinegar instead — a 5 percent solution in a small spray bottle. Most white vinegar products sold at grocery stores work just fine and are 99 percent effective against bacteria and completely non-toxic. Young Living's Thieves is also a good sanitizer.

## Sunscreen

Most commercial sunscreens contain one or more of the harmful additives: oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and octinoxate, with oxybenzone being the most problematic. Other problems with sunscreen include some manufacturers use of retinyl palmitate, a form of vitamin A that increases users risk of skin cancer when exposed to ultra-violet rays. Many commercial sunscreen manufacturers synthesize zinc oxide and titanium dioxide, into nanoparticals form. This means the particle sizes of these ingredients are made unnaturally small, which poses health risks due to easy absorption. Check out EWG.org for safe sunscreens:

<http://www.ewg.org/2015Sunscreen/all-sunscreens> Best bet is to only use natural sunscreen products containing mineral-based, non-nanoparticle versions of either titanium dioxide or zinc oxide (zinc oxide is preferable) both of which provide physical protection against the sun's rays. A few favorable brands are Dr. Mercola's Natural Sunscreen, Aubrey Organics, and Badger Natural & Organic Sunscreens.

## Feminine Hygiene Products

Believe it or not, even feminine hygiene products are often saturated in harmful chemicals. Tampons and pads contain chlorine, dioxins, plastics (BPA and phthalates, synthetic fiber, and various petrochemical additives, not to mention synthetic fragrances and chemical-based odor neutralizers. Recently the active ingredient in RoundUp (glyphosate) was found in many commercial tampon products. Since most major brands of tampons are bleached, they contain byproducts such as dioxins and furon that can cause reproductive harm, endocrine disruption, and cancer. Sanitary pads come with many of same risks associated with bleached tampons, as well as added risks from adhesive chemi-

cals such as methylidibromo glutaronitrile.

## Feminine wipes

There are a multitude of hazardous chemicals in many brands. These include endocrine disrupting parabens, triclosan, synthetic fragrances, and a list of chemicals that you would be hard-pressed to pronounce correctly. To avoid all of this it is important to choose feminine hygiene brands that use non-toxic or natural components such as organic cotton (conventional cotton is loaded with pesticides), minimal or no plastics, and minimal absorbency volume for your flow (since high-absorbency materials tend to be synthetic). Some quality tampon brands and sanitary pad brands include: Seventh Generation, Natrocare, and Glad Rags.

## Baby wipes and diapers

The World Health Organization warned in a 2003 report that a chemical byproduct commonly found in both baby wipes and diapers is a "persistent environmental pollutant", meaning it doesn't break down easily. It also causes all sorts of health problems, including developmental delays and cancer. The chemical is dioxin and it is typically accompanied by other poisonous compounds such as volatile organic compounds (VOCs) and sodium polyacrylate (SAP), two cancer-causing additives found in disposable diapers. If disposable is your preference, there are chlorine-free, fragrance-free, and mostly chemical free options such as BAMO Nature "eco-friendly" diapers, but even these still contain some SAP. As for baby wipes, The Honest Company sells chlorine-free, hypoallergenic, biodegradable wipes without alcohol, phthalates (a family of plastics chemicals often used in personal care products), parabens, phenols, SLF and other harmful additives.

Next month, we will explore some of the household cleaning products that you may commonly use that contain many cancer-causing chemicals. I will also be offering some homemade cleaning supply recipes that are easy and inexpensive. It is virtually impossible to remove all chemicals from your life, but you certainly can reduce a large number of them by eating a healthy organic diet and using products that are free from some of the toxic chemicals I have discussed. It may take a little research but you and your family are worth it! Be well!

*Carol Grieve' is a Certified Life Coach and Wellness Coach, the host of the widely-acclaimed talk radio show, Food Integrity Now ([www.foodintegratynow.org](http://www.foodintegratynow.org)), a speaker, and writer. For more information on health and wellness coaching contact Carol at [carol@foodintegratynow.org](mailto:carol@foodintegratynow.org) or call 415-302-7100. Phone or Skype sessions are available. She is currently conducting classes on food education at Mountain Naturals Community Market in Woodland Park every Saturday at 3 p.m. For a list of topics see page 28 or email [carol@foodintegratynow.org](mailto:carol@foodintegratynow.org).*

# Helpful websites for those who seek more information:

- [www.hsph.harvard.edu/news/features/harmful-chemicals-in-personal-care-products/](http://www.hsph.harvard.edu/news/features/harmful-chemicals-in-personal-care-products/)
- [www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi](http://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi)
- [www.thelancet.com/journals/laneur/article/PIIS1474-4422\(13\)70278-3/fulltext#article\\_upsell](http://www.thelancet.com/journals/laneur/article/PIIS1474-4422(13)70278-3/fulltext#article_upsell)
- [www.naturalmedicinejournal.com/2010-10/parabens-and-breast-cancer](http://www.naturalmedicinejournal.com/2010-10/parabens-and-breast-cancer)
- [www.ceph.org/news-events/press-releases/content/lawsuit-launched-testing-finds-cancer-causing-chemicals-in-100-shampoos-haircare-products](http://www.ceph.org/news-events/press-releases/content/lawsuit-launched-testing-finds-cancer-causing-chemicals-in-100-shampoos-haircare-products)
- [www.ewg.org/2015Sunscreen/report/the-problem-with-vitamin-a](http://www.ewg.org/2015Sunscreen/report/the-problem-with-vitamin-a)





# Growing Ideas

## Amaryllis, Christmas cactus, and poinsettia

by Karen Anderson *The Plant Lady*

### Let there be peace on Earth and let it begin with me

Jill Jackson Miller

Holiday greetings to everyone from me and my hubby, Mike McCartney of MGM Arms! It is the time of year when we get together in peace and love to celebrate joy and harmony with our friends and families. We wish you all many blessings throughout this special season.

Now that the outdoor gardening season has been wrapped up, it is time to turn my attention and focus on the hundreds of houseplants that reside inside the house. I'm not exaggerating about the number. I help my plants propagate, that's what Plant People do!

For December I wish to share what I know to be true about a few flowering plants which are related to this wonderful time of the year. Remember, we are in a very special place on the planet and over the years, I have learned how to adjust and adapt to all the information that's "out there" about specific indoor (and outdoor) plants in our unique climatic situations. Our homes are generally very dry due to the different methods of heating. Cold drafts near the northern windows can be very scary to tender houseplants and if their leaves are touching the windows on a cold winter night, well...bummer, frozen plants! So, please keep an eye on that this winter, and in the hustle and bustle of the season, don't forget to water.



Amaryllis  
(Hippeastrum vittatum)

One of my favorite flowering houseplants and easy to grow, Amaryllis bulbs originated in South America and South Africa, so naturally they are strictly grown indoors here in the mountains. Of course, they can be set out in the garden or greenhouse for the summer months for your enjoyment as long as they do not experience a freeze.

Lovely lily like flowers in various colors bloom from a long stalk that magically emerges from the bulb amidst the large glossy leaves of the plant. I never know when it is going to happen as I don't really monitor and control their blooming process, called "drying off," which seems time consuming and complicated to me. But you can if you want to! "Drying off" means that after blooming, you stop watering, relocate the bulb in the growing pot to a cool, dark place

for a dormancy period and then bring them back into a warmer environment to grow again, all the while transitioning the plant, little by little to more sunlight and water. This process would be for folks who wish to control specific times for blooming. That's not me! So, I simply water, feed them with a bloom food once in a while, make sure they are in a sunny location, without being in jeopardy of burning in the intense winter sun rays, and allow them to do "their thing" when they want to.

There are however, a few basics to follow when successfully growing your Amaryllis. The "mother" bulb will produce baby bulblets and these can be separated from the Mom after she blooms. You may know someone who has extras to share for starters. Otherwise, they can be purchased, usually already potted up.

Make sure there is ample drainage. Too much water can cause the bulb to rot. Terra Cotta pots rather than glass or plastic will allow more air flow and less chance of over watering. You don't want the soil to be soggy.

The growing medium should be somewhat rich in nutrients. A good organic potting soil should be sufficient to start.

As the foliage fades, wilts, turns yellow or brown (which is a fairly natural process), cut it back to where it meets the bulb.

Too much greenery results in less blooming activity. New leaves will keep coming on and that's OK, but it would be wise to water a little less until the bloom bud appears.

This would be the time to feed with a water soluble bloom food. I prefer an organic liquid bone meal (0-12-0) if I am able to locate it. Liquid is readily available to the plants where as dry takes "a while" to breakdown. But it is a good idea to go ahead and incorporate the dry bone meal into the potting soil when transplanting just about anything.

