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Vol. 8, No. 4

## Welcome to Ute Country

The first day of spring is one thing,  
and the first spring day is another.  
The difference between them  
is sometimes as great as a month.

— Henry Van Dyke

### PEEK INSIDE...



page  
9

Birds of the Ute Country



page  
10

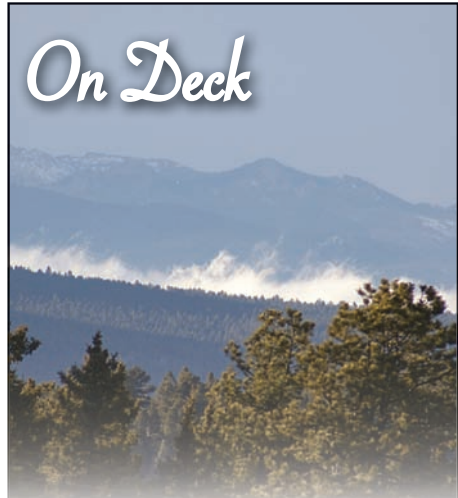
Hartsel huskies IV: Kira's story



page  
18

Just The Facts: Rocky roads





This month's cover photo of Cascade Falls was taken between St. Elmo and Mt. Princeton. It was taken almost a year ago, while Kathy's sister, Carol, along with Carol's son, Harv, and his betrothed, Leah came to Colorado for a visit. We decided to use this photo since April brings us lots of snow, just like May did a year ago.

We dedicate our April 2016 issue to Harv and Leah as they will be married on April 29. The two of you have an incredible future ahead, as you complement each other in many ways. The respect for each other and communication between you are strengths that form a base for the incredible love that shines like a beacon when you look at each other. Congratulations to Harv and Leah! Life events have their way of taking the spotlight at times, as was true this past month for three of our regular columnists. We look forward to next month when Mari Marques (The Thymekeeper), Karen Anderson (a.k.a. The Plant Lady, Growing Ideas), and Maren Fuller (Seeds to Sprouts) will once again provide words of wisdom to be pondered.

Do you have photos of your inside or outdoor animal friends that you would like to share with our readers? Critter Corner is in need of some new faces. Please send your photos for Critter Corner to us via email: [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or mail to POB 753 Divide, CO 80814.

We love to hear from you. Do you have comments, questions, or an article for consideration? Please send to us via email: [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or mail to POB 753 Divide, CO 80814.

Thank you,  
— Kathy & Jeff Hansen

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## Wellness by Lana

### Are you motivated to move?

by Lana Paul

*I'm Lana Paul, an experienced wellness coach specializing in the full circle balance of body, mind, and spirit. I enjoy helping others to identify their wellness needs and to select the path that will allow them to fulfill their goals. Wellness is more than "eating right" or weight loss; it is a malleable balance of healthy things that supports each person to feel whole.*

Springtime is such an amazing and fresh time! It offers a great opportunity to get out into the world and become more physically active. There are so many benefits to moving more but often we find that it is difficult to stay committed to our exercise routine. It might seem like you don't want it badly enough. I actually disagree with that impression! I believe the more accurate answer is that your real 'why,' or motivation, has yet to be identified.

### What motivates you to want to move more?

It is crucial that you become very clear about why you want to feel better physically. There are too many things that come up in life that can interfere, such as not having enough time, feeling too tired or simply not having the motivation. Your old habit of being more sedentary may be a comfortable place, an inviting place to return. The more sedentary lifestyle may feel more comfortable but it comes with a price. Motivational speaker Tony Robbins has said, "Change happens when the pain of staying the same is greater than the pain of change."

In 2011, I became very clear that I wanted to become more physically active. I was observing my friends and how happy they seemed, how alive they seemed. I noticed how they interacted with one another and how they interacted with their children and with their spouses. I could feel their vitality and I craved having that for myself.

I solicited my good friend to join me in a very intense workout program. This is not something that I would recommend, going from nothing to intense. I did survive the intensity though but maybe just barely. I realized I needed to begin running to increase my endurance so that I could try to survive the workouts. I began to train for 5K races and took part in several races throughout that year.

At the end of that full year I had gotten stronger and gained many body, mind and soul benefits. However I had not lost weight and I still hadn't seen a shift within me with my relationships. I decided in 2012 to hire a personal trainer and decided to listen to his advice and guidance. I still had my why of wanting to improve my relationships and vitality. At this time, I added onto my why because I had received word that my cholesterol was too high. I wanted to be healthy on the inside too.

After working with my personal trainer, my weight had come into a healthy range. People began to notice a change in me. There was the obvious difference in my appearance but what people observed was a strength that had developed on the inside. I was fascinated that this newfound strength was visible to others. It was a powerful feeling to experience this strength; it is something I had never felt before in my life.

My why kept me motivated through the ups and the downs of life. My journey led me through a personal transformation beyond my wildest dreams. Not only did I begin to develop stronger connections with people and my cholesterol returned to a normal level, but I made a decision that I wanted to share and teach others how to achieve that powerful feeling.

We are aware that not moving as much comes with a price. What is it costing you? Possibly it is costing you because you feel more stress. Or possibly you are feeling frustrated, guilty or a sense of shame because you know you want to be more active but aren't taking that step.

## Correction

Antoinette Shenise as the manager of Dakota Hot Springs. Antoinette Shenise is the owner of Cove Day Spa. Darla Legg is the Cove Day Spa director. The phone for Cove Day Spa is 719-784-7446.

There are so many health benefits to exercising or moving more. I suspect many of us can relate to at least one of these benefits to having more exercise. Any of these could translate into your why.

- Here are a few:
- Improves body composition, fights obesity.
  - Helps prevent heart disease, strokes and type II diabetes, improves high blood pressure and reduces high cholesterol.
  - Helps reduce stress, anxiety, and depression.
  - Improves self-esteem.
  - Improves quality of sleep.
  - Helps to alleviate pain symptoms of arthritis.
  - Increases bone density.

The authors of 'Extreme Transformation' talk about the many possible whys that you may identify with. You may have had a recent health scare that causes you to want to make a change. Maybe you have received a significant diagnosis such as diabetes, heart disease or high blood pressure. Of course if you have any of these conditions, you would want to talk with your doctor before starting an exercise program.

Have you had a sudden loss in your life? Sometimes when we have lost someone we love, we feel an urgency to make a change in our lives to be more, to become more. Perhaps you feel that there has to be more and if you felt stronger, you could experience life more fully.

### Change happens when the pain of staying the same is greater than the pain of change.

Motivational speaker Tony Robbins

Upcoming weddings, high school reunions and vacations could all be motivating. Would you like to have the energy to walk along the beach? Many weddings have dancing at the reception. You could desire the stamina to dance the night away. Of course the high school or college reunions can take us into a strong desire to want to look our best.

Seeing yourself in a photograph can be an eye-opener at times. Sometimes we don't quite realize how our physical appearance has gotten away from us. That photograph may be the very motivation you need to keep you moving. Or perhaps it is the desire to be more available in a relationship such as with your children, your spouse or your friends. You may want to go on long bike rides or play with your children or grandchildren. Maybe you want to feel stronger so that you will have the confidence to begin dating again.

My challenge to you today is to get out a pad of paper and a pen and write down exactly what you are wanting to do and to be as specific as possible. As an example, say you want to include more walking during your week. To be specific, you can write that you want to work up to walking 30 minute three times each week. To be able to measure your progress, you could state that you want to walk on Monday, Wednesday, and Friday.

Do you believe three 30-minute walks are



actually attainable during your week? Is it realistic? If it isn't, please make appropriate adjustments to either the length of the walk or to the number of days. You want to be able to keep this commitment to yourself. This is such a powerful opportunity to boost your self-esteem by showing yourself you are worthy of keeping a commitment to yourself. Figure out a timeframe to reach this goal and put an actual date to it. Write it all out and include that date you anticipate reaching your goal.

Now that you have made this commitment to your well-being, I want you to record why you want to be more active. List all the benefits that come to you. Now look at the list and what speaks to your heart the most. What is the one thing that will keep you motivated and moving towards feeling healthier, stronger and more vibrant?

That is your WHY. Please record it. You can place reminders in different locations if that is helpful. This is your gift to yourself to remember your motivation to remember why you are important, to give you that nudge to become a healthier version of you! This can be a beginning in your journey. It is exciting to know that your journey can take you such amazing places. Enjoy every step of the way!

Would you be interested in participating in a weekly group walking event in your area? If so, please email me your location and the times of day you would be available for an hour walk. My email address is [lanapaul@WellnessByLana.com](mailto:lanapaul@WellnessByLana.com).

*I would be honored to help you identify what you are seeking in your wellness journey. I work with people both in person and by telephone, providing a variety of coaching and wellness opportunities to help you become the best version of you. I am a National Academy of Sports Medicine certified personal trainer with a focus in nutrition, an American Council on Exercise certified health coach, and a Grief Recovery Method Specialist. Make an appointment on my website at [www.WellnessByLana.com](http://www.WellnessByLana.com) and schedule a free one-hour consultation. You can also sign up there for my monthly newsletter with recipes, wellness tips, and ideas for living a balanced life. Nothing in this column is intended to diagnose, treat or provide a substitute for medical advice. If you believe you have an eating disorder or other type of physical disorder or illness, please consult your physician.*



## DIVIDE CHAMBER OF COMMERCE

### 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).

- **Cripple Creek & Victor Gold Mining Co:** 719-689-2977 or [www.ccvgoldmining.com](http://www.ccvgoldmining.com). Large-scale gold mining operation with tours offered throughout the summer.
- **Community Partnership Family Resource Center:** 719-686-0705 or [www.cpteller.org](http://www.cpteller.org). Serving all of Teller County with Adult Education, GED, Exercise, Nutrition, Parenting & Early childhood programs.
- **Teller Park Veterinary Service:** 719-687-2201 or [www.tellerparkvet.com](http://www.tellerparkvet.com). Mixed animal veterinary care serving small and large animals, offering everything from nail trim to surgeries.
- **State Farm Insurance - Szymankowski:** 719-686-0046 or [www.sfwoodlandpark.com](http://www.sfwoodlandpark.com). Offering Insurance and Financial Services.
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## Fairplay Hotel

by Linda Bjorklund

The hotel on the corner of Fifth and Main Streets in Fairplay has been known under various names throughout its history. To add to the confusion, other hotels in town were known by the same or similar names in their respective times. Its most recent moniker is the Fairplay Valiton Hotel. But let's start at the beginning.

The property on the corner was originally owned by Hugh Murdock, who came from Ireland and settled in the town of Fairplay in 1864. Murdock built a 22-foot by 50-foot building with a shingled roof, which he ran as a business and store until he sold the property in 1867. Shortly thereafter he purchased another property a block to the west on Front Street on which he built a hotel which was known as the South Park Hotel and then the Fairplay Hotel.

In September of 1873 a devastating fire destroyed most of the businesses on Front Street. The fire started in a chimney at Murdock's Fairplay Hotel and spread up and down Front Street. It did not, however, get as far as the businesses on the east side of Main Street.

The lot on the corner of Fifth and Main Street was sold several times, but in 1875, the deed to the property known as Lot 1, Block 16 described a "2-story frame house known as the McLain house, used as a hotel."

Abraham Bergh was born in Milwaukee and came to South Park during the 1859 gold rush. He built the first house in Fairplay, and became a merchant and miner. In 1876 he either built or added to the building on Fifth and Main Streets and called his hotel the "Bergh House."

Bergh ran it until 1879, when he sold the hotel to E. N. Marsh. The hotel was then renamed the "Vestel House."

It was in 1879 that the famous (or infamous) story of the hanging out the courthouse window occurred. The courthouse is across Fifth Street from the hotel. The basement contained the county jail until the small jail was built next to the main building in 1880. A fellow named John J. Hoover owned and ran the Cabinet Billiard Saloon located on Front Street. The "Fairplay House" was a small hotel a few doors down from Hoover's establishment on Front Street.

At that time a system of town ditches was built and used to collect water for use by the local citizens. The ditches would collect debris which had to be cleaned out every now and then and the hotel owner of the Fairplay House hired a worker named Bennett to clean out the ditch near his hotel. Bennett had blocked the ditch while he cleaned out the debris and had decided to take a break. He was standing next to the counter in the Fairplay House when Hoover, who had been partaking a bit too much of his own inventory, barged into the hotel with his handgun drawn. He had noticed that the water from the ditch was backing up toward his business. After a short display of temper, Hoover shot Bennett in the chest.

Bennett died a few hours later. The sheriff went to arrest Hoover, who by this time had sobered up somewhat and surrendered without incident. The trial took the better part of a year, during which time Hoover had to retain a new attorney, due to the demise of his original one. He then tried to plead a disability because he claimed to have fallen down a shaft and hit his head, which caused him not to think straight.

The trial was held in the upstairs courtroom of the courthouse in Fairplay. Judge Bowen presiding. After hearing all the testimony and Hoover having been found guilty, the judge sentenced him to a mere eight years in the penitentiary, one of which he had already served. The light sentence angered the local populace, who formed a committee of vigilantes. The unruly mob of vigilantes stormed the jail in the basement during the wee hours of the night. They disarmed the guards and marched Hoover up two flights of stairs. A noose was placed around his neck, then he was summarily pushed out the second story window and hanged.

This happened in 1880. Stories told over the years have placed the crime at the "Fairplay Hotel," which is conveniently right across the street from the courthouse. But the circumstances indicate that the shooting actually took place in the small hotel on Front Street, several blocks toward the river bank.

First, the town ditches didn't come near the hotel on Fifth and Main. Second, the hotel would have gone by the name "Vestel House" at that time, not "Fairplay Hotel."

During the same year—1880—Bergh repurchased the hotel and changed the name



The Bergh House.  
photo courtesy of the Park County Local History Archives



The Windsor Hotel.  
photo courtesy of the Park County Local History Archives



The Fairplay Hotel in 1924.  
photo courtesy of the Park County Local History Archives



The Fairplay Valiton Hotel in 2016.  
photo by Linda Bjorklund

back to the "Bergh House." He ran the hotel until his passing in 1893.

The hotel went downhill after that for a few years. Then in 1897 the hotel was purchased by Susan Harris-Young. Mrs. Young had lost her hotel, the Radford House, in the 1873 fire, and barely escaped with her children and her life. But she now thoroughly cleansed the hotel known as the "Bergh House" from cellar to garret; repapered, repainted and refurnished it throughout. When the hotel was opened, it was renamed the "Hotel Windsor."

Again, several owners and operators ran the hotel for a number of years. Then in 1921 a defective kitchen range created a very hot fire that burned the hotel to the ground. Firefighters were able to save the large recreational hall, known as the Town Hall, that had been built in the same quarter block. So the current owner of the hotel, Mrs. Agnes Slater, immediately made plans to rebuild the hotel.

The Town Hall featured dances and orchestras in the early years. In the 1920s it became a movie theater, the Placer Theater. The building also featured a bowling alley and a roller skating rink. They even featured an occasional wrestling match at the hall. All of these contributed to the success of the hotel next door.

The new hotel was built on the same foundation as the old one in 1922 and was then dubbed the "Fairplay Hotel." In 1934,

after prohibition was repealed, the sun porch was converted into the Silverheels Lounge. A magnificent mahogany back bar was moved from the old Rachel's Place in Alma to the lounge. A water tower in Como was dismantled and used to create the cedar wood ceiling in the lounge.

In those years an annual festival was held in late October, called the Harvest Dance. The story has been passed down that one of the frequent visitors to the hotel's lounge was a young lady named Julia. She loved to dance on the wooden floors in the hotel, but she had the unfortunate reputation of being a local prostitute. Julia fell in love with a young man, but decided that, rather than tarnish his reputation, she would commit suicide. Julia is supposedly buried in the Fairplay cemetery. But her spirit returns to the hotel occasionally, especially during the late fall, and her footsteps can be heard on the creaking floors. Pots and pans can be heard clanging in the kitchen, and drawers and doors are mysteriously opened and shut for no apparent reason.

Recently the hotel on the corner has undergone numerous changes of ownership again. The theater disappeared in the 1960s, but the hotel still stands.

Current owner Constance Tiel Schoppe purchased the hotel in 2010. Mrs. Tiel Schoppe and husband Bob Schoppe refurbished the hotel once more. They sold it on contract after a few years. The new owner managed to dismantle a number of the improvements, run up numerous unpaid bills and finally was forced to close because the utilities had been shut off due to non-payment. A fully stocked bar had been reduced to nothing.

The Schoppe couple has again cleaned up the hotel, as well as the bar and restaurant, and plans to open within the next few months. They both regard the hotel as an important part of the history of the town of Fairplay and don't want that to be lost. Please wish them well.



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# Which IRA is better for younger workers?

If you're at the beginning of your career, you might not be thinking too much about the end of it. But even younger workers should be aware of and saving for their eventual retirement. Since you've got many years until you do retire, you've got a lot of options to consider – one of which is whether an IRA may be appropriate for you and, if so, what type.

Essentially, you can choose between a “traditional” IRA and a Roth IRA. (Other types of IRAs are available if you're self-employed.)

With a traditional IRA, you contribute “pretax” dollars, so your contributions are generally tax-deductible, depending on your income limits and whether you also have a 401(k) or other retirement plan at work. In 2016, you can contribute up to \$5,500 to your traditional IRA, although the limit rises once you reach 50. You can fund your IRA with many types of investments for example, stocks, bonds, and government securities and your earnings grow on a tax-deferred basis.

A Roth IRA has the same \$5,500 annual contribution limit and can also be funded with many types of investments. But there are some key differences. You can only contribute to a Roth IRA if your income is below a certain threshold, but that threshold is quite high, especially for younger workers starting their careers. So you'll likely be eligible. However, your contributions are never tax-deductible, so you're basically funding your Roth IRA with money on which you've already been taxed. But your earnings can grow tax free, as long as you don't start taking withdrawals until you're 59½ and you've had your account at least five years.

