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Vol. 8, No. 3

Welcome to Ute Country

"Cars are like rolling diaries,
metal and plastic and paint tableaux
of the last ten years of their drivers' lives ...
every dent, every drooping slice of chrome,
has a story behind it."

— JIM ATKINSON

PEEK INSIDE...



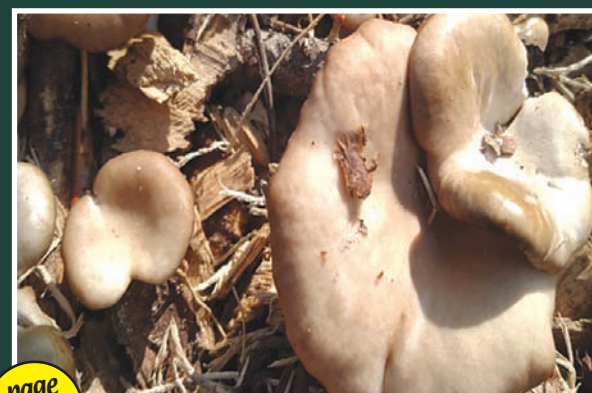
page
5

Birds of the Ute Country



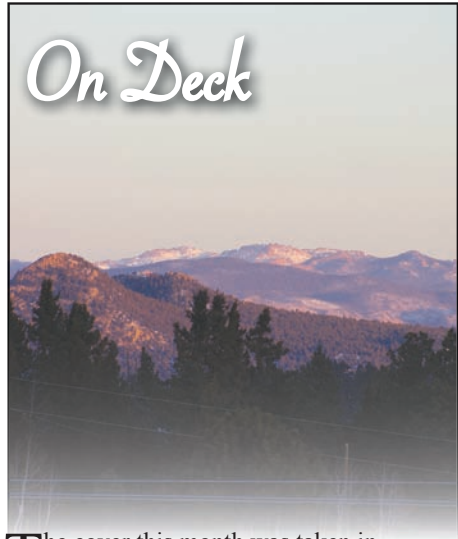
page
12

Hartsel huskies III: Capri's story



page
28

The fungus among us



The cover this month was taken in downtown Guffey of an old car that has seen a lot of miles. This modern mode of transportation is a way of traversing the vast distances in this beautiful state quickly. It still takes a while to get from point A to point B, yet where else could such beauty be observed? Thanks to Bill Sioux for allowing us to take this photo.

March is a great month for road trips and Colorado is a great state to take them. All you need are four good tires, a little gas, and an engine that can climb the slopes. It can be helpful to check the weather forecast as March has traditionally been one where we get a fair amount of snowfall. At the same time, getting caught in the snow can make any event even more fun and builds character. There are lots of events to attend in our coverage area. Read more to find about many destinations to travel to in March.

We take this opportunity to welcome Lana Paul, whose new column, "Wellness by Lana" will help us all understand what wellness really means. She will combine fitness, nutrition, and how to apply common sense to your wellness journey. See page 30. Welcome Lana!

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 utecountrynewspaper@gmail.com or call 719-686-7393. We love to hear from you!

Thank you,
— Kathy & Jeff Hansen

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



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The Thymekeeper What are essential oils and are they safe?

by Mari Marques

Essential oils are highly concentrated and extremely potent substances containing the aromatic compounds from plants. There is really nothing essential about them and they aren't necessarily oily in the fatty sense of the word. They are extracted from different parts of plants and have been used extensively by the food, beverage, and cosmetics industries to name a few. Essential oils are nothing new and not just a passing fad.

Historically, essential oils were used by royalty to enhance their chances in love. It is reported that Cleopatra kept vast gardens to ensure a good supply. In the 16th century, Elizabeth I used copious amounts of lavender oil as did Queen Victoria in the 19th century; most likely to keep the bugs at bay although lavender is quite calming and I would imagine the queen of a nation would probably appreciate that aspect. (Worwood, 1995)

Not only have essential oils been used to flavor food and make people smell good, because they're derived from plants, they are good herbal remedies. As remedies, essential oils appeared in the very first pharmacopoeias. Yes, they are safe if they are used properly. As with any herbal therapy, if used improperly, essential oils can be dangerous, and not to sensationalize, but can even result in death. Some even range from "potentially toxic" to "highly toxic". Can they react with or change the way pharmaceutical medications behave? You bet they can (more on safety guidelines later).

The act of using essential oils therapeutically is called aromatherapy. As the name implies, it has a lot to do with the olfactory system. EO's are volatile, meaning they disperse into the air. Once these aromatic molecules reach the nerve rich sensors in your nose, it sets off a reaction resulting in brain activity. These molecules also reach the trachea and lungs when we inhale them but olfaction also involves other body systems as well.