Many times there is a "spray" of flower buds blooming at different intervals or all at once. Either way is a show to enjoy. The flowers will last about a week or more. I tend to move the whole plant into less direct sunshine during this colorful time, as it is a bit too harsh on the petals and will cause them to drop before their time.

If you would like to collect seed, remove the spent flower pedals, leaving the green pod at the top of the stalk to dry and plump as the seeds form. This could take some time, but be patient and when the pod starts to crack open, you will find an abundance of round, flat, blackish seeds starting to burst forth. Carefully cut the whole pod over a small bowl to collect for future planting and then cut the entire hollow stalk completely back. What is really cool too, is that the inside of the dry pods look to me like butterflies have been stamped into them. I like to use these works of nature's art in creative projects, such as dried arrangements.

Christmas cactus  
(Schlumbergera-bridgesii)

Everybody loves these 'old fashioned'



Christmas cactus

plants. In my world, they hardly ever bloom right at Christmas as again, I do not try to control their blooming times. I just keep them happy and healthy and let them bloom when they want to. They tend to delight me at any and all times of the year.

This member of the Cactaceae family is a native of Bolivia. As I understand it, these types of cacti adapted to living in the rain forest rather than the dry arid regions where moisture is scarce.

In the rain forest where moisture is abundant and competition for space is fierce, the Christmas cactus learned to survive by living on tree limbs where they were safe from fighting for room to grow. Through development in trees, their roots became confined to crotches of limbs where pockets of humus material sustained them. The stems which resemble chains would send out adventurous roots to collect moisture from the air.

Also, no forest cacti can withstand full sun; they see only filtered sunlight as the trees sway to permit the rays through their canopies.

A little history has always been beneficial to me as I discover the secrets to success when working with houseplants. So as we have learned, keep your Christmas cactus in indirect sunlight. The gentle morning sun is ideal. An occasional misting is recommended due to their native rain forest origins. Good drainage, rich soil, bloom food, regular watering, and the appropriate location in the home will keep these awesome plants blooming.

Consider letting it be a delightful surprise rather than the controlling method. They are always a breathtaking sight whether they turn out to be Halloween, Thanksgiving, or Valentine's cactus, instead of Christmas cactus.

I have found that when I clean up the dried spent flowers, I can recycle them by putting them right back in the planter and not only does this help to mulch the plant, but also adds some nutrients to the soil.

If you wish to propagate by cuttings, be aware that shorter lengths are better than long and leggy ones. Make a clean sharp cut at one of the joints and root in a few inches of water rather than a whole glass full. Don't let them dry out. When a good amount of roots form, plant in good potting soil and keep close tabs on the babies until they become established.

Poinsettias  
(Euphorbia pulcherrima)

Known all over the world as the flower at Christmas time, and although it is a gorgeous

plant, I must admit, not one of my favorites for several reasons. In earlier times, I would invest quite a bit of money in poinsettias for the Holiday Season. They are nursery grown in very controlled environments and can be quite 'picky' about where they like to live. Unfortunately, here in the high country, where again our homes are dry and drafty, the plants are not long lived in my experience. I have been able to keep them healthy for a while, but eventually they would turn yellow and drop all their leaves. I was able to revive them somewhat, but very rarely did I go through the process of getting them to repeat blooming. That falls into the category of a type of "drying off" process again and I guess I'm just not willing to put the time and effort into it. I find that I can elaborately decorate for the Holidays with some beautiful, silk poinsettias without the cost of the live plants. Yes... even plant ladies can fudge a little bit now and then and be alright with that!

However, after all of that being said, if you choose to invest in the real thing, go for it! I certainly do not wish to discourage you. They are joyful additions and the vivid colors do last throughout the season if taken care of properly. Poinsettias prefer indirect sunlight and will tolerate cooler temperatures between 55 and 70 degrees. Never let the soil dry out, especially when it is blooming.

When the snow blankets the ground, air gets trapped and becomes a perfect insulator for the plants, denning animals and humans. Have you ever made or been inside a snow cave? Some igloos in the north can be 100 degrees warmer on the inside than the outside being heated only by the bodies inside, that's great insulation! As the snow melts and pools, it provides drinking water. One of the major benefits to the earth is that snow provides 80 percent of fresh water which we all rely on. In the summer months it provides water for drinking, recreat-



Poinsettias

ing. Provide extra humidity by spray misting often and prune when flowers fade out. Please be aware that the milky sap of all euphorbias are somewhat toxic to people and animals. The sticky white substance can cause a rash to folks with sensitive skin and be very careful to avoid direct contact with the eyes. Not the safest for small children and pets, so keep these plants up and away from both.

Please remember what is important to you this Holiday Season. Keep it simple. Perfection isn't really the goal. Precious time with your loved ones is a blessing. May you all be "Cool, calm, and connected". But don't forget to water your plants!! Peace and love always from the Plant Lady.

Happy Houseplants are always on display and available for "adoption" at Mountain Naturals in Woodland Park and at The Outpost Feed Store in Florissant. Custom plant arrangements for almost any occasion can be created for you upon request. Please feel free to call me at 719-748-3521 for that service.

If you have questions for the Plant Lady and would like to see the answer appear in an upcoming column of Growing Ideas, please email to plantlady@speaks@gmail.com.



# Nature Speaks

## Liquid Gold

by Dee DeJong



What a great time of year! The holidays are in full swing, the ski resorts are open and tourists are coming to ski, snow-board and frolic in our wonderful snow. We are all aware of what benefits this winter weather provides us and the state of Colorado but what does it do for the natural world?

Snow, the other highly prized mineral in this area, is important to plants, animals and humans as well.

When the snow blankets the ground, air gets trapped and becomes a perfect insulator for the plants, denning animals and humans. Have you ever made or been inside a snow cave? Some igloos in the north can be 100 degrees warmer on the inside than the outside being heated only by the bodies inside, that's great insulation! As the snow melts and pools, it provides drinking water. One of the major benefits to the earth is that snow provides 80 percent of fresh water which we all rely on. In the summer months it provides water for drinking, recreat-

ing and irrigation, including our neighbors in Utah, New Mexico and Arizona to name a few. In drier years we can see the impact this smaller snow level has on our lives and nature. Humans will need to implement water conservation, water storage and in some cases we will see a decrease in crop production. Nature has to adapt to drier conditions finding other water sources and even eating different food.

Colorado still holds two records for the most snow. On December 4, 1913, the most snow to fall in a single calendar day was in Georgetown on 1-70 with 63" in a 12-hour period, that's over 5 feet of snow! The second record we hold is for the most snow fall in a 24-hour period. In Silver Lake, near Nederland in Boulder County, 76" of snow fell, that's a lot of shoveling!

Enjoy the season and when you build the snowman in your yard, remember as he melts in the winter sun, that this liquid gold, will be a refreshing glass of water in the spring.

## Strictly Guffey expanding

by Flip Boettcher  
photo by Flip Boettcher

Dana Peters, owner of Strictly Guffey, a gift shop featuring only local Guffey artists, will be expanding soon. Peters recently purchased the big barn on Main Street just south of the school in Guffey, and plans on moving her Strictly Guffey shop there from the building adjacent to the Freshwater where it is now located.

Peters also plans on having a learning center, Artistic Mountain Experiences, and a bakery in the building as well. Strictly Guffey and Artistic Mountain Experiences will be open January 1st with a tentative February 1st opening of The Bakery, said Peters.



Donavon Johnson, contractor for the new complex on the left and Dana Peters on the right in front of the big barn, site of the new shops.

## Adopt Me

by the Humane Society of Fremont County

### Tank

Tank is a five year old Staffordshire Terrier. He is a friendly boy who enjoys human attention. He has passed all handling tests and will make a great forever pal. Tank came to the shelter with a broken elbow and has had surgery to repair it, although he is still recovering. Tank will need a home where he can recover and not be expected to go on long hikes or runs. He is a mellow guy, so shouldn't mind the restrictive activity until he heals. Tank has lived with other dogs in the past, but has not found a dog pal since arriving at the shelter. It could be because of his elbow pain. For now, Tank would prefer to be an only dog. He cannot live with cats and has not been tested with children. We know Tank would recover more quickly in a home environment.

December 26 is the anniversary of our Humane Society, so on that day, all adoptions of adult animals will be \$19.50 (the shelter opened in 1950 on Dec 26) and every animal adopted will be microchipped for free! The week leading up to that will also have \$19.50 adoptions on all adult animals. Visit us at 110 Rhodes Ave. Canon City, Co 81212.

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# VOLUNTEERS NEEDED!

Have some extra time that you'd like to donate toward some wonderful services in your community? Consider volunteering for Teller Senior Coalition (TSC)! We have the following volunteer opportunities available:

- Cashiers/kitchen helpers at the Community Café, our meal program at the Woodland Park Senior Center
- Respite volunteers to give family caregivers a break
- Volunteer drivers to take clients to medical appointments, necessary errands, etc.