Assuming you can contribute to either a traditional or a Roth IRA, which should you choose? There's no one right answer for everyone, but as a younger worker, you may be able to gain two important benefits from contributing to a Roth.

First, since you're probably earning much less now than you will later in your career, you're likely in a relatively low tax bracket. So it may make sense to pay income taxes now on your Roth contributions, rather than pay the taxes later on withdrawals from a traditional IRA. Second, a Roth IRA may provide more flexibility than a traditional IRA. Usually, the only way to get money from a traditional IRA before you retire is through a short-term loan; otherwise, you can get hit with both taxes and penalties on early withdrawals. But with a Roth IRA, you can withdraw your contributions (not the earnings) penalty free to help pay for your first house or to go back to school.

Still, as mentioned above, there's no hard-and-fast rule as to which IRA is better for younger workers. For example, if you are certain you'll be in a lower tax bracket when you retire, you might be better off by taking the yearly tax deductions from your traditional IRA and then paying taxes on the withdrawals when you retire. But that's a hard prediction for anyone to make.

Your tax advisor may be able to provide some guidance on whether a traditional or a Roth IRA is better for you – but either one can be a valuable resource for that day, many years from now, when you say “goodbye” to work and “hello” to a new phase of your life.

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

## When you witness

She caught my eye as I wound through the grocery store. Her youngest child screamed and she screamed back, harsh and desperate. Later, her toddler laying on the floor in spilled juice, she yelled through tears to “just get up off the floor!”

My heart sank – three little ones, all crying, taking her to the edge. A pit in my stomach gnawed at me but what could I do? I moved on but then, in the parking lot, I hear these same children crying as mom pressed her head hard against the steering wheel.

This isn't my business, I say to myself. But whose business is it? It might not be safe to intervene. But is it safe for those kids to go home? I pull up the contact information for a local respite center and knock on her window.

“I'm sorry to bother you,” I say. “I just want you to know that we've all been there and you're going to be okay. There is a place you can go if you need a break. I've got the information here if you want it...”

The sigh of her relief is heavy as she meets my eyes and shifts herself to a place of calm. Have you been there? Witness to a moment where you want to intervene but you're not sure what to do?

Sometimes, when a parent is pushed to her limits, a kind and supportive word can make a difference. Sadly, extreme incidents of child abuse and neglect are also present in our community. CASA of the Pikes Peak Region is working to bring awareness to this critical issue during Child Abuse Prevention Month. Every citizen has a stake in the well-being of our children. CASA empowers citizens to stand up against abuse.

**Other Ways to help:**  
**Look for warning signs of abuse:** The earlier child abuse is caught, the better the chance of recovery for the child. Child abuse is not always obvious. Learn some of the common warning signs of child abuse and neglect.  
**Report Abuse:** Many people are reluctant to get involved in others' lives, but we all should report suspected child abuse or neglect. If you think a child is being mistreated, take immediate action. Colorado Child Abuse and Neglect Toll-Free Hotline: 1-844-CO-4-Kids (5437).  
**Know Our Resources:** KPC Respite Center offers crisis childcare for infants and young children at no cost to parents or guardians. The crisis line is available 24 hours a day, 7 days a week 719 634-5439.

*Visit casappp.org for more information and resources. Learn more about how you can make a profound difference in the life of an abused or neglected child. Join us to get the “411” on CASA volunteer opportunities on Thursday, April 14, from 5:30 p.m. to 6:30 p.m., 701 S. Cascade Ave., Colorado Springs 80903.*

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# One Nation Walking Together

by Kelsey Comfort

In case you missed it, March 8 was International Women's Day. March was also Women's History Month. It's an unfortunate truth that many of the important contributions made by women throughout history go undocumented and unnoticed.

**ONE NATION WALKING TOGETHER**

Sadly, Native women in history particularly get overlooked despite all of their incredibly valuable contributions.

Though all U.S. military combat positions were only recently opened to women in an announcement made on Dec. 3, 2015 (CNN), did you know that women have been participating in combat for much longer?

Few know about the women warriors from the small band of Southern Apaches known as the Chiricahua. These women were encouraged to be warriors and played a crucial role in the Apache Wars. As young girls, these women were trained in horse, weapon, and physical skills—just like the boys. Though their officers did not always officially recognize these women as warriors, their fellow troopers did.

Unfortunately because of the lack of historical documentation, there is little information about these women available. Below are some of the women who we are fortunate enough to know about and who have lived on throughout history.

**Lozen**  
“The name ‘Lozen’ was an Apache war title, meaning one who has stolen horses in a raid. Many Apache people of the time period went by titles or nicknames in public and used their Indian names sparingly, believing that this conserved their spiritual power...Lozen's personal name is not known” (native-languages.org).

Probably the most well-known of the Chiricahua women warriors, Lozen was the sister of Chief Victorio. She never married, but instead devoted her life to the protection of her people. After traveling to the Sacred Mountain where she fasted and prayed, Lozen was given the Power to Find the Enemy.

While chanting a prayer that Lozen was given in a vision, she would then turn in a circle with her palms turned upward. Her palms became red when she faced the direction from where the enemy was approaching. She knew the closeness of the enemy's location by how dark her palms turned.

Lozen's tracking ability was absolutely monumental to the Chiricahuas. In addition to her tracking skills, Lozen was also known

## The Endurance King

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Glen Howard was a young man and avid cyclist in the early 1920s. In 1922, he and six other boys rode their bikes to the top of Pikes Peak. Riding a simple bicycle on mostly dirt, they made the ascent in five and a half hours. Later that year, he was dubbed “The Endurance King” for his solo ride from the peak's base to the Summit House in exactly four hours. Glen posted photographs and newspaper articles of his cycling achievements and other memorabilia in a delightful scrapbook that celebrates his youthful endurance and enjoyment of cycling.

The Endurance King featuring Glen's scrapbook and stories will be on display in the lobby of the Pikes Peak Regional Hospital in Woodland Park through May.

Lozen and Dahteste (sitting together in the upper part of the above photo) along with Geronimo. Lozen (left) was an Apache warrior woman and Shaman. It is said that she possessed magic powers. Her brother, chief Victorio, is quoted to have said, “Lozen is my right hand, strong as a man, braver than most and cunning in strategy.” Colorization of the “only” monochrome known photo. photos from website:https://redpowermedia.wordpress.com

years in captivity, but Siki then organized a successful escape with three other women.

**Huera**  
A renowned fighter.

**Ishton**  
She was married to Juh, chief of the Nednhi. Though Juh's people recognized his bravery, they also acknowledged his great dependence on Ishton's military strategy and tactics.

**Cochise's sister**  
Though her name has been lost, she was one of two women who sat in council with men (Lozen was the other). Cochise greatly depended on his sister for advice and put her in-charge of overlooking Fort Bowie.

These women warriors barely scratch the surface of the extensive list of significant Native women in history. As we move forward, hopefully these women's stories, and more, can become integrated into our history classes instead of only receiving barely a month's worth of attention.

*Note: The information in this article came from the New Mexico Magazine article “Women warriors: Secret weapon of the Apaches” by Jo Martine, August 1997, unless otherwise noted.*

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## Community Partnership receives Family Support Grant

The Colorado Department of Human Services announced March 10 the awarding of a new Family Support Services Grant to Community Partnership Family Resource Center (CPFRC). Through this grant, CPFRC will enhance and increase the coordinated family case management currently offered at this community-based center.

The Family Resource Center program was established in 1993 by Colorado's 59th General Assembly through Senate Bill 131. Family Resource Centers are local agencies that serve as a single point-of-entry for providing comprehensive and integrated community-based services to vulnerable families, individuals, children, and youth.

Coordinated family case management refers to the process by which a family works one-on-one with a family advocate at the resource center to mutually assess the family's strengths and needs. The family advocate assists the family in setting goals and developing a plan to pursue them, as well as working toward a greater level of self-reliance and overall self-sufficiency. The family receives on-going support, needed referrals, and en-

couragement from that family advocate.

CPFRC was one of 10 Family Resource Centers across the state to be awarded funds under the new Family Support Services Grant.

"Family Resource Centers are important community partners, offering multiple programs that help keep children and families safe and strong," commented Mary Anne Snyder, Director of the Office of Early Childhood, within the Colorado Department of Human Services. "This funding enriches the long standing public-to-private partnership that family resource centers exemplify. As the families attain their goals and thrive, the communities become stronger as well."

In order to strengthen families by increasing family stability and decreasing family vulnerability with the goal of preventing child maltreatment, CPFRC provides a number of opportunities for Teller County residents that include free parenting education, child development, basic needs, adult education, family development and healthy living programs. During the 2015 calendar year, CPFRC served 1,476 unduplicated services for people, that is 1 in 16 Teller County residents.

## BLM approves South Cañon City Trails project

The Bureau of Land Management Royal Gorge Field Office signed a decision to implement the proposed South Cañon City Trail Development project. This project will provide public access, high quality recreation opportunities and improve recreation management on the land between New York Avenue and Ecology Park. The trail system will also connect Ecology Park with the Section 13 trail system.

"We're looking forward to working with the community on this project," said recreation planner Kalem Lenard. "The new trails will provide additional access connecting local communities to their public lands."

The public lands in the south Cañon City area provide important recreation opportunities for local residents who use a combination of designated trails, social trails and old roads for hiking, biking and riding horses. These lands provide a 'backyard' recreation destina-

tion that informally connects with neighborhoods and other trail systems. Construction is tentatively planned to begin on approximately 10 miles of new non-motorized trails identified in the project plan in fall 2016.

The BLM coordinated the project with the Cañon City Area Metropolitan Parks and Recreation District, Fremont County, the City of Cañon City, and the Lower Arkansas Mountain Biking Association. In conjunction with an easement acquired by the Recreation District, the trail connections will provide access to BLM public lands. The Recreation District also purchased another parcel that will serve as a trailhead with parking.

Specific details about the project, including a description of the new trails and a map, are available on the Royal Gorge Field Office webpage at: <http://blm.gov/84ld>. For additional information, please contact Kalem Lenard at 719-269-8538 or email [klenard@blm.gov](mailto:klenard@blm.gov).

## BLM to treat bark beetle infestations in Fremont County

The Bureau of Land Management Royal Gorge Field Office has approved and signed a final Environmental Assessment to implement the Bark Beetle Salvage project in northwest Fremont County.

"The purpose of the project is to reduce the threat to public safety and infrastructure posed by beetle-killed trees in travel corridors and other high-risk areas, provide for resilient forests and diverse wildlife habitats," said Field Manager, Keith Berger. "The project will also help us reduce the risk of severe wildfires and subsequent erosion and watershed damage."

The Northwest Fremont Bark Beetle Salvage Project will take place on approximately 2,900 acres in northwestern Fremont County near

Stoney Face, Waugh, and Jack Hall Mountains. The project will include commercial timber harvest, non-commercial timber management, prescribed fire, and related activities.

The final Environmental Assessment for the project, including maps of the project area are posted on the BLM's website at: <http://blm.gov/h4ld>.

Questions on the project may be addressed to Jeremiah Moore at 719-269-8500, 3028 East Main Street, Cañon City, CO 81212, or [jlmoores@blm.gov](mailto:jlmoores@blm.gov).

This decision is subject to appeal in accordance with 43 CFR, Subtitle A, Part 4. Information on filing an appeal is contained in BLM Form 1842-1, which is attached to the Decision Record.

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## J&J Minerals Rock Shop

by Flip Boettcher  
photo by Flip Boettcher

In many cities in Colorado, old historic districts and their main streets are being revived with new businesses opening, and Cañon City is no exception. Stephen and Vicky Jones, owner/operators of J&J Minerals Rock Shop, located at 517 Main Street, opened their doors on November 11, 2015.

Steve is a native Coloradan, born in Salida and raised in Salida, Fairplay, and Cañon City. His grandparents started Steve rock hounding and collecting at a young age. Steve has collected rocks with his grandparents and parents for many years.

Steve has collected rocks in Colorado, Wyoming, Utah, Oklahoma, as well as many other places, and has several mining claims. That's why J&J Minerals is stocked with lots of great treasures of the earth. There's something for everybody. Who doesn't like rocks?

Sometimes, prospectors do strike it rich. That's what happened to Steve's grandma. In 1977, grandma found an amethyst pocket which she sold for a seven figure amount, according to Steve. J&J Minerals has several very beautiful pieces for sale from his grandma's find.

The fireplace at Steve's home is made from rocks his grandma collected and hand placed.

Steve continues to collect rocks with his wife and children. He has passed the collecting interest along to some nephews. One of those nephews recently found a new crystal a mile deep in an abandoned mine in Cripple Creek. In



One half of Steve's rock shop is lined with rock specimens. Steve is holding one of the amethyst pieces found by his grandma in 1977.

fact, many of Steve's family have found a new mineral or rock and had it named after them.

Of course, the Jones' each has a rock cabinet at home, referred to as "our museum", with the best treasures they have found.

Visit J&J Minerals Rock Shop to find your treasure from the earth. For more information call 719-207-2430 or contact at [elkhunter@ridgeviewtel.us](mailto:elkhunter@ridgeviewtel.us).

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## A Mountain Seed: Dragons of the San Luis Valley

by Jessica Kerr

When I was about 10 or 11 years old, my mom was finishing her degree. For her biology class, there were a few field trips she needed to attend to get the grade she wanted. Because I was small and it was permissible, she brought me on nearly all of her field trips. I remember a trip to the Denver aquarium, the sand dunes, and the Colorado Gator Farm. The latter is a unique zoological experience: there are literally tons of gators, dozens of spiders, fish, amphibians, and myriad of other scaly creatures.

"This place is in Colorado? It sounds like a tropical zoo to me," you might be thinking. But I am telling no lie. The Colorado Gator Farm is located in the San Luis Valley, a 30 minute drive from the Great Sand Dunes National Park and a few miles from Alamosa. It is a zoo that is home to many animals that were at one time pets whose owners decided they couldn't handle the exotic flair. As a matter of fact, many of these ambitious people probably could be featured on Animal Planet's Fatal Attractions. However, that is my personal opinion.

As a child, I remember riding in the passenger seat of our grey Jeep Comanche, watching the yellow grass pass by as we drove to the "farm." The grass turned to sand and many tall fence posts stuck up at random around a shallow creek, which reminded me of a moat guarding a castle. I wondered if any of the giant beasts I knew would be inside the park had escaped their confines and swam in the moat...

The April sun was warm, but the wind slipping off of the nearby mountains was chilly. A few large buildings lay scattered about. Musty scents wafted from the stagnant moat and over a sandy hill the breeze blew another, foreign smell. It wasn't offensive; it was just... different, and unusual. I did not recognize it.

The first building was pretty large. Cages and small terrariums lined the walls and an island in the middle of the room. Peering inside, I saw creeping spiders, slithering snakes, and slimy salamanders. A large tortoise pulled himself over the concrete floor. Across the room, a large aquarium was built into the wall and inside I saw the tiniest alligator I had ever imagined. Touching my nose to the glass, I took in his armored scales and glistening gems of water droplets. His yellow eye caught mine and for a moment I was caught in a battle of stares with the small, wingless dragon. The complexity of his eye was unbelievable: the yellows and oranges interwove in such a pattern that no skilled weaver could ever match. He camouflaged perfectly with the patterned rock he sat upon, whose crystal formations were so uniform it was almost on purpose.

It moved! In a single moment, the stone the caiman was sitting upon shifted and the tiny alligator jerked his strong tail and swam to the back of the aquarium. In confusion I stepped back and watched. In the swirling water, the stone jerked and twisted, making the water froth. It raised up out of the dark water and up popped a small head. The rock became a turtle. The turtle looked me in the eye and stood stock-still. I admired his simple beauty for a while, before it was time to move to the next building.



I remember the next house as being more of a tall, open garage than a solid, insulated building. Inside were tanks upon tanks of fish, koi, tilapia, and others filled the pools of water. Some were for sale, and some were not. I stared into a pool of swirling gold and orange. Flashes of white whirled in and disappeared. I desperately wanted to take some of those beautiful fish home, just to look at them.

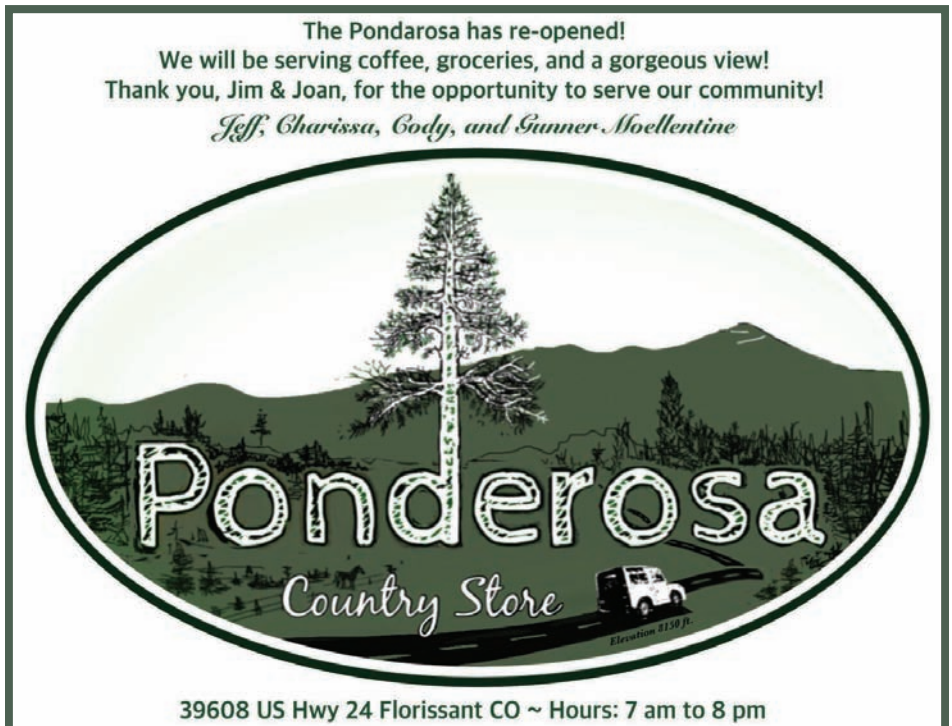
A cool breeze pushed that strange smell through the door. In gusts I had smelled it all day: a smell of stale water mixed with farm animals and something else I could not place. I stepped out of the building and was blinded by the tawny sand. In front of me was a giant fence and beyond were large black and green patches of color. The beasts basked, absorbing all of the heat they could from the spring sun. A low humming sound pulsed and emanated from the monsters when one of them moved. Some were caked in thick mud and a few of them stared at us, sharp teeth resting against their locked jaws.

