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Vol. 8, No. 1

Welcome to Ute Country

"Take a leap of faith and begin this wondrous new year by believing. Believe in yourself. And believe that there is a loving Source — a Sower of Dreams — just waiting to be asked to help you make your dreams come true."

Sarah Ban Breathnach

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Winter Adventure run comes to Como



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2015 Jingle Paws 5K



On Deck

The cover this month was taken off County Road 51 in Florissant. The pioneer’s wagon reminds us of the hope those who ventured west had. Imagine the inner voice that propelled them forward into territories unknown, that willingness to go forth determined to make a better life than they had before. Can you feel the courage they mustered when faced with what seemed to be insurmountable challenges? They forged on, as best they could knowing there was no turning back. They had no idea how much easier they made the trip for us. What will we accomplish this year that makes life easier for future generations?

We have an issue packed full of interesting stories, a bit of history that you may not have ever considered before, some informative pieces to help you better understand the environment we live in and some important reminders on how you can keep yourself and your loved ones safe this year. We hope this issue will enrich your life in some way. We believe we each have opportunity every day we wake to make a positive difference in the world. We believe we ALL have the ability to forge a better future full of possibilities and potentialities. Here’s to a peaceful, abundant, healthy, and compassionate 2016!

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

We welcome your comments, feedback, stories of interest, critter pics, as well as criticisms. Please send to utecountrynews-paper@gmail.com or call 719-686-7393. We love to hear from you!

Thank you,
— Kathy & Jeff Hansen

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



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The Thymekeeper Herbal supplements; buyer beware!

by Mari Marques
photo by Tom Linz

If you’ve ever taken an herbal supplement and felt you didn’t get the desired results, it’s quite possible you didn’t get the actual product you thought you purchased. How do you know what you’re getting when you buy herbal supplements?

As Cydney McQueen, a professor at the University of Missouri-Kansas City School of Pharmacy states on webmd.com, “Go for supplements made by big companies.” She goes on to suggest, “Major store brands or manufacturers of FDA-regulated drugs are the most likely to adhere to quality standards.”

Sounds like a credible statement right? Wrong! It would be credible if the herbal supplements on many large retail store shelves actually contained the herbs they claim to. Recently there have been studies that indicate you may not be getting what you think you are, which could explain a lot; and this is just one reason why they may not have worked for you.

It appears that the FDA has not been looking very closely when it comes to some major store brands regarding herbal supplements, and those major store brands have taken full advantage of it. Because herbs are classified as food and not drugs, they are not regulated as such and left to the manufacturer to ensure their product is safe, contain no harmful additives, and actually contain the product stated on the label. Yes it’s like the old saying, the fox guarding the hen house; leaving supplement manufacturers to basically operate on the honor system.

The FDA can however take herbal supplements off the market if they are found to be unsafe or contain ingredients not listed on the label, which would require a bit of oversight that seems to have been lacking in the past. Per the New York Times, on February 2, 2015, cease-and-desist letters were sent to four major retailers by the New York State Attorney General, who demanded that the retailers explain how they verify the ingredients in their herbal supplements. In this particular study, lab tests determined that only 21 percent of some of the products tested actually had DNA from the plants that were advertised on the label. The retailer with the poorest showing had only 4 percent of the products tested showing DNA from the plants listed on the label. Buyer beware; these statistics are eye opening to say the least.

For detailed information on the retailers and the specific brands tested, see more here: http://www.nytimes.com/interactive/2015/02/02/health/herbal_supplement_letters.html?_r=1

Just to name a few, some of the more popular herbal supplements found on store shelves that had no trace of the herb itself include Ginkgo Biloba, St John’s Wort, Ginseng, Saw Palmetto, and Echinacea. To complicate the issue further, some tested positive for ingredients not listed on the label such as known allergens making them potentially dangerous to the unaware consumer. Some of the ingredients found but not listed on the label were rice, beans, pine, citrus, asparagus, primrose, wheat, houseplant and wild carrot. One ginkgo product was contaminated with black walnut, which could endanger people with nut allergies. In my world this

is called adulteration, not to mention false labeling, and is unacceptable business practice for obvious reasons. As of today it isn’t surprising many of these products are still available online from at least two of the major retailers tested. Other retailers simply switched to another brand.

Preparation

Another misconception regarding the effectiveness of herbal supplements is due to the method of preparation. For several years I’ve been hearing Echinacea is ineffective against colds and flu. One reason is because the minute you pull Echinacea root out of the ground it is essential to process it as quickly as possible; meaning it is giving up the medicine as soon as it comes out of the ground. My method for processing Echinacea root is to tincture it immediately after rinsing it. This method is far superior in this case to digging the root, drying it, pulverizing it, and putting it into pill or capsule form. When purchasing from major store brands there is no guarantee how long it took to get the medicine into the capsule or how long it has been sitting on the shelf. One fact to consider, herbs do lose potency immediately upon powdering them which is a necessary step for putting them into capsule form.

Administration

Yet another aspect of using herbs to consider is method of administration. Common sense comes into play here. If for example, you had a kidney infection and you wanted to take an herb to help clear the infection. It doesn’t make any sense at all to take a pill or capsule which will have to pass through the digestive process before having an effect. If I want to tackle the issue head on, doesn’t it make more sense to ingest the herb with water delivering it right where it needs to go? This is just one example of how an herbal supplement could seem ineffective.

Keeping it real

If you aren’t making your own herbal supplements, know who is.

Most health care professionals are not trained in the use, preparation or administration of herbs leaving me to surmise that they may not be the best source of information or advice regarding herbs. I’ve seen statements on seemingly credible medical websites that I consider utterly absurd. I can only attribute this to lack of training, experience or both. While most Herbalists are trained in proper preparation, dosage and method of administration, in my research I have found that most manufacturers do not employ trained herbalists, herb specialists or anything of the kind.

When I do begin to question, I get the same cut and paste answer: “Warning: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition.” This is putting the responsibility squarely on the shoulders of the physician even though most physicians have no training or experience with herbs either.

When inquiring as to what type of tests



are performed to ensure effectiveness and accuracy of content, the response I receive is woefully inadequate to say the least. This is a direct quote “I’m sorry Mari, I have no information on any test done on this product.” This from a company that clearly states: “Thank you for contacting Customer Service, Where Quality Satisfaction is Guaranteed”.

Making your own herbal tinctures and capsules sounds so complicated over just popping a pill when in fact, it’s all very simple; almost too simple and inexpensive to be true. The benefits are numerous including freshness, quality and guaranteed accuracy of content with no mysterious additives.

For instructions on making your own herbal capsules and a source for supplies see: <http://thethymekeeper.com/make-your-own-medicine/>

To make a simple Echinacea tincture using the folk method, simply dig the root, (you’ll need to let the plant mature for three years for this one) clean the dirt off, cut or slice it into a mason jar and cover with 100 proof vodka. Shake every day if possible and after four weeks strain into another container. The remaining liquid is your tincture. Put the herbs back to the Earth when finished straining; simple, effective and potent to the highest possible degree.

More info on herbal supplements

• <http://www.cbsnews.com/news/herbal-supplements-targeted-by-new-york-attorney-general/>

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303.

Learning herbs with The Thymekeeper

Make your own herbal supplements. How to make capsules, pills, teas and tinctures. When to use one method over another and where to get supplies. We’ll also have hands on processing experience. Sunday January 17th 1:30 p.m. to 3:30 p.m. at The Thymekeeper 1870 CR 31 Florissant. Class fee: \$20 per person. Pre-registration is required. Contact Mari at mugsyspad@aol.com or 719-439-7303.

Antero Reservoir

by Linda Bjorklund

The name “Antero” was derived from the Spanish word for “first.” Alternatively, Antero was the name of a Ute Indian Chief who helped original settlers during the early days by keeping his tribe from going on the warpath. Either way, Antero Reservoir has become an important water source in the State of Colorado.

In the years before men began to settle the planet earth, geologic formations indicate that the area in South Park was a large inland lake. As the land rose, mountains peaked, and the water level fell, a crater was left that became a lake fed by several mountain streams — we now refer to them by their names: the South Fork of the South Platte, Buffalo Creek, Piny Creek, Spring Creek and Salt Creek. These feed into the reservoir from the west and south.

The Ute Indians often camped in the area near the Salt Creek, where they hunted the plentiful game and used both the fresh and salt water. Archaeologic finds include at least three campsites that were used by the Utes, including one that is now normally under the waters of the reservoir. When gold was discovered and the mountains began to be populated, the Utes were driven out. The lake was named Green’s Lake. The newcomers often went there for duck hunting.

By the early 1880s the Denver, South Park and Pacific Railroad had extended its tracks from Denver through South Park on the way to Leadville, where the mining activity was greatest. The Platte River station was built near the spot where Buffalo Creek empties into the lake. There was a depot, telegraph office, section house, bunkhouse, a large water tank, coal bins, stock pens and a half mile of siding. This station was the last stop for the DSP&P before it began its pull up to Trout Creek Pass, then downhill toward Buena Vista.

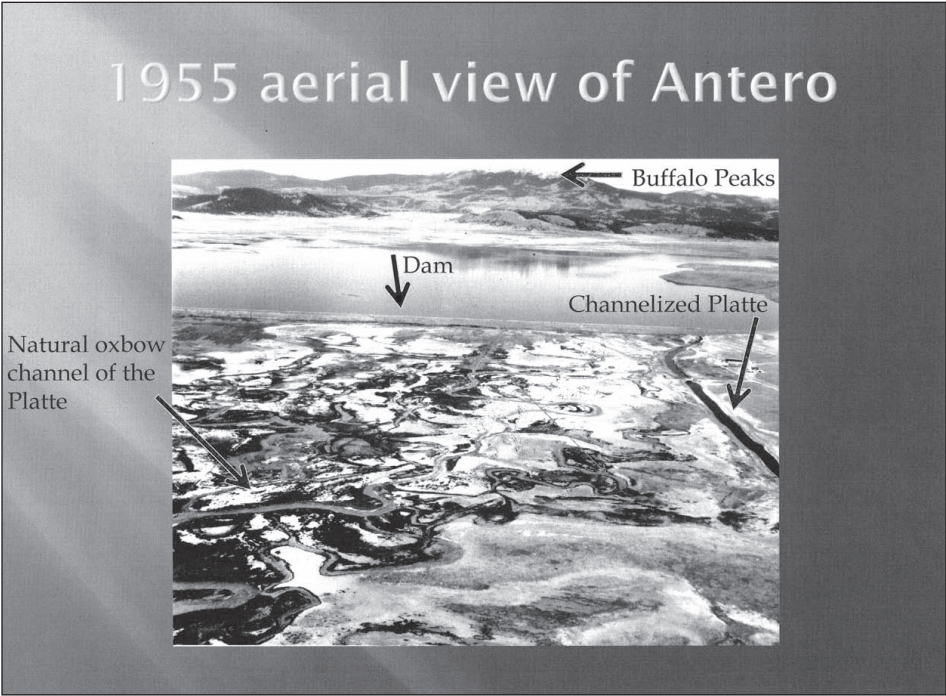
Antero Reservoir might have stayed a small lake if it hadn’t been located on a fork of the South Platte River. If you follow the path of the South Platte, it flows eastward to about Lake George, where it makes a turn to the northeast. The Platte River continues to flow basically to the northeast through Colorado’s northeast boundary into Nebraska. It eventually ends up in the Mississippi River and the Gulf Coast. The South Platte River was the source of irrigation for early farmers who had located between Denver and points north. In 1879 the Northern Colorado Irrigation Company was formed to construct the High Line Canal, using the waters of the South Platte to irrigate crop land and supply municipal and industrial water. The canal was completed in 1883.

It didn’t take long for the users along the canal to start fighting over water rights. There didn’t seem to be enough water for everybody to use. During a drought year in 1901 locals posted a sign at the head gate of the High Line Canal that stated, “Any person attempting to close this gate will be filled full of lead.”

Then someone came up with the idea of using storage reservoirs for water. They naturally looked toward the west—upstream—for likely locations to use. The Highline Reservoir owners attempted to construct a reservoir in the Antero Basin in 1892. That reservoir was never completed. Legal wrangles continued until 1907 when the Highline Reservoir Company was purchased by a group of Colorado investors called the Antero and Lost Park Company. Construction of the dam was begun in 1908 and completed in October of 1909. Although the capacity of the reservoir was stated to be 85,000 acre feet, only 20,000 acre feet could be used due to problems with the concrete facing.



Current photo of the reservoir



1955 aerial view

Locals were still using the lake for duck hunting in 1912, and two young boys had a narrow escape. They had used a leaky boat to get to an island in the middle of the lake and one had shot a duck. The other boy tried to retrieve it with the boat, which soon sank beneath him. He was forced to swim to shore in the icy water. The boy who had bagged the duck tried to wade to the shore, but could not swim and the water was too deep. A neighboring rancher came to the rescue, both boys suffering from exposure to the cold, but alive.

The City of Denver had plotted to use the water rights from Antero as well as those from the High Line Canal to supply their needs for municipal water. In 1915 Denver secretly purchased both. There was such strong opposition that the sale could not be finalized until 1924 after all the litigation was concluded.

Denver had also purchased the rights to build the Eleven Mile Reservoir in 1928.



Antero in 1899

They now owned the rights for Antero Reservoir, Eleven Mile Reservoir and Cheesman Reservoir, all to be used for water storage for their fast-growing population.

In 1932 Antero Reservoir suffered a drought and it was as empty as it had been for years. Much of the bottom was dry, which led to the discovery of a skeleton buried in the mud. The county coroner was called and the remains were retrieved. Since no one had been reported missing, there was not much excitement over the find. That is, not until George Teter, owner of the South Park Motor Company in Fairplay, recalled circumstances that he thought solved the puzzle. He remembered that six years previous to the find, he had talked to three men at his filling station, who had asked him about a place to go fishing.

He had directed them to Salt Creek, where it emptied into the Antero Reservoir.

A few days later, two men and two women came to his filling station and told him of an altercation that they had witnessed at that site near the reservoir. Two men were beating a third, they said, with the evident intent of killing

him. They hadn’t wanted to interfere, afraid for their own lives. Teter called the sheriff, who proceeded to the site, where he and the undersheriff found a deserted camp.

On the same day Teter was called to the Hall ranch, which was near the campsite, to repair the tires of a vehicle owned by a couple of schoolmarms. Another fellow was there, who asked for a ride to Fairplay to buy gas for his car. Teter refused to give him a ride, but the generous schoolmarm brought him to town. The fellow filled a five-gallon can with gasoline and then hung around the station, trying to pick up a ride back to his car. By this time Teter had remembered him as one of the three fishermen.

A few days later the body of a man, evidently murdered, was found in sagebrush by the side of the highway near Leadville. He was identified as an ex-convict. Teter theorized that the bones in the reservoir belonged to the man who had been beaten by his companions. The body might have been thrown into Salt Creek and

floated into the reservoir. He further conjectured that the other two tried to drive away, but ran out of gas, leading to the scenes at the Hall ranch and his station in Fairplay. After the two got underway in their car, they must have argued and one did away with the other. Teter concluded that all three may have been ex-convicts or criminals and by killing off each other, they saved the taxpayers some money.

While Antero Reservoir was built and maintained by the City and County of Denver, solely for the purpose of providing water storage for their municipal use, they began to allow locals to fish there. Facilities were limited to

fishing from shore. Signs were posted that prohibited boats, trailers, trucks and camping. In 1959 Denver Water granted a License Agreement to the State Park and Recreational Board of the Colorado Division of Natural Resources to make recreational improvements to the reservoir. Over the next 10 years restrooms, picnic tables, boat docks and other recreational improvements were built and Antero Reservoir became a popular place to go.

It was a sad sight to see the muddy bottom of the reservoir in 2002, when a drought caused its closing. During the next five years, the reservoir refilled and the Colorado Division of Wildlife began restocking it with rainbow trout, brook trout, cutbow, cutthroat trout, brown trout, and splake. Workers deny, however, including “suckers” in the restocking process.

A few years ago Denver Water decided that the hundred-year-old dam needed significant repairs to bring it up to needed standards of engineering and safety. The project began in 2013, with the addition of a new filter trench. In 2014 embankment grading began. In 2015 the draining of the reservoir was started. While the reservoir is drained a new barrier wall will be constructed, as well as a new spillway and improvements to the outlet works.

Projections are to have everything completed and ready to use again by 2018.

Special thanks to Will George, Assistant Caretaker at Antero Reservoir, for information furnished and the photos.

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From All Of Us At
The Ute Country News...

Happy New Year 2016

CSU offers Food Safety Training

Last summer you may have seen vendors selling cottage foods at local Farmer's Markets and thought you'd like to try something like that. Now that winter is here, it's time to work on making your idea become a reality. What exactly does it take to bring Cottage Foods to market?

One key requirement in the Colorado Cottage Food Act for home based entrepreneurs 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 January 20, 2016 from 6 p.m. to 9 p.m. at the Chaffee County Fairgrounds, 10165 County Road 120, Salida.

Learn what foods and products are permitted under the Cottage Foods Act, 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. Officials overseeing the health and food safety of cottage foods, such as health department staff and Farmer's Market managers, are also encouraged to attend the class to learn about the requirements of the law and the food safety expectations for cottage food vendors.

Preregistration 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 January 15, 2016. The \$15 registration fee (cash or check to Extension Activity Fund) covers program materials, testing, certificate and light snacks. A minimum of four participants is required to hold the class.

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.

Are you in need of trees?

by Michael Till

The Woodland Park District of the Colorado State Forest Service is now accepting orders for the 2016 seedling tree program. For the 2016 Trees for Conservation Program we can accept orders through April 4, with a distribution date around the first of May. Homeowners pre-order now and pick up their seedlings at our office in Woodland Park in May.