Please contact Paula Dugger, TSC Volunteer Coordinator, at (719)687-3330 or [pdugger@tellerseniorcoalition.org](mailto:pdugger@tellerseniorcoalition.org) for more information.

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# Memorial to Big Mr. Spaz

continued from page 2



Bobcat, Mr. Spaz and Shadow enjoy a snooze.

buddy who looked up to him. Bobcat was happy to share life's pleasures with Mr. Spaz and teach him about the environment. Bobcat taught Mr. Spaz about Gerbil-vision. Jeff had gotten some antique televisions, gutted them out, placed an aquarium as the habitat for a gerbil complete with food, water, and wheel, and hooked up a light to one of the knobs. The gerbil would run on his wheel or do something to make some noise drawing the cats near. Try as they might, they cannot penetrate the big round glass screen and it doesn't take any gerbil very long to learn to taunt the cats.




Mr. Spaz could be comfortable anywhere.

Mr. Spaz is delighted to learn he has such a puzzle before him! There HAS to be a way and the little kitty brain churns to fire out an option. Bobcat is open to new ideas; he hasn't been able to break this puzzle in years and more than happy to encourage Mr. Spaz to try. 'Go for it, I'll watch from here to be your witness'. Full of hope, confident in his plan, and supported by his bud, Bobcat, Mr. Spaz climbs to the second floor thinking he can generate enough speed with the addition of gravity to zip through that glass. Bobcat plants himself on the ottoman as Mr. Spaz makes his ascent. At the top of the stairs Big Mr. builds kinetic energy by alternating his back legs only, preparing rev up the thighs. He's off! Down the stairs he bounds, rounding the corner of the dining room straight away to the target and BAM! He hit that glass with enough force to make a loud noise, but nowhere near enough to penetrate that glass. Mr. Spaz bounces off

the glass and lands on the carpet only to find Bobcat laughing at him! Who could pass up the opportunity to let Bobcat know that he looks just as silly when he rams into the glass; we couldn't. We reminded him he'd given himself bloody noses trying the same stunt. That was the last day EITHER cat ever tried to penetrate Gerbil-vision! Mr. Spaz and Bobcat had many more adventures to come, but those adventures would be in Colorado as of May 2001. It did not take Bobcat and Mr. Spaz long to push the bounds of a much smaller house than they had in Milwaukee. The bedroom window is large and was opened one warm July evening. The next morning, I woke to a cat-less bed; unusual as Bobcat slept by our feet and Mr. Spaz slept on my head. I got up and looked out the living room window to see the pair on the railing of the deck. They pushed their way through the bedroom screen and went catting about all night. Bobcat stood there, just as proud and tall as he could be as if to say, "Let us in already, it's BREAKFAST time!" Next to Bobcat is Mr. Spaz, looking a tad sheepish, knowing he did something wrong, and hoping only to slip in the house unnoticed. We realized they enjoy the outdoors as much as we do, so we decided to try some harnesses. The two surely had different personalities; Bobcat fought to get his on and get it off whereas Mr. Spaz remained fairly stiff for the on/off process.

Once outside, again we see differences in that Bobcat would explore this direction, then that and before you know it his 6 foot tether is only 6 inches from the tree. He needed help untangling every time. Mr. Spaz had a different method. Go until the tether creates tension, then stop right there and don't move; it is a Zen moment, take in all the fragrances, sights, sounds, and feel the Earth beneath your paws and breeze flow through your fur! We continued to allow them access to the outside with the tethers until we learned that prairie dogs have fleas which carry the black plague. They complained about it and even begged to go outside, but we held a firm stance, until the snow came. The next spring was precipitous for Colorado getting a snowstorm of nearly 5 feet of accumulation within two days. When the snow finally stopped falling, we all wanted to get outside. We developed what we called the "cat drop" to satisfy their curiosity.

continued on next page



## Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - [www.dividechamber.org](http://www.dividechamber.org).

- **RDK Small Engine Repair:** 719-687-2997. See our new location in Divide on Weaverville Road. Small engine repair – all makes/all models – snow blowers, chainsaws, log-splitters, generators, mowers and edgers, sharpening of chainsaw and mower blades. Pick-up and delivery service is available.
- **Cori Freed - Soapmaker:** 719-687-0178. Offering a wide variety of homemade soaps made from organic and natural ingredients.
- **SYS Auction and Sales:** 719-505-2015. Resale and Auction House located in downtown Woodland Park. Call for upcoming Auction dates and times.

took each cat outside, held the cat above the snow only a leap from the door they face and let go! The reaction seems to be the same; hold body firm, sink, and leap into the house vowing never to return!

Bobcat was an incredible influence on Mr. Spaz. I truly believe Bobcat helped Mr. Spaz develop his comfort with people. We had more visitors in WI than CO so that may have also been a factor. Bobcat was very outgoing and wanted to see everyone who came in. Mr. Spaz simply followed suit. After Bobcat transitioned to the *Catnip Fields in the Sky*, Mr. Spaz became our official greeter for any guest that came over. Should the guest stay overnight, Mr. Spaz felt it his obligation to sleep with or at least visit the guest at night. When my sister, Carol stayed, he became 'Big Mr. Mr. who slept with my sister' as he curled behind her knees each night.

My friend, Percie would come to cut my hair. She would set her bag on the table and Mr. Spaz would get right up there and smell around it, Bobcat used to get his head right in there, to show Mr. Spaz how it's done. Percie never seemed to care, mentioning what a common occurrence it is in homes with cats.

Mr. Spaz would then proceed to watch every move Percie made because to him, my hair was really his pillow. He was often more interested in what she was doing than I was; she cut perfectly every time, so no need to worry. But, Mr. Spaz scrutinized her every move for probably the first year or so.

Mr. Spaz taught me animals can be just as "anal" or "obsessive" as people can. Maybe it was that first trip "home" swaddled in my hair that created the focus on my hair, but there were other ways his obsessions were expressed.

For most of his life, Mr. Spaz was in the room with me when I get ready in the morning. He enjoyed smelling every product applied, realizing it is the layers that make Mom smell like she does. If the container was not offered, his big green eyes conveyed his awareness of the rebuff showing how deeply the rejection stung. Talk about a guilt-trip!

He liked to be admired. I would tell him what beautiful big green eyes he has as he blinked in agreement. Then what a pretty pink nose; it would change color based on his mood from white to deep pink. Oh, what long whiskers he has (as he would slowly move his head from side to side). He has a white lightning – strike on his spine! Look at his bright-white cape, goes from his ears, all around his neck on both sides, then through-out his belly and legs. He posed, as though

he were a model on the runway.

There is no doubt Mr. Spaz had a way of speaking with his eyes. For a few years when I was employed in Downtown Colorado Springs, there was a florist who set up a kiosk during holidays. I would regularly order flowers for our table. Mr. Spaz felt compelled to arrange them just so. The flowers would be placed in a tall leaded crystal vase. Before the stems fell to the bottom, Mr. Spaz was on the project! First, he would pull out the Baby's Breath, walk it to the edge of the table, look at me, look down, look back up at me, then release the Baby's Breath from his mouth to land on the floor. He would then look back to me as if to say, "Leave them there! They do NOT belong in my arrangement!"

He went back to the flowers before him and began to pull out all the green fronds, bringing each to the same edge of the table, peering instructions into my retinas. Evidently, green frondy-additions are also unacceptable for the arrangement!

Once the undesirables are removed, he would gently pull daffodil to the left and push purple iris to the right, then he tugged one daffodil to face the east and nudged another to face the west. He walked around the arrangement, smelling and gently pushing petals to the perfect position. Only after perfection had been achieved would he pose next to the arrangement as if to say, "There, now we are ALL much prettier than before!"

It didn't take long to realize I was purchasing the flowers for my Mr. Spaz; my joy was watching the master at work!

Those big green eyes could see into my heart and soul. They also learned to see TV and computer screen. Did you know the brain goes through a process where the colored pixels transform into an image; once the brain can do this, it doesn't go back to seeing individually colored pixels? That is why some animals can see TV or computer screen and to others there is no image.

Mr. Spaz enjoyed a few football games, never letting Jeff's cheering (or outbursts) deter his interest, unlike Bobcat who tended to hide. Mr. Spaz could also follow a mouse on a computer screen, which gave him a mild game of interest.