The gators were incredible. Some were smaller than others, but they were all constructed of tight muscle bound in hard, armored scales. Spattered about the dark green alligators were a few white ones, albinos. The sand they laid upon was quite warm; the nearby sand dunes I knew got pretty hot, even in the cooler months. I imagined all of the beasts swimming in the dark water I imagined they would have in the summer when the creek filled their pond; my child mind wandered to the adventure movies I had seen where the crocodiles of Australia swarmed after a lost swimmer or unwary and thirsty animal. I painted a picture in my mind of fierce water dragons glaring at unsuspecting prey. I didn't want to see them do that in real life, especially at me. I was glad they were behind a fence. I could admire their beauty in safety.

Even today, gargantuan reptiles are one of the most mysterious creatures I can think of. They are so large and scientifically complex; I once learned that they keep themselves warm by charging themselves like a battery—they lie in the sun all day and the heat they absorb from the sun keeps them warm during the night. The eyes of these creatures are also complex. In their eyes alone, layer upon layer of patterns and striated colors mark each individual as unique. They are incredibly strong.

What makes these animals even more special is that here they aren't found near any ocean or large waterway; they're not even found in the warm tropics. They are found in the valleys of Colorado. Many strange things can be discovered in these mountains, and many things have made my childhood more exciting because I have grown up here. Finding alligators in the mountains is not an exception to the strange, yet exciting, things one might find in our high hills. I am proud of our strange dragons.

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## Birds of the Ute Country Nuthatches Sittadae

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.

Nuthatches are one of the darlings of backyard birders in Ute Country. The tiny Pygmy Nuthatch (*Sitta pygmaea*) travels in large chatty groups of its brown-headed kin, while the larger White-breasted Nuthatch (*Sitta carolinensis*) typically travels alone, often spotted head pointing downward along a tree trunk or hanging upside down from a branch. Both of these species—along with the Red-breasted Nuthatch that's found on the Front Range extending to the east coast—feature a nasally "yank-yank" or "hah-hah" call that's easily learned by ear. Often compared to a squeaky toy, the sound elicits instant scanning of nearby trees for its location. Once the called is recognized, the bird can be found easily, as it has little to hide from curious bird watchers.



The White-breasted Nuthatch (5.75 inches) prefers to travel head down a tree trunk.



The Pygmy Nuthatch is much smaller (4.25 inches) than the White-breasted Nuthatch.

### Suet treats

Anyone with a bird feeder will tell you that Nuthatches are easy to attract to the yard. Put out a suet feeder and the Pygmy Nuthatches will arrive in droves, often covering the feeder from all sides at once!

Nuthatches are chunky birds with short necks, short tails, and short wings: all of which help them navigate their preferred habitat in the dense tree tops. Their sharp, black bills are long and strong and are used both to carve suitable niches in tree bark in which they cache the seeds they find. When ready to eat, the bird uses its dagger-like bill to "hatch" the nut from its seed coat.

### House cleaning

Very few birds use tools, per se. However, the nuthatch is unique in that it will gather bark, moss, insects, and fur to "wipe clean" or "sweep" the entrance and interior of a nest box or to cover its own scent in a cavity nest used, perhaps, by previous birds. It's also thought that the unpleasant smell of insects might deter squirrels who also compete for existing tree

cavities. You can watch a video of this curious activity by searching for "White breasted Nuthatch 'sweep' nest (#12)" on YouTube.

### Fun facts

- Nuthatches were once commonly called "Devil Downheads," referring to their capacity to head downward on a tree, evoking the thought that the devil turns everything upside-down. They have uniquely long feet for this purpose.
- Nuthatches are monogamous and pair for life. Unlike other bird species, they do not attempt to re-nest after a brood has failed.

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.

## The Dungeon Inc.

by Flip Boettcher

photo by Flip Boettcher

The Dungeon, Inc. Body Art Studio located at 503 Main Street, Cañon City, opened its doors for business April 1, 2009. The Dungeon is an award winning studio with one-of-a-kind art for your body featuring tattoos, piercings, jewelry, and clothing.

The Dungeon features tattoo artist and co-owner Richie, just Richie, as he says in his bio. Richie is Hollywood born and was encouraged by a friend to take up tattooing 13 years ago in California after he had looked at some of Richie's drawings.

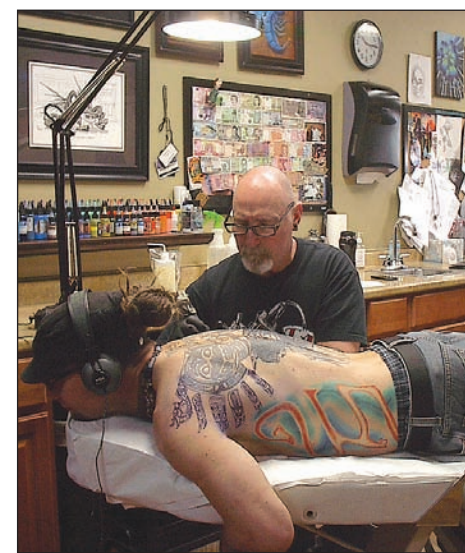
Art runs in Richie's family and he started drawing as soon as he could hold a crayon. He also enjoys woodworking and was a contractor in California.

Richie was offered a position in a Colorado Springs tattoo studio and he and his partner Darcie decided to move to Colorado in 2006 to be closer to family and they really liked Fremont County and Cañon City, said Darcie.

Richie has since won awards for some of his tattoos designed there and is noted as one of the top 25 tattoo artists world-wide. Richie's tattoo work has been published in several countries and he is well known for his UV tattooing or invisible ink.

Tattooing is definitely Richie's passion and he said I love what I do and "plan to continue to create art on skin until I can no longer hold a tattoo machine."

The Dungeon is housed in a 100 year old building on Cañon City's historic Main Street with the old original tin ceilings which have been painted metallic copper. The building was the original Elks Lodge, also the original meeting place for the KKK, and Safeway Market, as well as other venues in its 100 year old history. The owner replaced the ceiling upstairs with tin 10 years ago that cost \$16,000. The metallic paint alone cost around \$80 - \$90 per gallon, according to Darcie.



Richie practicing his tattooing craft at The Dungeon.

Darcie and Richie had to do quite a bit of remodeling to bring it up to tattooing and piercing standards. The couple added the piercing booth and the clean room for their bio-hazard materials and tool cleaning. They also added an enormous glass wall which you see as you enter the studio. They added tool boxes for each station, did some remodeling upstairs, finished the bathroom, made counters for the stations, put in hand sinks, and did plumbing, electrical and lighting, said Darcie. It was quite a project.

Two black creatures with large blue marble-like eyes stand guard on either side of the entryway under the green awning to The Dungeon.

For more information contact them at 719-275-5050 or visit their website www.thedungeoninc.com.

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# Hartsel huskies rescues revisited part IV

## Kira's story, or "The Creature and Mayor of Mars"

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 the fourth follow up story.

Michael Terry Jones, aka, 'Mayor of Mars' was ready to seek out a new canine companion after his last dog, Keeta, had passed away in the spring of 2009. It was now winter and time to put more energy into his quest. He began searching for information at various rescues because he is a firm believer that adopting an animal from a shelter or rescue is an opportunity that is sure to be a win-win for human and animal alike. Over the decades this method has been tried and true for Terry. He has been a supporter of their spay/neuter programs and the care they put into the animals prior to adoption. Now that his grief for Keeta has been honored, the search took on new vitality. He also began to get the word out to friends and neighbors that he was ready to have a dog again.

Terry's friend, Sgt. Bobbi Priestly of the Park County Sheriff's Office just happened to be aware of the well-over 50 dogs needing to find forever homes that were recently rescued from Hartsel. In fact, she had a mother/daughter pair, the prime breeders, in mind for her friend Terry Jones. She had every confidence Terry would provide a good home for this pair. She had to be hopeful; there were many dogs in immediate need.

Terry said, "She tried to talk me into taking on both dogs. I felt I could only deal with a single dog, so I agreed to take the one year old daughter. They were calling her 'Sparkles', I named her 'Kira'". The change in name was only the precursor to the transition.

When Terry saw Kira had a collar on, he had to wonder how long ago that collar had been placed around her neck as he could barely get a finger beneath it "and her skinny little neck to cut it off". Freeing her calloused neck from this binding was only the first of many acts of kindness Terry would bestow upon Kira, and it was enough for Kira to respond to, as it was clear a level of trust needed to be built.

Terry had grown up in a home with dogs

and cats. His mother bred and raised standard poodles. He enjoyed helping with the poodles and began to learn a lot about dogs in general. Over the years as he adopted various breeds he came to understand the importance of comprehending the uniqueness of the traits expressed by each breed. When Kira came into his life he did some research on Alaskan Huskies to better understand her needs.

"She was like a wild animal and she was emaciated, looked like a fur covered skeleton. She was afraid of people, and didn't know how to drink out of a bowl," Terry said as a veil of sadness covered his face while he reflected on her previous conditions.

"I don't think she was ever inside a house; it took her a while for her know it was okay to come inside," Terry said in somber reflection of those early days. He knows all dogs crave companionship, and most have a need to understand the pack.

That memory led him to when Sgt. Priestly warned him he may have to give Kira back, depending on the court's ruling on the case. His head began to sway signaling this would never be an option. After another moment in reflection he firmly stated, "Just tell him the dogs didn't survive". It seemed like a simple enough solution to Terry. Sgt. Priestly said she couldn't do that.

Terry and Kira went to the courthouse on the day of the decision. It was a bitter-sweet day. The good news was no one had to return any of the Hartsel Husky Rescues; the judge determined they could stay in the homes they had found!

Terry showed us photographs of the canine reunion. Their reaction to each other and Kira's reaction on the way home told him they were all in better places now. Huskies are known for their ability to break old routines and clearly that instinct rang true. Yet he could sense that there was a level of recognition of each other, a loyalty that brought along the shadow of a darker time. "She behaved strangely on the way home; she was

withdrawn. It took her a day or so to get back to normal," said Terry. His eyes fell upon her and he called her name. Kira immediately looked up



Kira and Michael Terry Jones, better known as "The Creature" and "The Mayor of Mars".

to him and he gave her a treat. He said, "She has a food fixation; knowing that makes it easier to train her" as a smile emerged from his face. It was a smile of acknowledgement of her progress over these past seven years. That training took time, compassion, and persistence on his end. Terry recalled, "She tried my patience daily and many times I wondered if I had made a mistake in taking her."

"Kira's come a long way since then. She's one of the luckiest dogs on the planet. She's with me every day, all day. We start out the day with a walk and finish with a long walk, skiing in the winter or fishing when the lakes are ice free. Generally get in at least four miles a day," as he smiles at his companion. Kira seemed to smile back.

He went on to tell us how the Alaskan Husky is built to be on the move. They are often used as sled dogs; they like to be on the move most of the day. He called Kira over to him to show us her coat and described how she doesn't have that 'undercoat' to keep her warm; her body is made to move throughout the day. If she had that 'undercoat' she would overheat and need more breaks.

The breed has a tendency to wander when off-leash. When they are out in the wilderness together, he gives her that freedom to explore on her own. When they are in town, she knows she must stay near Terry. In the rare situation that Kira begins to wander, she always comes when called.

"Kira's a really smart dog. At first, she was afraid of people and afraid of kids, but she learned," he smiles again, gives her a treat and a pat on the head.

"The kids in Victor call her 'the Creature', they say, 'What a funny looking Creature; what kind of dog is THAT?' and I tell them she is Alaskan Husky," said Terry as he went on to share how he helps teach the kids in the neighborhood to approach Kira slowly. This helped Kira learn to trust the kids, too.

Now Kira likes to meet people and their dogs or cats. "She's good about just standing still while my friend's cat comes up and rubs against her," shares Terry with a grin on his face. She is very curious about cats, dogs, and foxes. He went on to say how it was through a Labrador in the area that she learned to 'catch' and how to stand on her hind legs.

Terry understood that being tied up outside, Kira didn't get the chance to interact with many animals. He has been her constant companion, helping her to meet other dogs, and cats, along with other wildlife. While she likes to hunt squirrels for a quick snack when they're on their long hikes, she had to learn to leave the deer, elk, cattle, and horses alone. Kira enjoys coming across a curious fox and Terry enjoys watching them encounter each other.

Terry calls again to Kira, who always smiles back and when she recognized he was going to chat with us more, she laid down in the shade near us. He began to share more about her personality and how they have become such close companions. He chuckled when he shared how she can sometimes get jealous if other dogs are getting more attention than she, and how she is always assessing who is in the pack.

"Kira doesn't climb on chairs or furniture, well, except for one friend we visit where the dogs CAN get up on the couch, then she says, 'Well, then I can, too!'" Terry laughs and reaches down to pet her once again. She just wanted to be included and his clear Terry is always sensitive to her needs.

"Look how gentle she is," lured Terry as he puts a bone in his mouth and bent down slightly. Kira immediately knew what to do and gently balanced herself on her hind legs, ever-so-delicately accepting the bone into her mouth. She came down so slowly it was as if she were in slow motion, keeping her eyes on Terry until her spry body accepted the pull of gravity to the floor. After she cleaned the crumbs from the floor she went to her bed to ham it up. She could tell Terry was going to chat some more and Jeff had the camera, so playful poses on her bed seemed appropriate.

So, how did Terry get to be known as the 'Mayor of Mars'? It happened years ago in Denver, when he was playing hackey-sac with a bunch of kids. "You know how it goes, a nickname comes up and it just sticks," he grinned in fond memory, then added, "Victor is full of all kinds of colorful characters, I'm just one of them, and Kira is the Creature of Victor!"

If you have rescued a Hartsel Husky and would like to share your story, please contact us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or call us at 719-686-7393.

# Who is Telulie?

by Flip Boettcher  
photos by Flip Boettcher

On a lonely, stand-alone headstone in windswept Greenwood Cemetery, Cañon City, Colorado, are engraved the clearly legible words: Telulie Witcher May 17, 1867 – March 27, 1870. In the lower right corner is the name Willis Smith, Cañon City, the engraver's name. Across the top, above the name is a spring of flowers. Someone cared for this not yet three-year-old child but the child seems to be lost to history.

About 30 feet east of the child's headstone, is a four-sided obelisk with the name WITCHER at the base which may have a connection to Telulie. Two sides of the obelisk are blank. One side has: Purlina (very hard to read) Foster, wife of J.R. Witcher engraved. The other side has: Mary Eva, daughter of JR & PF Witcher and: Sallie Jane Tuliah, daughter of JR & PF Witcher engraved. It is very hard to tell the birth day of Sallie, but it looks to be the same as Telulie's. Records show several different days, but the same birth year. These two also died within a couple of days of each other in 1870. Were Telulie and Tuliah twins, nicknamed for their grandfather Taliaferro, or somehow else related?

The Witcher family was among the first pioneers, settlers, and ranchers in the west Fourmile Creek area northeast of Guffey, and in Cañon City. John Reeves Witcher, one of nine children, was born in 1836 in North Carolina to Captain John Taliaferro, Jr. and Sarah Jane Reeves of Virginia.

According to records, JR left the family home in Cave Springs, Georgia before the Civil War presumably with his older brother William, born in 1833 in North Carolina. When the war broke out in 1861, the brothers enlisted and were sent to Texas. Near Fort Union, then in Texas territory now in New Mexico, William died of small pox and JR buried him there in the sand about 1862.

Gold was first discovered in Colorado by a trapper from Kentucky in 1803 or 1806, who mentioned it to Zebulon Pike, but neither were much interested in gold, it seems. In 1859 gold was discovered near Tarryall, Fairplay, and Leadville and by 1860, according to records, 10,000 people had settled in Park County. There were rumors of gold in Cripple Creek around 1859 as well.

The first wagon road to Park and Chaffee Counties, which roughly follows today's highway 9 and highway 24, was built in 1859 and went from Cañon City to South Park, over Trout Creek Pass, and up to Leadville to service the mines. According to JR's son, Walter's obituary in 1967, his father arrived in Colorado in 1860 and did some gold prospecting around Fairplay.

JR first settled at Castle Rock, a geographical feature between Florence and Cañon City, and then moved to Beaver Creek east of Cañon City and then Phantom Canyon, first known as Eightmile Canyon.

Other early settlers in the area were three Tremayne brothers who arrived in 1863 over the Ute Pass by ox team wagon train. One brother, Dick, settled on West Fourmile creek, and the other two settled at Beaver Creek.

Jesse Rader came to Colorado in 1863 and homesteaded on Fourmile Creek in 1863, when his daughter, Mary Jane was a small girl. Rader built a log cabin close to the creek. In 1865, William A. Stump homesteaded next to the Rader's and built a brick house. Stump eventually married Mary Jane

and had four children with her.