Homeowner in El Paso and some in Teller or Park Counties will receive an order form in the mail. If homeowners do not receive an order form in the mail they can acquire one in several ways, they include: downloading a form from our webpage <http://csfs.colostate.edu/districts/woodland-park-district/woodland-park-seedling-trees/>, we can email the pdf to the customer, or we can mail the order form via snail mail.

Trees, shrubs and wildflowers available range in size (6"-24"), quantity (Lots of 1, 25, 30, or 50) and species (around 46), all species have been selected for the Pikes Peak Region.

If homeowners have questions regarding the program they can call our office, 719-687-2951.

City of Salida receives grant to renovate Scout Hut

The Colorado Department of Local Affairs awarded a grant in the amount of \$311,000 to the City of Salida to go toward the renovation of the Scout Hut in Riverside Park. The estimated cost to renovate the Scout Hut is a total of \$620,000; \$209,000 of which will be the City's contribution. The remaining \$100,000 is being acquired through fund raising efforts by the Salida Rotary Club and the Salida Sunrise Rotary Club. The aforementioned Salida Rotary Clubs have raised approximately \$80,000; \$45,000 of which was received through a grant from The Daniel's Fund.

The Salida Rotary Clubs continue to raise funds for the project and have received more than \$3,500 within the last week to go towards the Scout Hut Project. Donations can be dropped off at the Salida Community Center located at 305 F Street or may be

mailed to PO Box 1044, Salida, CO 81201. Architectural services for the final design will be sought in spring of 2016 and construction potentially beginning in the fall of 2016.

The Salida Scout Hut was built in 1949 by the Salida Elks and serves as a meeting place for the Scouts as well as a community hall. In the late 1980's the Scout Hut was given to the City because the Scouts could no longer afford to maintain it. This community facility is used by local and regional scout troops, city recreation programs, and public rentals for weddings and other events.

For more information and to view the conceptual plan, please visit www.cityofsalida.com. Please contact Dara MacDonald with any questions or concerns that you may have at 719-530-2629 or by email dara.macdonald@cityofsalida.com.

JA in a day

by Sherri Albertson

Junior Achievement of Southern Colorado, Teller County, will bring their specialized financial literacy, work readiness and entrepreneurship programs into the Cripple Creek-Victor Junior/ Senior High School this month! Junior high students will learn about the global marketplace and exploring potential careers. High school students will receive lessons on personal financial planning skills, and career success skills. All classes will be taught on January 27th.

JA needs your help to make this important day a success! This is an incredible way to give back to the community in a very meaningful way. If you'd like to volunteer in the classroom or make a monetary contribution, please contact Sherri L. Albertson, Teller County Area Coordinator, at 719-650-4089 or via email to sherri.albertson@ja.org.



The Psychic Corner The Holstee Manifesto

by Claudia Brownlie

Happy 2016 everyone. I do hope your holiday season was wonderful and that this year will bring you all that you wish and hope for, and more!

This article will be short and sweet to start off the New Year, but nevertheless will give you some food for thought. I decided to share the "Holstee Manifesto" with you. It originated when three friends from New York sat down to write how they defined success and something they could reflect back on if they ever felt stuck or found themselves living according to someone else's definition of happiness. In 2009, the words of the Manifesto took form in a poster and not long after it began to take the internet by storm. I happen to have purchased a Manifesto poster years ago. It's hanging on my wall and I often stop and read its words out loud to help remind myself to live a more purposeful and joyful life.

I believe the seemingly simple statements contained within it are very valuable to incorporate into one's life. So, I hope you enjoy what the Manifesto has to say, and that you can pause and reflect upon how you are living your life. Perhaps one or more of the statements might be something you can incorporate into your thought processes to attain more happiness and freedom within yourself.

See you next month; with love, light & blessings.

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

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IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
THEY WILL BE WAITING FOR YOU WHEN YOU START DOING THINGS YOU LOVE.
STOP OVER ANALYZING,
LIFE IS SIMPLE. EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS, AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN;
GETTING LOST WILL HELP YOU FIND YOURSELF.
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.
LIFE IS ABOUT THE PEOPLE YOU MEET, AND THE THINGS YOU CREATE WITH THEM
SO GO OUT AND START CREATING.
LIVE YOUR DREAM
AND SHARE
YOUR PASSION.

"THE HOLSTEE MANIFESTO" ©2009 WRITTEN BY DAVE, MIKE & FABIAN DESIGN BY RACHAEL WWW.HOLSTEE.COM/MANIFESTO

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6.....CARI DELL	15.....MARK EDENS	27.....KIM E COX
7.....OAKLEY	16.....KARAOKE	28.....CARY CARPENTER
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Time for some New Year's financial resolutions

The countdown to 2016 has begun. If you're like many people, you have been mulling over some New Year's resolutions, such as hitting the gym more, learning a new language or taking a cooking class. All are worthy goals, but why not add some financial resolutions as well?

Pay yourself first

Even if you aren't living "paycheck to paycheck," you probably don't have much trouble spending your money because there's always something that you or a family member needs, always a repair required for your home or your car, always one more bill to pay. But if you are going to achieve your long-term goals, such as a comfortable retirement, you need to invest consistently. So before you pay everyone else, pay yourself first by having some money automatically moved from your checking or savings account each month into an investment.

Take advantage of your opportunities

If you have a 401(k) or similar plan at work, take full advantage of it. Contribute as much as you can afford or at least enough to earn your employer's match, if one is offered. Choose the mix of investments that give you the potential to achieve the growth you need at a level of risk with which you are comfortable.

Focus on the long term

In the short term, you might be excused for not wanting to invest. The headlines are typically scary, the financial markets are frequently volatile, and the future often looks murky. Yet, if you can look past the uncertainties of today and keep your focus on tomorrow, you will find it easier to follow a disciplined investment strategy that gives you the opportunity to meet your long-term goals, such as a comfortable retirement.

Don't be driven by fear

When the market is down, investors tend

to react with fear. Specifically, they rush to sell their investments, afraid that if they don't "cut their losses," they might sustain even bigger ones. If you can get past this feeling, you may find that a down market can offer you the chance to buy quality investments at good prices.

You'll hear friends, co-workers and talking heads on television tout today's hot stocks. But by the time you might hear about them, they may have cooled off.

Forget about the "hot stocks"

You'll hear friends, co-workers and talking heads on television tout today's "hot stocks." But by the time you might hear about them, they may have cooled off. In any case, they might not be appropriate for your needs. Forget about "getting rich quick in the market" it probably won't happen. True investment success requires patience and persistence.

Cut down on your debts

It's easy to pile up debts, but a lot harder getting rid of them. Yet, if you can reduce your debt load even moderately, you'll free up money you could use to invest. So look for ways to conserve, cut back, and consolidate. It will be worth the effort.

Making these resolutions and sticking to them can help you as you work toward achieving your financial goals.

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



Spiritual Redirection Spiritual laws

by Barbara Royal, CSD, ATP

Welcome to my little column in the *Ute Country News*. I am here to invite you to journal with me each month on a new affirmation, which is founded in spiritual principle. The affirmation, image, and comments or questions below are posed for your contemplation about the principle and how it can apply to your life.

Journaling is a way for you to record and reflect on your observations and responses to life's situations. They can be done in writing or drawing or any other way that has meaning for you. If you journal with us each month, you may wish to purchase a journal and dedicate it for your adventure into greater awareness.

Most of us aren't aware we live in a universe governed by spiritual laws. We know about human laws and the consequences suffered if we violate them. But more of our dilemmas and unhappiness are caused by violation of spiritual principles rather than human laws. Spiritual principles never fail and when you become familiar with them and use them, your life will be so much easier. It will flow with the power of the universe in so many miraculous ways.

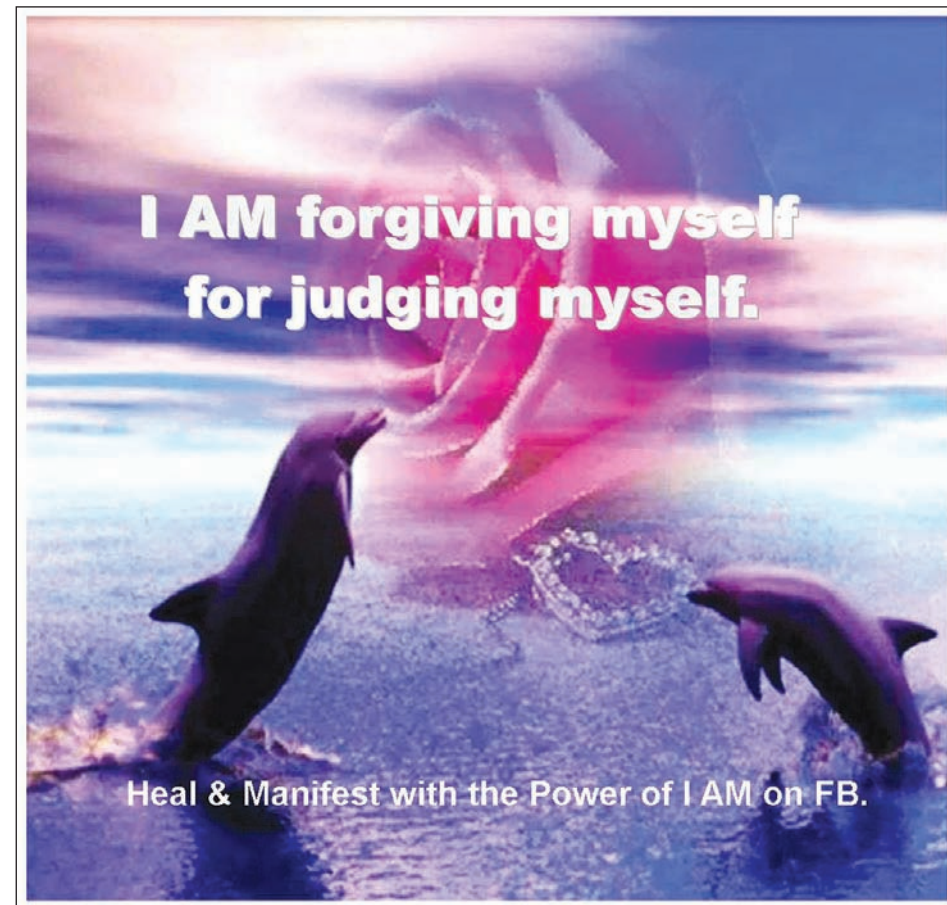
I'll be holding talking circles on the second Sunday of each month, starting January 10. In the circles, we will exchange our insights and explore the effects of the spiritual principles in our lives. Having your journal with you will help you be more focused in our sharing. Each circle will stand alone, so don't be concerned if you miss a month.

It is my hope this affirmation and the words beneath it will provide you with a higher understanding of yourself, your place and purpose in the world and the laws which govern all life.

The Spiritual Law of Forgiveness

How could anyone ever tell you
You were anything less than beautiful?

How could anyone ever tell you
You were less than whole?



How could anyone fail to notice
That your loving is a miracle?

How deeply you're connected to my soul.

Words for contemplation from the lyrics of
How Could Anyone, by Libby Roderick, 1988.

Barbara Royal is a Certified Spiritual Director and Certified Angel Therapy Practitioner® providing spiritual life coaching to people of all religions and spiritual beliefs. She offers a free initial consultation, and

sessions are available in-person, by phone or skype. Barbara is the founder of Bio-Spiritual Transformation, a body-felt healing and transformation method, and a published author. She is currently conducting talking circles on the spiritual laws on the second Sunday of each month at 1 p.m. Contact her at 719-687-6823 or MiraclesOfWellness@gmail.com for the group's location, a free consultation or an appointment. View her Facebook page, I AM Healing & Manifesting with the Power of I AM, for more information.

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HAPPY NEW YEAR
Prices are subject to change without prior warning!!

Common juniper
by Ciena Higginbotham
artwork by Ciena Higginbotham

Common juniper is a small, low spreading evergreen shrub with needle-like leaves in whorls of three. Each leaf is forest green with a single white band on its inner surface. Juniper grows green seed cones that bloom early spring and ripen in October. They are commonly called juniper berries but they are actually cones, like those on a pine tree. The big difference is that juniper's cones are fleshy and its scales are so small you can't see them. The cones take from 18 months to three years to mature, turning from green to a purplish-black with a powdery white coating. Juniper is dioecious; this means that the male and female cones are on separate plants. It grows on dry, open sites in plains to alpine zones from Alaska to New Mexico. It grows slowly in a variety of soils, including heavy clay and poor soil.

Because of the slow growth rate, the wood of Juniper has desirable physical properties. Density and strength make it an especially durable wood type and it has very decorative natural structure, making beautiful growth rings a lovely addition to carved creations. It has unique bending properties as well. Thin samples can be soaked in hot water and bent into tiny knots without splitting. The shrubs we have here in Colorado do not have much lumber usage because it is too small, and even the larger tree varieties of Juniper do not produce much wood. Thus, it is usually used for nothing more than fence posts and firewood, but that's not always the case. In Scandinavia, Juniper wood is carved into small containers for dairy products and is also made into butter knives. It is favored for its long lasting and pleasant aroma in Estonia. The whole plant can be burned as incense to repel insects or in smudges to purify the air and cleanse it of infection. Used as tinder, it makes an excellent fuel for campfires or as an aromatic addition to an indoor fireplace.

Juniper berries have many uses as well. They can be sweet at the end of the summer but they usually have a strong pitchy flavor, especially raw. They are used dried to flavor sauces, stuffing, and meats (especially game). One of the most popular uses is to flavor beer and gin. The word "gin" is actually derived from Old French meaning "juniper". Medicinally, the Navaho used the root bark in herbal tea and other parts of the plant to treat digestive orders, kidney and bladder problems. Its warming effect on skin promotes removal and waste products of the underlying tissue; this makes it helpful to arthritic joints.

Try juniper tea for its wonderful health benefits and as a warming winter drink.

For more information about Juniper's healthy properties and to find this recipe, visit the Natural News website: http://www.naturalnews.com/043312_juniper_berries_urinary_tract_infections_natural_remedies.html

Juniper tea

Boil one cup of water and add one tablespoon of juniper berries. Let the juniper berries steep for approximately 20 minutes before drinking.

Not recommended for pregnant women, children, those who have kidney disease or those with blood sugar issues.

Nature Speaks
A mouse and my house
by Dee DeJong

Each morning after a beautiful snow storm I look out each of my windows to see what happened while I was asleep. A new blanket of snow provides the perfect canvas for animals to leave tracks and an idea of how they survive this wet and cold season.

Under my car I discover very small tracks, mouse size. Then I notice a line between the tracks; a tail. The mouse used my car as shelter as it made its way to my house and back, eating grass and seeds growing near my home.

The next tracks I notice are hoofed animals with a wide stride and more than one animal; deer. This herd wanders through everyday looking for grasses poking through the snow and munching whatever they can find. I have learned through many observations that they drag their feet as they saunter along leaving lines in front of the back hooves. These deer are relaxed; if they were being chased or running away the lines would disappear.

This morning was a special morning. Much to my delight I see a marvelous print in the snow. I bundle up and go get a closer look. A bird has been busy feeding, too, last night, swooping down on its prey. Then my thoughts turn to the tiny tracks under my car, I pause. Tomorrow I hope to see new tiny tracks making its way from the car to my home.

This is nature's way and I feel privileged to observe and understand a little bit more each day. I hope you find stories of your own. Enjoy the season!

Photo credit Red Oak Nature Center, Chicago, IL.



Winter Adventure run comes to Como

Coloradans prepare to brave the elements and elevation for a new winter obstacle run coming to Como, Colorado on January 30th.

The Winter Adventure run starts at 10:30 a.m. with a 3-5 mile off road course that includes steep inclines, deep snow, thick forests, sledding sections and getting over, under and through challenging obstacles. Yeti costumes are encouraged and unsuspecting participants may encounter the real thing while in the woods.

"Themed and obstacle runs are immensely popular now, especially in Colorado. Yet there are very few winter adventure events to participate in. We saw the opportunity to produce an event that will get people outside this winter and as we like to say "bring out their wild side", says Scott Jones, one of the event's co-directors.

Participants are encouraged to stick around for a weekend of fun winter activities including snowshoeing, sledding, and hot chocolate. Lodging will be available at the camp and also at select hotels in the historic mining town of Fairplay.

At over 10,000 feet elevation and just an hour drive from Denver, Camp Como is the perfect place to host the Abominable events and is also the benefactor of part of the events proceeds. Camp Como is a Christian based non-profit that organizes camps and programs that encourage youth, families and people of all ages to get outside and get active!

More information about Camp Como can be found at: <http://www.campcomo.com/>
For information on the event and to register please visit: <http://www.abominablerun.com/>



Ute Pass Kiwanis receives donation from PPRH staff

The Medical Staff at Pikes Peak Regional Hospital recently voted to donate funds earmarked for annual Christmas gifts to Ute Pass Kiwanis Club Scholarship Program. A check in the amount of \$2,000 was presented to the Kiwanis Club at its regular meeting Wednesday December 9, 2015.

Richard Malyszcz, MD, Chief of Staff at PPRH, said the medical staff was very supportive of making a donation to support a local organization again in 2015.

"The medical staff felt strongly this is another opportunity to give back to the community which supports them," said Dr. Malyszcz. "There are students in need of financial assistance in order to further their education. We hope this donation will enhance the support the Kiwanis Club gives to deserving local students."

The Kiwanis club annually chooses four students to receive scholarships, two from Woodland Park and two from the Cripple Creek/Victor area.

"The Ute Pass Kiwanis Club is pleased the Pikes Peak Regional Hospital Medical Staff has chosen to support the scholarship program," said Jason Roshek, president of the local Kiwanis club. "And, I'm sure the deserving 2016 scholarship recipients will be excited to receive increased scholarships due to this generosity."