We had other additions to our household once we moved to Colorado. Mr. Spaz became jealous of the first kitten we took in, Caruso, aka 'Little'. Mr. Spaz was so jealous; he stopped sleeping on my head for about six months. He made it clear; he would have nothing to do with Little. (Little had Feline Infectious Peritonitis and paved the way for Bobcat to the *Catnip Garden*



Mr. Spaz with a younger (and much smaller) Shadow

*in the Sky*.) Just a few months later, Jeff brought home Frosty. Mr. Spaz was more accepting of Frosty, but remained closer to Bobcat. A few years later we added Shadow to the mix; Mr. Spaz got along very well with Shadow. In fact, when Frosty would go after Bobcat, Shadow would plop himself in front of Bobcat as if to say to Frosty, "You'll have to get through me to get to him." Meanwhile, Mr. Spaz would give Frosty chase, yielding respite for Bobcat.

Yes, cats seek comfort and pleasure just as any other species. They are individuals so what pleases one cat, may not please another. We learned Mr. Spaz likes music!

It was a cold December day in Milwaukee, the perfect day to bake Christmas cookies. With Leon Redbone crooning out Christmas tunes in the background, I began to gather baking pans, rolling pins, and cookie cutters. Mr. Spaz knew an exciting project was about to commence. Seeing the wonder in his big green eyes, I pulled up a stool for him to perch on and let him know he was NOT allowed on the table, but could watch from here. He hunkered into his observation spot and I made sure to extend each ingredient for him to sniff and let him know what I was doing. He watched intently, fascinated at every step, his tail keeping rhythm with Leon when the phone rang. I turned down the music; Mr. Spaz' tail abruptly came to a halt and he shot me a look, then he froze. The call ended, and I immediately turned up Leon again, which seemed to start Mr. Spaz' tail softly swaying again as he hunkered back into observation pose. The music was playing and we were engaged in our project; all was well with our world. Mr. Spaz liked order and knew when we were upset. There had been emotional times

when he would be sitting near and extend a paw on our cheek for concern. He had a way of letting Jeff know connection was needed by "schnurfling" in his neck as well. Whether Jeff sported long hair or the buzz-cut, Mr. Spaz found Zen moments in Jeff's neck; those moments were as reciprocally soothing for Jeff!

It's been said if you live in someone's culture long enough you will pick up on social mores. I have had cats and have known cats that lived more than the 15 years Mr. Spaz was allowed, but I've never known a cat to pick up on the human expression of "Bless-You" after a sneeze. It was about six years before we realized Mr. Spaz, even if he was sleeping next to us at the time, would utter "mew-yow" after we sneezed twice. Ok, so we tend to sneeze more than once in this household and hey, why expend unnecessary energy?

In years forward we became aware that Mr. Spaz was a teacher to help us learn to appreciate quality of life. We were told by our Teller Park Vet that Mr. Spaz needed to have his left fang extracted due to infection. This changed him; he ate MUCH more slowly than before, seemed to drink differently, even his ear pettings were much more sensitive since the extraction.

At first, we thought it was vanity when we noticed him looking at himself in the mirror, comparing which whiskers were longer. No kidding! Then we thought it was because he and Shadow ate sitting next to each other, assuming (yep, acronym works) Shadow was chewing off his whiskers on the left side, so then we separated Shadow at meal time. It turns out Mr. Spaz was breaking them off himself! Who could have thought we would have under-valued the importance of Big Mr. Mister's GREAT whisker-whiskers and how they were connected to that fang!

Mr. Spaz enjoyed life and was happy to meet other inhabitants. He reigned as Photo Editor of this paper until he decided it was time to join Bobcat in that *Catnip Garden in the Sky* on November 7, 2015. Jeff and I fondly recall how Mr. Spaz would wrap his tail around Bobcat as they sat together pondering potential adventures out the window!

*Special thanks to ALL of the readers who have asked how Mr. Spaz is doing; thanks to Karen and Jodee of Granny's HASH for their compassion, concern, and for hemp that helped stimulate the appetite this summer (you walked a journey with us we will remember forever!). Thanks to friends and family for concern and support (Mari, Carol, WRF-Marilyn, Karen, Tammy, and Linda); pushing through this issue was not possible without you!*

## UPS Store in Woodland Park relocated

The UPS Store® in Woodland Park has relocated to 1067 E US Highway 24 (in the Safeway Shopping Center).

"As a one-stop shop for shipping, postal, printing, and comprehensive small business services, we look forward to continuing to serve individuals and local business owners within the Woodland Park community and surrounding areas," said The UPS Store 1374 local Woodland Park franchise owner Sue Greene.

"Our new location will be more economically efficient for the store and there will be safer parking options for our customers," said Greene. "We want people to succeed with their local small businesses and we are proud to be the only option in town to offer full-service business assistance."

"We are in the business of saving people time, and with shipping prices direct from UPS, we can save them money as well," added Greene. "We have 'pack and ship' guarantee

for our customers and are here for them every step of the way. We also offer conveniently accessible notary services," she said.

"At The UPS Store, we're committed to providing convenient small business solutions with personalized customer service. We are also dedicated to our local community and we give back whenever possible with sponsorships of local events and team member participation," Greene continued.

For the 24th consecutive year\*, The UPS Store franchises have been named number one in the postal and business services category by Entrepreneur magazine as part of their "Franchise 500" ranking, which ranks franchise opportunities based on factors like financial strength, growth rate and size.

possibly kept in a low-risk, liquid vehicle, whereas for your long-term goals, you might be relying in part on your employer-sponsored retirement plan, such as a 401(k).

The key point to get across is that you have various financial goals in life with various means of working toward achieving them.

## Holiday spending can help teach kids about money

During this holiday season, you'll likely be spending money, in various amounts and in various ways. You can use this experience to teach your children about money management.

Here are a few ideas for doing just that:

### Stick to a budget.

Tell your children you've set aside a certain amount of money for gifts and holiday events, such as hosting parties, and that you won't exceed it. If you have saved money throughout the year in a special holiday fund, let your kids know about that, too. This information should help impress upon them the importance of sticking to a budget and saving for a goal.

### Discuss credit and debt.

Ideally, you won't have to use your credit cards to an unusual degree during the

### Compare short- and long-term goals.

Explain to your children that your holiday spending is the result of having saved for, and met, a short-term goal, but that you are also saving for long-term goals, such as retirement. Depending on the age of your kids, you might want to go into somewhat more detail, such as describing, in general terms, the different ways you save for the different goals. For example, for your holiday spending, you might be drawing on money from your checking account or a holiday fund,

### Introduce your children to investing.

If you've already brought up the topic of saving for long-term goals, why not take it a step further and give your children a doorway into the investment world? Specifically, consider giving them a few shares of stock, possibly in companies with which they are already familiar, and help them follow these stocks. One way of giving stocks to children is through a custodial account, which can be opened under the Uniform Transfer to Minors Act (UTMA) or the Uniform Gifts to

Minors Act (UGMA). Keep in mind, though, that once your child reaches the age of majority – usually 18 or 21 – he or she gets full control of the money in the account. Plus, your gift is irrevocable.

### Be generous.

If you're going to make charitable gifts, let your kids know about it or even let them help pick the charities. It will show them that one purpose of wealth accumulation is to give back to the world.

By providing some financial education to your kids this holiday season, you'll be giving them a gift that can last long after the festivities have ended.

*This article was written by Edward Jones for use by Tracy E Barber IV, AAMS, your Edward Jones Financial Advisor.*



# What is “The Grange”?

by Maurice Wells  
photo by Maurice Wells

The word “grange” is a British term that means a farm or estate. In the United States it identifies a fraternal organization, The Order of Patrons of Husbandry. This group, founded in 1867 following the Civil War, encourages families to join together to promote the economic and political well-being of the community and agriculture. The first grange was founded in Fredonia, NY by seven men and one woman. Unique for the time was the inclusion of women and teens old enough to draw a plow. Also, it was required that four of the elected positions be held by women.

Membership in the late 1800’s grew to \$58,000. Growth in the early years was facilitated by the agricultural life style. Farm life in the 19th century was marked by isolation and limited social interaction. The Grange, with its social and community activities, provided a change of pace. An additional incentive for membership in the early days was the insurance plans available at reasonable rates. Over time the insurance component of the organization became independent. The number of families engaging in agriculture declined as did membership, falling by 40 percent.

Many positive changes came about as “grangers” lobbied elected officials. For example, the delivery of U. S. Mail to rural communities or Rural Free Delivery (RFD) was instituted. Nation-wide involvement



The Florissant Grange building

with grange youth lead to 4H and FFA organizations. In Colorado, a strong lobby resulted in the bringing of electric power to rural areas, Intermountain Rural Electric Association (IREA).

Locally, the Florissant Grange #420 was established in 1937 and in 1960 occupied the Florissant School building which was built in 1887. Present membership is 100 and costs \$40 per year. The Florissant Grange

continues the commitment to community service by providing pot luck meals and music on Thursday evenings. Holiday parties and dramatic events utilize the facility. Craft classes and physical fitness programs are also offered.