Tax records from 1865 and 1866 show JR living on Beaver Creek east of Cañon City. According to Harry Epperson in *Colorado as I Saw It*, JR and William A. Stump raised wheat near the mouth of Phantom Canyon, near Cripple Creek, in 1865. The two of them drove hay wagons to Fairplay. Stump, born 1843 in Ohio, was another early settler in the Fourmile area and had 120 acres there where he built a three room house. Stump ranged cows from Cañon City up to the Park County line. Stump's daughter, Minnie Elizabeth married JR's son John (Tol) Taliaferro in 1898. Stump and his wife, Mary Jane Rader are buried in the Greenwood Cemetery next to her father, Jesse Rader and his wife.

JR married Pauline Foster of Indiana in Denver in 1866. Caroline, Pauline, or Purlina, is a puzzle as she is found under different names and spellings, the genealogies of which are all slightly different. Purlina's most likely parents were Sam Foster, born approximately 1800, and Sarah Foster, born about 1804 in Ohio. Both are buried in the plot next to Purlina. Six of the Foster's eight children were born in Indiana, including their last daughter named Indiana who is also buried in the Greenwood Cemetery. According to Walter's obituary, the Fosters came to Colorado in 1865.



The headstone of Telulie Witcher. A twin to Sallie Jane? Boy or girl?

After the Civil War, JR's younger brother Taliaferro, III, better known as Uncle T, born in 1842, came to Cañon City and lived with JR, Purlina, Purlina's mother Sarah, and their baby William on Beaver Creek for several years until he was able to purchase his own ranch on Fourmile Creek. Private Taliaferro was a messenger for Confederate General Jeb Stewart in the Civil War. He and JR became prominent area ranchers and Taliaferro earned a law degree.

JR's first of three daughters, Sallie Jane Tuliah was born in 1867 and died almost three years later. The Witcher's first of three sons William J. was born in 1869, in Fremont County. Two other sons born were Tol in 1874, in Cañon City, Walter Evan in 1881, in Cañon City and maybe T. Lee in 1883 and James T. in 1887. Two other daughters were Henri-

etta born in 1874, in Cripple Creek and Mary Eva in 1876, in Fremont County.

In 1871, JR moved to west Fourmile and moved his family there in 1872. In 1876, JR formed "The Spirit of 76" ranch (the 76 ranch) and branded the centennial brand – 76. The ranch was spread all along Fourmile Creek, Slater Creek, and West Fourmile Creek.

It is hard to imagine that all the area around Guffey was open range when the Witcher's arrived. There were only a few trails and two-track wagon roads and no houses. From Pike's Peak on the east, to Florissant on the north, to Flaccus Mountain on the west and Rice Mountain on the south, 30 – 40 square miles of open range, with the Witcher's running 4,000 to 5,000 head of cattle. In fact, in 1883 JR brought back 3,500 head of cattle from Texas.

In 1885, the Witchers' started a meat market in Cañon City. Eventually they owned a lumber yard, a sawmill, and a meat market in Cripple Creek. In the 1890's, JR homesteaded the current Teaspoon Ranch northeast of Guffey, including the north side of Witcher Mountain. Tol and Walter acquired property on High Park Road, on Thirtyninemile Mountain (the current Ankrum Ranch) and property south of the Florissant Fossil Beds in Antelope Park.

The early deaths of his daughter Sallie in 1870, wife Purlina in 1889, and daughter Mary in 1890 took a toll on JR and he became quite ill in his later life, living in Gillett, near Cripple Creek, presumably to be near the hospital there. The family hired nurse Laura Belle Carrico of Virginia, born 1865, to take care of JR. According to Laura B. she had met JR several years earlier in Virginia.

In 1905 JR asked Laura to marry him, and they were wed in Cripple Creek on August 8th, at the Methodist Church by Reverend Thomas Andrews. She was 39 years old and he was 68 years old. Since his own family had ranches of their own, JR was able to pass on his ranch to Laura and her relatives. When JR died in 1911, his considerable lands and ranch went to the Carrico family. The estate was value at \$100,000, worth 2.5 million dollars today. The estate was appraised by local residents John Chetclot, John Wilson, and Augustin Fromm.

In 1908, JR and Laura had a son, John Stump. On or about December 25, 1910, JR suffered a stroke at Niagara Falls, New York, while traveling with Laura B. and son Walter. JR was paralyzed on one side and never regained consciousness before he died on January 3, 1911. JR was traveling to Virginia and Florida for the winter. His body was shipped back to Cañon City and he is buried in Lakeside Cemetery with Laura B., son Walter and his wife, son Tol and his wife, and son John Stump and his wife.

After JR's death, the November 17, 1911 issue of the Flume published a tribute to "Witcher Mountain" written by Laura B. in 1906.



The four sided Witcher obelisk with Purlina Foster Witcher facing the camera. Sallie Jane and Mary Eva are on the right side of the obelisk.

"This is an eternal monument to the name and memory of my dear husband, John Reeves Witcher.

This morning as we stood gazing on the beauties of nature, our eyes fell on Witcher mountain, golden with aspen leaves already touched by the killing frost, fading as man must fade, dying as surely as man must die. The thoughts awakened, touched my soul, as we stood and gazed. By my side, the man who in youth, in manhood strength, had given to this mountain its name, looked upon it, as the past passed in mental review, and as he faced the present, saw his own declining life typified in the fast falling leaves.

These autumnal days, dark and gloomy, merging into the cold, dreary winter, blighting, killing all the beauties of the spring and summer, cold and merciless. No hand can stay thy onward march. Oh time! Ye trample on the very heart-strings of all life, why do you fly so fast? Only to bring the cold winter's killing blast. Oh time! What lies in store for us when the winter is past? Has thy future a balm for every ill, where mortal man will weep no more? Have you a home for the weary and the down-trodden of earth; where the burden of life with all its woes, its disappointments are laid down, and all tears wiped away? If you have in store all these and more, fly on, oh time; you have promised us the spring time, when all will be new, and we shall come forth with the newness of life and immortality.

The great ocean of eternity rolls at our feet, already I feel the touch of the waves, as I see it lash loved ones from the shore of time. Teach me my duty, that the crossing may mean eternal life, light and love."

Pioneering was a difficult life at best. Laura B. and JR's sons carried on the Witcher ranches long after JR's death.

To be continued next month...

## Country Rummage Sale & Bake Sale

Saturday, April 23  
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## Rialto Theater ready for Kickstarter fundraiser

By Charlotte Burrous  
photo by Steve Steele

The historic Rialto Theater is on the move, once again, experiencing lights, camera, action. Take Two during a videotaping outside of the building, featuring four vintage automobiles and local talent dressed in period clothing.

The organizers produced about a three-minute video for the Kickstarter fundraising campaign, said board member Ron Hinkle. The short video portrayed the opening of the Rialto in 1923, which was shown at the Florence Business After Hours on March 18 in the Rialto Theater.

During the filming, the Fremont Civic Theater provided the casting for the video, under the direction of Keith Larson and the Red Brick Players. Also participating were Drew and Sue Frady and Lee Albright Films, of Florence, which did the filming and production of the video.

It took almost two hours to do a three minute film, Hinkle said.

"There were about 15 segments of the film," he continued. "We had everything from going to the theater, walking into the theater, taking the tickets and looking at the poster."

As part of the staging, the participants placed the title of Charlie Chaplin's "It's a Dog's Life" on the marquee and set up two old theater seats inside the building, where the actors sat for several scenes.



Larry and Beryl Baker take direction from the director during the filming of a short video at the historic Rialto Theater in Florence.

"There's a lot of action and a lot of movement," Hinkle said. "This Kickstarter campaign will be about six weeks to match

(Larry and Beryl) Baker's donation for a match up to \$50,000."

But he said other groups also are getting involved in it, as well.

"It's very important to involve not just Cañon; not just Penrose, not just Florence, but all of Fremont County," Hinkle said. "We need to get them all."

For more information, contact Hinkle at 719-275-1616.

## Paper Tigers could change lives

Salida-based marketing and community event coordinators Sellars Project Space announced that their free movie for April at the Steam Plant Theater will be *Paper Tigers*, a 2015 documentary about Lincoln Alternative High School in Walla Walla, Washington, and the successes and failures of its radical answer to traditional school discipline: love and understanding.

From the filmmakers: *Stressed brains can't learn.*

That was the nugget of neuroscience that Jim Sporleder, principal of a high school riddled with violence, drugs and truancy, took away from an educational conference in 2010. Three years later, the number of fights at Lincoln Alternative High School had gone down by 75 percent and the graduation rate had increased five-fold. *Paper Tigers* is the story of how one school made such dramatic progress.

Following six students over the course of a school year, we see Lincoln's staff try a new approach to discipline: one based on understanding and treatment rather than judgment and suspension. Using a combination of vérité and revealing diary cam footage, *Paper Tigers* is a testament to what the latest developmental science is showing: that just one caring adult can help break the cycle of adversity in a young person's life.

The movie is scheduled for Saturday, April 30th, at 7 p.m. at the Salida Steam Plant Theater. Please note: the film contains strong language. Space is limited — those interested in attending the screening can go to [www.sellarsprojectspace.com/movies](http://www.sellarsprojectspace.com/movies) to reserve their seats. The movie is free and open to the public, with donations accepted at the event. All donations go to support programs by Sellars Project Space and the Salida Creative District.

Sellars Project Space is a multi-disciplined partnership focused on using a variety of strategies to strengthen communities. Their Marketing Services, Community Programs, and Event Coordination facilitate and enhance their efforts while forging long-lasting partnerships.

For more information on Sellars Project Space, and the various programs and services they offer, or to schedule radio and/or television interviews, image requests, etc. please contact Jimmy or Mark at 303-808-1928 or by email at [jimmy@sellarsprojectspace.com](mailto:jimmy@sellarsprojectspace.com), or [mark@sellarsprojectspace.com](mailto:mark@sellarsprojectspace.com)



## Pasqueflower *Pulsatilla patens*

by Ciena Higginbotham  
artwork by Ciena Higginbotham

Spring is here! One of the first flowers to look for is none other than the Pasqueflower. Their lavender-blue cups blossom into the sunshine even before the snow is gone and last until the early summer. They can be found scattered along open forests, meadows and clearings. From foothills and montane zones, Pasqueflowers are hardy perennials that survive from the dry, hot conditions in New Mexico up into the cold, wet conditions in Alaska.

The flowers themselves are not like a typical flower. Their purple petals aren't petals at all. Instead, the petals are actually sepals. Normally, sepals grow over the flower bud to protect it as it develops, but in this case the sepals protect the golden-centers that are comprised of tiny seed-like achenes. These achenes are small, dry fruits that grow into a long feathery seed head, spreading the plant far and wide. This is where the Pasqueflower got its name. The Latin translation of its scientific name "patens" means "spreading open" and refers to the widely spreading seeds and its open reaching sepals.

Not everyone is thrilled for this plentiful spreading of the Pasqueflower. It is labeled as poisonous. The fine hairs on this hairy flower can irritate the skin and the sap of the plant contains poisonous glycoside ranunculin.

Despite its reputation, it is used medicinally in many ways. A decoction of the plant has been used to speed delivery of a child and some Native American tribes applied crushed leaves to rheumatic joints, bruises, and sore muscles, as a counter-irritant. In patients with depression, the flower is used as an anti-depressant sedative. It is also a great medicine to treat anxiety. Seeming most helpful for those who are truly burnt out, it can be used to encourage rest and repair. It restrains adrenalin and can diminish anxiety within minutes. A tincture can be made for this purpose. The whole plant, including underground structures can be tinctured while the plant is in flower. Some herbalists argue that the plant cannot be made into a tincture until the plant is dry, in order to eradicate the poisonous properties, but many still use the fresh plant before their acidity is lost. They are potent low-dose plants, so a small quantity of tincture will last a while. As with any plant — be careful! Overdoses cause lowered blood pressure, nausea, salivation and dizziness.

Keep a careful eye out for these early flowers! They are exciting to find because they are one of the plants that mark the start of the wildflower season.



It's amazing how many flowers you can find throughout Colorado, but there are so many different species throughout the area that it can seem daunting to try to name those you find. Here are some features to pay close attention to when observing a wildflower.

### Leaves

Are the leaves in solid pieces or divided into smaller leaflets? Are they smooth and hairy or the edges serrated?

### Flowers

Are they symmetrical? How are the petals arranged? Are the flowers single to a stem or grouped into a flowerhead, spike, or spiral around the stem?

### Stem

Is it round, square or ridged? Is it hollow? Are there spines or hairs?

### Habitat

Where is the plant growing? Is the plant in shade, partial shade or full sun? Is it sheltered or exposed? Is the ground wet or well drained?

If you can't find your flower in an identification book, there are also wonderful online resources to wildflower identification. The website <http://www.mywildflowers.com/identify.asp> offers a checklist where you can check off the characteristics of a flower you have found and it will come up with a list of possibilities. Another is [www.wildflowersearch.com](http://www.wildflowersearch.com) which displays a picture list of flowers in your area that are in bloom at the time of your search.

## PPRH announces new CNO

Pikes Peak Regional Hospital (PPRH) of Woodland Park, Colorado announced Marsha Sensat has been chosen as the facility's new Chief Nursing Officer (CNO). Sensat started as CNO March 14. Her areas of responsibility include education, emergency services, inpatient care services, laboratory, pharmacy, respiratory therapy, surgical services, and the hospital's trauma program.

Sensat comes to PPRH from Texas where she was most recently Director of Women's Services at Pearlland Medical Center in Pearl, TX. She was also part of the startup team which was responsible for the opening of that new facility. Prior to Pearl, Sensat was Director of Maternal Child Health at East Houston Regional Medical Center in Houston, TX. From 2006-2009 she was Director of Inpatient Services at Aspen Valley Hospital, a Critical Access Hospital in Aspen, CO. Overall, Sensat brings nearly 25 years of nursing experience to PPRH. "We are pleased to have Marsha join the



PPRH team. Her broad clinical background and her Critical Access Hospital experience will be strong assets," said Kim Monjesky, CEO.

"I am confident this experience and her leadership qualities will be very positive for the entire hospital as we strengthen our charge to provide high quality top-rated healthcare."

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On February 22, 2016, Mr. Pete C. Kuyper donated and issued a warranty deed signing over the depot and property to Midland Days at Divide, Inc.

## Ownership of Midland Depot transferred

by David Martinek

February was a monumental month for a number of non-profit organizations partnering to rehabilitate the historic Midland Depot at Divide. On February 22, 2016, the private owner of the 112-year old station signed over the entire holdings, including the surrounding Whistlestop Subdivision property (358 Weaver Road), a total of over four acres, to Midland Days at Divide, Inc., a 501(c)3 non-profit corporation dedicated to the preservation of the Colorado Midland Railway/Midland Railroad legacy.

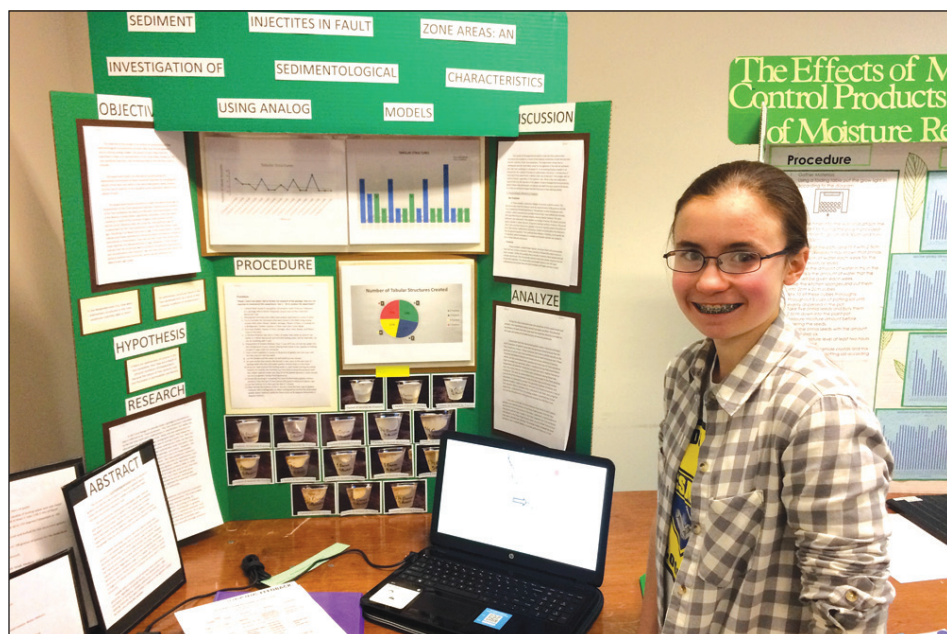
As a result, all of the organizations now working to bring the depot and historical land back to a useful community asset now have control of that asset — namely the Teller Historic and Environmental Coalition (who are actually restoring the depot and developing the planned interpretive displays), the Divide Chamber of Commerce who will eventually run a visitor's center in the depot, and, of course, the Midland Days company who now owns and will manage the property. In addition, the Ute Pass Historical Society and others now have a much more vested interest.

Transferring ownership of the depot to

a non-profit accomplishes several positive things. First it allows the new owners to apply for property tax exemption which will free up monies for management of the depot. Beyond that, once Midland Days and its partners apply for more grants, the matching funds requirement is greatly reduced because ownership rests with a non-profit. Thirdly, it gives the Midland Days at Divide organization added leverage in the community to expand its Midland Days symposium events and to more directly apply the fund-raising dollars it acquires from the symposiums, and other venues, towards development of the property, as well as support for the partnering organizations.

"We actually lived to see the day," said Marion Vance, Vice-Chair of T.H.E. Coalition. "Our friend Dee Breitenfeld would not have believed it! This (the transfer of ownership) is truly a big deal!"

A celebration of the ownership transfer by all partner organizations is anticipated during the 7th Annual Midland Days Symposium, scheduled to be held on Saturday, May 14, at the John Wesley Ranch south of Divide.