The Kiwanis Club of Ute Pass - Woodland Park is proud of the many projects which have helped the children and communities in Teller County. The club has supplied local ambulances with neonatal resuscitation equipment, created leadership opportunities for children through youth programs, and delighted children of all ages through the annual Breakfast with Santa.

Pikes Peak Regional Hospital and Surgery Center, is an acute care, critical access, community built hospital specializing in General Surgery, Orthopedics, Women's Health, Ophthalmology, Reconstructive and Plastic Surgery, Rehabilitation, Urology, Diagnostic Imaging and Senior Health services. The fully equipped Emergency Department is open 24 hours a day, seven days a week providing short wait times and convenient access. The hospital also operates Pikes Peak Family Medicine, a family practice center in Woodland Park and Woodland Park Surgical Associates.



Cheryl Steen, Program Director for the Ute Pass Kiwanis Scholarship Program, accepts donation from Dr. Rick Malyszcz, Chief of Staff at Pikes Peak Regional Hospital on behalf of the PPRH Medical Staff.

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Seeds to Sprouts

Winter car seat safety

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

As modern parents, we are buried in information from countless sources on every parenting topic from how to eat and exercise during pregnancy to how to encourage a child's love of learning and everything in between. My hope is that the information contained in this column will help bring attention to important topics and provide valuable resources for parents to make educated decisions and/or learn more if they wish. Nothing in this article should be considered a substitute for medical advice, common sense, or your own research and is written for informational purposes only. Please enjoy!

Car accidents are the number one cause of death for children in the United States. So, whether you are a parent, a grandparent, or other caregiver, the safety of the children in your car needs to be top priority. We know that car seats save lives but this is only true when they are used properly. Dr. Alisa Baer (known as The Car Seat Lady) has found that 95 percent of car seats are used improperly in some way. In winter, one of the biggest issues is a child wearing a coat or other fluffy clothing under the straps.

Coats in car seats

Car seats are designed to fit snugly with straps close to the child's body. Anything fluffy or compressible between your child's body and the straps becomes space that will allow your child to thrust forward too far in the event of a crash. This increases the risk of injury to your child. The rule is that the child should be wearing only the type of layers they would inside your home, such as a fleece sweatshirt or sweater. If your child is wearing a coat to get to and from the house, you need to take it

off just before putting them in the seat. It is also unsafe to use car seat products that are designed to put padding either between the baby and the straps or between the baby's back and the car seat itself. Anything that adds extra padding in this way should be avoided.

How can you keep your child warm AND safe?

With an older child you can take off the coat, tighten the straps, and then put the coat back on backwards with the child's arm through the sleeves. With younger babies, use warm blankets pressed around the baby's body and a warm hat – with a newborn this can also feel like swaddling and keep them happy in the car! If you have a removable seat for a young baby, bring it in the house and get the baby tucked in before heading out. On unusually cold days you might also consider warming the car before bringing your children out.

Taking coats off may sound hard to do, especially with the cold weather, snow, and wind we enjoy here in the mountains of Colorado. But remember that most accidents happen close to home and at slower speeds. So even if you're just running down to school or the store, it's important to take these steps and make your little ones safe. Even an accident at 30 mph can have severe consequences if the child is not in the car seat correctly. So, take their coats off before strapping them in and keep our kids safe!

Suggestions for further reading

- Dr. Alisa Baer: <http://thecarseatlady.com/warmandsafe/>
- American Academy of Pediatrics car seat recommendations: <https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>



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Interested in meeting other local, like-minded parents?

- Join the Colorado Mountain Birth & Parenting Network on Facebook at: <https://www.facebook.com/ColoradomountainBPN/>
- Join our "New Moms' Group" the first Tuesday of each month in Woodland Park
- Visit Maren's website: www.Community-MidwiferyCO.com

Questions? Comments? Suggestions for future columns? Please send them to: utecountrynewspaper@gmail.com

Maren Fuller is a mother, a midwife, an educator, and an activist dedicated to finding support, providing education, and building community for Colorado families during pregnancy, birth, and early parenting. She and her family live on a small homestead in Florissant, CO.

Types of car seats at a glance

(From the American Academy of Pediatrics)

Note: This chart is a quick guide on where to start your search. It's important to continue your research to learn about each car seat you use.

Age Group	Type of Seat	General Guidelines
Infants/Toddlers	Rear-facing only seats and rear-facing convertible seats	All infants and toddlers should ride in a Rear-Facing Car Seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.
Toddlers/Preschoolers	Convertible seats and forward-facing seats with harness	Any child who has outgrown the rear-facing weight or height limit for his convertible car seat should use a Forward-Facing Car Seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer.
School-Aged Children	Booster seats	All children whose weight or height is above the forward-facing limit for their car seat should use a Belt-Positioning Booster Seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.
Older Children	Seat belts	When children are old enough and large enough for the vehicle seat belt to fit them correctly, they should always use Lap and Shoulder Seat Belts for optimal protection. All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.



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Just The Facts

Road salt woes

by James Hagadorn

As recently as the 1990's, wintry Colorado drives have been quite perilous. Many mountain roadbeds stayed caked in snow and ice for weeks or more, despite plowing.

In contrast, today we think nothing of cruising through mountain passes mere hours after storms hit. In part that's because Colorado's street scientists deploy a fine-tuned array of salty substances to keep roads from becoming automotive skating rinks.

What are these compounds, how do they work, and what are their impacts?

Solid salts, brine, and traction sand are the most common tools. Their key ingredients are naturally occurring minerals that lower the freezing point of water. Just like the alcohol that's in wiper fluid, these minerals prevent ice from forming and slice like a hot butter knife through existing ice.

Solid salts are typically a blend of three "chloride" minerals, named after the chlorine ion each possesses. They're dominated by bischofite, also known as magnesum or "mag" chloride. They also contain some halite, a.k.a. table salt or sodium chloride, and sylvite, a.k.a. potassium chloride. Such salts are mined in Utah from Jurassic (165 million-year-old) rocks that formed as an ancient Persian Gulf-like sea dried up. As the water evaporated, it left its dissolved sea-salts behind.

Road brine is a mag chloride-rich liquid that also contains a skootch of corrosion inhibitor. Some of this mag chloride comes from giant man-made ponds of water that are evaporated on the edges of Utah's Great Salt Lake. In winter, brine is sprayed on the road as a storm commences to help break snow's hold on the road and allow plows to remove the snow. Sometimes it's used to moisturize traction sand, to help the sand to stick to the road rather than bounce off or become airborne as it's being spread from the back of a truck. In summer, mag chloride brine is applied to some dirt roads to help reduce dust and harden the roadbed. It's hygroscopic, so in warmer weather it sucks water vapor from

the air and acts like a glue to hold the road's sand and gravel particles together.

Traction sand is usually mixed with brine, or with a small amount of solid salt. The solid salt prevents damp sand from freezing into clumps and helps it flow smoothly into a sand-truck's hopper and distributor. Our sand is mined from ancient riverbeds or volcanic cinder cones. Traction sand works best when it becomes half-way embedded in the ice/snow that mantles the roadbed, thus forming a sandpapery texture that inhibits wheels from slipping.

So what are the downsides?

For human health, mag chloride is not a major danger — it's actually used as a mineral supplement, and you may have even used it as a bath salt. As for sodium chloride? You can find bighorns licking it off the side of I-70.

But on metal, all of these substances catalyze corrosion especially if you don't wash them off your car. To alleviate mag chloride's corrosive impact, utilities regularly rinse it off roadside powerline equipment, and highway agencies power-wash it off roadside posts and signage.



What about the roads? These compounds speed roadbed breakdown, because the dissolved salts seep into cracks and pores in the pavement, where they undermine the integrity of its cement, tar, and/or aggregate (i.e., its itty bitty rocks). The water that freezes and expands in the roadbed exacerbates these salt-driven effects, causing pop-outs, flaking, and scaling of the road's surface.

In high concentrations, none of these compounds are particularly good for roadside vegetation, soils, animals, or aquatic communities. Although concentrations are generally high next to roads, they generally diminish within yards to tens of yards away from roadways; exceptions occur when wind transports salty spray farther afoot.

Road treatments are applied more judi-

ciously today than ever before, with strategic focus on challenging areas like shady inclines, intersections, and susceptible bridges. The goal is to make the road safe but minimize the salt's impact to flora and fauna. In many of the state's urban centers, solid treatments are removed by street sweepers within days of a storm's passage. On high-traveled corridors, they are removed from the road and adjacent settling ponds each spring.

Each year Colorado agencies apply over 250,000 tons of salt and nearly 15 million gallons of brine to our roads; the materials alone cost tens of millions of dollars. These compounds, together with other snow-fighting strategies, save lives, reduce injuries and property damage, and amplify the state's economy through fostering predictable mobility for people and goods. Thus their positive impact is immense, but not without known tradeoffs.

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

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Pile burning this winter

by Coalition for the Upper South Platte



The cold and snow do not just provide beautiful winter scenery; they also create perfect conditions for using an essential forest health tool. Burning slash piles left over from thinning projects is an efficient, cost-effective, and safe way to reduce the amount of woody debris that, if left in the forest, could fuel the next major fire.

We have been conditioned to be alarmed when we see fire in the forest, and we have good reason to be concerned after experiencing the likes of the Hayman Fire and Waldo Canyon Fire. We must remember, however, that fire is as integral to the forest as elk or the native trees. Before human settlement and development, frequent fire was the norm in our area. These fires did a lot of good. Fire was nature's tool for clearing out debris and patches of overcrowded vegetation to open up meadows where native grasses and shrubs could grow; reducing the number of trees so each had the right balance of water, nutrients, and sunlight to thrive; returning nutrients to the soil; and reinvigorating habitats for wildlife. As more people moved in and wanted to reduce fire's impact on property and communities, fire has burned less regularly. Less fire has resulted in more overcrowded and unhealthy forests that are more likely to burn with high intensity.

To balance safeguarding our communities, the values of individual property owners, and improving conditions in the forest, a diversity of forest management techniques must be used on both private and public lands. The Coalition for the Upper South Platte (CUSP) will be leading efforts to burn 750 slash piles south of Woodland Park this winter. The slash piles to be burned are located on a private property in the Ranch Estates Area. The piles are left over from a wildfire mitigation project and will be burned by CUSP's wildland crew.

Firefighter and public safety are the first priority during any burning. Thorough planning and review is conducted prior to all pile burning to minimize any possible risks. Permits, including air quality permits, are acquired before burning and ensure all necessary regulatory agencies are involved in the review and approval of prescribed burning operations (according to the Colorado Air Quality Division, prescribed fire smoke may affect your health; for more information see <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>).

In every prescribed fire plan, a very specific set of conditions is delineated and must be in place in order for burning to proceed. Factors like weather conditions and snow cover are assessed right before planned burning to reduce smoke impacts and minimize any safety risks. If all the conditions needed to conduct a pile burn are met, partnering organizations, government agencies, and local communities are notified of the plan to burn. If conditions change on the day of the prescribed fire to make burning unsafe, the burn will be rescheduled.

Safe pile burning has benefits for forests as well as people, and when used in conjunction with other forest management techniques like thinning, mastication, and broadcast burning, pile burning can reduce the likelihood of a catastrophic wildfire. So sometimes seeing smoke in the air is a good thing. Please visit <http://cusp.ws> for more information.

CUSP would like to thank all the individuals and communities we worked with in 2015 for improving watershed health. We greatly appreciate the investment of those who generously gave time, money, or both to support CUSP's work, and are grateful to the readers of the Ute Country News for their interest in watershed topics. Happy New Year!

Why microchip?



Toni and QuiQui, aka Daisy

You see it on TV and on the internet; animals finding their way home because of a micro-chip. Here is a story that hits close to home.

In October, a rescue group posted a picture of a black cocker spaniel. It was in such need of a grooming I was not sure it was a cocker. She had been in the shelter four months and with a rescue group several more months; the hope was to find a home for her in another location.

AARF picked her up and arranged to get her groomed. Her teeth were in need of cleaning so pre-op blood work was done. The blood work showed a UTI. X-Rays were taken showing a bladder stone and

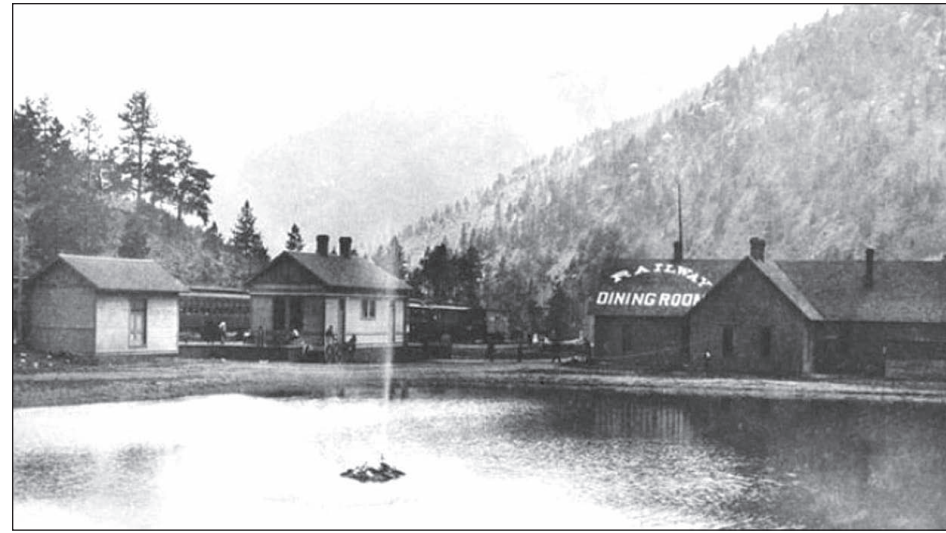
revealing a micro-chip. Surgery was scheduled and with a little research we located her owner, and a message was left.

When Toni called back she did not believe what she heard! Her dog had been missing for almost a year and she feared the worse.

QuiQui, formally known as Daisy, was returned to her home with Toni in time for Thanksgiving all thanks to a little micro-chip and AARF.

Special thanks to

- Animal rescue Love is all they need NM
- Animal Clinic of Woodland Park
- Barking Sister's Dog Spaw
- Pima Medical Institute



The Colorado Midland Railway depot in Cascade around 1900. Behind the depot was the "Railroad Dining House" which was a Harvey House during the time that the Santa Fe operated the Midland. Courtesy Denver Public Library

The Harvey Houses A part of Santa Fe Railroad history and local history

by David Martinek

Before the use of dining cars on passenger trains became common around 1900, railroad passengers often had limited choices to find a meal in route. Either they brought their own food or were forced to patronize roadhouses located near the railroad's water stops. Fare was typically not appealing, often nothing more than rancid meat, cold beans, hard bread and week-old coffee.

These conditions began to change in 1875 when Fred Harvey, then a freight agent for the Chicago, Burlington and Quincy Railroad, was commissioned by the Kansas Pacific Railroad to open two eating houses in Wallace, Kansas and Hugo, Oklahoma. The cafes were only open for a year but the idea caught the attention of the Atchison, Topeka and Santa Fe Railroad, who contracted with Harvey to open several eating houses on an experimental basis. This led to the establishment of the first restaurant chain – the Harvey House.

The success and growth of the Fred Harvey Company and the string of Harvey Houses located every 100 miles or so along the Santa Fe line started with his first depot restaurant in Topeka, Kansas. Fred's strict standards for first class service and high quality food impressed the Santa Fe, and he was given a blank check to set up eating houses along the entire route. A Harvey House restaurant was once located in Cascade (see photo), and later in Woodland Park for a short time.

The Santa Fe agreed to ship fresh milk, meats and vegetables to all the cafes and depot restaurants, free of charge, using their own private refrigeration cars. When dining cars began to appear on trains, the Fred Harvey Company was contracted to operate the food service on the Santa Fe diners, as well. Their advertisements proclaimed "Fred Harvey Meals all the Way."

The Harvey Houses became famous. Fred insisted on the best, using Irish linen and English silver. Passengers often had little time to eat during their stops so food was served fast and hot, and on fine china. Harvey's meals came in sumptuous portions that provided good value. For example, pies were cut in fourths, instead of in sixths. His fastidious high standards for efficiency and cleanliness were renowned. Fred inspected every facility during the Fred Harvey Company's period of service for the Santa Fe.

Fred implemented a policy early of hiring only female waitresses – mainly because male waiters were sometimes rowdy and often picked fights with the passengers. The famous "Harvey Girls" were between 18 and 30 years of age, of good character, attractive and educated. They were subjected to a strict curfew of 10 p.m., administered by a senior Harvey Girl. They wore official starched



A preserved Harvey Girl Uniform on display at the Arizona Railroad Museum. Internet File Photo

black and white uniforms with skirts (see photo) that hung no more than eight inches from the floor. No make-up or chewing gum during work, either. They were under contract for a year and would forfeit half their base pay should they fail to complete their term of service. Their attractiveness won the hearts of many men on the railroad and in the areas where they worked, and the most common reason for a girl to terminate her employment was marriage.

The Fred Harvey Company and its many establishments – cafes, depot restaurants and later hotels – endured until 1968. The mythology that grew around the Harvey Houses, and its female employees, are said to have helped to "civilize the American Southwest." This legend resulted in a novel in 1942 by Samuel Hopkins Adams, called *The Harvey Girls*, and later a musical movie, based on the book, produced by MGM in 1946, starring Judy Garland and Angela Lansbury. In the movie Johnny Mercer's hit song was sung: "On the Atchison, Topeka and the Santa Fe."

Sources: Wikipedia and the 1994 issue of the Divide Dispatch. Note: The latest book about The Harvey Company was published in 2010, called 'Appetite for America: How Visionary Businessman Fred Harvey Built a Railroad Hospitality Empire That Civilized the Wild West' by Stephen Fried.