If there are questions concerning building use or membership, call 719-748-5004 or e-mail at Florissantgrange@gmail.com.

# Rampart Library news

by Anne Knowles

Rampart Library District invites you to come to the Florissant and Woodland Park libraries this December and take a break from the often frenetic activities of this busy season. The holiday spirit is alive and well in the libraries, and we would love to share it with you. Come in, get a good book, read the newspaper, use the computer or visit with a friend or a friendly librarian. If you have children coming to visit you, you might want to check out one of our themed backpacks with books, puzzles and fun things to do, available at both libraries.

Both libraries are collection points for Community Cupboard so you can bring in your nonperishable food items to benefit the less fortunate in our community. The Staff and Board of the Library District will be donating toys to Community Cupboard as part of our holiday celebration. You may see library staff, board members and volunteers ringing the Salvation Army bells at City Market.

The book tree in Woodland Park is back, created this year by the Teen Advisory Board. The gingerbread house competition sponsored by the Lighter Side of Christmas, a nonprofit organization in Woodland Park, will again be held in the library. Applications and information are available at www.lightersideofchristmas.com and any questions should be addressed to that organization. Come into the library from December 4 through 19 and admire the wonderful gingerbread house creations.

The Friends will be holding a holiday gift book sale at Woodland Park on Saturday, December 5 from 10 a.m. to 3 p.m. You won’t want to miss this wonderful opportunity to get some almost new books suitable for gift giving. Like-new, gift-quality books, coffee table books, stocking stuffers will be available for sale. For questions call 719-687-9281. All donations will benefit the District.

Woodland Park Book Club will meet Tuesday, December 8 at 10:30 a.m. reading “The Goldfinch” by Donna Tartt.

December storytimes will all have holiday themes and crafts. Storytimes are held on Wednesday and Thursday at 10 a.m. in Woodland Park and Friday at 10 a.m. in Florissant. You can make an appointment for your child to read to a trained therapy dog in the Paws to Reading program from 11 a.m. to 12:30 p.m. on Fridays at Florissant following storytime. There will be a special holiday storytime featuring Mrs. Claus at Woodland Park on Wednesday, December 16 at 10:15 a.m.

There are several activities going on in December in the Teen Room at Woodland Park Library. All month there will craft materials for teens and teens to make ornaments. On December 8 at 4 p.m. the Fandom program will celebrate the release of the new Star Wars movie. It’s not too late to vote for your favorite teen books in Colorado’s Blue Spruce Young Adult Book Awards. See our website http://rampartlibrarydistrict.org under Programs, Teens for more information.

Rampart Library District will close early on Friday, December 11 at 4 p.m. for Staff Holiday Party. Both libraries will be closed on December 24, 25, 31, and January 1 for the holidays. The Staff and Board of Rampart Library District wish all of our patrons and members of our community a very happy holiday season!

# Earn Extra Money!

The Ute Country News is seeking advertising salespeople in the following areas:  
• Colorado Springs • Breckenridge • Buena Vista • Salida

- Computer access required
- Set your own hours
- Generous commissions
- Your time is your money

Call 719-686-7393 or email UteCountryNewspaper@gmail.com for more information.

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7393 or email us at utecountrynewspaper@gmail.com.

## BUENA VISTA

4 Tree of Life. You are cordially invited to attend the Heart of the Rockies Hospice Annual Tree of Life Celebrations at 3:30 p.m. Congregational United Church of Christ 217 Crossman, Buena Vista. A chance to remember, give thanks, and celebrate the life of loved ones who have passed. We invite all to participate in our special ceremony. Whether on Hospice Care or not.

5 HOPE is taking part in the Buena Vista Christmas opening that starts at 10 a.m. There are many events in downtown Buena Vista. We will have a table at the Creekside Gathering Place for the chocolate walk. Come taste some Free Trade chocolate treats and learn more how you can help prevent human trafficking.

5 CMC’s Winter Jazz Concert 2015 featuring music of Buddy Rich, Count Basie, Swing, Funk, Rock, and more at 7 p.m. at Valley Fellowship Church Auditorium 608 S. San Juan. Special guest performance by Buena Vista High School Jazz Ensemble. Admission is free, donations accepted.

8 BV Celtic & Old-time Music Jam, at 6:30 p.m. to 8:30 p.m. Creekside Gathering Place, 203 Cedar St, Buena Vista (next to Columbine Park). All abilities are welcome to the Buena Vista Celtic & Old-time Music Jam held the second Tuesday of each month! Bring your instrument(s) and a tune to share. If the weather is nice, we’ll jam on the porch. Free with donations appreciated. Call Carole Barnes for more info: 719-395-6704.

11 BV Community Contra Dance at 7 p.m. to 9:30 p.m. Congregational Church at 217 Crossman Street. This always, no experience or partner is needed to enjoy the great tunes and instruction from local musicians and callers. \$4 (\$2 students). Call Carole or Randy at 719-395-6704 for more info.

## CANON CITY

1, 8, 15, 22, 29 NAMI Connection Support Group for adults with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets every Tuesday from 6:30-8:30 p.m. at St. Thomas More Hospital in the Community Education Room. Contact Sherry at 719-671-7954 or NAMI@southeastco@gmail.com.

16 Fremont County The Emergency Food Assistance Program distribution First United Methodist Church, 801 Main Street, 1:30 p.m. until gone. Call Erlin Trikel 719-275-4191 X111 for more information.

16 NAMI Family Support Group for family and caregivers of individual with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets third Wednesday of every month at St. Thomas More Hospital in the Community Education Room. Contact NAMI at 719-315-4975 or NAMI@southeastco@gmail.com.

18 Fremont County Community Supplemental Food Program distribution 3rd Friday each month from 9 a.m. to noon at Leaves & Fishes, 241 Justice Center Rd. Call Traci Nelson for more information 719-275-0593.

26 To celebrate the anniversary of our Humane Society all adoptions of adult animals will be \$19.50 (the shelter opened in 1950 on Dec 26) and every animal adopted will be microchipped for free! The week leading up to that will also have \$19.50 adoptions on all adult animals. January 8, 2016 NAMI will offer its signature course to family members of a person with a serious mental illness in Canon City. This 12-week class is free, confidential and covers almost everything you wish someone would tell you from illness facts and medication to communication skills. It’s a perfect gift and New Year’s Resolution for yourself and your family member. The classes meet every Friday starting January 8 through March 25 at 6:30 p.m. Please register by calling 719-315-4975 or NAMI@southeastco@gmail.com. Location will be given to registered participants.

## COLORADO SPRINGS

13 One Nation Walking Together at Chapel Hills Mall, free event. See ad on page 22.

## COPPER MOUNTAIN

5 & 6 Colorado Demo Days. 7-11 U.S. Revolution Tour (Rev Tour) 24 Christmas at Copper. 31 New Year’s Eve.

## CRIPPLE CREEK

12 Cripple Creek parade is at noon, Saturday December 12. Santa will be at the Aspen Mine Center after parade. Also decorated trees for sale, gingerbread

cookie decorating, and fundraiser lunch. Awards will be announced at 1:15 p.m. and much more all in the Aspen Mine Center. The Colorado Spring Choral will sing at the Cripple Creek Baptist Church at 3:30pm. Also watch for additional carolers and music throughout town. All for free. For other questions call event coordinator, Kahi Pilcher at 659-3599.

12 Chance to win 32 inch flat screen TV on Saturday December 12 at the craft fair at Cripple Creek Park and Rec. you may win a TV by supporting the vendors. Hours of sale are 9 a.m. to 3 p.m. Tickets for a chance to win will be given to each person with every \$10 purchase. Tickets will be given out by each craft booth/vender table. Does not include food sold by CC Park and Recreation that day. The prize is possible through the Gold Camp Community Christmas Planning Committee to encourage more shoppers to attend the annual craft fair and the city wide event. This first place door prize drawing will be about 3 p.m. on the same day. Do not need to be present to win, but must pick it up yourself. Additional rules will be posted. Contact Kahi Pilcher, event coordinator at 719-659-3599.

18 Aspen Mine Center’s Cripple County Food Distribution from 9 a.m. to 2 p.m. Please bring photo ID and proof of Teller County residency. Call 719-689-3584 for more information.

## BUTTE OPERA HOUSE – THIN AIR THEATRE

through Dec. 27 “The Christmas Donkey” & New Christmas Olio (A Cripple Creek Original by Chris Sorensen) “The Christmas Donkey” a holiday favorite returns! To the people of Cripple Creek, Bill Otis is just a crazy, old coot. But to a magical, talking donkey from the North Pole, Old Bill is the next Santa Claus. This show will be followed by our World Famous Christmas Olio filled with holiday music, dance & family fun. For more information, visit ButteTheater.com.