There are two basic ways in which essential oils have an effect on the body; through the nose and through the skin. EO's are thought to enter the body through the skin because their molecules are extremely small. This is called percutaneous absorption. The beauty of percutaneous absorption is that the oil can be applied to the part of the body where it is required or as near to it as possible. Many essential oils will burn your skin or cause adverse reactions if applied directly and not diluted with a carrier oil. When someone suggests applying essential oils "neat", meaning undiluted, the potential for problems can occur.

Dilution Guidelines

1% dilution=5-6 drops of essential oil to 1 fluid ounce carrier oil
2% dilution=10-12 drops of essential oil to 1 fluid ounce carrier oil
3% dilution=10-12 drops of essential oil to 1 fluid ounce carrier oil

source: Rebecca's Herbal Apothecary & Supply

Carrier oil refers to any organic oil such as olive oil, grapeseed, or sweet almond oil to name three. There are actually many more to choose from all having different viscosity.

Misleading terms cause confusion

In my experience using essential oils, as well as many of my colleagues such as massage therapists, herbalists and other natural practitioners who are already trained in some aspect of health care have incorporated EO's into our practices as a method of healing. Essential oils are very versatile and can be used in many different settings and in some cases such as hospice, aromatherapy is the most requested service offered. However, the term "aromatherapy" also refers to the use of beauty and body care treatments.

From a legal standpoint there is no difference between a pure essential oil and a chemical copy. Currently this industry is not regulated by the FDA and there is no one to determine what oils are "therapeutic" grade and which aren't. In fact, therapeutic grade is a term coined by one of the Multi-Level Marketing (MLM) essential oil companies and therefore cannot legally be used by anyone else. Basically adding just one more layer of confusion to which oils are best used medicinally.

All reputable essential oil companies

will clearly state their oils are pure and uncut and be able to provide you with MSDS data upon request. My choice for essential oils is The Lebermuth Company who has been a leading innovator in the industry since 1908 and does provide MSDS sheets with each order.

In addition, some unscrupulous commercial companies have taken advantage of the lack of regulation and have used the word "aromatherapy" to sell their products when there is nothing pure about them. In that same vein, the word "aromatherapist" can be very misleading. It can refer to someone that has committed themselves to a two to four-year comprehensive training program, or to someone that has attended an introductory course, or to those who received training from a MLM company's DVD. A "certificate" or "diploma" from any one of these sources is not a national certification or a license to practice and does not qualify a person to advise on health issues. Although, I would trust the advice of the individual that went through a complete comprehensive training program over the latter. People that take it upon themselves to give advice after receiving minimal training could be far more dangerous than helpful especially when it comes to essential oils. If the first you've heard of essential oils is coming from someone trying to sell them to you, it would be in your best interest to educate yourself further before using them, especially on anyone other than yourself.

In the case of essential oils, more is not better

Now that you know essential oils can burn the skin, one common mistake I find that occurs far too frequently is using too much in the bath. Most people think because the bathtub is rather large, more is better. It is not. You can get a full body burn from overuse in the tub and you won't even realize it until you're out of the water and burning from head to toe.

Another huge consideration is this; you are skin on the inside too and being that the inside skin is protected solely by mucous membrane; it is much more delicate than the skin on the outside. I cringe at the very suggestion that essential oils are safe to ingest. I once attended a talk given by a MLM company's sales rep and inquired as to what dosage should be taken since they recommend ingesting the "Thieves" blend. When she recommended starting with 6-8 drops I nearly fell off my chair. Big red flag! Where there is money to be made, the best decisions aren't always present.

Let's give this a second or third thought mixed in with a little common sense. When you put a drop of essential oil into a capsule and swallow it you are bypassing a huge amount of pain receptors. If your mouth had any idea of your intention it would protest violently. If you don't believe it, put a drop of oregano essential oil in your mouth. If the resulting tears aren't enough to convince you, consider this; in many cases your liver is responsible for metabolizing oil. If you were ingesting ANY amount of essential oil on a daily basis over a period of time, what's known as a cumulative effect could occur and eventually cause your liver to mysteriously fall into failure. You have to take into consideration what could be going on inside when ingesting EO's and historically this has never been a method of administration by herbalists.

In fact, it was NEVER suggested to be taken internally in our training from herb school. Advice from world renowned aromatherapy experts, Kathy Keville and Mindy Green, "Don't take essential oils orally for therapeutic purposes. Safe ingestion of oils requires a great deal of training and is therefore not recommended for beginners. The exception is when we suggest using essential oils to flavor foods. The dosages per serving in these recipes are minimal and harmless."

The Alliance of International Aromatherapists also makes a statement on the internal use of essential oils: "AIA *does not* endorse internal therapeutic use (oral, vaginal or rectal) of essential oils unless recommended by a healthcare practitioner trained at an



appropriate clinical level. An appropriate level of training must include chemistry, anatomy, diagnostics, physiology, formulation guidelines and safety issues regarding each specific internal route."