Jenna Salvat stands in front of her project she entered in the Pikes Peak Regional Science Fair at UCCS.

## Pikes Peak Earth Science Scholar heads to state science fair

by Steven Wade Veatch  
photo by Steven Wade Veatch

Sandstone injected into Pikes Peak Granite was the basis for Jenna Salvat's winning science project. Her entry "Sandstone Injectites in Fault Zone Areas: Sedimentological Characteristics Using Analog Models" won first place in the physical science division at the Pikes Peak Regional Science Fair on February 27 and is the project she will present at the state science fair in April.

Salvat is a tenth grade student at Coronado High School. Jenna is also a member of the Pikes Peak Pebble Pups and Earth Science Scholars. The Pikes Peak Pebble Pups have a group that meets monthly in Teller County and one that meets in Colorado Springs.

"I have always been interested in geology in particular and science in general," she said. The fair was held at the University of Colorado at Colorado Springs. Students

come from El Paso, Teller, Park, and Elbert Counties to participate. The Pikes Peak Regional Science Fair is held each spring where students in grades 6 through 12 present their individual work for judging. Public, private, parochial, and home schools send students to participate in the fair. This year 161 students participated and 24 schools were represented.

Each student designs and completes a science project requiring observation, imagination, and originality. Students who participate in the fair gain a deeper understanding of the natural world and learn valuable science and job skills.

The Pikes Peak Regional Fair is one of 13 regional fairs in Colorado that select the best regional science projects that will compete at the 61st Colorado State Science Fair hosted by the College of Natural Sciences Education and Outreach Center at Colorado State University.

## Learn to ID Colorado's native plants

Are you wondering what's growing on your property? Do you want to learn how to identify plants unique to Colorado and the high country?



This Star Gentian (*Sweetia perennis*) was found in numerous places in 2015.  
photo by Mary Menz

traversing the occasional muddy and slippery trail, and variable weather conditions. Adults and young adults age 16 and older are welcome to participate. Complete three courses of three classes and earn the Colorado Native Flora certificate. Carpools to field sites is recommended. Specific sites will be determined according to what's blooming each week and as scouted by course instructors. Previous locations have included the Craggs, Lovell Gulch, and Pikes Peak.

For participants who want to learn more and volunteer to share knowledge with others, take three courses, successfully passing the end-of-course exam, to earn the Colorado Native Plant Master certificate.

### Dates for this year's offerings:

Session One: Friday, May 20; Friday May 27, Wednesday June 1 (all classes 8-noon, doesn't include driving)

An optional botany primer will be held Thursday, May 19 (9-noon at the Woodland



Students sketching in the field.  
photo by Mary Menz

Park library).

Session Two: Friday, July 8, Friday, July 15, and Friday, July 22 (all classes 8-noon doesn't include driving time)

For more information, contact CSU Extension agent Mark J. Platten at 719-686-7961 or mark.platten@colostate.edu. Applications are also available at the Teller County Extension office located at 800 Research Drive, Suite 230, Woodland Park, CO 80863.

## Earth Day 2016

It is almost that time of year again when we come together and celebrate all the aspects of Earth Day. This year Earth Day will be sponsored by Catamount

Institute in partnership with Aspen Valley Ranch and the Woodland Park Harvest Center. Mark your calendars for April 16th from 9 a.m. to 3 p.m. at Aspen Valley Ranch. April 30th is the backup date in case of inclement weather.

This year the students in the E-3 program from Catamount Institute in the Woodland Park elementary schools will have Show and Tell presentations celebrating the things they have experienced and learned this year. The E-3 program is an enrichment program for students in grades K-5. For six weeks the 2-5th graders meet weekly for two hours at Aspen Valley Ranch studying diverse

subjects such as plant and animal studies, physical science, eco systems, weather, soil and rock and renewable energy. The Kindergarten and 1st graders meet at the school.

In addition there will be many presentations including a solar oven demonstration, seed planting, tours of two greenhouses, a cordwood house, kiln and sawmill. Also several more children's activities, a renewable energy trailer, nature yoga, native plants, a touch table from Mueller State Park, hikes and many, many more informational presentations all with the focus of bringing awareness of the diversity around us.

With plenty of parking and beautiful weather (we hope) this event is a family friendly occasion. Come and celebrate with us.




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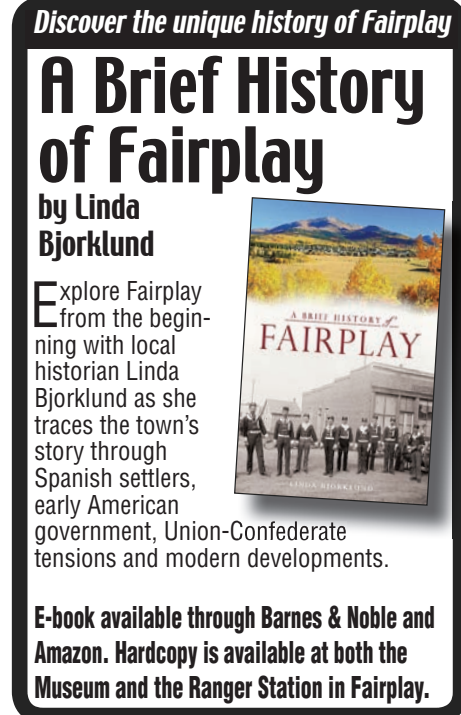


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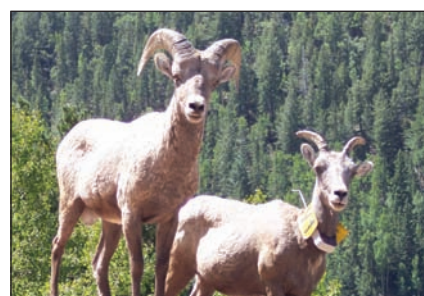
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# Rise of Spring Maiden

By Danielle Dellinger

We continue from March 2016's story 'Spring Equinox,' which was on pages 18 & 19.

Summer Girl couldn't take her eyes off the spot where Spring Maiden had sunk into the ground. The forest spirit had its hand pressed into the soil. She didn't know what it was doing.

"Why not me?" she asked, tears clinging to the corners of her eyes. "Why her? Why did the cold affect her more?"

Autumn Boy put a hand on her shoulder. "Because Mother Nature is cruel," he answered. "That should've been me!" she cried, darting forward. Winter Child and Autumn Boy caught her and held her back.

"Wait! Give the spirit a chance," Winter Child said.

"I have to get to her! She needs me!" yelled Summer Girl, struggling against them.

"Just wait," Autumn Boy soothed. Summer Girl turned and sobbed into his shoulder, holding onto him tightly.

Spring Maiden heard faint shouting above her. It sounded like Summer Girl.

"I'm here," Spring Maiden said, her voice soft and muffled. She tried to move, but found herself still restrained by the roots.

"You must learn," spoke a loud voice in her ear. Learn what, she wondered.

"How to do your job better," answered the voice.

Spring Maiden frowned. "I already do it just fine."

"Then why're you here?"

"Because of that witch Mother Nature," she replied hotly.

"Take responsibility for yourself. You're the reason why you're here."

"She's also part of the reason." The roots tightened around her, and she cried out.

"Your job is to bring everything back to life. You must be strong."

"I am strong!" she snapped.

"You're not."

The roots tightened more. She felt the air being squeezed from her lungs.

"I am!" she gasped. "I am!"

"You must learn control and strength. Once you've learned those, we'll release you."

Spring Maiden fought against the roots. "Just let me go now! I can learn above ground."

"You can't. Incubation is the best method."

"Let me go!" Spring Maiden shouted, and a burst of bright green light shot out from her like a shockwave, making a loud thud.

The forest spirit jerked its hand back from the ground as a tremor went through it. The spirit heard the crowd of forest beings gasp.

"What was that?" Summer Girl asked, peeking out at the forest spirit from Autumn Boy's shoulder.

The spirit looked at her, and she saw it was just as confused as her. It leaned down again and pressed its hand back into the soil. It felt another shockwave and tremor, but kept its hand on the ground.

Summer Girl pulled back from Autumn Boy. "I need to go find Mother Nature. I have to get some answers."

"Are you sure that's a good idea?" Autumn Boy asked, concerned.

"It needs to be done. She can't keep running away like this."

She turned and started off in the direction

Mother Nature had gone. She wiped away tears, trying to collect herself so Mother Nature wouldn't have another thing to harass her about. Her feet carried her for a long time over different types of terrain. She eventually spotted Mother Nature sitting on a rock at the top of a cliff. It was hard to tell if Mother Nature knew she was behind her or not.

"Why did you do that?" Summer Girl asked when she was within earshot.

"Do what?" She sounded tired.

"Force her into the ground like that?"

"It was her time."

"But not mine?"

"Correct."

Summer Girl moved up beside her and looked down at her. "Why did the cold affect her so much, but not me?"

"She's not as strong as you. That's why this is necessary. I thought it'd be the other way around with you two, that she'd be stronger than you."

Summer Girl's eyes drifted to the ground. "How long will this take?"

"As long as it needs to."

Summer Girl rolled her eyes. "Of course."

She turned and started away angrily, feeling this hadn't been very helpful. But something made her stop and look back at Mother Nature. She noted the hunched, almost defeated way she looked. A twinge of sadness tugged on her heart strings.

Mother Nature sighed, seeming to hunch over more.

Summer Girl walked back over. "What's wrong?"

"Nothing."

"It doesn't feel like nothing."

Mother Nature raised her eyes to Summer Girl's. "I'm just tired."

"How so?"

"In every sense of the word. It's hard being the only one governing this planet. I get such a bad rep for just doing what I have to do. Plus, the forest spirit won't forgive me, even though I helped it get its powers back. Then, at the end of the day, I have to go through it all alone. If I were to get a companion, I could no longer be impartial and do what's best for everyone."

Summer Girl blinked in surprise. "That sounds very lonely."

"Yes." She was quiet a minute, then abruptly stood up. "But it's my problem, no one else's."

Summer Girl watched her as she walked away. "Hey, wait, Mother Nature. I'm sorry for how we've all been acting toward you. Things have just been a bit . . . frustrating."

Mother Nature didn't look back at her or say anything for a bit. "Spring Maiden will be fine," she eventually said, walking away again.

Summer Girl's eyebrows shot up. "Really?" she called, but didn't receive an answer. She stood on the cliff and looked out at the world, silently pleading for Spring Maiden's safe return.

When she got back to the group, the scene hadn't changed. The spirit still had its hand to the ground, and the crowd was still watching. She briefly wondered what role dirt and soil play in life. The words soil and dirt are usually used interchangeably, but they have different scientific meanings. Soil is made up of minerals, water, air, and organic matter and has a set location in an ecosystem. The ecosystem nourishes and hardens soil into dense layers. Dirt is the result of soil being eroded or removed from these

layers, which causes it to lose the ecosystem that gave it nourishment. According to National Geographic, scientists estimate dirt has been around for about 450 million years. However, dirt doesn't stick around forever because wind and water steadily strip it away.

Summer Girl felt helpless, making her want to dig down to wherever Spring Maiden was.

"Any news?" she asked the boys.

Winter Child shook his head. "Just that those shockwaves are coming faster, harder, and more frequently. Any luck with Mother Nature?"

"Kind of," she replied, shrugging. "I think . . . I think we may have been too hard on her and don't give her as much credit as we should."

"Really?" Autumn Boy raised an eyebrow.

Summer Girl glanced at him. "Yeah. She seemed exhausted. Did you know that she can never have a companion because then she won't be impartial like she needs to be?"

The boys shook their heads.

"I'd never thought about that," Winter Child admitted. "Wow."

She nodded. "Agreed. I feel bad for her."

"Yeah," Autumn Boy mumbled.

"She also mentioned being upset by the forest spirit not thanking her for helping it get back its powers. I think they have a deep history together because the spirit's silence toward her really seems to bug her."

"Well, if she hadn't made such a big deal about the forest spirit helping Spring Maiden . . ."

Winter Child grumbled. "Sorry. I'm not fully ready to let her off the hook. She brought this upon herself."

"Maybe, but she doesn't deserve how we've been treating her. She really is doing her job."

"So you're going to forgive her for putting Spring Maiden through all of this?" Autumn Boy asked, gesturing over to the spirit still focused on the ground.

Summer Girl sighed heavily. "I dunno. Maybe. She said Spring Maiden would be fine, so if she's telling the truth, then I'll forgive her."

"I see. I might not be so gracious if she pulled anything like this with Winter Child."

Winter Child looked over at his companion and smiled. "Same here," he said.

"That's your prerogative," Summer Girl said. "For me, I can't be too mad if something good does come out of all this."

The boys nodded. "We get that," Autumn Boy replied.

Right then, the biggest shockwave yet shook the ground, causing everyone to stumble.

"I hope she's okay," Summer Girl whispered, clutching her hands together in front of her face.

Spring Maiden grunted and squirmed, trying to curl up. Her eyes were squeezed shut, so she didn't see the crystals of grass descending toward her. Another burst of bright green light shot out of her, and the dirt shuddered around her.

"You're almost ready," said the voice in her ear. "I'm ready now," she snarled. "Let me go!" She tugged hard against the roots around her wrist.

"You'll be reborn in time. You'll rise a stronger guardian."

Spring Maiden cried out as the tips of two roots touched her temples.

"Keep learning," encouraged the voice.

Spring Maiden shouted as light burst from her chest and shot up out of the ground, startling everyone. The forest spirit fell back, watching the beam of light rise into the sky, then fade

away. It quickly got back into position, its hand actually sinking into the soil now.

Spring Maiden's eyes shot open, and she saw the grass crystals a foot away from her.

"Forest spirit," she breathed. She closed her eyes again, and focused inward. Her body relaxed and her hand began to drift upward toward the crystals. Her fingertip touched the point of the longest one, and a blue orb began to grow and expand outward until it blocked her and the crystals from view. The roots began to release her and fall away. She rotated into an upright position and began to rise toward the surface, the grass crystals pulling her along.

The ground shook violently, and everyone crouched down, fearing an earthquake. Something then shot out of the earth and high into the air. Summer Girl tracked it until it was almost a speck in the sky. She squinted against the sun.

Skylar helped the forest spirit up and held its hand. They both watched whatever was in the sky. A moment later it began to descend back toward the group. All sorts of leaves and flowers were cocooning it, swirling around and around it. Then with a loud bang, they exploded back and began to rain down on them all, and in the air was Spring Maiden. She looked more mature and wiser. Her hair was a dark green, and she had faint black outlines of different types of flowers all over her skin. One was even on her neck and partially on her cheek.

As her feet touched the ground, Summer Girl rushed forward and jumped on her with a tight hug.

"You're okay!" she exclaimed.

"I am." Her voice was silky and warm. It sent a shiver through Summer Girl.

"What now?" Summer Girl asked, stepping back.

Spring Maiden looked from her to the boys. "You three need to be reborn. That's my first job." She took Summer Girl's hand. "Come with me."

She led them over to the Guardian Flower, and touched the center where the petals grew from. It released three marble-size spores into the air. She caught them all, then planted them into the soil, spacing them a couple feet apart from each other.

From each spore, something grew. The first was a pile of snow, the second was a lush carpet of tall grass, and the third was a mound of dead leaves.

Spring Maiden turned to her fellow guardians. "Go lie down in your respective element, and cover yourself as much as possible."

They all looked at her curiously, but then did what she said. Once they were all fully covered, she came along and covered their faces as well.

"Just trust me," she said. "Please."

The three piles began to glow their respective colors, white, green, and brown. A low, deep hum began to fill the air, and short pulses emitted from the piles.

The hum slowly turned into an ear-piercing squeal. Then it all went silent. A few minutes ticked by as everyone watched and waited. Then, all at once,

Winter Child, Summer Girl, and Autumn Boy bolted upright, breathing hard. They looked at each other, their eyes widening when they saw the changes in their appearances. Winter Child's skin shimmered like snow on a moonlit night. He had faint silvery white outlines of swirls all over his body. Summer Girl had faint dark green stripes all over her. Finally, Autumn Boy had faint brown outlines of leaves all over his skin, which had a tan, leathered appearance. All of them looked more mature.

Spring Maiden smiled and went to Summer Girl, helping her up. They embraced each other firmly, hiding their faces in each other's necks.

Eventually Spring Maiden stepped back, smiling at her fellow guardians. "I get it now," she said. "This is what all of that strife had been leading up to. We're almost gods and goddesses now."

"Really?" Autumn asked.

"Re-Boy looking down at the markings on his arms."

"Yes," said Mother Nature from behind them.

They all jumped and quickly turned to face her. She regarded them carefully. "This is why I've pushed you."

Summer Girl stepped forward. "What does this mean for us, then?"

"It means we are more equal than ever before."

Mother Nature replied. "But don't expect me to let up on you."

Their expressions darkened some.

"We can't seem to catch a break, huh?" Winter Child grumbled.

"When you're at your emotional peak, that's when you're most vulnerable. That's when the most successful changes can happen."

Mother Nature explained. Her eyes drifted to the forest spirit, and they made eye contact. "I do everything out of love, even though it may not come across like that."

She started walking toward the spirit. "I do everything to better you, to better the environment, to better the world. Even if you don't real-

ize it, it's what you need. That's how I'm ensuring your survival. If you don't change, then you won't make it."

The forest spirit averted its eyes. She stopped in front of it.

"I need you to forgive me. I need you to thank me for helping you," she said softly.

It reluctantly looked at her. They stared at each other as the silence drew out between them. Then, remarkably and most unexpectedly, the spirit dropped down to its knees and kissed Mother Nature on the forehead. Her body shimmered and rippled exuberantly. The forest spirit got to its feet, took Skylar's hand, and they walked away into the trees.

Everyone watched them go, their mouths wide open with shock.