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Mountain sunrise. Original watercolor by S. W. Veatch.

The shadowgee

by Steven Wade Veatch

During the school-free months of summer my mother, brother, and grandfather stayed at our cabins in the mountains north of Divide, Colorado. Mother's cabin was next to my grandfather's cabin. These were simple times where we passed the summer days with pleasant recreations. This was a time where relationships and memories were made — a time when my life was shaped. The two cabins marked some of the most memorable scenes of my boyhood.

There were no malls or shopping centers, only a simple country grocery store six miles away. There were no toney, high-end country clubs; instead we went to the Divide Community club, which was built during the Great Depression, for a weekly diversion of bingo or a dance that alternated each Saturday with the bingo game. The mountain folks referred to the dance as “goin’ to the fights” as some of the rowdy cowboys liked to throw down and mix it up out back during the dances.

At our cabin I would stay up late and read. Before turning in for the night I would go out on the porch and look at my grandfather's window to see if his bedroom light was on. It always was on — he would read into the dark and quiet hours of the night. He liked to read, he liked words and working with words. I got that from him.

On this particular summer morning I got up at daybreak and looked out the window of our cabin to see welcoming smoke coming out of my grandfather's chimney. I ran down the porch steps to start a morning with my grandfather — my mother and my brother would soon follow.

While my grandfather made breakfast I watched the meadow, forest, marsh, and granite rocks through his kitchen window. The July meadow grass waved rhythmically from wind while the wildflowers painted a splash of purple along the edge of the meadow. A chipmunk sat on a weathered stump and worried a seed.

After our breakfast of pancakes with Mickey Mouse ears, Log Cabin syrup poured from a tin, bacon, and orange Tang we eased into the main cabin room. The burning pine crackled, popped, and hissed in the Ben Franklin fireplace. Angry red embers warmed the room. The calming aroma of the burning wood filled the cabin while the morning sunlight streamed through the windows where light, skipping off little specs of dust, created pinpoints of reflected light.

I curled into the couch and my grandfather relaxed next to me in an easy chair. He put a mug of black coffee on an old wooden barrel with a round top painted a deep red. Old liquor bottle labels, covered with clear shellac, decorated the top. He filled his pipe with Half and Half pipe tobacco, stuck a wooden match and lighted the bowl of his pipe. Soon a tendrill of smoke climbed from his pipe. It was time for stories to be tossed around. I can still hear the deep, articulate, and measured sound of his voice — certain,



The shadowgee my grandfather made for me. Note how the handle is offset from the top. This way, when the lantern was carried, the candle would tilt away from the wire handle and not burn the miner's fingers.
Photo © S. W. Veatch.



View of the shadowgee in operation. Photo © S. W. Veatch.

knowing. He fired my imagination by telling erudite tales of mining days all the way back to territorial Colorado. His grandfather and father were pioneers in the windswept mining camp of Caribou in Boulder County.

Following our morning round of tales my grandfather took an old, gallon-sized Half and Half pipe tobacco can and reworked it into a lantern. He attached a wire at either end with the loop on the outside of the can. The wire stretched from end-to-end. This made a handle and held the can on its side. Next he punched an inch-round hole on the underside of the can. Finally, he shoved a candle in the hole. The candle flame would reflect off the shiny, inside bottom of the can and shine out through the open top, creating a beam of light. Now the empty tobacco can was a makeshift candle lantern. I sat upright, engrossed. I waited with held breath and

hoped that he would hand me whatever he was making. What could it be?

I said, “What the heck is that?”

Grandfather said, “It's called a shadowgee, this is what the miners used in mining camps before flashlights. Would you like one?”

“Heck ya!”

My grandfather reached over with the Shadowgee and handed it to me. I carefully took it from him and held it in my hands. I slowly looked it over. It felt so cool and seemed like the best thing ever made.

The empty can kept the mountain winds from blowing out the candle flame. The burning candle provided a steady light so the miner carrying it could check his corral in the dark or to see his way on a late-night trip to the outhouse. Grandfather used his shadowgee to find our two-holer outhouse at night.

The shadowgee speaks about mining life: miners were careful in spending their money; lamps and kerosene were costly; and miners were resourceful and had to improvise and use discarded tin cans as a resource, repurposing them into shadowgees or other useful artifacts.

That night, I waited to test my shadowgee. The wind quieted down so I could hear the alluring sounds of the forest. Shadows whispered across the meadows. The evening became a lingering twilight of layered crimson in the clouds. The night turned eggplant dark and the countryside calm. When the summer stars were bright it was time for me to test my shadowgee and follow the worn path to the outhouse. Out I went, into the night, shadowgee in hand. What I learned was that spending time with my grandfather was the best part of those summer days so long ago. He always had something new to show me or teach me. What I didn't appreciate then was that his stories of living in a mining camp and the shadowgee sparked the beginning of what turned into a lifelong fascination with mining.

Today my grandfather is gone. My mother is gone too. The other day I was going through some of my mother's boxes. I opened a cardboard box and saw a real treasure, a shadowgee — a battered tin can that was an affectionate throwback to the world of my grandfather. It brought me back, 49 years ago, to that moment when I first learned about the shadowgee, now a symbol of my grandfather and an intensity of life, a time of stories and where I could really relate to someone, a time before distractions of smart phones and other technology.

I know the time my grandfather spent with me enfolded me into something larger than myself. I emerged changed — nearer the person I longed to be. In this way he reshaped and repurposed my life, just like the tobacco can being made into lanterns — something better. I carefully put the shadowgee back in the box, and smiled.

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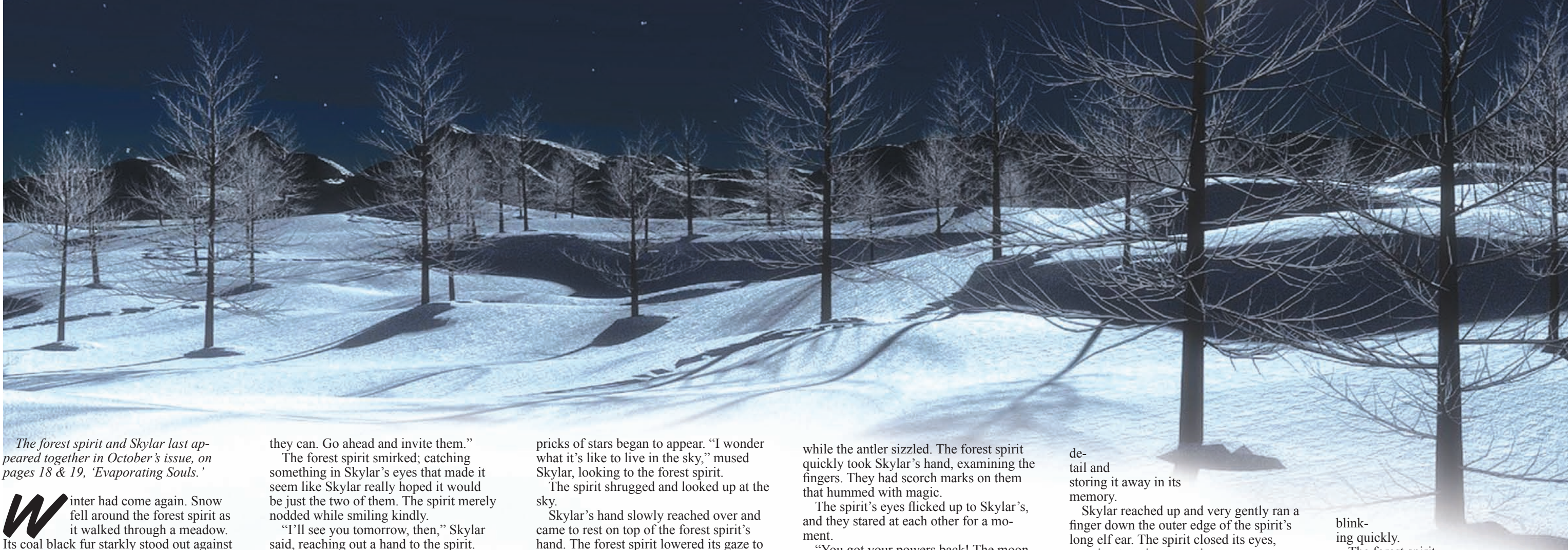


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SKYLAR AND THE FOREST SPIRIT

by Danielle Dellinger



The forest spirit and Skylar last appeared together in October's issue, on pages 18 & 19, 'Evaporating Souls.'

Winter had come again. Snow fell around the forest spirit as it walked through a meadow. Its coal black fur starkly stood out against the white snow. The snowflakes peppered its coat, giving it the appearance of having spots. It had just seen Mother Nature sitting on a tree stump. They had made eye contact, but the forest spirit had walked away in the other direction before she could say anything. It didn't want to hear anything she had to say. It was still trying to figure out its new powers, but they only seemed to work whenever Spring Maiden was helping it. At the moment, Spring Maiden was hibernating with Summer Girl, so it would be months before the forest spirit could work on its powers.

The forest spirit sighed, its foggy breath rising up in front of it. It tilted back its head and looked up at the cloudy sky, at the delicate snowflakes tumbling down in a freefall toward the ground. It's a myth that no two snowflakes are alike. In 1988 a scientist found two identical snowflakes. In 1992, Syracuse, New York's Common Council passed a decree stating that any more snow before Christmas Eve would be illegal. It snowed two days later, because Mother Nature doesn't give two rabbit farts about human laws. The forest spirit thought back to December 4, 1913, when 63 inches of snow fell on Georgetown, Colorado, and to this day Colorado still holds the record for the most snow to fall in a single calendar day because of that storm.

Suddenly, there was a howl from off in the distance. The spirit's ears perked up, and it turned its head in the direction of the howl. The howl stopped, and the forest spirit listened closely. A minute later the howl came again. The forest spirit took off at a gallop toward the sound. After a while it trotted up the hill toward Skylar standing in front of the boulders that were the portal to the spirit world. The spirit raised an eyebrow as it came to a stop.

"I was lonely," Skylar said sheepishly in the forest spirit's mind, smiling, which looked strange since Skylar's head was a wolf's head.

The spirit nodded, returning the smile. "Also, there's going to be a full moon tomorrow night, the first of the New Year, and I was wondering if you'd like to join me here and watch it." Skylar looked hopefully at the forest spirit.

The forest spirit's smile grew, and it nodded.

Skylar clapped excitedly. "I'm glad! You know, if any of your friends want to come

they can. Go ahead and invite them."

The forest spirit smirked; catching something in Skylar's eyes that made it seem like Skylar really hoped it would be just the two of them. The spirit merely nodded while smiling kindly.

"I'll see you tomorrow, then," Skylar said, reaching out a hand to the spirit.

The forest spirit shook Skylar's hand firmly and gave a curt nod. Skylar danced in place happily like a horse would. The forest spirit admired Skylar's lower torso being that of a white horse. It had never taken the time to study and appreciate Skylar's beauty.

"What're you looking at?" Skylar asked.

The forest spirit blushed, and quickly shook its head and waved its hand to indicate nothing. It then turned and started trotting back down the hill. It disappeared into the treeline as fast as it could, the embarrassment from getting caught while checking out Skylar seeping into its body. How was it going to be able to face Skylar tomorrow night?

Just as the sun was setting, the forest spirit slowly wound its way through the trees, ascending the hill toward Skylar. The embarrassment had mostly subsided, but it was still making the spirit's heart beat erratically. It could see Skylar through the trees just before it stepped out of the woods. There was a strange stirring in the spirit's gut, like there were millions of tiny creatures parading around in it.

Skylar spotted the forest spirit and waved happily. The forest spirit shyly waved back.

"Hurry!" Skylar said. "You're about to miss the sun going down behind the mountains."

The forest spirit smirked and quickly trotted up the rest of the hill. Once next to Skylar it looked out over the land toward the mountains in the west, and sighed happily at the view. The land looked so peaceful, and like it was taking a long winter's nap.

"We're lucky, huh?" said Skylar softly.

The forest spirit looked at the guardian, tilting its head quizzically.

Skylar smiled and glanced at the spirit.

"We're lucky to be able to watch over this, huh?"

The spirit nodded in agreement and looked back out over the land.

The sun vanished behind the mountains, and turned the sky a deep pink and gold. The forest spirit laid down, and Skylar did the same, getting close to the spirit. The snow crunched under them as they both got comfortable.

Skylar looked up at the sky as it darkened to a midnight blue, and white pin-

pricks of stars began to appear. "I wonder what it's like to live in the sky," mused Skylar, looking to the forest spirit.

The spirit shrugged and looked up at the sky.

Skylar's hand slowly reached over and came to rest on top of the forest spirit's hand. The forest spirit lowered its gaze to Skylar, making eye contact.

"You're much better than the sky," Skylar said softly.

The spirit appeared to blush, and it looked away shyly.

"Have you ever spoken?" asked Skylar, squeezing the spirit's hand.

The forest spirit glanced at the guardian, then looked away again. It gave no indication one way or another in regard to Skylar's question.

"I bet if you ever did speak, you would have a wonderful voice."

The spirit smirked, still not looking at Skylar. Even though Skylar spoke telepathically, Skylar's voice was at a soothing pitch. The forest spirit could listen to Skylar talk for all eternity.

Both of them were quiet for a bit, the night settling in around them.

"Have you ever wanted to speak?" Skylar asked, only glancing at the forest spirit.

The spirit didn't move for a moment, then shrugged a little, slightly tilting its head from side to side.

"Only on a rare occasion?" guessed Skylar.

The spirit looked at the guardian, nodding.

"I bet you wanted to say something when Mother Nature took your powers."

The forest spirit stiffened, and dropped its gaze to the ground, glaring at the snow.

"Sorry," Skylar said quickly, smirking. "I guess that's still a touchy subject."

The spirit nodded, sighing heavily.

Again, silence fell around them. Only the wind could be faintly heard making its way through the trees down below them.

Skylar nudged the forest spirit when the moon came into view. There were only a few clouds in the sky, so the moonlight lit up the world. It was an alternate daytime.

The spirit relaxed as it looked at the moon, which gave the spirit a certain calming sensation. As it watched the moon gradually brighten, it felt a strength growing inside of it. It was a strength similar to what the spirit had before Mother Nature took away its powers.

Suddenly, Skylar gasped, startling the forest spirit. It looked at the guardian with eyebrows raised in concern.

"Your antlers," stammered Skylar.

The forest spirit frowned and tilted its head, trying to see at least the point of one.

Skylar reached out and touched one branch of the antler, and instantly hissed

while the antler sizzled. The forest spirit quickly took Skylar's hand, examining the fingers. They had scorch marks on them that hummed with magic.

The spirit's eyes flicked up to Skylar's, and they stared at each other for a moment.

"You got your powers back! The moon, it gave them back to you!" Skylar exclaimed excitedly.

The forest spirit grinned. It then jumped up and held its hand out in front of it, facing a bare patch of ground a few feet away. The spirit concentrated, slowly balling its hand into a fist with the palm facing the sky. Grass slowly sprouted on the bare patch, but it looked like it was either glass or crystal. The forest spirit frowned, lowering its hand.

Skylar blinked, unsure of how to respond to the strange-looking grass.

The forest spirit went to the grass and ran its finger up and down the grass's edges a couple times, studying it. As the moon neared its peak in the sky, the light began to shimmer on the grass. It lost its glassy look, and instead appeared to have dew crystals stuck to the blades.

"Why are you suddenly able to use your powers on your own without Spring Maiden?" Skylar asked, coming up beside the forest spirit.

The forest spirit shrugged, still looking at the grass as it slowly normalized.

Skylar touched the grass, and it sizzled slightly. "I think you just evolved..." Skylar said, looking to the spirit.

The spirit shrugged again but nodded, agreeing that it was a definite possibility.

"We should go tell Spring Maiden in the morning."

The forest spirit put a hand on Skylar's shoulder and showed a mental image of what Spring Maiden most likely looked like while hibernating.

"Ah, gotcha. It sucks we have to wait all this time to tell her now. But," Skylar said, turning toward the spirit, "right now all I want to do is be with you, anyway."

The spirit blushed, its silver eyes shiny with numerous emotions, none of them negative.

Skylar reached up and stroked the forest spirit's cheek. "You know, I think I actually like you better with black fur instead of elk's fur."

The spirit blinked, and put a hand on Skylar's side, feeling the thick, coarse wolf hair. It then slowly slid its hand down to where the upper wolf torso melded with the lower horse torso. The horse torso was so smooth. Skylar looked into the forest spirit's eyes, as it moved its hand around.

The spirit's touches sent buzzing tingles through Skylar. The forest spirit studied Skylar's facial features, taking in every

detail and storing it away in its memory.

Skylar reached up and very gently ran a finger down the outer edge of the spirit's long elf ear. The spirit closed its eyes, seeming to enjoy sensation.

The two slowly pressed their upper torsos together, embracing each other and resting their foreheads together. In that singular moment, the spirit and the guardian could feel their energies and powers intertwining. Skylar pulled back first, and gasped, looking up. Small halos of light were rising into the air from the tips of the spirit's antlers. The forest spirit blinked, and also looked up, staring at the halos filling the night sky. The higher they rose, the more they shimmered like diamonds, reflecting the moonlight.

The forest spirit lowered its gaze to Skylar, and they looked into each other's eyes for a long moment. They could see the history in each other's eyes. They could see different worlds, dimensions, stretching out into infinity. Skylar's one gold eye began to glow, then the iris began to spin. The spirit frowned slowly as it watched, unsure of what was happening. It could hear that Skylar was breathing rapidly.

Skylar then grabbed the spirit's hand tightly. The spirit studied Skylar, then carefully placed its hand on Skylar's chest, over the heart. Skylar's heart was thumping hard.