If you are ever advised to take essential oils orally, do yourself a favor and ask how they are qualified to advise on your health issues; your continued health could depend on it.

For more on essential oil safety guidelines see: http://www.healthy.net/Health/Article/Guidelines_for_Using_Essential_Oils_and_Herbs/1711

I find that applying essential oils to the bottom of the feet just as effective as taking them by mouth and much safer, so why risk it? If you cut a clove of garlic in half and apply it to the bottom of the foot, within a matter of seconds you will taste garlic in your mouth demonstrating how quickly the bottom of the foot method works. This is also a tried and true folk method for colds and flu. Another useful resource for essential oil safety can be found here: <http://theessentialherbal.blogspot.com/2016/02/resources-for-safe-use-of-essential-oils.html>

Some basic cautionary guidelines

Once you've received proper education regarding the use of essential oils and are feeling confident in using them, it's always best to take care when using them on children (especially infants), animals, and the elderly. Other cautionary steps should be taken when using them on people that take pharmaceutical medications, people in frail health and in pregnancy and nursing mothers. Always keep essential oils out of the reach of children and animals. **If accidental ingestion does occur, contact your poison control center immediately.**

Breaking news

In yet another case of improper or inadequate training using essential oils, companies and the individuals who work for them cannot claim to "treat or cure" a disease without FDA approval which is an extensive and lengthy process. Terminology is key and can land you in some pretty hot water when it comes to making health claims regarding natural products. In the latest news:

"The FDA issued warning letters this week [Feb 19th 2016] to the two largest MLM distributors of essentials oils in the United States claiming that their products are being marketed as unapproved drugs. The companies have to remove all health claims and take corrective actions, or face very serious legal action, which can include armed federal marshals coming to their warehouses and seizing all of their inventory."

See more at: <http://healthimpactsnews.com/2014/fda-targets-essentials-oils-sees-as-threat-to-new-cbola-drugs/#sthash.qjgdmokB.dpuf>

As mentioned earlier, the essential oil industry is not currently regulated by any governing body. That could easily change causing a great deal of meddlesome issues and red tape for legitimate qualified practitioners and natural product makers; but could mark the end of a dangerous trend of misuse and misinformation regarding the use of essential oils.

Three reputable sources for essential oil research, safety, and education

- Alliance of International Aromatherapists
- Aromatherapy Registration Council
- International Federation of Aromatherapists

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. Mari offers herb classes every third Sunday of the month. For questions or more information contact: Mari at mugsyspad@aol.com or 719-748-3388 or 719-439-7303. Mari is available for private consultation or private classes.

Pike in Colorado

by Linda Bjorklund

Zebulon Montgomery Pike was born in New Jersey in 1779, son of a Patriot who began his own military service in 1775 at the beginning of the Revolutionary War. Young Zebulon followed in his father's footsteps as he began his military career, serving at Fort Bellefontaine, near St. Louis, Missouri. Pike's commander was General James Wilkinson, Governor of the Upper Louisiana Territory.

Zebulon Pike, Jr., married Clarissa Harlow Brown in 1801. They had one daughter that survived to adulthood, named Clarissa after her mother. The younger Clarissa later married a son of President William Henry Harrison.

The year was 1806. Lewis and Clark had not yet returned from their historic exploration of the Missouri River, and their quest to find a water route to the Pacific coast. General Wilkinson had sent Pike on a preliminary expedition in 1805 to find the source of the Mississippi River and now was ready to send him on a more important mission. Officially, Pike was ordered to explore, map and find the headwaters of the Arkansas and Red rivers. He was also instructed to evaluate natural resources, and establish friendly relations with Indian tribes.

After President Jefferson purchased the Louisiana Territory from France in 1803, there was much speculation about what could be done with the territory that at once had doubled the size of the United States. It's important to note that the boundaries of the territory had not been officially declared, particularly those in the west.

The Arkansas River originates in the Colorado Rockies and flows southeasterly until it eventually empties into the Mississippi River in the state of Arkansas. The Red River originates from two forks; one in northern Texas and the other in southwestern Oklahoma. It, too, flows southeasterly until it empties into the Mississippi River from a point in the state of Louisiana. The Mississippi River then flows into the Gulf of Mexico.

Pike and his group numbered 23 men, as they set out on July 15, 1806. They reached a village of Pawnee Indians near the Republican River (in the heart of what is now Kansas), where they were told that a large contingent of Spanish troops had been there and were looking for them. Undeterred, Pike and his men travelled west and found the Arkansas River.

There the party split up. Six of the men got into their canoes and headed downriver. The rest of them, including Pike, prepared to go upstream. In mid-November the latter explorers got their first glimpse of the Rocky Mountains. They all shouted with enthusiasm, "three cheers to the Mexican Mountains." In another few weeks they had reached the site where Pueblo is now. As they looked to the north, the saw a high peak that Pike described as "a small blue cloud." Pike took a few of them along as they decided to try to climb the peak.