"What just happened?"

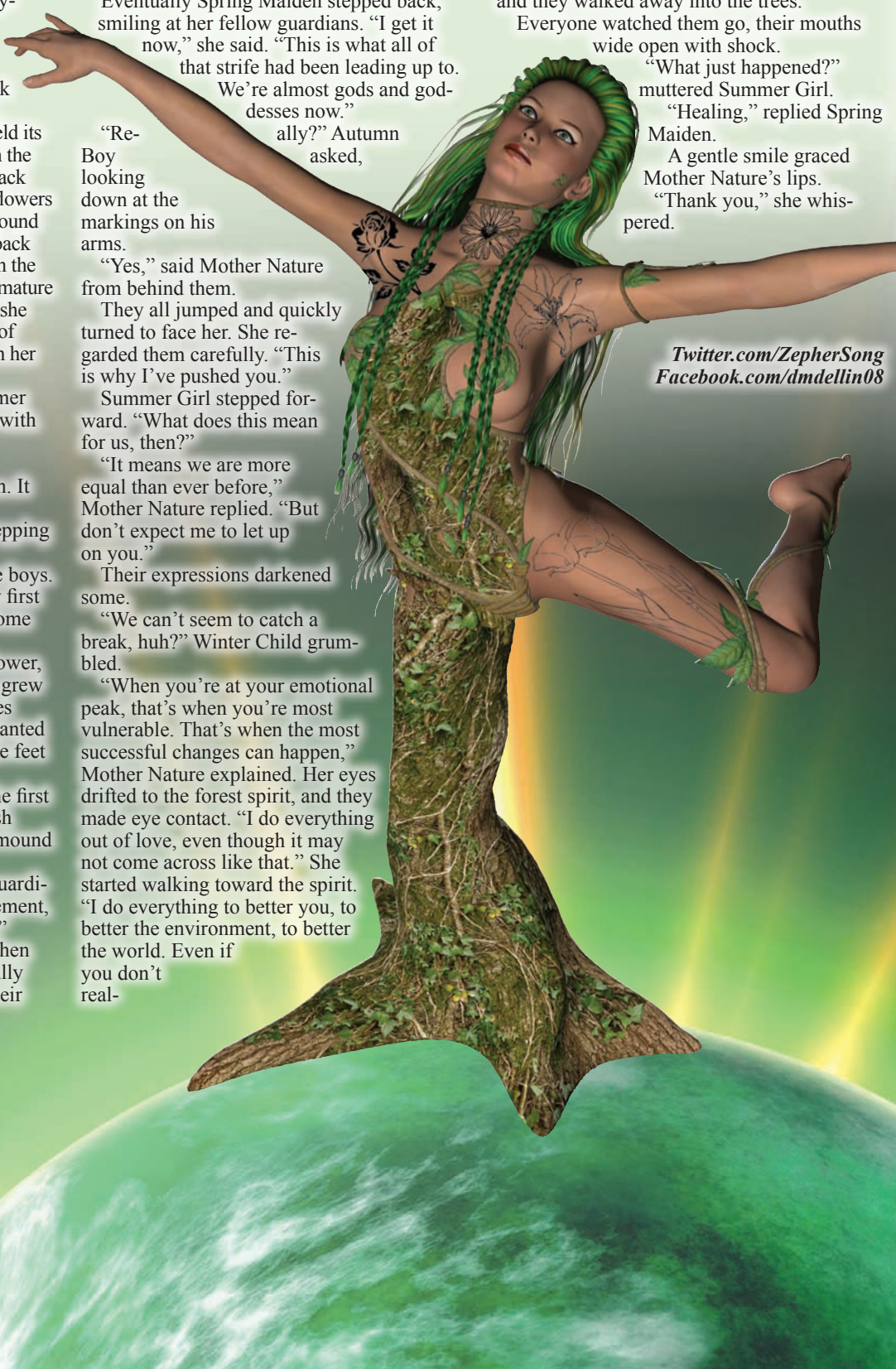
muttered Summer Girl.

"Healing," replied Spring Maiden.

A gentle smile graced Mother Nature's lips.

"Thank you," she whispered.

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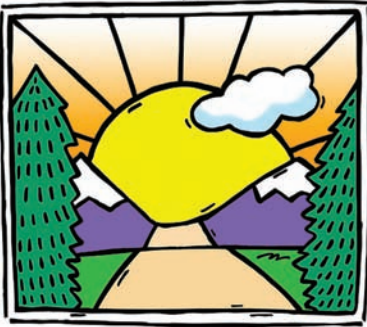
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## Just The Facts

### Rocky roads

by James Hagadorn

Ever been driving on a winding road late at night, only to round a bend and have to slam on the brakes to avoid rocks in the road? If so, you're not alone. Rockfalls are regular occurrences in Colorado, and the debris they jettison onto roadways and other structures is hazardous.

Fortunately, Colorado's got some of the top gurus in the nation to track these geohazards, including teams at CDOT, at Colorado Geological Survey, and their partners. Using laser mapping, aerial photography, remote sensing, and a bevy of crack-, tilt-, and movement-meters, they regularly assess and monitor our known rockfall regions. The data is plugged into modeling software to assess the nature of potential future slope failures. In fact, the most widely used modeling software for characterizing rockfalls was developed right here in Colorado. It arose from the need to minimize risk from snaking an interstate through Glenwood Canyon. To head off future falls, whether in Glenwood or in the seemingly innocuous hillsides of South Park, agencies build preventative berms, moisture-diverting sluices, rock-catching troughs, fences and walls. Known problems get remediated with an arsenal of bolts, buttresses, cables, anchors, netting and related gear. Sometimes crack-filled exposures are even injected with vast quantities of resin – akin to mountain superglue.

But what is it about our landscape that makes all of this prevention necessary? After all, New Mexico, Utah, and California have huge mountains but we don't hear about many of their catastrophic rockfalls. Short of blaming population penetration of the mountains, Colorado's rockfall abundance stems from our distinctive climate, topography, and diverse blend of rock types.

In Colorado, falling rocks mainly come from three sources, all of which are plentiful in hillsides and mountains. The first source is fractured bedrock like the stuff exposed in Black Canyon of the Gunnison, Golden's Clear Creek Canyon, and Pikes Peak. These rocks, cooled from magma or cemented together during burial and mountain-building, are full of fissures and cracks. As water seeps into the cracks, sometimes it lubricates them or degrades crack-filling crystals into clays that help the rocks slip apart. The rocks eventually calve off like glaciers. An even more destructive process, called ice-jacking, occurs when this infiltrating water freezes and expands, gradually wedging the

rock's cracks open more and more during the daily and seasonal freeze-thaw cycles.

Alternating layers of sedimentary rock are the second major contributor to rockfalls. In exposures like those that rim Castle Rock, Durango, Grand Junction, and Manitou Springs, massive cliff-forming beds of these rocks regularly spall off from mesas, buttes, and bluffs. The cause? Underlying the durable well-cemented cliff rocks are soft mud-rich layers. These layers erode from rainfall and seepage, undercutting and allowing the overlying rocks to topple downhill. Ice-jacking of cracks in cliff-rocks also contributes.

Relict soils and sediments left behind by ancient landslides and the bulldozing of Snowmastodon-era glaciers are the last source of falling rocks. These crazy-looking



CDOT and News Crew at site of massive rockfall in Glenwood Canyon that closed the highway for days. Credit: Joe Kracum

piles of dirt and rock are a geological mishmash of giant boulders suspended in sand and gravel. They line most of Colorado's valleys and canyons. As water from snowmelt or rainfall saturates sediment that holds boulders in place, rocks can slip or fall out of these piles, tumbling down to burges like Cañon City or the geological bulls-eye of East Vail.

Falling rocks from these sources directly impact homes, vehicles, infrastructure, and people. They have indirect impacts as traffic hazards and because they catalyze landslides. To add to natural triggers, anytime we undercut, over steepen, or disturb hillsides and mountainsides, rockfalls will be more likely. Ditto when we build roads and homes at the foot of, or on top of ancient rockfalls and landslides.

Given that Colorado's freeze-thaw cycles and rainfall are each three-season phenomena, it isn't surprising that crack-related rockfalls are a year-round phenomenon. Witness the epic traffic-clogging examples on the I-70 corridor. In contrast, erosion- and slippage-related rockfalls tend to occur after prolonged or massive rainy intervals, especially when it's windy. Highway 133



Assessing the recent damage to the road deck in Glenwood Canyon. Credit: CDOT

between Paonia and Carbondale is a classic example.

Rockfalls have been shaping the surface of our state for a billion years, and will continue to do so. They're an indication that our earth is always in action, and they signal the risks of living and playing in mountainous and hilly terrain. Understanding what triggers them and how they behave helps us predict and minimize our risk. To learn more, check out [coloradogeologicalsurvey.org/geologic-hazards/](http://coloradogeologicalsurvey.org/geologic-hazards/) or [cdot.gov/programs/geotech/](http://cdot.gov/programs/geotech/)

James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science. Suggestions & comments welcome at [jwhagadorn@dmns.org](mailto:jwhagadorn@dmns.org)



One reason rocks fall! A rock ledge in Colorado Springs threatening a home below. As underlying rock weathers, it weakens support for this large boulder. Credit: Jon Lovekin



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## Nature Speaks

### On the move

by Dee DeJong

This is a wonderful time of year in Ute Country; the days are getting warmer, plants begin to sprout and animals are on the move. Migration is the movement of animals from one location to another in response to the changing day length. There are many reasons animals need to migrate: food availability, habitat needs for raising young, and the opportunity to take advantage of more abundant resources, being the most significant.

Last month I had an amazing experience watching birds migrate through the San Luis Valley. Thousands of Sandhill Cranes and hundreds of thousands of waterfowl were feeding, resting, and refueling before heading to their breeding grounds up north. Northern Colorado, Wyoming, and Montana provide more suitable habitat for feeding and raising their young than New Mexico where they spend the winter. To experience the sights and sounds of this event is awe inspiring and should be experienced at least once.

In our area we see many species that are long distance migrators, coming from miles away to spend the warmer months and those that migrate locally, not going a long distance but traveling from higher to lower elevations.

### Mammals

• **Elk** (local migration). The weather is the major factor for elk migration. As long as they can find a food source they tend to stay put. Even in winter they search out open, sunny slopes with forest nearby to protect them from the wind and cold at night. As heavy snows fall in the high country they must move to lower elevations where food is in the open or covered by less snow. They spend the summer at higher elevations foraging on new growth of plants and brush, their preferred food. Elk can be seen at Florissant Fossil beds at various times of the year.

• **Bighorn sheep** (local migration), unlike elk, have a set route for migration. The sheep move from rocky slopes of the mountains to grazing grounds at lower elevations each year and will not vary from this route. Dome rock, near Mueller State Park, is known for its healthy population of Bighorn sheep. Keep in mind that hiking in Dome Rock is restricted due to the lambing season from December 1st to July 15th annually. In the spring along CR 1 as you head to Cripple Creek, grazing sheep can be often be spotted eating in the grassy meadows. This is the Colorado State Animal.

• **Pronghorn** (local migration) corridors are located in Park, Fremont and Chaffee Counties. Again, weather is a major factor for migration. They spend the summer in high mountain prairies, eating grasses, forbs, and sagebrush and prefer to be located within a few miles of water. As the snow begins to fly they must leave for lower elevations having little tolerance for the cold weather.

### Birds

• **Broad-tailed Hummingbird** (long distance). This little bird migrates in the spring to our area from Mexico and Central America...amazing! They race from the lower elevations to the subalpine meadows to find a nesting area. As the pressure for a nesting site declines they will spread out into the mountains and down to the foothills and plains to spend the summer.

• **American Robins** (local migration). These beautiful red-breasted birds move from south to north in Colorado following the food. They eat insects, snails, and of course, earthworms. It seems that these birds are here all year round but in actuality you are looking at the southern populations in the summer and the northern populations in the winter.

• **Williamson's Sapsucker** (long distance). A sure sign of spring is the return of this woodpecker. This bird, like its name suggests, sucks sap. It drills holes in trees and returns at a later time to feed on this golden liquid. Ants and other insects that come for the sap become this birds' meal too. Look for them in a forest near you.

• **Lark Bunting** (long distance). Honorable mention, this is the Colorado State Bird. It migrates from Mexico through Colorado and spends the summers in more northern states and Canada. We will not see this bird in the mountains but on the eastern plains where it eats grains, seeds and insects.

### One more migrator

• **Humans** (long distance and local migration) can travel many miles or come from the nearest city to spend the pleasant summer months in the mountains. The recreational vehicles can be seen moving through our area in high numbers. They come for lakes to fish, water, to float, boat and kayak on, and the cooler temperatures. Every winter that passes I am feeling the need to become a migrator myself. Enjoy the spring migration and the animals on the move; we will do it in reverse in the fall.

## Summit Destination Imagination Team wins 1st Place



Congratulation to Summit Elementary School Destination Imagination Team who won First Place at Regionals! The team will be competing at the State Competition on April 9 in Denver. Pictured from left: Christian Bonnette, Zehan Rogers, Adam Lanucha, Mia Nickelsburg, Leah Strawmatt, Dawson Tisdall. Back: Jaden Hensley. Good Luck Summit Team!

## JA in a day in May

by Sherri Albertson

Junior Achievement of Southern Colorado, Teller County, will present the Junior Achievement curriculum on financial literacy, work readiness and entrepreneurship to Summit Elementary school students on Friday, April 29th and Gateway Elementary students on Tuesday, May 3rd.

Students will learn to describe a community, identify the variety of careers people have in a

community and how each job requires specific skills; and identify how business and government jobs help a community. Junior Achievement of Southern Colorado has served 46 counties in southern Colorado, including the El Paso and Teller county areas, for more than 60 years. For more information or to volunteer contact Sherri L. Albertson at 719-650-4089 or via email to [sherri.albertson@ja.org](mailto:sherri.albertson@ja.org).

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## Lots of choices for treating mental illness

by Bonnie Bowman, PhD, NAMI Southeast Colorado

At a community conversation about a controversial bike lane, a young woman was at the microphone explaining her support for the bike lane. "I have depression", she said, "and I can keep it at bay if I exercise daily. With a full time job and young children, the way I get my exercise is to bike to work and I use this bike lane."

For most people with a serious mental illness, treatment involves more than daily exercise. The good news is that innovations and a range of evidence based medications, therapy and psychosocial services such as psychiatric rehabilitation, housing, employment and peer supports have made wellness and recovery a reality. Choosing the right mix of treatments and supports that work for each person is an important step in the recovery process. Even people with the same diagnosis will have different experiences, needs, goals and objectives for treatment. There is no "one size fits all" treatment.

For many people living with a mental health condition, medication will be a part of their treatment plan. Psychiatric medications work by influencing the brain chemicals regulating emotions and thought patterns.

It is difficult to predict exactly who will respond to what medication, thus, it is important for a person to be persistent while finding the medication or combination of medications that works for him or her. A few psychiatric medications work quickly and there will be improvements within days, but many will require several weeks before any

improvement is seen. Medication may be a short-term aid that only needs to be taken for a few months or it may be a long-term, or even life-long, treatment approach.

Medications for mental illness fall into four categories. Antipsychotics reduce or eliminate the symptoms of psychosis (delusions and hallucinations). They play an important role in treating schizophrenia and schizoaffective disorder. Newer or atypical antipsychotics can also treat acute mania, bipolar disorder and treatment-resistant depression. Antidepressants improve the symptoms of depression. Anti-anxiety medications work solely to reduce the emotional and physical symptoms of anxiety and can treat social phobia, generalized anxiety disorder, and panic disorder. They work quickly and are very effective in the short-term, but people prone to substance abuse may become dependent on them. Mood stabilizers are the most common medications for treating the mood swings of bipolar disorder. The oldest of them, Lithium, has been in use for over 50 years and has proven very effective. There are also newer mood stabilizers originally created as anticonvulsants that may work better for some people.

Medicines are usually more effective when combined with psychotherapy. The therapist can provide guidance and help improve the ability to reach recovery goals. When building a treatment plan, the person may want to seek out a therapist who specializes in a particular kind of therapy or find one who will take things like the

nature of the problem being treated and the person's personality into account when determining which treatment will be most effective. Three major types of therapy shown to be effective for people living with a mental health condition are: Cognitive behavioral therapy (CBT) which focuses on exploring relationships among a person's thoughts, feelings and behaviors; Dialectical behavior therapy (DBT) which was originally developed to treat chronically suicidal individuals with borderline personality disorder (BPD) and has been adapted to treat people with multiple different mental illnesses; and eye movement desensitization and reprocessing therapy (EMDR) which is used to treat PTSD.

Spending time with domestic animals can reduce symptoms of anxiety, depression, fatigue and pain for many people. For people with a mental health condition, research has shown that time with pets reduces anxiety levels more than other recreational activities. Equine therapy is a form of animal-assisted therapy that uses experience with horses to improve emotional and behavioral outcomes. Therapy animals are not the same as service animals, who receive a higher level of training and learn specific tasks for assisting one person on a long-term basis. Service animals have shown some promise in helping people with mental health conditions, particularly PTSD and panic disorders.

Traditional medical and therapeutic methods have improved over the years, but often they do not completely lessen or eliminate symptoms of mental illness. As a result, many



people use complementary and alternative methods to help with recovery. When exploring these methods it is important to remember that even simple vitamins can interact with medication. While something may be safe to use with one prescription medicine, it can make others less effective or toxic. Although data is still lacking on the effectiveness and safety of many complementary practices, some studies have found that certain types of omega-3 fatty acids are useful in the management of both medical and mental illnesses. Research shows that for young people experiencing an episode of psychosis for the first time, treatment with omega-3 fatty acids may help decrease their risk of developing a more chronic and serious form of schizophrenia. Folate is a vitamin required for the human body to perform many essential processes on a day-to-day basis. Some people with mental illness have been shown to have low folate levels and may benefit from treatment with additional folate supplementation.