"Something's happening," Skylar muttered. "I feel... grounded. I haven't felt this way, maybe ever."

The spirit raised its eyebrows. It then closed its eyes and put its forehead to Skylar's. It then began to picture grass and flowers, then the image changed to Skylar's hooves on bare dirt, and then the picture panned down beneath the ground, and it showed roots sprouting from the underside of Skylar's hooves.

Skylar inhaled sharply, and clutched onto the forest spirit, fighting to stay upright. "What's...?" Skylar drifted off, struggling to understand what was happening.

The image of the roots in Skylar's mind zoomed out to show just how deep the roots were going, travelling toward the earth's core. When they reached the core, they wrapped around it tightly, firmly anchoring Skylar in place. But then the roots expanded outward like a giant spider web, connecting to the earth in as many places as possible. The picture then faded to black except for a spinning halo, which morphed into a spinning iris. Finally, it ended, and Skylar was able to focus on the forest spirit.

"What did you do?" Skylar stammered,

blink-
ing quickly.

The forest spirit grinned, and stroked Skylar's cheek. It then took both of Skylar's hands in its own, and started to walk backward, bringing Skylar along.

Skylar blinked, surprised at being able to move away from the spirit world portal without having to leave the host body behind to guard it.

"This, wow, this is amazing!" Skylar exclaimed. "But what will guard the portal while I'm away?"

The spirit smirked and nodded back over Skylar's shoulder. Skylar looked back at the portal and saw crystal grass growing up in front of the portal's entrance. The forest spirit smiled as Skylar looked forward again, in awe.

"Thank you," Skylar said. "Seriously. This is absolutely incredible."

The forest spirit moved to Skylar's side, holding hands. It then began to trot down the hill, pulling Skylar along. It kicked snow out in front of it, and Skylar giggled like a happy child. They ran into the woods, and soon moved away from each other so they could race through the trees. It was a couple hours before dawn, and the clouds were gathering. A light snow fell, lazily drifting to the ground. The giant spirit and guardian easily navigated through the trees, leaping over streams with as much ease as a doe walking across a meadow.

As they entered a clearing, the forest spirit scooped up some snow and tossed it at Skylar. Skylar laughed as the snowball hit its side. Skylar picked up a snowball and hurled it at the forest spirit, hitting its antlers and making snow rain down on its head. The snow made the spirit's head look striking. The forest spirit grinned, grabbed up a snowball, and began to chase Skylar around the clearing. Eventually they got tired and stopped. Skylar surveyed the clearing, which looked like a herd of elephants and rhinos had stampeded all over it.

The forest spirit walked to Skylar and put an arm around Skylar's lower back. Skylar leaned into the spirit.

"Thank you again," Skylar said. "We both evolved tonight."

The forest spirit nodded, its eyes locked on the other side of the clearing.

It could see the faint shimmer of Mother Nature.

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A Cripple Creek tribute
by Jenna Salvat

Cripple Creek, looking west from Gold Hill. The Midget and Conundrum mines are in the foreground and Mount Pisgah is in the background. Teller County, Colorado. October 3, 1903, plate 4-A in U.S. Geological Survey. Professional paper 54. 1906. Photo public domain. Courtesy of the US Geological Survey.

The soothing sky is blue as a robin's egg,
Awakened by the rising of the shining sun.
The vast and rolling hills are touched and warmed
By the feathery fingers of the morning's breath.

The air is saturated in the smell of fresh pine and morning dew,
Captivating one's senses in the fragrant aroma.
Budding wildflowers dapple the terrain
Like the splashes of color on an artist's canvas.

Patches of snow, scattered about like quartz crystals,
Slowly melt with the arrival of spring.
The serene silence is broken and melted like the ice
With glorious songs of birds, fresh from their night of rest.

Sunrise is nature's waking call from the dark, dangerous night.
In the distance lie houses, nestled in the valley of the hills,
The living place of miners; the place to rest their aching feet
The hills tower down upon an old miner,
Who just stumbled out of his cabin.

Shovel and pick in hand, he trudges through the mud
And the water from the melting snow.
He hikes up a hill to look for telluride minerals,
And slashes the soil and rock with his shovel.
Sparks alight and fly about.

Deep underground lies a drift, lit by lanterns
The miners drill, a charge is set.
The miners rush about the tunnel.
A loud BANG echoes through the labyrinth
As the miners set off sticks of dynamite.

Their hard work is synchronized
By the sound of iron hitting rock.
The rhythm accompanies the eternal heartbeat
Of the Earth's living drum.
The dark paths are like a puzzle,
A game the miners play.
Some strike it rich, others find no pay.

A shout is heard in the tunnel,
Joy spreads throughout the men.
A glistening gold vein is exposed
Among the cold grey breccia.
Excited, some men rush out to spread the news.
Others stay by and start to mine the gold out.

Dust and smoke fill these chambers,
The miners wheeze and cough.
A miner's job is tough work,
It is no walk through the park.

Evening starts to approach the town,
The miners walk home.
Their bodies ache, their sore legs shake,
As they rush to rest alone.

The birds quiet their songs.
The houses are illuminated by candles.
The day is done, the treasure won,
As the night starts to take over.

It is the crickets turn to sing out,
As dusk falls upon the landscape.
The moon starts to peek at the fields.
Its familiar glow casts down upon the mines.

In the moonlight, a small crystal twinkles,
Atop the precipice of the hill.
Deep beneath here the gold still lies,
Waiting to be found.

Growing Ideas
Winter composting
by Karen Anderson T he Plant Lady

The Secret to life is enjoying the passage of time

James Taylor

Happy New Year to everyone! Here is hoping your holiday season was joyous, peaceful, and filled with fun. For me it is time for a bit of solitude, reflection and working with the houseplants. May 2016 bring you many blessings, new adventures, learning experiences, and good health.

Winter composting tips

I wanted to share some thoughts about winter composting with you this month for several reasons. It is not necessary to stop the recycling process of adding organic matter to your compost pile during the coldest months of the year. There is no time when I am not utilizing everyday kitchen scraps, plant cuttings, coffee grounds etc. to enrich my compost pile — even if it's not 'cooking' when the temperatures are freezing. Through Nature's magic of alchemy, your pile very well may be cooking deep inside if there is plenty of manure, grass clippings or other high nitrogen, heat producing amendments consolidated within it during the fall season.

It may take a different kind of effort and energy due to needing to bundle up with warm clothes, getting the snow boots on, and shoveling a path to the pile in order to empty my coffee can size tub of scraps collected over a few days, but I am still willing and able to do this...so this is what I do.

I'm pretty darn dedicated to the cause. There is no 'turning over' anything right now, as that chore is just not a feasible one during winter. The scraps will freeze solid sitting on top of my pile as it is somewhat shaded. There is no detectable odor. The bears are in hibernation — no worries there. A few critters may visit, but no trouble comes of it and the bunnies are happy with the lettuce and other greens that get tossed. I also like to keep some loose straw handy to cover over the raw materials from time to time.

The plan is to turn the compost pile as soon as it is 'workable' in the spring.

The compost bucket that lives under the sink gets washed with dish soap and water often. A good bleaching now and again is a good idea

just to keep the container clean and healthy.

If the weather is too 'oaky', too cold, too windy, too snowy for me to even think about suiting up and heading out the door to the compost pile, I have a Plan B. There are always empty five gallon buckets close at hand (as important as duct tape in my world!) for the numerous chores around the home and gardens, so if I just don't feel like trudging out to the compost, I will empty the tubs from the house into a five gallon bucket and keep it out on the front porch or outside until I feel like heading down the icy path to the compost pile. The moist contents will freeze in the bucket and will not come out easily, if at all. A teapot of hot to boiling water can be used to help them slide out of the bucket with ease. It's OK if it is a big round compost icicle. It will melt sooner or later and be more useful then. I don't do this often, but it helps during the really super frigid cold times.

Wood ashes can also be added to the pile throughout the winter months. They are readily available to folks who burn wood for heat. Please be aware of any toxic chemicals that may be in or on the wood and refrain from using those ashes in an organic compost pile. Also make sure the ashes are completely cold with no 'hot stuff' still smoldering.

One more thing: For those of you who use a garbage disposal and have a septic system, please note that the leftover chunks of debris may contribute to some major clogging problems for you in the tank. It is a better idea to compost instead!

If you would like to contact me for custom plant arrangements, other gift ideas, or inquiries, please give me a call at 748-3521 or email at plantladyspeaks@gmail.com.

Stay warm and well. Until next month; peace, love, beauty and "Unity in the Community".

Fine dining and entertainment in Guffey

by Flip Boettcher
photo by Dena Vucetich

Geordi Walston at the piano on the left and John Gallegos at the piano on the right playing for a packed house at the Italian dinner and musical show at the Rolling Thunder Cloud Cafe.

The Rolling Thunder Cloud Café in Guffey had another successful four-course Italian dinner and musical evening. This is their second year of having dinner shows. This year they added a second night and both nights sold out, according to co-owner Geordi Walston.

Wayne Walston, café co-owner, prepared special Italian bread, an 11 ingredient antipasto salad, a four cheese Italian sausage lasagna, and dessert. Pianist, Geordi Walston, played some solos and some duets with two of her students, Lani Gossett and John Gallegos.

Musical selections ranged from Bach, Mozart, and Beethoven to Christmas favorites. There was a tribute to pianist Victor Borge by Geordi and Gallegos, and the audience was entertained with musical comedy skits, explained Geordi.

People came from Fairplay, Buena Vista, and Guffey for the show. Some of the audience's comments: "This was an outstanding evening. The food was excellent as well as the music. You have done a five star evening," said Coy and Pat Ritchie of Guffey.

"Who knew? Wonderful talent with wonderful food," stated Nick and Donna Mausbach of Buena Vista, Colorado.

"What an enjoyable evening — you take dinner music to a whole new level!" said Jackie Magee of Guffey.

The Café plans on continuing these dinner musical shows in 2016, according to Geordi. Visit their website: www.rollingthundercloudcafe.net for hours, future events and information.

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Affordable Fuels

by Flip Boettcher

In his continuing efforts to bring more affordable and available propane to the Guffey area, local resident Bill Betz has teamed up with Affordable Fuels from Elizabeth, Colorado, to install a large, underground propane tank on his property on the top of Gold Hill, just north of Guffey.

As part of the long, four to six month county process to get Park County commissioners' approval, Betz needed to get the support of the community and of the Guffey-based Southern Park County Fire Protection District.

The fire department board of directors had a special meeting to address concerns and questions about the propane tank. It was a time for Fire Chief, Aaron Mandel and the community to ask questions and have their concerns addressed as well.

Also at the meeting were Gary Guagenti, co-founder, president and CEO of Affordable Fuels, and Glen Slanaker, owner and installer of Loveland Meter Service, who will be installing the propane tank. Unfortunately, James Richardson, the other co-founder, Vice President and driver for Affordable Fuels, was out sick.

The proposed site is just off of CR 102. The 18,000 gallon tank will be underground, not visible from the road. After some road work, there will be adequate access for the 3,400 gallon service trucks, the 8,500 gallon delivery trucks, and all fire trucks according to Slanaker. There will only be filling of the large, underground tank and service trucks at the site. There will be no filling of personal tanks at the site.

Fire board chairman, Ken Thomas asked the obvious question, "is what you are planning to do safe?" The short answer is "yes".

According to Slanaker, there are a lot of backups and safety features with propane, a flammable gas. There is also a lot of insurance and training for anyone who handles propane. There are double locking hose connections, interior tank locking valves that open only with nitrogen gas, as well as many more safety features. All drivers need a Commercial Driver License and HAZMAT classes. Anyone who handles propane has to have passed a special safety class called CTAP, said Slanaker. The tanks are all inspected yearly.

Although it is an 18,000 gallon tank, it is

only ever filled to 85 percent, like a household tank, said Slanaker. Being underground really eliminates any possibility of a tank rupture. In the highly unlikely event that would happen, the propane would sink, because it is heavy and there is no air; it cannot ignite. There is only one manhole cover on the top of the propane tank where all the hoses pass through.

The top of the tank, approximately 10 feet wide by 40 feet long, will be 18 inches underground and the tank covered in epoxy, filled all around with 10 to 12 inches of pea gravel and then dirt, explained Slanaker. According to an email from Betz, a propane tank of this kind is expected to be operational for at least 50 years.

Guagenti said that he started Affordable Fuels with his partner James Richardson one and a half years ago. They wanted a small, low cost propane company that would be a win-win for customers and company alike, stated Guagenti.

The company is very dedicated and service is not an issue with them, regardless of day or time, stated Guagenti. They wanted to hire a full time driver from this area and use the tank site as a hub for deliveries. A few drivers have already expressed an interest in the job, he added.

Transition from an existing propane company to Affordable Fuels is simple and customers can lease a tank from Affordable Fuels or provide their own. The plan is to have a monthly route explained Guagenti, with sensors at very remote locations. Guffey resident, Rose Garland said that she and her husband had already switched to Affordable Fuels and have found them to be very reliable, their service was excellent, the transition was really easy, and their prices are great.

In case the fire department responds to a smell of propane or a propane leak on private property and has to legally turn off the propane, Affordable Fuels could be on site the next day for an inspection and to turn the propane back on, said Slanaker. Mandel has already inspected the site and is fine with the location and access,

after some road work, he said.

Betz said that he has all the required paperwork from the county and has been working with the building department. All county and state requirements must be met. The EPA and Homeland Security have to approve the project, as well, but at this point, the tank can't be installed until spring and there is time.

According to Betz, all he wants is the lowest price for propane and the best service for the Guffey area. Betz got involved in the propane project several years ago because of complaints he had and that he had heard of poor or no service from the propane companies, as well as different pricing for people, even on the same day, the same load.

When the community got together with these propane companies, we started to make a change in favor of us all, Betz stated. Having our own local propane tank will have advantages to all our community. It will provide lower pricing and service that other propane companies will have to meet if they want to service this area, Betz stated.

After all questions and concerns from the board members, the chief and community members in attendance were addressed, the board unanimously gave their support to the propane tank project. Thomas said the board would write a letter of support to the county commissioners with contingencies including proper propane installation, maintenance, road work and all other safety matters that were discussed.

To view the minutes of the special board meeting about the propane tank, visit www.guffeyfire.net. For more information, concerns or questions contact Betz at: 719-689-2153. The writer of this article is on the fire department board of directors.



GED at Community Partnership

Where every student can succeed!

by Kathy Hansen
photo by Jeff Hansen

There are many reasons for not getting your high school diploma, yet there is only one solution. Did you know that the General Education Development or GED is the equivalent? It's true; a GED can open the same doors as a high school diploma because it is valued the same by the military, community colleges, universities, and employers. The lack of GED or high school diploma typically means you are destined for low-paying or low-level jobs.

It's easy, too, just ask Adult Education Coordinator Katy Conlin, or Danika Danker, Adult Educator, both with Community Partnership. "The hardest part is walking through the door on the first day," said Danika. Community Partnership is the only testing center in Teller County; the next closest centers are in Colorado Springs.

The GED is a series of four tests; a minimum score is required on each. The subjects include math, language arts, science, and social studies. The test was recently re-vamped in 2014, the biggest change being more focus on writing and analytic skills, but don't let that scare you because Community Partnership is equipped to help anyone motivated to succeed.



Danika Danker and Katy Conlin have the motivation and tools to help every student obtain their GED.

We are thrilled to have four students receiving their GED this semester. The culture of the classroom is very motivated on success. We re fortunate to be able to offer individual instruction, so these students were very motivated and obtained their GED in four months!

Every student can be accommodated at Community Partnership. Pre-tests are available, which will give your knowledge baseline so areas in need of improvement can be readily identified. You may choose one-to-one daily assistance and assignments, or you may choose to attend any or all of the six structured classes offered throughout the county in Divide, Cripple Creek, and Woodland Park. The classes begin with an hour of study after which is a short break. Then a topic is presented to meet the needs of beginners as well as to challenge those who are further ahead. They even do science experiments for hands-on learning! One-to-one assistance is also an opportunity during the structured classes, so if there seems to be a stumbling block, you will be given the attention and support needed to overcome the difficulty. Additional assignments and tutoring can be offered until the student feels confidence in mastering each subject. When the student feels they are ready, a post-test option is available to provide affirmation the student is ready to pass the actual GED exam.

The support doesn't end there. Commu-

nity Partnership has joined forces with the Pikes Peak Work Force, who offers assistance in finding employment. PPWF helps with resume writing and mock interviews, as well as tips to help sell your skills to an employer. They have even coordinated field trips to Pikes Peak Community College to whet the appetite for higher education.

Community Partnership has helped over 220 Teller County students obtain their GED since they began the program in 2006. The program is not limited to residents of Teller County; if you are motivated to get your GED and live in Park, Chaffee or Fremont Counties, Community Partnership can still help. Google Chrome laptops have been very helpful by encouraging computer literacy.

There is something very special that happens in families when a member gets their GED; it sends a message to all family members that education is valued. Frequently when one family member gets their GED, it inspires another member to take the same leap. Recently, Katy received a call from an older student; his daughter recently received her GED and he decided it was time to put that nagging unfinished business to rest, so he called Community Partnership to get started.

By the way, if your native tongue is Spanish, no worries! Danika is bi-lingual and the GED test can be taken in Spanish. If you speak Spanish and have not gotten your high school diploma, consider this the nudge you've been waiting for and give a call to Community Partnership at 719-686-0705.

The registration fee is only \$25 and scholarships are available if you ask. Community Partnership also offers free child care during their classes.

If you've ever thought about getting your GED consider the time is now. Orientation begins the first week in January. Call 719-686-0705 and ask for Katy Conlin. Community Partnership is ready to help every student succeed; this means YOU!



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.