The peak was, however, farther away than it looked. The men were ill equipped to handle the cold weather typical of the Rocky Mountains that time of the year. As they attempted to climb

up to the summit of the "Grand Peak" they had to wade through knee-deep snowdrifts in their light coveralls, with no stockings. They finally gave up and went back to their camp. It was years later when the name of the peak became Pike's Peak, in spite of the fact that Pike and his men never reached the top of it.

The entourage continued to follow the Arkansas River until they got to the site that is now Canon City, where they discovered the Royal Gorge. Supposedly looking for the Red River, Pike left the Arkansas River and led his men north. After a number of days they reached a river "forty yards wide, frozen over," which inexplicably ran northeast. Since the Red River was supposed to run south-east, they realized that this wasn't it. Instead, it was the Platte.

By now it was mid-December. They followed the river for a few miles, noticing that there were signs of Indian camps having occupied the area. They were puzzled at the corn cobs that had been left, and wondered if the Indians had somehow managed to grow corn or if they had traded it from the Spanish.

On December 16, Pike's men had reached the area that we now have named Tomahawk Ridge. They had found evidence of a large camp, which they estimated had been occupied by some 3,000 Indians. In the middle of the camp a large cross had been built. Pike wrote in his notes: "Quere. Are these people catholic?" In retrospect, it has been suggested that the "cross" might actually have been a Ute symbol that stood for the four directions—East, South, North and West. Ute



the Arkansas River. They realized their mistake when they had followed the river as far as Canon City, where they recognized their previous campsite at the Royal Gorge.

Pike then took his group southwest. They had reached another river and were again hopeful that they had indeed found the elusive Red River. It was by now late February. They built a fort there and hoisted the Stars and Stripes to flutter in the breeze.

It wasn't long, though, before the Spanish troops found them. Pike and his men had set up their camp along the Rio Grande and the Conejos, a tributary. Since the Rio Grande is located to the west of the Red River, this was territory that the Spanish claimed as theirs.

The Spanish were somewhat polite, but let Pike and his men know that they would be accompanying the Spanish to Santa Fe. The Spanish confiscated all the notes

that Pike had written. Pike was sent to Chihuahua in Mexico. After holding him for a year, the Spanish decided they didn't want to unnecessarily provoke their northern neighbor, so they took Pike and his companions to the Texas-Louisiana border and released them.

While he was being held in Mexico, Pike became acquainted with another American, who introduced himself as a trader. James Pursley (or Purcell as some sources say) told Pike that he had hunted and trapped in the same areas that the explorers had been. Almost as an afterthought, Pursley related how he had noticed gold in the streams in that area. It was the same area that later attracted gold prospectors in 1859 and started the rush to Colorado.

When he arrived home, Pike immediately began to re-write his notes and recollections about the expedition. They were published in 1810 as *The Expeditions of Zebulon Montgomery Pike to Headwaters of the Mississippi River, through Louisiana Territory, and in New Spain, during the Years 1805-6-7*. The manuscript was translated into French, German, and Dutch, as well as the English version.

Pike stayed in the military and rose in rank. By 1812, when the United States was again in a conflict with England, he had been promoted to the rank of Colonel. In 1813 he had become a brigadier general and successfully led combat troops in the attack at York. When the British began to withdraw from their garrison, they blew up an ammunition magazine, causing rocks and other debris to hit the approaching American troops. Pike was killed.

A lot of questions have arisen over the years about what Zebulon Pike was actually doing on his famous expedition. He seems to have made too many mistakes to have had such an innocuous purpose. It has been suggested that he was actually spying on the Spanish and deliberately allowed himself to be captured to gather intelligence.

At any rate, his exploration has become a part of our history. Pike's Peak is only one of the many places that now bear his name.

To celebrate that history, the Colorado Legislature is considering HB 16-1106: "County Authority to Designate Pioneer Trails." The bill is an effort to allow Colorado counties to identify historic trails and designate sites of historic importance relating to them. Three of Pike's campsites have been identified in Park County based on his journal entries.



View of the ridge near the Tomahawk State Wildlife Area that Pike reached on December 16, 1806. photo by Linda Bjorklund



The view that Pike and his followers had when they were near the Middle Fork of the South Platte looking northwest. This is two miles east of Hartsel. photo by Linda Bjorklund

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Watch for changes to the FAFSA

If you have a child in college, you're probably familiar with the Free Application for Federal Student Aid (FAFSA), which must be completed to help ensure that students don't miss out on federal and state grants, work-study jobs and loans. But you might not know that some important changes will be coming to the FAFSA during 2016, and these changes can affect both the process of filing for aid, and, possibly, the amount of aid your child will receive. Here are three key changes to watch for:

Earlier availability of the FAFSA.