## CRIPPLE CREEK DISTRICT MUSEUM

We are turning our parking lot into a Winter Wonderland with Santa, a photographer, carolers, music, lots of Christmas trees, hot cider and hot chocolate, cookies, lots of lights, and a sound system, etc. This will be from noon to 4 p.m. on Sat. and Sun each weekend through the weekend before Christmas and also Christmas Eve. There are also lots of toys and candy for the kids as well as discounted tickets to the museum buildings for all. Admission to the Winter Wonderland is free.

## CRIPPLE CREEK PARKS & RECREATION

Special Classes/Events & Trips for December: Holiday Craft Fair Saturday December 12 from 9 a.m. to 3 p.m., Toys for Tots December 17 from 5 p.m. to 8 p.m. at the CCVHS cafeteria.

On-going classes English for Adults (Martial Arts), Mon & Wed 6 p.m. to 7 p.m. only \$5 Archery Classes, most Fri 5 p.m. to 6 p.m., and Sat 8 a.m. to 10 a.m. by appointment, call for fees Bible Study for Women Only, every Wed evening from 5 p.m. to 6:30 p.m. Free English as a Second Language, Call Michael 689-3514 for info Judo, on Tuesdays from 6 p.m. to 7 p.m. only \$5

On-going activities, sports, fitness Air Rifle Shooting for Kids ages 5 to 18 every Thursday from 5 p.m. to 7:30 p.m., FREE Archery Indoor Open Shooting, most Fri 6 p.m. to 8 p.m. & Sat 10 a.m. to noon, call ahead, \$2 Archery Outdoor Open Shooting, Daily Sun-up to Sun-down, \$5 pay at Park & Rec Day Care (KRU - Kids Rock University), Licensed Program ages 5 - 17, Mon - Fri Day Care (KRU) field trips one Friday per month, call for dates/times/ places Fitness Center Membership \$14 month, or \$3 day, or \$20 Punch Card 10 visits Kids Adventure Club for Boys and Girls, Grades 1 thru 6, Call John for info 719-689-3514 Roller Skating/Blading most Fridays 1 p.m. to 4 p.m., call ahead, \$2 Silver Sneakers Fitness Membership is FREE for qualifying seniors! T-25 Cardio Workout DVD is free to all fitness members Volleyball for Adult Leagues, games on Wednesdays, 6:30 p.m. at Crescon Elementary, Sundays noon to 2 p.m., free Walk/Run with “5K at 10K Running Club” on Thursdays, free Youth Basketball games on Saturdays, call for details Dec 4 closing at 5 p.m. Closed Dec 24 & 25

Algae can produce between 2,000-5,000 gallons of fuel per acre, far more than any other renewable feedstock. • Algae can grow on marginal, or non-crop, land, so they don’t compete with valuable agricultural land. • They can grow in brackish, salt- or polluted water, so they don’t require freshwater resources. • They consume carbon dioxide (CO2) and emit oxygen as they grow, so they help reduce the total amount of CO2 in the atmosphere. If you thought hemp is that plant that makes you high, you are incorrect. Hemp is the non-psychoactive cousin of marijuana. Hemp can be used as a renewable source of plastics, medicine, clothing, building materials, paper, fuel, pollution clean-up, food and beverages. Like algae, hemp grows quickly and without a lot of petroleum-based fertilizer, pesticides and herbicides. It actually returns nitrogen to the soil. Professor Luke Spangenberg, Director of the Santa Fe Community College Advanced Biofuels Center of Excellence in Santa Fe, NM, will give a talk on algal production technology, bio-energy systems using hemp and algae and algal water cleaning. According to Spangenberg, “... there’s a magic to seeing life in

## MOUNTAIN LIFE CHURCH

24 Christmas Eve candlelight service. See ad on page 10.

## DIVIDE

14 & 28 Divide Little Chapel on the Hill – Food Pantry Distribution 4:30 p.m. to 6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com.

## MUELLER STATE PARK

5 Auditorium: Glaciers shaping the Earth at 10 a.m. at the Visitor Center. What is a glacier? What effects does it have on the landscape and rocks below? How can you tell if a glacier has been here? Get these answers and more from Volunteer Naturalist Bob Hickey.

5 Touch Table: Geology. Learn about the geology of the Pikes Peak area with Volunteer Naturalist Bob. See and touch a variety of rocks and learn to identify them.

12 Mueller Christmas Open House. Visitor Center is open from 9 a.m. to 4 p.m. Join us for a day of holiday fun activities!

12 Holiday Nature Hike at 10 a.m. Meet at the Visitor Center. Join us for a day of Holiday fun activities!

12 Nature’s Ornaments from noon to 2 p.m. Make your own ornaments from nature! Enjoy being creative and take your treasure home with you.

12 Majestic Birds at 2 p.m. See live Birds of Prey from the Pueblo Raptor Center! Diana Miller will show and tell about the amazing abilities of hawks, owls, eagles and falcons and how she cares for the birds at the rehabilitation center.

25 Merry Christmas! The park is open but the visitor Center will be closed.

1 January First Day Hikes. Colorado State Parks have taken on the tradition of hosting hikes on New Year’s Day to start the New Year out right! Three different hikes are offered for First Day Hikes at Mueller 9 a.m. Homestead Trail, 10 a.m. Elk Meadow Trail, and at 11 a.m. Outlook Ridge Trail. Bring water, snacks, (snowshoes?) and dress for snow! Visitors are reminded to be aware of the weather conditions and be prepared for weather changes when hiking the trails. Wear layered clothing, always bring water, a snack and a map are smart and safe rules of the backcountry! The events are free; however, a seven dollar daily pass or \$70 annual park pass is required to enter the park. For more information, call the park at 719-687-2366.

## THE DIVIDE PLANNING COMMITTEE

(DPC) invites you to sign up on the website below if you reside or work in the Divide Region of Teller County. The Divide Planning Committee is the voice of the Divide Region. Acting as a Review Agency for the Teller County Planning Commission, Teller County Planning Department, and the Teller County Board of County Commissioners. By signing up on this website you will receive notices for future meetings. See the DividePlanning.org website for information on this committee.

## FAIRPLAY

3 Algae and Hemp: Could these plants save the planet? Seminar on December 3, at the Beaver Ponds Environmental Education Center (beaverponds.org) at 7 p.m. If you thought algae was that green stuff that grows in your pond, your fish tank and in polluted waterways, you are correct! But, it’s so much more! Algae could be a renewable source of fuel, medicine, feed, fertilizer, cosmetics and pollution control. Some of its advantages include: • Algae can produce between 2,000-5,000 gallons of fuel per acre, far more than any other renewable feedstock. • Algae can grow on marginal, or non-crop, land, so they don’t compete with valuable agricultural land. • They can grow in brackish, salt- or polluted water, so they don’t require freshwater resources. • They consume carbon dioxide (CO2) and emit oxygen as they grow, so they help reduce the total amount of CO2 in the atmosphere. If you thought hemp is that plant that makes you high, you are incorrect. Hemp is the non-psychoactive cousin of marijuana. Hemp can be used as a renewable source of plastics, medicine, clothing, building materials, paper, fuel, pollution clean-up, food and beverages. Like algae, hemp grows quickly and without a lot of petroleum-based fertilizer, pesticides and herbicides. It actually returns nitrogen to the soil. Professor Luke Spangenberg, Director of the Santa Fe Community College Advanced Biofuels Center of Excellence in Santa Fe, NM, will give a talk on algal production technology, bio-energy systems using hemp and algae and algal water cleaning. According to Spangenberg, “... there’s a magic to seeing life in

# GUFFEY The Velveteen Rabbit romp on stage

Guffey Community Charter School is pleased to announce that The Velveteen Rabbit is in rehearsal for their holiday school production. We hope that your family will join us for this heart-warming tale of a young boy’s Christmas toy and its journey becoming a real rabbit.

The Velveteen Rabbit was written by Margery Williams in 1922 and adapted for stage by our middle school teacher, Hilliwey Peterson-Hirsch. Our production, which includes an original musical score, was first set to stage almost 20 years ago. Mrs. Peterson-Hirsch is happy to announce that three of its original cast members are now working professionally in off-Broadway theaters!

Once again, our school has every student participating in our show. Guffey School’s dedication to the arts shines through in the confidence and skills demonstrated by this small but mighty cast of students grades kindergarten through 8th grade. Please join us December 17 at 2 p.m. for The Velveteen Rabbit followed by a visit from Santa Claus and holiday refreshments.

The school is located at 1459 Main Street, Guffey, Colorado 80820 www.guffeyschool.org

## Holiday Toy Drive

This holiday season, the 8th grade students of Guffey Community Charter School will be collecting toys for local families in need.