- **Andersen Enterprises, Inc.:** 719-687-1179. We build more than bricks and mortar, we build dreams. Serving the needs of both the residential and commercial industries.
- **Vectra Bank:** 719-687-3013. We promise to listen to our customers, initiate contact, provide solutions and build proactive relationships. Offering services for individuals, businesses and wealth management.

Check out your local schools

Woodland Park School District

Choice Showcase



Kaylen Zamora - infinity drawing - 1st



Kelsie Carter - detailed sunrise over pine trees - 1st

Woodland Park Middle School
Wednesday, Jan. 27
6 - 7:30 p.m.

Woodland Park High School
Thursday, Jan. 28
6 - 7:30 p.m.

Elementary Schools:
Gateway,
Columbine,
and Summit Elementary
Wednesday - Friday,
Jan. 27-29,
during school hours
open house/drop ins
with guided tours

For more information, go to www.wpsdk12.org

CC&V VISITOR CENTER UPCOMING EVENTS:

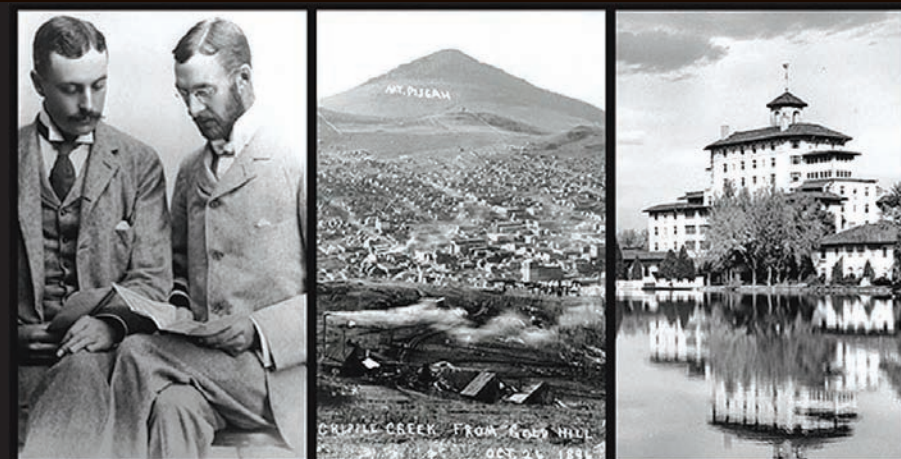
January 23, 2016 • 10:00 am

Review of CC&V operations and recent permit filing of Amendment 11 with Jane Mannon



January 30, 2016 • 10:00 am

Cripple Creek & Victor Mining History Presentation



**"The Midas Touch:
The Penrose & Tutt Partnership"**
Matt Mayberry, Director, Pioneer Museum
of Colorado Springs

CC&V Visitor Center | 371 E. Bennett Avenue (B.P.O.E. Elks Building) | Cripple Creek, CO 80863

Contact Brad Poulson:
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Reducing toxic chemicals in your body and home - Part 2

by Carol Grieve

Last month I shared with you that an estimated 41 percent of all Americans will develop cancer within the next 20 years. This is about 130 million people. I told you about all the chemicals and toxins lurking in your personal care products such as toothpaste, shampoo, and soaps. In this article I would like to discuss some of the hidden and not so hidden chemicals in most cleaning supplies, bathroom shower curtains, makeup, and cookware.

I want to reiterate that this information represents only a small portion of the more than 80,000 chemicals we are currently exposed to that have never been adequately safety tested by federal regulators, and a great number of these chemicals have been shown in independent testing to cause cancer and other serious health problems.

Household cleaning products

ALL-PURPOSE CLEANERS

Practically every chemical already mentioned in last month’s article, “Reducing Toxic Chemicals in Your Body and Home - Part 1” is also found in household cleaning supplies. Added to that list are even worse substances such as lye (a corrosive acid), ammonia, chloramine gases, 1,4-dioxane, and a laundry list of hormone-disrupting chemicals. None of these chemicals are necessary when basic ingredients such as water, baking soda, and vinegar are as effective in performing the same jobs without toxicity. I won’t list every single household cleaning product to avoid because the vast majority of what is out there would end up on the list. I would like to share both some commercial and homemade cleaning formulas.

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

To make a good all-purpose cleaner, mix ½ cup vinegar and ¼ cup of baking soda into two quarts of water. Adding a little lemon juice, vinegar, and Borax, will make the solution even more potent.

You can also use pre-mixed, natural, multi-purpose cleaning products. I like the Thieves cleaner, Seventh Generation, Ecover, BioShield, Shaklee, and Bon Ami as safe, all-natural alternative to powder cleansers for scrubbing sinks and showers. To clean windows you can use three parts vinegar to one part water.

LAUNDRY DETERGENT

I talked about a chemical byproduct called 1,4-dioxine in last month’s article that results from a cheap chemical processing. It turns out the laundry cleaning industry is a purveyor of this poison, with some of the worst offenders being the most popular ones. Even some green brands were found by the Organic Consumers Association research study to contain high levels of 1,4-dioxane.

These five brands showed undetectable levels of this chemical: Clorox Green Works Natural, Ecos, Life Tree Laundry Liquid, Method Squeaky Green and Seventh Generation Free & Clear. The EWG (Environmental Working Group) also lists on its “A” list of the safest and most toxic-free laundry detergents: Ecover ZERO laundry liquid, Biokleen laundry liquid, Citrus Essence, Planet 2x Ultra Laundry Detergent, Grab-Green Delicate Laundry Detergent Pods, Sun & Earth Laundry Detergent, and Green Shield Organic Laundry Detergent.

DISHWASHING DETERGENTS AND DISH SOAPS

These can be cesspools of endocrine-disrupting chemicals, carcinogenic substances, and unknown byproducts of questionable origin. Some of the easiest to find and safe alternatives are: Seventh Generation, Earth Friendly, Better Life, Honest and ones you can make yourself. This is a DIY (do it yourself) dish Soap: Use two parts Borax, two parts washing soda (a derivative of baking soda , 12 parts of Dr. Bronner’s Sal Suds (www.drbrnner.com) and 15 drops of your favorite scent in essential oil form.

BATHROOM SHOWER CURTAINS

This might be one you have not thought about but PVC (polyvinyl chloride) shower curtain liners (the kind most people have in their bathrooms) are incredibly toxic. They often outgas VOC (volatile organic compounds) such as xylene and toluene, as well as dioxenes, endocrine hormone disruptors, and even cadmium and lead. The best is to opt for an inexpensive PEVA vinyl show curtain, which doesn’t outgas the PVC curtains do. If you can afford it, hemp-based shower curtains are another superb eco-friendly option. A company named Rawganique has them at www.rawganique.com.

COOKWARE

If it is labeled as “non-stick” or “Teflon”, it is more than likely made from carcinogenic substances such as perfluorooctanoic acid (PFOA) and other perfluorinated chemicals (PFCs). The National Institute of Environmental Health Sciences is currently investigating these substance as a likely cause of cancer. Even the increasingly popular anodized (protected) aluminum cookware is questionable. The various polymer-based coatings used in their manufacturing may pose serious health risks due to chemical leaching and out gassing. The best and safest options are stainless steel, cast iron, ceramic and copper. I feel it is important to invest in good, long-lasting cookware. I use a high quality stainless steel that cooks evenly and more importantly, safely.

Make-up

MASCARA

Letting make-up filled with coal tar and petroleum that’s contaminated with carcinogens, parabens that promote aging and sagging skin, and acne causing ingredients found in airplane deicing liquid drip into your eyeballs is not the answer! Let’s talk about some of those ingredients.



- Parabens are used as preservatives and are endocrine disrupters that mess with your hormones. (Top Offenders: L’Oreal, Cover Girl, Avon, Bobbi Brown, Clinique, Maybelline, Neutrogena, Revlon, Chanel, Lancome).
- Parfum (a.k.a. fragrance). Why do you need parfum on your eyes — that’s crazy. Oh it’s to cover up the smell of coal tar! This is even in some products marketed as “unscented.” Some fragrance ingredients can trigger allergies, asthma and acne, linked to cancer and neurotoxicity, and are harmful to fish and other wildlife. (Top Offenders: Neutrogena, Lavera, Milani).
- Aluminum Powder is considered a neurotoxin and linked to Alzheimer’s disease and cancers. (Top Offenders: Cover Girl, Estee Lauder).
- BHA and BHT are used as preservatives, are endocrine disruptors, and may cause cancer. BHA is harmful to fish and other wildlife. (Top Offenders: Maybelline, Rimmel).
- Robylene Glycol is linked to acne, eczema, and other skin allergies. (Top Offenders: L’Oreal, Mineral Fusion, Rimmel, Avon, Maybelline).
- Coal Tar Dyes: p-phenylenediamine and colors listed as “CI” followed by a five digit number. The U.S. color name may also be listed (e.g. “FD&C Blue No. 1” or “Blue 1”) and these have a potential to cause cancer and may be contaminated with heavy metals toxic to the brain. (Top Offender: Maybelline).
- Formaldehyde Releasing Preservatives: Look for DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine and quaternium-15. Used in a variety of cosmetics. These ingredients can slowly release small amounts of formaldehyde, which causes cancer. (Top Offender: Almay).

I know there may be other mascaras that are not toxic available, but these actually work based on Food Babe’s (www.foodbabe.com) experience: Tarte, Lights Camera Lashes (Amazon), Jose Maran (Sephora), Physician’s Formula Organic Wear (Walmart). There are probably more, but I

have tried two of these and they work!

FOUNDATION

Remember that your skin is your largest organ so what you put on your face, goes into your body. I like Jose Maran and Ecco Bella liquid tinted moisturizers. I have tried them and they work for me.

LIPSTICK OR LIP BALMS

Coastal Classic Creations Canyon Lipstick has USDA certified organic ingredients and has the lowest hazard rating possible in the Skin Deep Database at www.ewg.org/skindeep and only available online at www.coastalclassiccollections.com. Some others are W3LL People Nudist Lipshine Stick (Amazon), Johnny Concert Narcissistic Lipstick with no scary ingredients at www.johnnyconcertglamour.com, Hemp Organics Lipstick in Rose Petal is made with 95 percent certified organic ingredients and no petrochemicals (Amazon).

There are many other organic and natural makeup products. Do your own research and you will find ones that work for you that won’t harm your body!

It is literally impossible in this world of chemicals and pesticides to eliminate all of them, but you certainly can reduce your risk of disease by taking proactive steps to decrease the chemicals in your body, your home and in your food. It’s important to be informed so you can make choices that work for you and your family. Be well!

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

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Birds of the Ute Country Dark-eyed Junco: Junco Hyemalis

by Mary Menz
photos by Mary Menz

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

Long before John James Audubon captured the Dark-eyed Junco’s black, white, and brown plumage on paper, it was known as the Snowbird to people in the U.S. Audubon favored using these three basic colors with watercolors underneath his oil pastels to truly depict what he saw in the field. It’s aptly named: the Latin *hyemalis* means “wintery” and is related to the Sanskrit word hima, meaning “snow.”

Audubon was not just an artist who documented birds of the U.S., however. He was a keen observer of nature and wrote “The males chase each other on wing, when their tails being fully expanded, the white and black colours displayed in them present a quite remarkable contrast.” Those white tail feathers on the outside edges of its tail are visible when the Junco flies. It’s thought that the flashing of white tail feathers may also be a signal to the other Juncos that flock with it.

In Audubon’s day, the Slate-colored Junco, the White-winged Junco, and the Gray-headed Junco were generally distributed in different parts of North America. Since the 1820s, when Audubon first documented this species, 12 subspecies have been identified that fall into five major groups: white-winged, slate-colored, Oregon, pink-sided, and gray-headed.

In Ute Country, birdwatchers can see all five of these Juncos, sometimes three or more species in the same flock.

Snow makes a perfect backdrop

Unlike much of the U.S., Juncos are seen year-round in Ute Country — most noticeably in the winter after a fresh snow. The Junco is a friendly little bird and a regular visitor at the feeder, preferring loose, small seed knocked to the ground by other birds. It hops about and scratches its way through the snow to bare ground if necessary. The Junco plays well with others, too, and often can be seen in mixed flocks with Pygmy Nuthatches,



Note the white, outer tail feathers of this Pink-sided Junco. All Juncos have flashing white tail feathers.

Mountain Chickadees, and Downy Woodpeckers.

Being so visible against the snow, the little Snowbird has inspired many to write about it. The Junco was, and is, so common that it inspired Audubon to write “There is not an individual in the Union who does not know the little Snow-bird.” The same is true today and in recent memory. In the 1970, Anne Murray released her hit single “Snowbird,” unleashing a new appreciation for the once common nickname of the Junco. Others have written about the Junco, as well, such as the following poem by Frank Sweet published in the 1905 edition of “The Warbler”.

The Snowbirds

*Which came first, the birds or the snow?
Or was it together they fluttered down?
The spirits in white, who seem to know
And talk with the spirits in drab and brown?
And which are the merriest ones at play?
The flakes which dance to the tune of the breeze,
Or the birds which flutter and fly away,
And chatter and call from the nodding trees?*

“The Warbler” was published by John



All Juncos feature the dark eyes, small black lores around the eyes, and pink bill.

Lewis Childs, an 18th century businessman and former senator who had a significant private collection of taxidermied birds. He was a friend to poets, naturalists, conservationists, and essayists of the time. Check out the early writings of these people in the online archives of this unique publication at (http://www.archive.org/stream/warbler17190512flor_warbler17190512flor_djvu.txt). The magazine was published quarterly for 50 cents per year and included color plates of birds, eggs, nests, and more for late Georgian era readers, who had an insatiable appetite for the flourishing arts and nature.

Surfing grass-tops

Juncos love small seeds and are particularly

attracted to the seed heads of common weeds like pigweed, ragweed, and lamb’s quarters. Their short, pink beaks are perfect for eating seasonal insects and seeds that don’t have hard hulls or shells. Juncos and other sparrows are adept at “riding” the seed heads that are found at the top of grass and weed stems. As they hop onto the top of the seed head, the grass gently arcs to the ground where these tame little birds stand on the stem while eating their fill of seeds.

Attracting Juncos to your yard

Juncos are one of the most common feeder birds. Make sure your feeders are filled before snowfall and watch them forage for spilled seed. A water source other than snow is very important to birds in the winter — even if it’s just a shallow dish you fill daily. Put out a water bowl and it’s nearly guaranteed that Snowbirds will flock to your yard.

Mary Menz is a naturalist and master birder who lives in Ute Country at 9,000’.



This Oregon Junco was banded in 2015 at a migratory songbird station in Colorado Springs. The oldest known Junco to date was at least 11 years old. Banded birds that are re-captured can be aged based on how old the bird was when initially banded. At that time, they are called either a “hatch year” or “after hatch year” bird.

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.

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Jacqueline Lindblad stands inside the Marketplace Shops at 731 Main St. in Canon City, where antiques along with new and gently used merchandise are on sale.

Marketplace Shops

by Charlotte Burrous
photo by Charlotte Burrous

It's not an antique store, but offers much more. As Randy and Jacqueline Lindblad continue to strive to keep their business going, the Marketplace Shops has new shop owners with new product. Although the store offers some antiques, the bulk of the merchandise is new or gently used product.

"We sell everything from vintage jewelry to hand poured candles, homemade pasta, essential oils and natural products, furniture, purses (and) designer clothing. If you can't find in our store, you probably can't find it in Canon and you certainly don't need it."

Originally, the Lindblads purchased a home to spend the summers in Canon City and during their retirement years. Instead, the couple decided to close their shop in Colorado Springs and move it to this community.

"We loved Canon and thought that Canon needed more variety for shopping," Jacqueline said.

After looking around, they found the for-

mer Gobin's store and renovated it to fit the needs for theirs. Also, it was on Main Street, where they wanted to be.

The Marketplace Shops is a co-op mall, which provides store front space for more than 40 shops. But during the Christmas season, Main Street laid new waterlines, stretched out the sidewalks and created bumpouts in the 600 and 700 blocks of Main Street, which created hardships for the businesses in that area, she said.

"The construction has hurt us pretty badly," Jacqueline said. "We are at 50 percent of the revenue we would normally be at this time of year. We are certainly going to try to last it out, but we need as much support as we can get from Canon City in order to keep our business here."

Marketplace Shops is located at 731 Main St. and is open from 10:30 a.m. to 4:30 p.m. Tuesday through Saturday. The telephone number is 719-458-1252.



by Jeff Tacey

Winter is in full swing and it's time for a road trip or two.

Let's head south to DeWeese Reservoir by Westcliffe. There are small mouth bass, rainbow and brown trout here. The lake is a State Wildlife Area (SWA) and access is from the boat ramp. Try small ice jigs with wax or meal worms, chartreuse and red are good ice jig colors.

Next up is Clear Creek Reservoir SWA, located between Leadville and Buena Vista. It's very good for ice fishing. My favorite area is right out from the boat ramp. There are brown, rainbow, and cutthroat trout along with Kokanee salmon and tiger musky. Small hot pink or orange Rat Finkie and Ratso's work well here. The secret bait for Clear Creek is small shrimp. Power bait eggs and wax worms also work well. Jig with one pole and let the other pole sit (dead

stick). Make sure you have your second rod stamp.

Just west of Buena Vista is Cottonwood Lake sitting on San Isabel National Forest land. Just about any spot on the lake is good ice fishing as it's heavily stocked in summer. You'll catch mainly rainbow trout, but brown, brook and cutthroat trout are also present. The scenery here is great as you are in a high mountain valley. You'll have a good chance of seeing a mountain goat or bighorn sheep herd. Keep your ice jig one to three feet off the bottom. Standard pink, orange, yellow or red ice jigs will get quick bites with wax or meal worms or power bait. As always jig with one pole and let the other dead stick.

Get the 2015 Colorado fishing guide for all rules and regulations, it's good until April 1st when you will need a new license.