Currently, you need to complete the FAFSA as soon as possible after Jan. 1, which means you're probably filling out the form even before you've filed your taxes, which aren't due until April. As a result, you may have to estimate your income and update the information later. However, beginning with the 2017-2018 school year, you can complete the FAFSA starting on Oct. 1 of the previous calendar year, rather than wait until January. At that point, you will already have filed your 2015 taxes, so in filling out the FAFSA, you won't have to rely on estimates of your income. For 2016 only, this change presents something of an anomaly, specifically: you should fill out the FAFSA as soon as possible for the 2016-2017 school year, using an estimate of your 2015 income, and then complete the FAFSA again in October for the 2017-2018 school year, using your actual 2015 income. In future years, you'll only have to complete the FAFSA once, with applications accepted beginning each Oct. 1.

Lower "asset protection" allowance.

When you report your financial information on the FAFSA, some of your assets, such as

your IRA and 401(K), are not counted toward the resources you're expected to contribute to your child's education. Some other assets are considered available, but a percentage of these assets can be sheltered, with the exact amount depending largely on your age and marital status. For the 2016-17 school year, this sheltered asset amount has been reduced significantly. However, while this reduction could have some effect on your student's aid package, it shouldn't be too severe because income, more than assets, is a bigger factor in the federal financial aid formula.

No more shared mailing list.

When filing the FAFSA, students can choose up to 10 colleges to receive their financial information. Previously, when students sent their FAFSAs to multiple colleges and universities, these schools could see the other institutions on the mailing list. But starting with the 2016-2017 application, schools will no longer have this information. This could actually benefit your child. Previously, if a school saw it was listed first on the FAFSA, it might have assumed it was the student's first choice and, as a result, may not have felt the need to be flexible in awarding financial aid. Now, though, without a list of its competitors, a school might be more open to negotiating a more favorable aid package for your child.

It's a good idea to stay current on the changes connected to the FAFSA because it helps determine financial aid eligibility, and financial aid is a key component of your strategy to pay for your child's (or grandchild's) education.

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

New executive director at Teller Senior Coalition

Teller Senior Coalition (TSC) is pleased to announce the appointment of Ralph Power as the new Executive Director. Ralph, who grew up in Pueblo and holds an MBA from CSU-Pueblo, is a longtime transportation professional with significant direct non-profit management experience and a passion for driving organizations and initiatives forward. Ralph started his nonprofit career at Senior Resource Development Agency in Pueblo, where he was the Transportation Coordinator. He also served as the Executive Director of MesAbility, Inc. in Grand Junction, which provided a number of human services programs and operated Mesa County's newly started public transit system. After nearly ten years supporting public transportation systems across the nation, Ralph returned to Colorado in 2012 as a transportation consultant.

Most recently, Ralph was the Project Manager for the development of a Five-year Human Services and Public Transportation Coordination Plan for Teller County. The plan includes developing strategies to improve mobility in Teller County through increased coordination between agencies and mobility management activities. Through his experience working with Teller County leaders and organizations on a number of recent transportation planning projects, he has become very familiar with the issues impacting the citizens of the county as well as issues specific to individual organizations such as the Teller Senior Coalition.

Ralph is excited to contribute to the community and provide stable leadership to Teller

Senior Coalition as the organization positions itself to meet the impending challenges of an aging population. He brings a strategic approach to organizational development that includes "growing programs to meet demand by identifying and utilizing all possible resources" and "coordinating with other area agencies to reduce overlap, increase inter-agency knowledge and more effectively deliver services."

Following the leadership transition, Interim Executive Director, Lisa Reed, will return to continue her Master of Social Work studies at Newman University. Lisa plans to remain engaged with volunteer initiatives in Teller County to benefit the senior community. The Teller Senior Coalition Board thanks Lisa Reed for her service and dedication working as the Interim Executive Director and ensuring the continuity of services through the period of change.

The Teller Senior Coalition is a nonprofit organization that has been serving seniors in Teller County since 1996. The mission is to provide services that enhance the lives of Teller County residents. Teller Senior Coalition provides transportation to seniors and disabled citizens who need assistance getting to medical appointments, shopping and social activities; nutritional meals at the Community Café; shelf stable and frozen meal delivery to the home-bound; case management; respite care and a variety of assistance programs. TSC requests a donation for services, but no one is ever denied any service. To learn more about the Teller Senior Coalition visit their website at www.tellerseniorcoalition.org or call 719-687-3330.

Museum re-opening in March

The Pikes Peak Historical Society is pleased to announce the opening of their museum for the 2016 season beginning Saturday, March 26th. The museum hours will be 1 p.m. to 4 p.m. on Saturdays and Sundays through May 22nd. Then beginning Friday May 27th the museum will begin Summer Hours, opening 10 a.m. to 4 p.m. on Friday, Saturday, and Monday with openings on Sundays from 1 p.m. to 4 p.m.