Like the young woman mentioned in the opening paragraph, many people find that physical activity is beneficial to their well-being. In addition, physical activity can help reduce weight gain, fatigue, and other side effects of many conventional medicines used to treat mental health conditions. However, any new exercise or outdoor activity should be discussed with a doctor since some medications can affect the body's response.

When treatments such as medication and therapy aren't able to relieve the symptoms of the mental health condition, there are other options available. A psychiatrist might suggest electroconvulsive therapy (ECT) or Transcranial Magnetic Stimulation (TMS). Brain stimulation therapies involve stimulating or touching the brain directly with electricity, magnets or implants. ECT and TMS are the most widely used brain stimulation therapies, but other options are available.

When people living with a mental health condition are directly involved in designing their own treatment plan, choosing services that support them and evaluating treatment decisions and progress, the experience of care and outcomes are improved. A more detailed explanation of the options mentioned in this article plus additional options are available on the NAMI website, nami.org.

Save the date: May 21 attend the NAMI walk in Pueblo, see ad page 18.

## Mail theft prevention tips

April is a great month to review basic steps you can take to help prevent mail theft.

- Promptly remove mail from your mailbox after delivery, especially if you're expecting checks, credit cards, or other items of value. If you know you won't be home when these items are expected, ask a trusted friend or neighbor to pick up your mail.
- Always deposit your mail in a mail slot at your local post office, or hand it to your letter carrier.
- Have your local post office hold your mail while on vacation, or absent from your home for a long period of time.
- If you do not receive a check or other valuable mail you are expecting, contact the issuing agency/business immediately.
- Form a neighborhood watch program. Work with your friends and neighbors to develop a schedule to keep an eye out for suspicious activity around mail boxes and homes in your area.
- Keep an eye out for vandalism or visible signs of break-in attempts on apartment mail boxes or business cluster boxes.
- If you see suspicious activity around mailboxes, call 911 immediately and report it to your local police department.
- Report all instances of mail theft to the USPS at 877-876-2455 or online at postalinspector.uspis.gov

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## MDF event a huge success!

Following the highly successful inaugural banquet last spring, the Mule Deer Foundation (MDF) Woodland Park Chapter held its 2nd Annual Fundraising Banquet March 12th at Shining Mountain Golf Course. The event featured live and silent auctions, raffles and games. In addition, a special presentation was given by Colorado Parks and Wildlife Senior Terrestrial Biologist, Brian Dreher. Dreher presented information on the current status of the mule deer population in Teller and Park Counties as well as the current status of a detailed research project in which mountain lion populations are examined. These findings will provide great insight into the effect of mountain lion predation on mule deer locally.

While residents of Woodland Park and surrounding areas may think mule deer in Colorado are doing well because of the number they see in town, this is not entirely the case. Across the Western U.S., state wildlife agencies are seeing declines in mule deer populations. In recent years, mule deer populations in Colorado have decreased in several areas. Colorado Parks and Wildlife report that since the mid-19th Century, mule deer populations across the western U.S. have experienced dramatic swings, mainly in response to human activities, severe winters and drought. Wildlife managers across eleven western states have spent decades trying to understand and address swings in mule deer populations. A 2004 report, produced by Western Association of Fish and Wildlife Agencies' Mule Deer Working Group, concluded that habitat loss, declining habitat quality, weather, population management, predation, disease and interactions with elk all influence mule deer populations. The statewide, post-hunt 2012 deer population estimate of 408,000 is far below the current statewide popu-

lation objective range of 525,000 - 575,000. This is precisely what drives volunteers with the MDF Woodland Park Chapter.

Funds generated at this event will be used in Park, Teller, and southern Douglas Counties to improve habitat for not only mule deer but other species including elk, pronghorn, etc. These projects are scheduled to take place at James Mark Jones State Wildlife Area in Park County and Mueller State Park in Teller County. In addition to the money raised at the banquet, the Colorado Bowhunters Association again donated \$1,000 to the MDF Woodland Park Chapter to aid in the cause and presented a check at the event. MDF Woodland Park Chapter Chairman, Rose Long explained, "At the very least, mule deer in Colorado need healthy, viable habitat, and that is some-



Pictured are Rose Long, MDF Woodland Park Chapter Chairman and Colorado Bowhunters Association Southeast Regional Director, George Williams.

thing that WE can do, especially with the great support of local members, donors and organization partners such as the Colorado Bowhunters Association."

For more information on the Mule Deer Foundation or do volunteer in an upcoming habitat improvement project, please contact Larry Long at 719-351-0994.



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# The Legend of Carl Mangert Brave spirit rising (Part III)

by David Martinek

Episode III: (Note: Readers may wish to re-read the previous episodes in the February and March issues for continuity). Carl Mangert, an old World War II veteran who had lived fairly anonymously in Teller County for over 60 years, had died. When I had interviewed him a few months earlier, he had mentioned that his unit had landed on Omaha Beach during the Normandy invasion. During his funeral at the Little Chapel of the Hills church in Divide, Mangert's best friend and old Army buddy, Russell Kontanski, came forward to tell of their unique relationship to a girl back home named Irene and of their perils while landing at Normandy.

“You can't imagine what it was like climbing down into that landing craft once we were across the English Channel,” said Russell flatly. Leaping ahead several weeks in his story, the man had caused everyone in the room to ease off the back of their chairs. His voice was deliberate. “If there hadn't been a break in the weather, Eisenhower would have called off the invasion. As it was, the seas were still choppy. The channel crossing had been rough and many of us got seasick on the way over. But suddenly, there we were perched on the edge of history in the Bay of Seine, the first American infantry company scheduled to land at that point. Fear was everywhere. Standing elbow to elbow listening to the naval bombardment arching over our heads, a lot of things ran through my mind – home, mom and dad, certainly Irene. The Navy was attempting to soften up the German's bunkered in at Omaha Beach, but we soon learned that the barrage was pretty ineffective. Plus, Allied bombers delayed dropping their ordnance on Omaha for fear of hitting our landing craft. The big door of the LC splashed down into five feet of water and a hail of machine gun fire that was...”

Troops in an LCVP landing craft approaching Omaha Beach on June 6, 1944. U.S. Army Signal Corps Collection National Archives (public domain)

He didn't finish. He just paused and looked away, and all of us in the room paused with him. The swirl of memories resurfacing in his mind must have been unbearably intense. When he spoke again his voice was even weaker, and his words got caught in his throat. “Men just toppled over into the water,” he whispered. His eyes wandered over at Carl's body lying serenely a few feet away. He stared up at the ceiling, collecting his emotions. No one stirred. “Within 10 minutes all of our officers and NCOs were either dead or wounded. We lost our whole unit that morning; nearly a hun-

dred souls, the buddies we had trained with for the last month and a half, all gone in less than 20 minutes, reduced to two survivors.” He glanced over at his friend again lying beneath a spray of flowers, and then just blurted it out. “Me and Carl!” There weren't enough people in the room to produce an audible gasp, but it was there just the same – a collective breath caught and held silent by surprise. Thrown back in our chairs by the revelation, we all stared at him with our mouths open and compassion in our hearts. “We learned later that the Allies had suffered 5,000 casualties that day storming the beaches at Normandy, most in the first few hours, many in the first few minutes,” said Russell, gripping the lectern. “The Germans lost about 1,200. Of the 16 or so tanks that tried to come ashore at Omaha, only two remained, one operable, the other had its tracks damaged but it could fire. The boiling surf was littered with equipment and the dead and dying, floating there, the water red with blood...” His voice trailed off; sentence unfinished again.

An awkward silence settled on the room as his listeners tried to make sense of his words. I tried to imagine the scene but I had no frame of reference. I didn't think anyone else there did either. I served in Vietnam but it was nothing like he described. The memories he was reliving of that day must have been indelibly remembered.

Perhaps it was the first time he had told this story to anyone, I thought. Some men never speak of their combat experiences. They bury it deep inside them. I tried to imagine the fear he must have felt as a young 20-year old groping for a safe hole on that sandy beach on June 6, 1944. It is one thing to remember war, but often quite another to tell about it.

He made a digging gesture with his hands. “Me and Carl dug a fair-sized hole in the sand within a matter of seconds,” said Russell, apparently recovered from his thoughts, his voice gaining strength. “We were lucky to have even made it ashore. That fast action is what saved us. Carl scrambled into our foxhole with me on top of him. He had pulled me all the way in by my collar just as a spray of bullets laced across the lip. That was the first time he saved my life. That's where we stayed for most of the day.

“Towards the afternoon, we heard men from other units not so decimated calling across the beach trying to organize some kind of ad hoc force to mount an assault along one of the gaps in the chalk cliffs to our front. With the help of the surviving tanks and some artillery called in from the ships off shore, we

A general map of the Normandy Invasion, called 'Operation Overlord.' Internet File Photo

eventually gained some ground and by evening had infiltrated the lower edge of the German's coastal defenses. We secured positions in a couple of places by scaling the bluffs beneath the enemy's strong points.” If you read the official report of the Allies' Normandy landing at Omaha Beach, you'll learn that it was described as a failure until Day 3. All along the coast, the Germans were so heavily fortified that with only a few forces they were able to delay an invasion of 50,000 men. The original objectives for Day 1 were not accomplished until June 11, 1944, and much of the initial activity after that was more of a beach-securing rescue, reinforcement and resupply effort. The offensive would come later. It is all in the history books.

At one point, General Omar Bradley, the U. S. First Army commander, thought to abandon the landing at Omaha; and he probably would have had it not been for the initiative assumed in the field by men who continued the fight. Russell and Carl were part of that regrouping of surviving troops who assaulted the German bunkers and turned defeat into a foothold.

Russell assured us that the next day wasn't much easier. “In the morning before dawn, after a restless night, our mission was to knock out the hardened German bunkers on the high ground above the cliffs. We were divided into teams of two, Carl and me on one team and about five or six others, all with the same objective. After some supporting artillery from offshore, we scaled the cliffs in a low spot and immediately came under fire. A few distracting grenades allowed us to flank our bunker and get closer. I laid down sustaining fire on the left with my M1 carbine, while Carl maneuvered around to the right. Crawling up to within striking distance, he silenced the machine gunners with a couple more well-thrown grenades.

“The noise of engagements and the explosions were deafening. I was so excited with our success that I stupidly rose up on my hands and knees just in time to hear several bullets whizzing by me, one from Carl's rifle. His aim had toppled a German soldier to my rear – the second time he saved my life. But in doing so, he exposed himself and was immediately cut down with bullet wounds to the neck and chest. He screamed and fell to the ground. It all happened within a matter of seconds.”

He gazed intensely at his friend's body lying a few feet away and his eyes watered again as he remembered how close he had come to dying that day in front of a German bunker.

To be continued next month...

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# Chroma 7 Gallery and Gifts

by Flip Boettcher  
photo by Flip Boettcher

There is a new business in Florence, Colorado, called Chroma 7 Gallery and Gifts, located at 115 East Main Street, Suite 9. You will have to look for Chroma 7, because they are tucked in the mini-mall along with Jodi at A Little Bit of This and a Little Bit of That, behind the Rose Bud Café. Chroma 7 is co-owned and operated by brother and sister – Vernon Girard and Karen Girard-Trudeau. They opened their doors for business on March 1st this year.

Karen likes all kinds of media: oils, acrylics, watercolor, and mixed. “The world has so many different art techniques I want to experience them all.” Besides at Chroma 7, Karen's work can also be seen at Covered in Paint, in Watseka, Illinois.

Vernon was originally from Illinois and now lives in southern Colorado. Vernon spent many years doing custom auto painting which gave him his knowledge of color combinations as well as texturing techniques.

Vernon enjoys abstract compositions, dabbles a little in realism and has started some Steampunk creations. Vernon's work can also be seen at Amore Fine Art, in Taos, New Mexico.

Chroma 7 features a colorful galley with a variety of genres. A little bit of everything, said Vernon.

Speaking of Steampunk, April is Steampunk month in Florence, starting with the “Foolish Sale” April 1, 9 and 10. The Florence Arts Council is sponsoring “Escape in Time to Steampunk and Wine,” which is a fundraiser for the old historic Rialto Theater on West Main Street.

Chroma 7 also features jewelry and photography by Stephanie Treat and handmade

Karen Girard-Trudeau on the left and Vernon Girard on the right in front of a few of their colorful paintings in the Chroma 7 Gallery and Gifts shop in the mini-mall in the 100 block of East Main St. in Florence.

scarves by Sandy Dawson.

For more information contact Chroma 7 at: 719-427-0513 or 815-435-2101. Visit their website at: www.chroma7gallery.com or email them at chroma7gallery@yahoo.com. For more information about the Steampunk and Wine fundraiser contact: steampunkwine@yahoo.com.

A side note: The town of Florence is planning on restoring its historic Rialto Theater to its original splendor. The theater was built in 1923, and like so many historic theaters it has fallen into disrepair and been vacant for many years. Much work has already been done and plans are for the doors to reopen in 2016. Help make the Rialto sparkle again. See this link to learn more: https://www.kickstarter.com/projects/1253025752/restore-the-historic-rialto-theatre. See story on page 12.

# CSU Food Safety Training for cottage food producers

Summer is right around the corner and maybe you have been thinking about producing a Cottage Food to sell at a local farmer's market. What exactly does it take to bring a Cottage Food to market? One key requirement in the Colorado Cottage Food Act is a Food Safety for Cottage Foods training certificate and one of the best ways to meet this requirement is to attend a training offered by CSU Extension. Chaffee County Extension Agent Christy Fitzpatrick will offer a Food Safety Training for Colorado Cottage Food Producers on Wednesday April 6, 2016 from 6 p.m. to 9 p.m. at the Chaffee County Fairgrounds, 10165 County Road 120, Salida.

This class covers which foods and products are permitted under the Cottage Foods Act and why, ingredient labeling requirements, and basic food safety for a home business. After taking and passing a short

quiz, participants will receive a Certificate of Completion, good for three years. Health department staff and Farmer's Market managers overseeing the health and food safety of cottage foods are also encouraged to attend the class to learn about the requirements of the law and the food safety expectations for cottage food vendors.

Please pre-register for the class is required by calling the Chaffee County Extension Office 719-539-6447 or emailing Christy Fitzpatrick at Christy.Fitzpatrick@colostate.edu by April 4, 2016. A \$15 registration fee (cash or check to Extension Activity Fund) covers program materials, testing, certificate and light snacks.

Colorado State University Extension programs are available to all without discrimination. For disability accommodations, please notify us at 719-539-6447 at least five business days prior to the event.

# Grannys' HASH celebrates successful first year

By Kathy Hansen  
photo by Jeff Hansen

The balloons were flying, the hot dogs were grilling, and the Cari Dell Trio performed at Grannys' High Altitude Super Hemp's celebration of their first year in business. Co-owners JoDee Weaver and Karen Kinne threw a party from noon until 4 p.m. on Sunday, March 20, 2016, as one way they give back to the community.

Grannys' H.A.S.H. is the first legal hemp producer in the state of Colorado. You can't get high on anything they sell, because it is not marijuana nor does it contain THC, the active ingredient of marijuana. All of their products contain some portion of the hemp plant, and likely the most popular is their pain relief line of ointments and CBD oils.

It has been an amazing first year. People may be skeptical when they walk in the door, but after a few questions and a sample, they tend to walk out accepting. People come to Grannys' seeking to ease their ills, sooth their pain, and there have even been reports of cancerous tumors shrinking in size.

Word of mouth has served them well. They have customers from across the 50 states, as well as Canada, Norway, and Australia.

A recent development is the offering of 'Hempys' for sale. A 'Hempy' is basically the root and first portion of stem from their plants. One

A “Hempy” with a message.

day when pulling it from the soil, as it popped up it appeared as though it were a character. The trend grew, they began to name them and sell them for \$20 each; the profits of 'Hempy' sales are donated each month to a customer who is battling cancer. “We know many of our customers are having a difficult time financially, so it's a good way to give back to those in need,” Karen said as her eyes glimmered with hope.

Cheers to Karen and JoDee of Grannys' H.A.S.H.! We thank you for effective products that improve quality of life, without the 'high'.