Adopt Me Kain

by the Humane Society of Fremont County



Meet Kain. Kain is a handsome 11 month old mixed breed male dog. He loves to do his Gene Simmons impression, to play ball, and go on walks. Kain would love a person to teach him basic obedience and to play with him. Kain lived with other dogs in the past, but his previous owner reported that he did not get along with them, so we believe Kain would prefer to be the only dog in the household, and not share his human's attention with other pets. Kain loves humans and is a very friendly boy. He has not been tested with children or cats. We are located at 110 Rhodes Ave. in Canon City. Feel free to call for more information 719-275-0663.



A Mountain Seed: Pizza pies and French fries

by Jessica Kerr

I have never gone skiing before. I'm not even sure what it is. I know that you have two long wooden things that go on your feet and two poles that you hold, and it's a lot of fun and it's in the snow. It's also not as cool as snowboarding (if you listen to my brother and all the boys in my third grade class). I know what snowboarding is: you stand on a long skateboard without wheels and go down the snowy hill. But with skiing, both of your feet don't have to be tied together and you can go very fast. It's older than snowboarding and there are a lot of Christmas decorations with skis on them.

Scott and Stephanie should be here soon; my oldest brother and my sister in law (that's his wife). They are taking us skiing tomorrow. It's been snowing all day and it's very pretty outside, and cold. I wonder if it will be cold where we're going. Mom said they said it's called A-Basin, the top of a mountain. I imagine a huge, snowy mountain that drops steeply into a basin (I had to ask what that was), with a gigantic "A" on top; sort of like S Mountain in Salida, but cooler. The "A" is red. Scott and Stephanie get here as I'm thinking about the red "A" and I'm so excited that I accidentally drop one of the eggs my mom handed me to hold onto for her. I run and hug them and that night (after I clean up the egg and we eat chicken and dumplings) we watch a movie and go to bed very early.

Boy, am I glad we did! It's morning now and the sun's not even up. It's dark outside but the snow on the ground reflects the moon's light and makes it brighter. But it's still very dark. I'm pretty sleepy as I brush my teeth and put on my long johns. Mom makes sure I have my snowsuit, my coat, hat, gloves, gator, an extra pair of socks, and snow boots. We pack into the warm truck, pick up some doughnuts, and drive deep into the mountains. I sleep most of the way.

When I wake up, the sun has risen and everything is SO bright. We have stopped moving and there's a cold draft landing on my face. Sitting up quickly, I stretch my arms and yawn. Scott is standing outside the truck pulling his snowboard and Stephanie's skis out. She is going to ski with me because that's what they decided. I am going to ski. Mike says it's easier than snowboarding and I stick my tongue out at him. I don't like to be the baby.

Mike jumps out of the truck and runs around it. I can hear him jabbering excitedly. I get out of the truck too, and put on my coat, my hat, and my gloves. It's so snowy. I can't see a scrap of pavement or dirt. I love it. It's deep and slippery getting to the lodge, though. (I wonder why they call it that — maybe people have gotten snowed in it before, stuck). Inside, it's warm but not too hot; perfect for wearing a coat in. Stephanie holds a clipboard and asks me if I know my height and weight (I don't) so they measure. I get a pair of skis that are almost my height and a pair of very stiff boots. They are completely plastic. They don't move at all. I put my feet in and I don't think my feet have ever been in anything tighter. It's sort of uncomfortable. They are red. I waddle back and forth like a penguin.

I can't even walk in these things. I feel like my best friend's horse when it first got iron shoes put on. Walking across the carpet of the lodge is hard. It's even worse in the snow. My feet are so heavy and my ankles can't even move. Oh well. Out we go, and Stephanie shows me about my skis. She helps me clip into them and tells me to try this, try that. I am so excited! I start going down a small slope and can't stop. Faster, faster! I can't stop. Over a dude's snowboard I go and I stop suddenly in a snowbank. Stephanie runs after me, her face unreadable. I think she's mad at me (and I feel bad about raking my skis over that guy's snowboard), but she's sort of smiling, and I don't really care. That was fun.

Lesson time. I am put with a whole bunch of other kids and a couple of husky guys are teaching us about pizza-pies and French fries. Pies are for going slow; fries are to go fast. "You need both to have a good meal." We practice walking sideways up the hill. A lot of us slide down, sideways, backwards... the hill is pretty much flat but tilts just enough to let us slide around. At least it isn't steep!

I am so hungry, lunchtime must be soon. But my lesson ends at lunch so we have one more thing to do: we get to ride on the lift

and go down the bunny hill! I am not good at getting on the pull-lifts. So I have to get on the chair lift. I fall down getting off of it. I stare down a hill that looks way too steep. Hesitating, I slide forward. My teacher tells me to remember my pizza if I'm going too fast. He fastens a clip on the front of my skis to keep the points together. They like to separate a lot. I slide some more. The hill gets steeper and steeper.

I don't remember getting to the bottom. I just remember struggling to get up from the ground when I fell. But when I look up, I am looking up the hill. I did it! I'm not sure what happened, but it happened! I notice how hungry I am again. Before Scott and Stephanie pick me up, I get to go down the bunny hill a couple more times. I'm not very good yet but it was fun.

We sat at the top of the lodge in front of a HUGE window. Warm, cheesy pizza filled my mouth and warm cocoa chased it down. The snow outside looks blue. "Your goggles have been blocking the sun's harmful rays so you don't get sunburn on your eyes", my sister said. Outside, on the mountain, I watched skiers and snowboarders race their way down black diamonds on blue snow. "You must have to be big and strong



and have a black beard to go down one of those hills", I think. Mike says he is going to try. Maybe when you grow a beard.

It's my turn to go with Scott and Stephanie. They say we're going on a Green. I had been on the bunny hill all day, but now I imagine white rabbits hanging around a green field. I don't like the white bunnies. I like the big, brown ones. I think about rabbits

as we ride the lift up, up, up. It's so much longer than the other ride. We finally get off and guess what. I fall again.

I look down the green hill. I think "green for go." Go down the hill. It's steep. To my little eyes, it's very steep, and scary. Stephanie teaches me how to turn. I go right. I fall. I turn. I go left. I fall. I turn.

Though this is fun, my legs are tired. My back is tired, and so is my rear end. It's getting dark. We're almost down the hill, and I'm very happy that I've made it but I'm also sad that it's almost over. BOOM! A gigantic noise echoes around the mountain. "Avalanche triggers," my siblings say. It was cool. But why would they want to start an avalanche? "To keep avalanches from coming down on people during the day," is the answer I get. Snow is starting to fall again.

When we finally get to the bottom, I see the lift and want to go again. "Not today," they say. It's time to go home. I think of all I have done today: the bunny hill, the husky ski instructors, lifts, blue snow, black diamonds, green hills, turning, stiff boots, and sore muscles. I'm suddenly very sleepy and the light fades behind a peak. How did this day go by so fast? I cannot wait to go again. But for now, it's time to go home and sleep.

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A discussion to re-introduce the wolf in Colorado

by Daniel Dunn

In front of a polite and calm crowd of about 120 interested citizens at Colorado Mountain College, Breckenridge, Delia Malone, speaking on behalf of the Sierra Club, addressed the topic of reintroducing wolves to Colorado. This topic usually stirs up a great deal of emotions, possibly resulting in vocal, unproductive gatherings. But that wasn't the case on October 29, 2015. Thoughtful, thorough, and clear in her presentation, Malone spoke quickly and got right to the point. Is there room for wolves in Colorado? Why are we even thinking about reintroducing them? Isn't everything just great the way it is?

No, everything isn't just fine. The elk population of Colorado is over its carrying capacity, especially in certain areas like Rocky Mountain National Park. The lack of wolves causes the rest of the ecosystem to be out of whack. Fewer wolves almost certainly means a greater coyote population, which will prey on all smaller game, including house pets. However, coyotes don't possess the same pack hunting skills as wolves do and simply cannot bring down an elk by themselves. With no wolves to keep them on the move, elk hang out in the same area, depleting the zone of all vegetation. Elk will eat just about anything, whereas mule deer have a specific diet. With little to eat, mule deer numbers dwindle. Too many elk leads to other problems such as important riparian zones being depleted of soil stabilizing vegetation, which leads to fewer willows, leading to dirtier water. Beavers and songbirds are also a casualty. Songbirds are important to the overall health of any ecosystem for the amount of insects they eat, which devour vegetation, promoting an unsustainable, vicious cycle.

Now consider the effects of climate change, with winters becoming shorter, less "winter kill" of elk occurs. Winter kill is when elk die because of long winters,

lack of food, and inability to endure a harsh environment. This exacerbates all of the previously mentioned imbalanced sub-systems. Wolves can control elk population while also controlling their own population and this is why wolves are a key component to any healthy ecosystem.

Through their family, or pack structure and way of life, wolves limit reproduction to what the environment can handle. Alphas, or the leaders of the family, male and female, can suppress reproduction in other members of the family. Only when the alpha animals are removed from the family, through hunting or other methods, do problems with overpopulating, hunting livestock, and general bad behavior happen. Imagine if teenagers are in charge of the neighborhood, with access to beer and fast cars.

The elk population of Colorado is over its carrying capacity, especially in certain areas like Rocky Mountain National Park. The lack of wolves causes the rest of the ecosystem to be out of whack.

Malone is an ecologist, with Masters Degrees from University of Colorado, Denver, and Loyola University. She specializes in healthy ecosystems, working for the Colorado Natural Heritage Program. At times it



seemed healthy ecosystems were all she was talking about, not the headlining wolves. However, as the crowd learned that night, if you want a healthy ecosystem, wolves are the key missing crucial component. In order to have a thriving, diverse environment we not only want wolves, but we probably need them. "We need wolves to restore the ecological balance, to bring back our native biological diversity, to restore stream health, to moderate prey populations, ungulates, elk, deer, that are completely out of balance with the carrying capacity of the system."

Malone started the evening's talk by asking us all to be patient for a few minutes as she explained the science of biological systems and exactly where wolves fit it. She next moved to the history of settling the

West, and explained how unregulated hunting and grazing, competition from domestic livestock, and habitat destruction from unrestrained timber harvesting completely eliminated elk from Colorado. Westward expansion took its toll first on elk, then on wolves. Only after elk, the main and chosen prey of wolves, were extirpated from Colorado and other states, did wolves begin to prey on livestock. The timeline is important. Given the choice, wolves will pursue elk, not cattle and sheep.

Here the story could diverge down a path of clashing opinions. Hunters, ranchers, tree huggers, liberals, Republicans and Democrats all pointing fingers, screaming at each other, and getting nothing done. This is also where Malone's greatest skill may lie. She's been down that road and has seen the result.

As a Colorado resident, she not only is aware of Colorado's ranching and hunting history, but she embraces it as part of what makes Colorado great. When talking about the next steps and who decides about wolf reintroduction in Colorado, Malone had this to say. "If we can get buy-in from the ranching community and from the hunting community quite honestly, then we hope to do this with agreement with Colorado Parks and Wildlife and with the Feds. Legislation is our last strategy. We don't want to do that; we'd rather have cooperation with everyone concerned, because that way we don't end up with dead wolves."

Further explaining how hunters fit into the overall system. "The perception is that human hunters will have to compete with wolves for their game. Human hunters are going after the bulls, the trophy racks. Hunting is very dangerous to wolves; they end up with broken bones and skulls. Wolves are going after the most vulnerable and in so doing are cleansing the herd; they're making the herd genetically stronger. Hunters are doing exactly the opposite by going after the strongest. Hunters ought to really embrace the concept of wolves because wolves will restore genetic health."

Malone went to great lengths explaining the family structures of wolves. She also elaborated on when the alpha animals are hunted, which leads to the breakdown of that family, that's when things can go wrong. Traditions are passed down from one generation to the next, and when young wolves don't know what's right and wrong, that's when they go after livestock. She believes one of the greatest faults in our dealing with wolves is breaking apart the family structure. By leaving that in place, we will avoid many human-wolf-livestock conflicts. Combining that practice with other conflict resolution strategies such as range riders (cowboys) who keep cattle moving, specific fladdery fencing known to deter wolves, guard dogs, and removing dead livestock in the winter, has resulted in many fewer wolf-livestock depredation episodes than in previous times.

Malone's presentation was calm, collected, and refreshingly free of political bias. No insults were hurled or even whispered. In closing, she wanted to leave us with this thought. "Colorado needs wolves, as much as wolves need Colorado. They need Colorado to disperse, in order to restore genetic variability in the population. Colorado needs wolves to help bring back native biological diversity. It's a reciprocal activity."

Daniel Dunn is a student at Colorado Mountain College.

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.

CANON CITY

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 Education Room. Contact NAMI at 719-315-4975 or NAMIsouth-eastco@gmail.com.

8 NAMI will offer its signature course to family members of a person with a serious mental illness in Canon City. This 12-week class is free, confidential and covers almost everything you wish someone would tell you from illness facts and medication to communication skills. It's a perfect gift and New Year resolution for yourself and your family member. The classes meet every Friday starting January 8 through March 25 at 6:30 p.m. Please register by calling 719-315-4975 or NAMIsouth-eastco@gmail.com. Location will be given to registered participants.

15 Fremont County Commodity Supplemental Food Program. Distribution is the third 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.

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

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

COPPER MOUNTAIN

8 World's Largest Ski and Ride Lesson. As a part of Learn to Ski and Snowboard Month nationwide, Copper Mountain will be participating in the World's Largest Ski and Ride Lesson on Friday, January 8 at 10 a.m. This event will set the World Record for the largest multi-venue ski and snowboard lesson ever taught. Visit CopperColorado.com for more details.

16 & 17 Safety Fest. Copper is proud to recognize and support the National Ski Area Association's National Safety Month with its annual Safety Fest, a weekend of safe skiing and riding education, demonstrations and giveaways. Copper's Burning Stones Plaza in Center Village transforms into a Safety Village featuring National Ski Patrol signing up guests for Ski Patrol mountain sweeps, Summit County Rescue Group offering backcountry awareness and beacon training, and more. Guests who visit all Safety Village vendors are entered in a daily raffle where prizes include helmets, lift tickets and season passes. Copper's very own certified Avalanche Rescue Dogs will be on hand for demonstrations and meet-and-greet sessions twice daily throughout the weekend. Additionally, a Flight for Life helicopter will land on Saturday, January 16, at approximately

10 a.m. at Patrol Headquarters, located at the top of the Excelsior and Super Bee chairlifts. For more details, visit CopperColorado.com.

17 & 18 Woodward Copper Winter Camp. Join Woodward Copper for the first Winter Camp session on Sunday, January 17 and Monday, January 18, hosted by Never Summer Snowboards. Campers spend half the day in the Barn and half on snow in Woodward's award-winning terrain parks. Campers also have exclusive access to the BagJump NITP. Winter Camp is open to intermediate skiers and riders ages 8 and up with no previous terrain park ability necessary. Visit WoodwardCopper.com to book now.

23 & 24 WinterBike. Join Copper and the Cloud City Wheelers for the 5th Annual WinterBike, part of the Leadville winter mountain bike series. Competitors will ride into the night for this cross-country mountain race on Saturday, January 23. Check out what winter riding is all about with Fat Bike demos, or make it a family affair with LittleBike and JuniorBike, free fun rides for the kids. Free bike demos will be available throughout the weekend. Visit CopperColorado.com for additional details. For more info call Stephanie 970-968-2318 x38827 or visit CopperColorado.com.

CRIPPLE CREEK

23 & 30 CC & V Visitor Center programs. See ad on page 20.

23 Lissa Hammer performs at Bronco Billy's from 7 p.m. to 10 p.m.

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

CRIPPLE CREEK PARKS & RECREATION

On-going classes
• Aikido for Adults (Martial Arts), Mon. and Wed. 6 p.m. to 7 p.m., only \$5
• Archery Classes, most Fri. 5 p.m. to 6 p.m., and Sat. 8 a.m. to 10 a.m. by appointment, call for fees.
• Bible study for women only, every Wed. evening from 5 p.m. to 6:30 p.m., Free
• English as a Second Language. Call Michael 719-689-3514 for information.
• Judo, on Tues. from 6 p.m. to 7 p.m., only \$5

Activities, sports, fitness

• Air rifle shooting for kids ages 5 to 16 every Thurs. from 5 p.m. to 7:30 p.m., Free
• Archery indoor open shooting, most Fri. 6 p.m. to 8 p.m. and Sat. 10 a.m. to noon, call ahead, \$2
• Archery outdoor open shooting, daily sun-up to sun-down, \$5 pay at Park & B
• Day Care (KRU - Kids Rock University), Licensed Program ages 5 - 17, Mon - Fri
• Day Care (KRU) field trips one Friday per month, call for dates/times/places
• Fitness Center Membership \$14/month or \$3 day, or \$20 Punch Card 10 visits
• Kids Adventure Club for Boys and Girls, Grades 1 thru 6, Call John for info 719-689-3514
• Roller Skating/Blading most Fri. 1 p.m. to 4 p.m., call ahead, \$2
• Silver sneakers fitness membership is free for qualifying seniors!
• T-25 Cardio Workout DVD is free to

all fitness members
• Volleyball open gym at Cresson Elementary, Sun. noon to 2 p.m., free
• Walk/Run with "5K at 10K Running Club" on Thurs., free
• Youth basketball games on Sat., call for details
Call 719-689-3514 to Register/Questions/Fees

GED CLASSES through Community Partnership for more information or to register call Katy Conlin at 719-686-0705.

DIVIDE

11 & 25 Divide Little Chapel on the Hill - Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapel-foodpantry@outlook.com.