The museum is located at 18033 Teller County Road 1, across from the Florissant Post Office and conveniently close to Hwy 24 in Florissant. The 2220 square foot Museum opened in August, 2006 and offers visitors an entertaining and educational tour of the Pikes Peak region, from early explorers to Ute Indians and Mountain men to the early pioneers, railroads, and gold rush. Unique rocks, minerals, and fossils from the Florissant Lineament provide one of the richest geological exhibits in the Pikes Peak region.

A second museum, the Florissant Schoolhouse Museum, is located at 2009 Teller County Road 31, at the intersection of Wildhorn and Teller County Road 31 in Florissant. This building was the original teacher's residence at the Florissant school. It houses a vintage collection of 1800s school desks, books and other schoolhouse memorabilia. In addition, it is home to a beautiful collection of over 50 miniature historic buildings by well-known artist Ken Goehring. It is open by appointment only.

The Pikes Peak Historical Society invites you to learn more about the Pikes Peak region by visiting their museums and viewing the many displays. Admission is FREE. Can't make it during regular hours? The PPHS will gladly open upon request for school groups, social groups or for family groups with a 24 hour advance notice. For more information or to schedule an opening call 719-748-8259 or 719-748-3861.

Birds of the Ute Country

Red Crossbill *Loxia curvirostra*

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.

One of the most colorful winter birds in Ute Country is the Red Crossbill. These sturdy members of the Finch family are known for their crossed bill, with an upper mandible that crosses over the lower mandible. Adult males are a reddish/orange and females are an olive yellow. Both are easy to identify when seen foraging at the tops of conifers. As the Latin name *curvirostra* implies, this species has a curved beak.

Left-billed or Right-billed?

Left-handed people comprise about 10 percent of the human population. Crossbills, however, have a 1:1 ratio of left-billed versus right-billed birds. Researchers remain stymied about why half of the Red Crossbill population crosses the upper mandible left over right and the other half of the population crosses the upper mandible right over left. The Crossbill hatches with a more or less straight bill that is nearly fully curved (either right or left) about two weeks after fledging from the nest and learning to extract seeds from cones on its own.

Crossbills are the only type of bird in the world that has a crossed bill. While two species—the Red Crossbill and White-winged Crossbill—are recognized in North America, evidence supports that there may be at least nine subspecies in North America alone, each with a preferred conifer seed as its primary diet.

According to a 2007 study published in *Colorado Birds*, the quarterly publication of the Colorado Field Ornithologists, the Red Crossbill that calls Ute Country home likely prefers the seeds from the Ponderosa Pine cone. The Red Crossbill that prefers the

seeds from the Western Hemlock would be a resident of the Pacific Northwest, and so on.

Going where the food is

While the Red Crossbill is a year-round resident of Ute Country, birders can't always find them in the same place they first located them. If seed cones are prevalent in one location one year, they may be diminished in the next, so the nomadic Crossbill makes a habit of moving to a new neighborhood as needed to fulfill its seed-eating requirements. A large cone crop typically results in more seeds per cone and the abundant buffet can indicate to the Crossbills that a good nesting site has been found.

To watch the unique and highly adapted bill of the Red Crossbill in action, search "Red Crossbill ripping pine cone for seed" on ktbirding.com." This very short YouTube video demonstrates the Red Crossbill feeding in a Ponderosa Pine tree like you'd see in the Ute Country.

Fun facts

- Crossbills have long tongues that wrap around the hyoid area of the skull, similar to the long tongues of woodpeckers and hummingbirds. As the Crossbill's lower mandible moves from side to side, the

A juvenile Red Crossbill. Copyright 2016 Mary Menz.

Photo on the cover: A male and female Red Crossbills. Copyright 2016 Richard H. Hahn

bird's long tongue enters the cone to lift the seed out. It's quickly "husked" with the bill before the bird swallows the seed whole.

- Crossbills may eat up to 3,000 seeds per day!
- Because its food source is available year-round, the Red Crossbill may nest year-round as well and, at minimum, may start breeding in January—nearly an entire

season ahead of spring migrants.

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

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A Mountain Seed: Horses and mountain gales

by Jessica Kerr

The sun was finally shining. It had been a few days since the sun had fully shown its face. The ground was blanketed in deep, sparkling, crystalline snow and so were all of the houses, cars, fence posts, and mountains. Everything was white. The songs of birds whistled through the trees and every other sound was muffled by the deep snow.

We trudged across the sloped driveway, Vickie in her tennis shoes and I in my black snow boots. Down the hill was her sister's house, where we would plan for the day's adventures. The chickens in the coop were clucking quite loudly...they were no doubt chilly but wanted to go outside to look for worms. Neither of those things could we fix, so they would have to wait for warmer weather.

It was only March. Even now, I think of March as being a semi-warm, spring-like time of year, even though it is not. Especially in the mountains, March is still a cold winter month. The only thing that makes it different from the rest of winter is that the weather has the opportunity to be warm, but it rarely takes that opportunity. March shares this skill with April.