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4 Lbs. Bulk Sausage	6 Lbs. Pork Steaks	3 Lbs. Tri-Tip Steak
3 Lbs. Round Steak	5 Lbs. Hilltop's Bulk Sausage	3 Lbs. Country Style Spareribs
4 Lbs. Boneless English Roast	10 Lbs. Lean Ground Beef	4 Lbs. Deli Beef Franks
5 Lbs. Lean Ground Beef	6 Lbs. Round Steak	Total Weight 15 Lbs.
10 Lbs. Grade A Fryers	6 Lbs. Sirloin Steak	\$5.42 Per Lb.
Total Weight 29 Lbs.	10 Lbs. Boneless English Roast	\$81.30 Approximate Total
\$3.36 Per Lb.	Total Weight 49 Lbs.	
\$97.44 Approximate Total	\$4.81 Per Lb.	
	<b>\$235.69 Approximate Total</b>	
	<b>HOME COOKIN' BUNDLE</b>	<b>PLENTY OF PORK BUNDLE</b>
	3 Lbs. Pork Chops	3 Lbs. Pork Chops
	3 Lbs. Hilltop's Italian Sausage	4 Lbs. Bulk Sausage
	4 Lbs. Sirloin Steaks	4 Lbs. Country Style Spareribs
	6 Lbs. Boneless Chuck Roast	4 Lbs. Pork Steaks
	3 Lbs. Cube Steaks	4 Lbs. Pork Cutlets
	5 Lbs. Lean Ground Beef	5 Lbs. Ground Or Cubed Pork
	5 Lbs. Grade A Fryers	Total Weight 24 Lbs.
	Total Weight 29 Lbs.	\$3.35 Per Lb.
	\$4.96 Per Lb.	\$80.40 Approximate Total
	<b>\$143.84 Approximate Total</b>	
		<b>HILLTOP'S BEEF VALUE BUNDLE</b>
		30 Lbs. Lean Ground Beef
		6 Lbs. Round Steak
		15 Lbs. Boneless Chuck Roast
		7 Lbs. Boneless Short Ribs
		6 Lbs. Sirloin Steaks
		6 Lbs. Lean Stew Meat
		6 Lbs. Rib Steaks
		6 Lbs. T-Bone Steaks
		6 Lbs. Cube Steaks
		12 Lbs. Boneless Rump Roast
		Total Weight 100 Lbs.
		\$6.09 Per Lb.
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This chakra is where our “God’s Spark,” the Divine Spark of God which is contained in our body, resides. God’s Spark is a connection that all souls have back to Source. It is a vital spiritual force flowing through us. Every one of us, even animals, have this Divine Spark within us. Upon death, this energy dissipates as we cross over to the other

While forgiveness is a tough principle for many to understand and accept, or put

*Claudia Brownlie is a Woodland Park, Colorado-based Professional Psychic Intuitive Consultant and certified Life Coach, serving clients locally and world-wide. 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).*

All this spells the need for extreme caution in the Wildland Urban Interface (WUI). A recent and deeply comprehensive study by the U.S. Department of Commerce's National Institute of Standards and Technology (NIST) that focused on the Waldo Canyon fire will travel, at what speed and intensity, and how thick the smoke may be. Write your plan down and put it in multiple vehicles, by the door and on your electronic devices. A good plan will include:

- A designated emergency meeting location

outside of the fire or hazard area. This is critical to determine who has safely evacuated from the affected area.

Several different escape routes from your home and community. Practice these often so everyone in your home is familiar in case of emergency.

An evacuation plan for pets and large animals such as horses and other livestock. If you must leave a pet or livestock behind, make sure they are not locked in. Ensure they have identification: microchip, tags, brands, etc.

A communications plan that designates an out-of-area friend or relative as a point of contact to act as a single source of communication among family members in case of separation. (It is easier to call or message one person and let them contact others than to try and call everyone when phone, cell, and internet systems can be overloaded or limited during a disaster.)


Assemble an emergency supply kit for each person, as recommended by the American Red Cross - learn more at [www.ready.gov](http://www.ready.gov).

Maintain a list of emergency contact numbers posted near your phone and in your

emergency supply kit.

### Home safety checklist

- Clean roofs and gutters of dead leaves, debris and pine needles that could catch embers.
- Replace or repair any loose or missing shingles or roof tiles to prevent ember penetration.
- Enclose under-eave or soffit vents or screen with metal mesh to prevent ember entry.
- Cover exterior attic vents with metal wire mesh no larger than 1/8 inch to prevent sparks from entering the home.
- Repair or replace damaged or loose window screens and any broken windows.
- Screen or box-in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.
- Move any flammable materials away from wall exteriors – mulch flammable plants, leaves and needles, firewood piles – anything that can burn.
- Remove anything stored under decks or porches.



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## Escape in time to Steampunk and Wine

Festival taking place in Florence, Colorado on April 9th -10th, 2016 is gearing up. The Historic Rialto Theater will serve as the venue for this year's fundraiser, along with vendors and entertainers on Santa Fe Street north and south of Main Street. The romantic, Victorian, industrial Steampunk movement is seeping into fashion, interior design and mainstream media. Steampunk with its love of the old, reworked and imperfect could have no better backdrop than Florence. Organizers want to use this movement to gather resources for the Historic Rialto Theater, to help match grant funds to help with the renovation. Inviting the entire community to participate in this event is a positive way to promote Florence, the goal to provide the ultimate experience that will show how Steampunk is fun, cool and a mash-up of visual styles that has great appeal to all ages.

An exciting addition to our list of sponsors is the Royal Gorge Bridge, who is helping to 'bridge the gap' between Florence and the Royal Gorge by providing a bus trip for the Steampunk patrons to the Bridge on both Saturday and Sunday mornings with enough time for photos! The cost is only \$10. The Gold Canyon Gunfighters are returning from last year, as well as local musicians, Bobby Dean and the Frost Mountain Clan. A bluegrass sensation, Silver Cliff will be on hand Saturday afternoon. The Midnight Sun, who brought down the house last year, will once again entertain at The Steampunk Ball on Saturday night, and Sunday at Noon. There will be a costume contest, burlesque show, and a silent auction during intermission at the ball.

A new event this year will be a steampunk talent show. Creativity and fun is what we

are looking for! Once contestants finish the audition they will be part of the show where judging for winning the contest will take place.

Costume contests and a fashion show will also be part of the activities, along with contests and activities for the kids. With the fashion show mainly for the ladies, we must include our men with a mustache and beard contest. The last event on Sunday will be the Steampunk Pet Contest. The wine will be unique this year, graced with our own label along with other spirits and wines, available at the Rialto, of course these are all for the cause with your donation. Admission for Steampunk activities is \$10 for adults and \$5 for students. For an extra \$5 the ball is included (the price is \$10 for the ball alone). Children under 5 will be free. Minors are welcome at the ball with adult supervision however all under age 21 will be required to leave before 10 p.m.

Advance tickets are now available for a discount at Spirit Riders Western Emporium in Florence. Stop in and discuss what steampunk is all about! You can get ideas of costumes there and at many of the shops in town (hats, goggles, corsets, boots, jewelry, vintage clothes, etc.), so check out all the antique and other shops in Florence as they are all getting ready for the event. The excitement generated by this event is overwhelming and the preparation of getting costumes is half the fun of it! You ladies must try on a corset... they are way more comfortable than you think!

For information please email steam-punkwine@yahoo.com or call Barb @ 719-431-3592.

## Thistlejack opens in Canon City

by Charlotte Burrous  
Photo by Charlotte Burrous

From the time he was born, he had a mechanical aptitude. So it was natural for him to go into the business of clock repair and restoration.

Recently, Kris Johansson opened Thistlejack Watch & Clock Repair & Restoration in Cañon City, where he offers a plethora of repairs and restoration on all types of watches and clocks. He said he named it Thistlejack because it looked good on the dials of clocks.

"It is a line of clocks that's kind of rustic; it's what you might call the lodge look," Johansson said. "It was a name that was Internet available and it sounded kind of country. Also, Jack is a tradesman, (which goes along with what I do)."

His interest in clock restoration began in the late 1970s when a friend, who had a jewelry store, decided to go out of business. At that point he said he realized he preferred working for himself so he purchased the jewelry store. To hone his skills, he attended Gem City College in Quincy, Illinois, where he learned everything he could about horology.

"I decided I was going to specialize," Johansson said. "I really enjoy working on watches. Then I apprenticed with a gentleman who was semi-retired. He was a watch inspector for the Santa Fe Railroad (who) taught all the ins and outs of good old American pocket watches."

Along the way, Johansson also did an apprenticeship with a man who was a factory certified Rolex technician, learning to repair high grade watches from Rolex, Omega and others, before doing another apprenticeship with several master engravers, learning everything from coat of arms on jewelry to gun engraving. Having

Kris Johansson repairs a watch in his shop, Thistlejack Watch & Clock Repair & Restoration in the 100 block of South Fifth Street in Cañon City.

a jewelry background led him into restoration, working primarily for private collectors, then expanded his work for the public.

"I started working on high grade and antique vintage time pieces, watches and clocks," he said. "I worked on a couple of pretty important collections for people in Beverly Hills and in Boston. Then I worked for a Rolex dealer in Jackson Hole, (Wyoming) for about 10 years. I made the rounds up there, restoring antique clocks, doing watch repair and engraving for two jewelers in Jackson Hole."

Several years ago, he moved to Cañon City because he wanted to live in a smaller town. While keeping an eye on places to rent, he found the store front in the 100 block of Fifth Street and held his grand opening in February.

Thistlejack Watch & Clock Repair & Restoration is open at 10 a.m. Monday through Friday and by appointments. The telephone number is 719-629-6044.

## Prescribed burning near Lake George

The Pike National Forest — South Park District is preparing for prescribed burning in Park County. This may include up to 500 acres of broadcast burning, which involves the ignition of surface fuels within prepared units. The project is south of Lake George between Blue Mountain and Wilson Lakes.

Ignition will take place when weather and fuel conditions are such that the fire behavior will be within the burn plan limitations and substantial smoke impacts are unlikely to surrounding communities. If burning does take place, it may continue from one to several days. Expect smoke to be visible from Highway 24 and other areas during actual burning days. Smoke may linger in the air

for several days after ignition is completed. Vegetation types are predominantly ponderosa pine, grass, and mountain shrubs. Surface burning of the area is designed to reduce the amount of timber needles and woody debris on the forest floor, and to remove a portion of small diameter trees and low-hanging branches of larger trees. In addition, prescribed burning helps to restore the health of open conifer stands by improving soil nutrients, re-sprouting grass and shrubs for wildlife habitat.

Follow @PSICC\_NF on Twitter for up-to-date information on this and other topics. Use #LkGeoRX for South Park Ranger District prescribed fire information.

## ~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.

### BUENA VISTA

2 BV Trade Show at BVHS. Call 719-395-6612

9 Second Saturday is a town-wide event that happens once a month. Buena Vista Business appreciates your patronage and invites you to enjoy all the town has to offer. #BuenaVistaCO #BVROCKS

### CANON CITY

5, 12, 19, 26 Line dancing lessons every Tuesday from 1 p.m. to 2 p.m., everyone welcome. Anita McCoy's Dance Studio, 720 Main St. Suggested \$5 donation. For more information call 719-689-0219

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

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

### CANON CITY LIBRARY

On-going events at Canon City Library Monday B.O.O.K. (babies on our knees) is a story time and activity play for 0-24 months.

Tuesday, Thursday at 10:30 a.m. is story time and craft for 2 and up. Wednesday is music and motion (including yoga) all ages of youth at 4 p.m.

2nd and 4th Thursday Lego club at 3:15 p.m. to 4:15 p.m.

### NAMI

5, 12, 19, 26 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 p.m. to 8:30 p.m. at St. Thomas More Hospital in the Community Education Room. Contact Sherry at 719-315-4975 or NAMIouth-eastco@gmail.com.

20 NAMI Family Support Group for family and caregivers of an 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 NAMIouth-eastco@gmail.com.

### COLORADO SPRINGS

11 The Myron Stratton Home, an Iconic Colorado Springs Landmark by Rick White at 6 p.m. at the Colorado Springs Masonic Hall, 1130 Panorama Drive, Colorado Springs, Colorado 80904. The Myron Stratton Home was established and occupied 1913. It was named for Winfield Scott Stratton's father and funded by Winfield Scott Stratton's trust. This program is a glimpse of the past and present configuration and purpose of the Myron Stratton Home. For more information call Bob DeWitt 719-473-0330 or email: possem@devittenterprises.com. Program format is in a casual, catered dinner setting at a cost of \$17. Reservations are suggested by Friday prior, noon.

### CRIPPLE CREEK

11-12 United States of America Snowboard and Freeski Association's National Championships.

2, 9, 16 World of Adventure Presents Dos Equis Après Ski. Every Saturday from 3:30 p.m. to 6 p.m. at Storm King Lounge, located in Center Village.

9-10 Woodward Copper Winter Camp.

16-17 Sunation presented by Dos Equis. The entire weekend is jam-packed with events. For a detailed schedule of Sunation Weekend, please visit CopperColorado.com.

22-24 Extended Weekend. For more info call Stephanie 970-968-2318 x38827 or visit CopperColorado.com.

### COPPER MOUNTAIN

John C. Fremont Library April's artist is Florence photographer, Miriam Fahem displays her vibrant flower pictures.

2 Family Movies based on Books: Charlotte's Web Saturday at 2:30 p.m. Fern sees that Wilbur, is a special, terrific and radiant pig. Wilbur moves in to a new barn and starts a profound friendship with a spider named Charlotte. Charlotte spins words into her web to convince the farmer that Wilbur is "some pig" and worth saving. FREE Popcorn. Bring your own drink. Rated G 96 min. Short activity after the movie.

5 Valda, Fremont County's Russian Sister City, presented by Linda Carlson and Donna Young at 7 p.m. Fremont County established a Sister City relationship with Valda, Russia, a small town about the size of Canon City. Join Sister City Board Members, Linda and Donna for a slide show of Valda and learn more about this authentic Russian town and the people who live within it.

6 Wednesday Night Movie: The Dust Bowl - Part 2 at 6 p.m. Part 2 of Ken Burn's documentary recounts the worst American man-made ecological disaster. The film focuses on interviews with 26 dust bowl survivors and rarely seen movie footage. Free Popcorn! Bring your own drink.

6, 13, 20, 27 Story Time Every Wednesday at 10:30 a.m. (Rain, Library Week & One Book 4 Colorado Springs)

18, 25 Free Computer Classes on Intermediate Excel 10. Join us every Monday, between 1 p.m. and 3 p.m. on the 2nd floor conference room. Our instructor, Ken Springer, the "Computer Tutor" will cover many topics. Please contact Ken or Jean at 719-689-3584 X 124 or Kcomptutor@a.com.

11, 18, 25 Free Computer Classes on Intermediate Excel 10. Join us every Monday, between 1 p.m. and 3 p.m. on the 2nd floor in the Pikes Peak Work Force Center. This intermediate class will cover intermediate formulas, functions and formatting, validation and protecting formulas, two-way lookup, AutoFilter, parsing, shortcuts and tips. Beginning Excel 10 would be helpful, but not required. Our Instructor is Ruth Melford. Space is limited, call early to reserve your spot. Contact Jean at the Aspen Mine Center, 719-689-3584 X 124.

5, 12, 19, 26 Quilting/Crafting Circle meets each Tuesday morning between 10 a.m. and noon. All crafts are welcome. Please join us and share with those who crafts you enjoy the most. For more information, call Jean at 719-689-3584 X 124.

27 Cripple Creek Job Fair at the Aspen Mine Center. Open to Veterans and eligible spouses at 11 a.m. and open to the General Public at 11:30 a.m. Fair closes at 3 p.m. Please contact Hank at the Pikes Peak Work Force Center, 719-667-3806 for further information.

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## Rampart Library news

by Leslie Jackson and Jennie Darrah

The Rampart Library Board of Trustees is pleased to welcome Michelle Dukette as our new Director. She will begin on April 4, 2016.

The friendly staff at the Rampart Library District would like to wish you a happy spring. Celebrate 'National Library Week' with us from April 10 – 16, and 'National Library Workers Day' on Tuesday, April 12. Stop by the Woodland Park library and let your favorite librarians know how much you appreciate them.

The District offers three regular Storytimes a week, at Woodland Park on Wednesdays and Thursdays at 10 a.m. and at Florissant on Fridays at 10 a.m. Bailey, a trained therapy dog, is at Woodland Park on Tuesdays from 4 p.m. to 5 p.m. for the Paws to Read program. Bailey loves to listen to children reading out loud and this helps boost a child's confidence, eliminate nervousness and improve reading skills. You do have to preregister for Bailey by calling

719-687-9281 ext. 112 or emailing juliew@rampartlibrarydistrict.org.

If you are a preteen or teen, be sure to visit the Teen Room at Woodland Park Public Library. We have a welcoming and relaxed environment, and all of the best new YA books. Enjoy using our computers or playing board games with your friends. On Tuesday, April 12, from 4 p.m. to 5 p.m. the monthly Fandom program will feature Pokémon. You can always stop in on Wednesdays for Wii, and Fridays for Minecraft.

Are you a Dr. Who fan? "Whovians", as they are called, are welcome to join us at the Florissant Public Library on Friday, April 29 from 1 p.m. to 2:30 p.m. for a Dr. Who party. Come in your favorite cosplay and enjoy trivia, food, and video features. All ages welcome.

The AARP Smart Driver Course will be on April 20 from 9:30 a.m. to 1:30 p.m. at Woodland Park Public Library. This is a refresher course for drivers aged 50+ who

want to improve their driving skills, and develop safe, defensive driving techniques. AARP members pay \$15 with their card, and nonmembers pay \$20. Call or stop by the circulation desk to register.

The next meeting of the Book Club at Woodland Park Public Library will be on Tuesday, May 3 at 10:30 a.m. to discuss "In the Heart of the Sea" by Nathaniel Philbrick. The Book Worms Book Club will meet at Florissant Public Library on April 20 at 10:30 a.m. to talk about "May the Road Rise Up to Meet You" by Peter Troy.

The Adult Coloring Group is having a great time at Florissant. They are meeting the second Wednesday of every month from 10:30 a.m. to 11:30 a.m. The next one will be on Wednesday, April 13 and offers an opportunity to relax, relieve stress, express your creativity, and meet some new people.

Upcoming computer classes include Computer Basics on Wednesday, April 6 from 10 a.m. to 11:30 a.m. at Woodland Park. There

will be two Windows 10 classes, including one on Thursday, April 14 from 10 a.m. to 11:30 a.m. at Florissant, and on Friday, April 15 from 10 a.m. to 11:30 a.m. at Woodland Park. You can learn about Microsoft Word 2013, Level 1 at Florissant on Thursday, April 21 at 9 a.m. to 10:30 a.m. Pre-registration for all computer classes is required by calling Florissant at 719-748-3939 or Woodland Park at 719-687-9281 ext. 102.

The Rampart Library District has added an excellent new database called Learning Express Library™. It can be accessed from the district web page by clicking on the "Research" tab and then "Learning Express". Once you create a free account, you can access the learning centers which are organized around users. They include School (grades 4–12), College, GED® Test Prep, College Preparation, Career, Adult Learning, Computer Skills and Recursos para Hispanohablantes (Spanish). There is truly "Something for everyone".

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