23 Teller County Shooting Society. The Teller County Shooting Society will be holding a General Membership Meeting on Saturday, January 23, 2016. We will meet from 10 a.m. to noon at the Pikes Peak Community Center in Divide. Guests and the general public are welcome. Please come hear about the progress we have made in the planning and construction of the Gold Camp Shooting Sports Center as well as our plans for continued construction this year. There will also be membership information, a 50-50 raffle, show and tell, and an auction of shooting-related items. For more information go to our website at tcss-co.org or call 719-930-2823.

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

GED CLASSES through Community Partnership for more information or to register call Katy Conlin at 719-686-0705.

FLORENCE

JOHN C. FREMONT LIBRARY
6 Story time at 10 a.m. Bubble Bath
7 Teen group at 3 p.m. Crazy Resolutions

12 Story time at 10 a.m. Dinosaurs
14 Teen Group at 3 p.m. Maker Kit Fun

15 Friday night movies. Conspiracy: The Sustainability Secret at 5 p.m. This documentary focuses on the shocking, yet humorous, journey of an aspiring environmentalist, as he daringly seeks to find the real solution to the most pressing environmental issues and true path to sustainability. Written and directed by Kip Andersen and Keegan Kuhn. Starring Michael Pollan, Dr. Richard Oppenlander and Howard Lyman. Free Popcorn! Bring your own drink. John C. Fremont Library, 130 Church Ave., Florence, CO 81226, Phone 719-784-4649.

20 Story time at 10 a.m. I am a Friend
21 Teen Group at 3 p.m. No Name-Calling Week
23 Family movie at 2:30 p.m. Minions. Minions Stuart, Kevin and Bob are recruited by Scarlet



Women of grit in the Pikes Peak Region

In 1862, the Homestead Act gave brave souls an opportunity to own 160 acres of public land. New York widow Fannie Gray came west to try her luck in the Ute Pass area. Like most of the early pioneers, she likely faced many challenges: tending to crops and livestock, hauling firewood and water, and coping with the cold, altitude, and isolation in a rural mountain setting.

For other women who ventured west with their husbands, the distinction between "men's work" and "women's work" was often blurred as women performed physical tasks alongside their husbands in order to maintain home and family. This exhibit celebrates the strength and perseverance of Fannie Gray and other women and features historic artifacts and vintage photographs. Women of Grit in the Pikes Peak Region is brought to you by the Ute Pass Historical Society, and will be on display through January at the Woodland Park Library on the second floor, just outside the Colorado Room.

Overkill, a super-villain who, alongside her inventor husband Herb, hatches a plot to take over the world. Stars: Sandra Bullock, Jon Hamm, Michael Keaton. Free cookies and bananas, bring your own drink. Rated PG.

27 Story time at 10 a.m. Polar Bears and Penguins

28 Teen Group at 3 p.m. T-Shirt Design

29 January's celebrated artist is from Florence, Suzette Baker, will showcase frames decorated with beads, brooches, pendants and jewelry. She will also feature apparel that she has refashioned. Join Suzette for her Art Reception Saturday, January 9th, 2pm.

29 Friday night movies. McFarland USA at 5 p.m. This movie is based on the true story of a cross-country high school team that overcomes many obstacles and difficulties. Starring Kevin Costner, Maria Bello and Ramiro Rodriguez. Rated PG. Free Popcorn! Bring your own drink.

John C. Fremont Library, 130 Church Ave., Florence, CO 81226, 719-784-4649.

FLORISSANT

17 Learning herbs with the Thymekeeper. Make your own herbal supplements. How to make capsules, pills, teas and tinctures. When to use one method over another and where to get supplies. We'll also have hands on processing experience. Sunday January 17th 1:30 p.m. to 3:30 p.m. at The Thymekeeper 1870 CR 31 Florissant. Class fee: \$20 per person. Pre-registration is required.

FLORISSANT GRANGE
23 Musicians Swap Meet. Florissant Grange hall (the old school house), from 9 a.m. to 3 p.m. Buy, sell, trade, musical instruments, amps, accessories etc. Phone 719-748-5004.

Jam Night - Every Thursday all year

Contact Mari at mugsypad@aol.com or 719-439-7303.

7, 14, 21, & 28 Thunderbird's Thursday night open mic night begins at 9 p.m.

FLORISSANT FOSSIL BEDS
23 Winter Ecology Seminar: How do animals survive the winter in the Rocky Mountains? Join Monument volunteer interpretive ranger Steven Veatch as we explore the interrelationships between plants and animals in the winter environment at Florissant Fossil Beds National Monument. Please meet in the visitor center at 1:00 PM. The program goes from 1 p.m. to 3:30 p.m. It will involve some short hikes outside. Please dress for winter conditions.

24, 27, & 31 Hikes For Your Health: Join a park ranger and other participants as we hike one of the Monument's 14 miles of trails for health and for fun. The program will meet at the visitor center at 10 a.m. and will go until 1 p.m. Please dress in layers with appropriate gear for a 2 - 3 mile hike in winter conditions. Cost to visit is \$5. For more information please call the Monument at 719-748-3253 ext. 122 or 202 or visit our website at www.nps.gov/flor or Facebook at /FlorissantNPS

FLORISSANT GRANGE
23 Musicians Swap Meet. Florissant Grange hall (the old school house), from 9 a.m. to 3 p.m. Buy, sell, trade, musical instruments, amps, accessories etc. Phone 719-748-5004.

Jam Night - Every Thursday all year

the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck.

Yoga Classes - Tuesdays and Thursdays at 9 a.m. for all ages. Donations accepted, everyone welcome. Call Debbie for more info: 719-748-3678. For more information call the Grange at 719-748-5004.

FLORISSANT PUBLIC LIBRARY

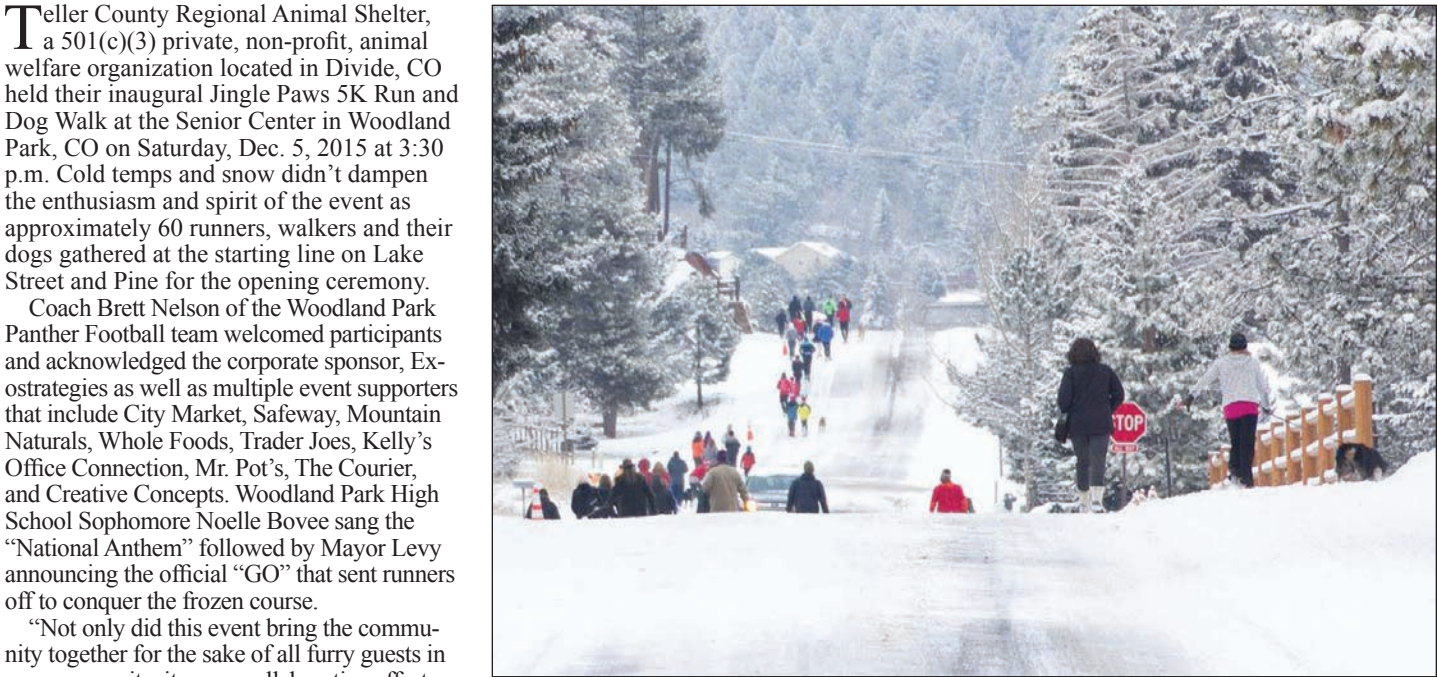
2 & 16 Adult Writers Group. The group meets at 10 a.m. on the first and third Saturday of each month, now at Florissant Public Library. For additional information Summer may be contacted at 719-748-8012 or summersandi25@yahoo.com.

5 (February) A free legal clinic for parties who have no attorney, will be featured from 3:30 p.m. to 5 p.m. on the first Friday of each month at your Florissant Public Library in Florissant. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Please preregister by calling 719-748-3939 for Florissant. Florissant Library is at 334 Circle Drive, call 719-748-3939 for more information.

GUFFEY

FRESHWATER SALOON
16 Adam Ashley & Joe Bellavia country duo at 5 p.m. to 8 p.m.

continued on page 28



Cold temps and snow didn't dampen the enthusiasm and spirit of the event as approximately 60 runners, walkers and their dogs participated in the Run and Dog Walk.

a portion of the proceeds went to 'Help the



Jingle Paws 5K Run and Dog Walk benefits Help the Needy.

Needy' for staffing the event with volunteers.

"Help the Needy is happy to have partnered with TCRAS to make the Jingle Paws 5K event a success. Both of our organizations believe that it is advantageous for local groups such as ours to work together. It is a great benefit to us and to Teller County," said Help the Needy President Vince Scaralta.

Each year, nearly 800 dogs and cats in need — lost, abandoned, homeless, abused, or neglected — find loving hands, warm beds, and nourishing meals at TCRAS until they are reunited with their owners or adopted into new homes and families. "Jingle Paws 5K was such a successful event not only for TCRAS but also for Help the Needy. Although, adoption fees for pets at TCRAS are very reasonable, they don't cover the expenses to get an animal ready for adoption, and the money raised from this event will help with those costs," concluded Steinbeiser.

After the run, participants gathered for the award ceremony and enjoyed hot cocoa, cider and snacks at the Woodland Park Senior Center. Online results can be viewed at <http://www.crtiming.com/events-results/2015-results/jingle-paws-5k.htm>.

~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.

continued from page 27

23 Freshwater Wayne Faust from 4 p.m. to 7 p.m.
6 February Open Mic Night hosted by Mark Griffith & Byron Streitz from 5 p.m. to 8 p.m.

LAKE GEORGE

LAKE GEORGE CHARTER SCHOOL
4 Classes resume
9 Library fun day at 1 p.m.
18 Martin Luther King Observance – no school
20 Pebble pups at 6 p.m. Florissant museum

OLD COLORADO CITY

8 A look at historic preservation at 6 p.m. Presenters - John Haney, William Boddington, Historic Preservation Alliance - Gordon Anderson, photographer of "Historic Homes of Colorado Springs and Vicinity". The presentation includes an overview of the Historic Preservation Alliance of Colorado Springs-their mission, goals, education, projects and events. The book photographed by Anderson will also be highlighted with stories of his work with his mother, author of the book, including the content and background. Book signing to follow. Light refreshments will be served. At 5:30 p.m. the historical society will vote on a new board of directors. Members are requested to come early for voting. For information call OCCHC at 636-1225, 1 South 24th St., Colorado Springs. Free for members, \$5 for non-members.

SALIDA

7 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions are first Thursday of each month at Salida Community Center, 305 F Street,

from 9:30 a.m. until 2 p.m. Call Elaine Allemang for more information 719-539-3351.

7 Free Legal Clinic at Salida Regional Library from 3:30 p.m. to 5 p.m. A free legal clinic for parties who have no attorney, will be featured from 3:30 p.m. to 5 p.m. on the first Friday of each month at our Salida Regional Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Walk-ins welcome!

WOODLAND PARK

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

5 (February) A free legal clinic for parties who have no attorney, will be featured from 3:30 p.m. to 5 p.m. on the FIRST FRIDAY of each month at your Florissant Public Library in Florissant. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Please pre-register by calling 719-687-9281 ext.103 for Woodland Park. March clinic is on the 4th. Woodland Park Public Library is located at 218 E. Midland Ave. Call 719-687-9281.

DINOSAUR RESOURCE CENTER

16 "The Magic of Electromagnets" and "Fun with Air" from 11 a.m. to 3 p.m. Steve and Susanne Leininger will present "The Magic

of Electromagnets". We all know that magnets are science and magic at the same time. What if you could make a magnet that you can turn on and off? Well you can and we will show you how! Susanne Leininger will present "Fun with Air". She will question, answer, test and investigate and you will learn some physics at the same time. Expect to be surprised and have fun at both of these programs. There will be take home projects from both of these demonstrations. On-going presentations from 11 a.m. to 3 p.m.

30 Introduction to Field Paleontology from 9 a.m. to 1 p.m. Join Steve Veatch and learn about excavating a dinosaur, how to collect fossils and about the identification of small vertebrate and plant fossils. Everyone gets a certificate of completion, a fossil specimen and a resource CD to take home. Class is from 9 a.m. to 1 p.m. Pre-registration is required. Call Deb at 719-686-1820 or 1104 for information. Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO. Visit www.mdmr.com or call 719-686-1820.

FARMER'S MARKET

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

GED CLASSES

through Community Partnership for more information or to register call Katy Conlin at 719-686-0705.

NEW MOM'S GROUP

5 New Moms' Group. Join us for this fun and educational gathering of new parents on the first Tuesday of every month. We will discuss topics such as infant sleep, infant feeding, postpartum adjustment or physical development and have lots of time for socializing and meet-

ing other parents. This group is provided free of charge and is open to all parents of babies under age 1. Held at The Yoga Room, 321 W. Henrietta Ave., Suite 1A, Woodland Park. For more info, call 719-761-7541 or communitymidwiferyco@gmail.com or visit www.CommunityMidwiferyCO.com

NON-RELIGIOUS EXPLORATION OF SPIRITUAL PRINCIPLES WITH BARBARA ROYAL

10 This is a new group for those who desire to gain insights and explore the effects of spiritual principles in their lives. The first talking circle will be on the spiritual law of self-forgiveness. Please see Barbara's article on page 7 in this month's UCN which gives more detail about spiritual laws and the purpose of the circle. Group meets at 1 p.m. Please contact Barbara at 719-687-6823 for the location in Woodland Park.

TEEN CENTER

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

4 Teen Center open noon to 6 p.m.
5 HeroScape Game from 4 p.m. to 5:30 p.m.
6 Cheesy fries special
7 Adopt-A-Spot & Recycling at 3:30 p.m.

12 House of cards contest 3:30 p.m.
13 Cheesy fries special
14 Book Club from 4 p.m. to 5 p.m.
15 Cooking workshop from 4 p.m. to 5 p.m.

18 Teen Center open from noon to 6 p.m. with movie day at 3:30 p.m.
20 Cheesy fries special
21 Science activity from 4 p.m. to 5 p.m.

27 Cheesy fries special and Sugar scrub craft from 4 p.m. to 5 p.m.
29 TAB Meeting from 4 p.m. to 6 p.m. After school hours: noon to 6 p.m. No school hours: noon to 6 p.m. Youth in Grades 6-12 are welcome! Teen Center is located at 220 W.

South Ave. Call 719-687-3291 for more information.

THUNDER BUTTE MOUNTAIN LODGE

16 & 17 Reiki I and II Weekend Class from 10 a.m. to 5 p.m. Learn to reduce anxiety, stress and pain. This is helpful for health care professionals or those with chronic illness and their families, as well as hospice situations. Deb Bruner will be teaching Reiki I and II material by William Lee Rand. Students will receive certification for both. For more information call 303-647-2352 or email: firemountainhealingcenter@gmail.com

UTE PASS CHAMBER PLAYERS

Feb 14 High View Baptist Church at 3 p.m. For tickets visit utepass-chamberplayers.com or call 719-686-1798.

UTE PASS HISTORICAL SOCIETY

History Park is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library. Call the Ute Pass Historical Society at 719-686-7512 for further information.

WHOLISTIC NETWORKING

19 The Wholistic Networking Community invites you to meet area practitioners and learn about holistic wellness on January 19 from 11 a.m. to 12:30 p.m. at the Rampart Public Library, 218 E. Midland Ave., Woodland Park, CO 80863. "Wholistic" in our name includes all, both seekers and practitioners, who pursue conscious living, a healthy lifestyle and desire a peaceful, natural world. Be sure to mark your calendars for our regular meetings on the third Tuesday of every month. The featured presentation for our January meeting is "Shumann Earthing Resonance Device and EMF's" by Shari Billiger and David Polley (rescheduled from November's

snowstorm). Shari and David are excited to share with you their Shumann Resonance Earthing Device. Learn about the many health benefits of earthing and how you can accomplish this from the privacy of your own home. 24/7. Many of us live in a busy world and aren't able to walk barefoot on Mother Earth often. In addition, they will share how you can protect yourself from the damaging effects of EMF's and more. Shari Billiger is an international spiritual teacher and vibrational healer of many modalities. She is co-coordinator of the Wholistic Networking Community and the lead of WNC's healing team. David Polley is a dowser, energy explorer, inventor, student and a member of the healing team. Come have fun with us! For more information about the Wholistic Networking Community or to RSVP, telephone 719-963-4405.

WOODLAND COUNTRY LODGE

Music schedule see page 6.

WP WRITERS GROUP

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

VICTOR

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

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