Tumbling through the door, we burst into a room heated thoroughly by a wood stove. In the corner, a sleek border collie was curled around her new puppies. She raised her head as we came in, and the swift thump of her tail on the wood floor reached my ears. I desperately hoped to have one of the new puppies, when they were old enough. It would be a couple of months, but I wished very hard every night for the little brown one, the one with one stripe on his neck and four socks on his feet.

“Should we go on the Prairie? The snow's packed solid enough,” Vickie asked me. The Prairie was our code name for the one thousand acres of farmland in the shadow of Mt. Princeton. Often, we would pretend to be pioneer girls escaped from the wagon train that kidnapped us. A group of Indians would find us and give us horses. The game usually ended with us joining the tribe of Lakota or Cherokee and forgetting our Eastern backgrounds.

“I don't know; isn't it pretty windy?” I asked. The snow may have stopped falling but the wind had kept blowing. The sky was clear and blue but the mountain peaks told of the high winds. White streaks of snow blew off, making the peaks look like they had wings. Buena Vista, and the rest of the Arkansas Valley, is known for being windy. “Oh, come on. It's not that bad. We can even take the horses!”

When horses were involved, I usually gave in to any scheme. I loved horses so much, even the smell of them was enough to whisk my mind away to distant fields and rocky mountain trails. Vickie's horse, Two-Step, was a grayish-purple grulla, a Spanish mustang. She wasn't very tall but had a lot of spirit. The horse I usually rode, Hank, was a tall bay. He had a tattoo on his upper lip, marking him as an ex-military horse, and he was huge. Hank's muscles bulged. He was a mustang-Belgian cross. Though he was a sweet horse, he had a mind of his own and needed a firm hand. Nevertheless, I loved him.

We threw on our riding boots — snow boots were too bulky to fit in stirrups — and some layers and some gloves. The trek to the tack room was slightly difficult; the wind had drifted the snow against the trailer door. Inside the front of the horse trailer was the tack room. Quickly finding two shovels, we scooped away the heaping snow. I grabbed the thick blue halter for Hank and we walked to the corral. Poking their fuzzy

heads over the fence, there they stood. The horses were watching us expectantly, more in hopes of grain than a ride on the Prairie.

Pulling the top wire away from the bottom wire, I held the fence open for Vickie to step through. After she was across, she did the same for me. The ground was muddy because the horses had been milling and mixed the mud with the snow. Towering above me, Hank stepped up, anxious for sweets. He lowered his head but as soon as he saw the halter, he pretended to be a giraffe. Stretching his long neck upwards, he raised his head above my reach. Vickie, who is much taller than me, had to help me get the halter on.

The rest of the tack followed after. Even though I was young and short, I could manage the heavy saddle. I still needed help with the bridle, though. Soon we were mounted and crossing the county road to the Prairie. Up on the mesa, the wind was fierce. It blew from the south, then changed directions and ripped from the west; it teeter-tottered unpredictably. The horses were sure-footed and we were all warm, so we decided to keep going until the wind abated.

When horses were involved, I usually gave in to any scheme.

Suddenly, it did. There was no wind. The horses moved forward with ease and we walked on a few more meters. As suddenly as it ended, the wind began. This time, the gusts were stronger and in its aggressive wings carried sharp ice crystals. The snow was being blown all over the place. Hank tossed his head in protest of the ice hitting his eyes. His nostrils flared wide and snorted at the offensive ice.

“I think we should go back, the wind's too strong and the snow is blowing in the horses' faces too much!” Yelling, I fought to raise my voice above the winds.

“What?!”

“We need to go back!” Without a reply, Vickie slowly turned Two-Step around in agreement. Her breast collar was wreathed in crusted snow and ice. I turned Hank around and we begrudgingly walked the horses back down the slope to the corral. The frosty saddles came off, and we released the horses into their muddy corral.

The saddles were heavy with our disappointment. Storing them in the tack room, we left the wet blankets spread over the top to dry. I stared at my boots as they fell into our old footprints. The door to the house opened, and we both slumped inside and collapsed on the couch, removing our wet shoes and changing into warmer, drier clothes. Foiled by the trademark winds of the Arkansas Valley, we were forced to stay inside and think of something else to do for the rest of the day.

My eyes drifted to the puppies and I sighed, “I guess we'll just have to play with the puppies.”

Vickie and I glanced at each other, a smile jerking at the corners of our mouths. “I get the fluffiest one!” Vickie yelled, leaping towards the Border collie and her pups, scooping the fluffy black and white puppy into her arms.

“I get the brown one!” My arms curled around the small, fluffy bundle. This was definitely a fair trade to the horses and mountain gales.

Blue Heron comes to Florence

by Charlotte Burrous

photos by Charlotte Burrous

With her love of art and antiques, Barbara Folger recently decided to combine the two interests and open the Blue Heron antique and art gallery on Dec. 11 of 2015 in downtown Florence.