They ask that you bring new and unwrapped toys to any of the drop off boxes at the following locations in Guffey: • The Freshwater Bar & Grill • Bull Moose Restaurant & Bar • Rolling ThunderCandy Cafe • Guffey Community Charter School

If your family is in need of gifts for your children, please contact Pam Moore, Guffey school administrator.

at 719-689-2093 to arrange your shopping time. The Toy Drive “store” will be open during school hours from Tuesday, December 15 through Thursday, December 17. On Tuesday and Wednesday, 8th grade students will be available to wrap your selections.

The Holiday Toy Drive is one of many community service projects that the graduating class will be participating in this year.

## FLORISSANT PUBLIC LIBRARY

4 A free legal clinic for parties who have no attorney, will be featured from 2 p.m. to 5 p.m. on the first Friday of each month at your Florissant Public Library in Florissant. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Please SIGN UP by calling 719-748-3939.

5 & 19 Adult Writers Group. The group meets at 10 a.m. on the 1st and 3rd Saturday of each month, now at Florissant Public Library. For additional information Summer may be contacted at 719-748-8012 or summersand25@yahoo.com.

Florissant Library is at 334 Circle Drive, call 719-748-3939 for more information.

## FLORENCE

JOHN C. FREMONT LIBRARY December’s featured artist is Canon City artist Roger Hufenberger displaying his scenic landscapes constructed out of bleeding tissue paper, colored pencil and pastels. Roger also has a bleeding tissue sculpture on display.

Friday night at the movies 4 Unbroken at 5 p.m. Based on the book Unbroken by Laura Hillenbrand. In this true life WWII story, Louis Zamperini spends 47 days at sea after his plane crashes only to be captured by the Japanese navy and shipped to a POW camp. Directed by Angelina Jolie and starring Jack O’Connell. Rated PG-13. Free popcorn! Bring your own drink.

Holiday silent auction Beginning December 8th at 10 a.m., The Friends of the John C. Fremont Library will have a silent auction and a kids’ gift shop. Place your bids on auction items by December 22nd at 2 p.m. Proceeds will go towards library services. John C. Fremont Library, 130 Church Ave., Phone 719-784-4649.

## FLORISSANT FOSSIL BEDS

12 Night Sky programs from 6 p.m. to 8 p.m. Night Sky Programs begin with a short presentation in the Visitor Center, followed by stargazing with telescopes, binoculars, and laser-guided tours of the stars and constellations. Please note that the telescope viewing is weather-dependent, and takes place only if clear. Presentations take place no matter the weather. Dress warmly, nights can be cool even in summer. Bring binoculars or a flashlight if you wish (red-filtered lights only please). These programs are generously assisted by the Colorado Springs Astronomical Society. For more information on this partnership, please visit their website www.esastro.org. Admission for the program is the regular park entrance fee, which is \$5 per adult (16 years and older); children and federal pass holders are free. For additional information, please call 719-748-3253 or visit our website: www.nps.gov/fflo or on Facebook at FlorissantNPS

## LAKE GEORGE

3 Holiday Program at 6:30 p.m. Lake George Charter School

24 Community Fellowship of Christians Christmas Eve candle light service. See ad on page 34.

## OLD COLORADO CITY

5 Trees, tales and treats huge holiday open house from 11 a.m. to 4 p.m. After 20 successful, fun, exciting, years of the OCCHS Holiday Tour the first weekend of December, we are changing this annual holiday kick-off celebration. An open house will be held to thank members and non-members for a great year. We will feature small holiday trees

decorated to reflect the history of Colorado City. Costumed actors will host each tree/display case; the bookstore will feature gifts for your shopping along with local authors. The Victorian holiday table will be set up with hot drinks and sweets. We want to share the holiday with Colorado Springs.

## SALIDA

3 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions. First Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Allemaing for more information 719-539-3351.

4 Artipate’s 7th annual fundraising event is Friday, Dec. 4 from 6 p.m. to 8 p.m. at the Salida high school auditorium. This year, Artipate is screening the amazing, all chick skin flick, *Prady Faces* featuring Lindsey Dye. Dye is encouraging the most radical, female, extreme skiers around! We will also be showing this year’s winner of the best ski film at the Banff Film Festival; *Eclipse*. Pizza and drinks will be served and we are giving away 2 monarch season passes! Don’t miss these great ski films and your chance to win one of 2 monarch season passes at Artipate’s 7th annual fundraiser!

5 Equine Parade on Railroad Street is Saturday, Dec 5 start time is 2 p.m. The parade will feature horses, ponies, mules, donkeys or goats. Santa arrives in this parade and will be deposited at the community center at approximately 2:30 p.m. Horses, mules may be ridden, driver or led. Christmas, Western, or Victorian costumes are encouraged, but please NO Santa costumes. Registration and release required, per-registration: no entry fee; late-registration (same day): \$10 entry fee. This parade is motor less and specific to equine. Please no dogs, sirens, firecrackers, marching bands, or thrown candy. For more information contact Erin Godonis, Equine Parade Chair at 719-395-8599.

5 Tree of Life. You are cordially invited to attend the Heart of the Rockies Hospice Annual Tree of Life Celebrations Saturday, Dec 5, at 7 p.m. Heart of the Rockies Regional Medical Center, Salida. Main entrance to Atrium. A chance to remember, give thanks, and celebrate the life of loved ones who have passed. We invite all to participate in our special ceremony. Special music, the spoken word, reading of names, candles and lights. Honoring all who have passed—whether on Hospice Care or not.

6 Stage Left Theatre Auditions for *Over the River and Through the Woods* on Sunday, Dec 6 at 2 p.m. in the SteamPlant Annex. *Over the River and Through the Woods* by Joe Dipietro and directed by Jan Justis, is looking for 3 women: 1 late 20s-early 30s and 2 that can play late 70s, and 1 in his early 30s. No preparation is necessary. Call for more information: 719-239-1978.

continued on page 36



# Christmas Eve Candle Light Service

at the Community Fellowship of Christians, Lake George, Colorado.

## We invite you to join us as we celebrate the birth of our Lord and Savior, Jesus Christ.

Service begins at 6:00 p.m. with refreshments afterwards.

# Community Fellowship of Christians

39633 Hwy. 24  
Lake George  
719-748-5552



## ~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 719-686-7393 or email us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

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### WOODLAND PARK ASPEN VALLEY RANCH

6 Learn to Make Your Own Evergreen Wreaths! Holiday wreath and swag workshop to be held at the Aspen Valley Ranch House on December 6 from 11 a.m. to 1 p.m. Participants will learn to create and decorate wreaths and swags using local evergreens. Everyone brings home 1 wreath and 1 swag for holiday décor or gift giving. Come and join the party! Call Julie at 719-964-4356 or email [jnsnyder@ppcf.org](mailto:jnsnyder@ppcf.org) for more information. Aspen Valley Ranch – The Gordon Jackson Foundation.

### DIABETES SUPPORT GROUP

21 Meets the third Monday of every month from 10 a.m. to 11 a.m. at Pikes Peak Regional Hospital. Open to all persons with diabetes and their family members. Call 719-686-5802 for more information.

### DINOSAUR RESOURCE CENTER

12 Winter Wonderland from 12:30 p.m. to 3 p.m. Join Santa and Mrs. Claus for a fun filled afternoon. Meet Santa from 12:30 p.m. to 3 p.m. and let him know your Christmas wishes, then join Mrs. Claus for a show with stories and songs at 1 p.m. End your Christmas adventure by making a colorful Reindeer craft to take home.  
20, 21, 22, & 23 Come see Santa and the dinos from 1 p.m. to 3 p.m. We have our craft table available for the children to make an ornament for our Christmas tree as well as one for themselves. Included with cost of museum admission. Call for pricing.

29 Kids free day from 9 a.m. to 5 p.m. Two children, ages 12 and under, will receive FREE admission with one paid regular priced adult admission. Join Nature's Educators (shows at 11:30 a.m. and 2 p.m.) as they discuss what raptors, reptiles, and dinosaurs all have in common and what difference they have. Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO. Visit [www.mdmr.com](http://www.mdmr.com) or call 719-686-1820.

### ELEVATION NETWORKING

21 Next meeting is Dec 21 from 6:15 p.m. to 7:30 p.m. at Kenpo Karate in Gold Hill South. All vendors welcome. Come, socialize, network and get the exposure you need. Call Thom 719-930-6365 for more information.

### FARMER'S MARKET

12 Come to the Ute Pass Cultural Center at 210 E. Midland on the second Saturday each month from 9 a.m. to 1 p.m. SNAP welcomed. For more information call 719-689-3133 or 648-7286 or email: [info@WPFarmersmarket.com](mailto:info@WPFarmersmarket.com)

### FREE LEGAL CLINIC

4 A free legal clinic for parties who have no attorney, will be featured from 2 p.m. to 5 p.m. on the first Friday of each month at your Woodland Park Public Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Please SIGN UP by calling 719-687-9281

ext.103 for Woodland Park.

### JINGLE PAWS 2015

5 TCRAS will hold Jingle Paws 2015 in Woodland Park on Dec 5. Register for the annual 5KRun and dog walk via [www.tcrascolorado.org](http://www.tcrascolorado.org) or in person TCRAS, 308 Weaverville Rd, Divide, CO 80814 or call 719-686-7707 for more information.

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5 Leaky Gut, GMO's, gluten and toxins  
12 Creating your personal diet and optimal weight  
19 Staying healthy over the holidays  
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### NEW MOM'S GROUP

1 New Moms' Group. Join us for this fun and educational gathering of new parents on the first Tuesday of every month. We will discuss topics such as infant sleep, infant feeding, postpartum adjustment or physical development and have lots of time for socializing and meeting other parents. This group is provided free of charge and is open to all parents of babies under age 1. Held at The Yoga Room, 321 W Henrietta Ave, Suite 1A, Woodland Park. For more info, visit: [Call 719-761-7541](http://Call 719-761-7541) or [community-midwiferyco@gmail.com](mailto:community-midwiferyco@gmail.com) or visit [www.CommunityMidwiferyCO.com](http://www.CommunityMidwiferyCO.com)

### TEEN CENTER

We invite you to come to the Teen Center, a fun, safe place for kids! Teens need to be registered at the Teen Center to participate.

2, 9 & 16 Chicken Nuggets Special \$5.50 for 5 Chicken Nuggets! \$1 for Nuggets & a soda!  
3 Book Club 4 p.m. to 5 p.m. Come prepared to discuss this month's title: Fallout!

4 If you are marching with the Teen Center in this year's Lighter Side of Christmas parade, please be here at 4 p.m.

4 Decorate your Christmas Stocking to hang in the Teen Center 3:30 p.m.

8 Scrapbooking Fun. Come document the fun happenings at the Teen Center! Free! 4 p.m. to 5 p.m.

10 A Christmas Story Movie w/free popcorn & a drink!! 4 p.m. to 6 p.m.

11 Teen Center Closes at 5 p.m.

14 Join us and make Christmas cookies! 3:30 p.m. to 5 p.m.

15 Cooking Club. Come learn some cooking skills and make something delicious. 4 p.m. to 5 p.m.

16 Teen Center Christmas Party \$2 You must be signed up to attend. Sign-up sheet is in the TC! 6 p.m. to 8 p.m.

18 Winter in the Park at the Cultural Center. Celebrate the last day of school before the Winter Break. Teen Center will be participating so come on down for some fun. TC will open afterwards. 3 p.m. to 5 p.m.

21, 22, & 23 Teen Center open noon to 6 p.m.

22 Winter Games! Join Dee of Guides-to-Go for some nature games, Squirrel Tag, and more on this excursion to Meadow Wood Park! Check out the flyer and sign in sheet at the Teen Center. FREE! 1 p.m. to 4 p.m.

23 Polar Express Movie w/free cupcakes & cocoa! 3:30 p.m.

24 & 25 - Teen Center Closed

28, 29, & 30 TC Open from noon to

6 p.m.  
28 Heroscape/Lego Club 4 p.m. to 5:30 p.m.

30 Adopt-A-Spot Around Memorial Park Clean Up and Recycling 3:30 p.m.

30 TAB Meeting. If you're on the Board, please attend. 4 p.m. to 5 p.m.

31 New Year's Eve Celebration. Popcorn & Cider 4 p.m. to 5 p.m. Teen Center Closes at 5 p.m.

After school hours: 3 p.m. to 6 p.m. No school hours: noon to 6 p.m. Youth in Grades 6-12 are welcome! Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

### UTE PASS CULTURAL CENTER

3 Prospect's Annual Lights of Love remembrance began over two decades years ago to honor loved ones we have lost and to take a few minutes to reflect on their memory. What you see and feel is the celebration of life, realization of how precious life is and how fortunate we each are to have loved and be loved. From 6 p.m. to 8 p.m. Contact Janet LaReau 719-687-0549.

5 Kiwanis Annual Breakfast with Santa. Make sure you get there early. Doors open at 8 a.m. There is free pancake breakfast for the whole family. You can also get your picture with Santa for a small donation to the Ute Pass Kiwanis from 8 a.m. to 11 a.m.

5 City Christmas Tree Lighting. Immediately following the Christmas Parade. Music, refreshments, and a visit from Santa. Free.

6 Woodland Park Wind Symphony "The Sights and Sounds of Christmas" at 6 p.m. Meet the musicians

cocktail hour, 7 p.m. Concert. Free. Donations are welcome. For more information call 719-687-2210.

12 Living Nativity from 6 p.m. to 8 p.m. Free on the pavilion outside. Presented by the High View Baptist Church.

13 Woodland Park Community Singers Christmas Concert from 3 p.m. to 5 p.m. Free.

18 Winter Day with Santa. This family event is for all ages. Pictures with Santa and Mrs. Claus, snacks, and hot chocolate will be provided. Sledding and Snowmen (weather permitting) from 3 p.m. to 5 p.m. Free.

24 Non-Denominational Christmas Eve candlelight service 6 p.m. to 8 p.m. Presented by the Highland Bible Church.

### UTE PASS HISTORICAL SOCIETY

Ute Pass Historical Society Holiday Gift Shop Hours are Wednesday through Saturday, 10 a.m. to 3 p.m. We will be closed on Christmas Day. We offer a large selection of books, jewelry, and Indian art. Our 2016 Photo Calendar makes a great gift! The Gift Shop is located in the Museum Center building in History Park, next to the Woodland Park Public Library, 231 E. Henrietta Avenue. Call 719-686-7512 or check our website: [utepasshistoricalsociety.org](http://utepasshistoricalsociety.org).

### WP COUNTRY LODGE MUSIC SCHEDULE

see ad on page 4.

### WP WRITERS GROUP

3 & 17 Are you interested in writing/publishing commercial fiction and nonfiction? We are starting a Woodland Park writers group. All published and non-published authors are welcome. We will discuss relevant topics such as plot, POV, hooks, character development, and the general business of writing/publishing. We will play with improv writing. Polish your craft to get published. Meetings are at the WP Library, 218 E. Midland Avenue, Woodland Park, CO 80866 in the Small Meeting Room the 1st and 3rd Thursday from 6 p.m. to 8 p.m. For more info call 719-377-1546 or email [kai@katwells.com](mailto:kai@katwells.com).

### VICTOR

11 Victor holiday headframe lighting through New Year's Eve and the Electric Lights Parade at 6 p.m. followed by the bonfire and caroling at party in the plaza across from the Victor post office.

26 Ute Trail Muzzle Loaders: shoot and meetings the last Saturday of each month at Victor. For information call 719-684-7780.

### ~UTE COUNTRY BUSINESS~

## Spinney Mountain Reservoir closed for season

by Jennifer Churchill

Spinney Mountain State Park officially closed for the season November 26 after the reservoir iced over. The park will reopen in the spring when the ice melts.

"Due to the reservoir's fluctuating water levels that create very unstable ice conditions, Colorado Parks and Wildlife and the City of Aurora close the park each fall when ice covers the reservoir," said Park Manager Kevin Tobey.

Nearby Eleven Mile State Park will remain open throughout the cold weather season, offering winter camping, as well as ice fishing, when conditions permit. Water levels at Eleven Mile Reservoir have been good all year and the reservoir is expected to remain near spillway

elevation throughout the winter.

Park officials remind ice fishermen that ice thickness may vary considerably within relatively short walking distances. Anyone venturing out onto the ice should always go with a partner, drill test holes to ensure at least five inches of clear, solid ice is found consistently across the surface, wear a life jacket and carry ice picks, 50 feet of rope and a cell phone. Park rangers also recommend that anglers stay away from pressure ridges, open water and ice that is porous, soft or has granulated crystals.

Colorado Parks and Wildlife continues to stock Eleven Mile Reservoir with trout, many of which grow to be trophy-sized. The Gold Medal fishery on the South Platte between Spinney and

Eleven Mile usually has long stretches of open water well into the fall, so late season anglers can still have an opportunity to get some late-season catch-and-release fly fishing in.

For more information, call park office at 719-748-3401 or visit [www.cpw.state.co.us](http://www.cpw.state.co.us).

*CPW is an enterprise agency, relying primarily on license sales, state parks fees and registration fees to support its operations, including: 42 state parks and more than 350 wildlife areas covering approximately 900,000 acres, big-game management, hunting, fishing, wildlife watching, camping, motorized and non-motorized trails, boating and outdoor education. CPW's work contributes approximately \$6 billion in total economic impact annually throughout Colorado.*

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