“It was time for a change,” she said.

The store offers a variety of antiques, furniture and miscellaneous items on site. As an added attraction, artist Rudl Mergelman recently moved Sagebrush Studio into the building, where his wild-life and western art are on display. He also paints his pictures in the gallery next to the window, where visitors can watch from outside or come in to talk to him. His masterpieces are popular throughout the region and United States.

“I had a window of opportunity (to move so I decided) to change locations,” Mergelman said. “This is one of the oldest buildings in town. People don't realize it. When I saw a potential for a gallery in here, (I jumped at the opportunity to move here). Also my daughter Audrey's artwork (is on display here).”

Originally from Gunnison, Mergelman

moved to Florence about 30 years ago. Along the way, he has owned his own art gallery and has been involved in various organizations, including the Florence Chamber of Commerce, Florence Art Guild and more.

“The bulk of my work is here (in Blue Heron),” he said. “I paint a few days a week in here. (My work) is all for sale.”

In the meantime, Folger also has been a resident of Florence for about 30 years and has been involved in various organizations, including Florence Chamber of Commerce and Florence Arts Guild. During this time, she and her daughter, Tammy Stone, purchased the Lobach building and



Rudl Mergelman displays his artwork in the Blue Heron at 125 E. Main St. in Florence.

renovated it. After renting it out for several years, Folger decided to open Blue Heron rather than look for another renter. Folger noted she is looking for more dealers to sell their wares in her store as well.

Blue Heron is open from 10 a.m. to 4:30 p.m. Monday through Saturday and from 11 a.m. to 3 p.m. Sundays at 125 E. Main St. in Florence. The telephone number is 719-429-4788.



Barbara Folger stands in Blue Heron, where antiques, furniture and other merchandise are on sale.

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The Psychic Corner

How to deal with hurtful situations in your life

by Claudia Brownlie

"If you can't change the circumstances, change your perspective."

Unknown

Perhaps you are dealing with a person or group of people who are being very unjust and hurtful to you. Maybe there's someone who is so ignorant, mean, and cruel that they take great pleasure in belittling and bullying just about anyone — including you — who walks across their low-energy path. I believe all of us have had more than one time in our life when this was (or maybe right now is) the case. So, let's discuss what we can do to understand, deal with, and get through hurtful situations.

As a professional psychic consultant I have many clients who come to me seeking answers, insight and guidance on how to deal with very stressful, and often downright unfair and cruel, things happening to them from family, friends, employers, neighbors, and the like. The scenarios affecting my clients' lives are shared with me on such a trusting and deeply profound level, as each client is hurting so acutely, only wanting to know how to handle and stop the situation which is causing them the stress and often grief. Of course they also hope that the information I psychically bring forth for them will provide answers on how to proceed to make things "better."

So, let me share some guidance on how to deal with the trying times in our lives that can seem to swallow us up emotionally, with no hoped-for-end in sight.

First: Whether you are dealing with a personal or professional hurtful and unjust situation, somehow, somehow you must do your utmost to remember "this too shall pass." Now I do understand that statement doesn't bring much solace while you're in the throes of the pain, but it IS true. Clients will then ask me, "Ok great, so this will pass... but when?" This is where the waiting-game tests our belief system to the core, as without being able to maintain even a seed of faith that answers and resolution (and possibly vindication, if that applies) will ultimately come, then we'll be stuck in the depths of despair for goodness knows how long. That does us no good, nor does it set up a better, more positive flow of energy around us which will help to attract to us better, positive answers and outcomes to our troubling situation.

Next: Challenge your reactions. Can you do this? Are you willing to consciously work toward allowing (Yes! Allowing!) yourself to NOT follow your urge to "fight fire with fire" and retaliate and say cruel things about the offender(s)? Now, this doesn't mean you shouldn't set boundaries and speak your mind when someone crosses a line and bullies, berates or lies about you. It just means you need to learn to respond calmly and rationally; thus, you'll learn when it's best to let things go so that you don't fuel the fire. More importantly, you'll be learning how to keep your integrity on a high-energy level.

Next: Are you capable of understanding the hows and whys — the insecurities — that fuel the nasty person's behavior? This is a



tough one, as you're likely thinking, "Well they sure aren't trying to understand me!" We must attempt to position ourselves to act from a higher energy level of being in order to try and understand them. Now, maybe all you can muster is saying over and over to yourself, "Forgive them for they know not what they do" (Luke 23:34) when we feel our temper rising or the hurt welling up inside.

How about this helpful method: Can you ask yourself, "Does the person who acted meanly, spoke unkindly or lied about me, bullied me, etc. usually speak that way to almost everyone?" If so, ask yourself why do they do that? The truth (listen up!) is people who routinely act meanly, cruelly and/or make nasty comments about you are usually so unsure of themselves that they attempt to elevate themselves by putting others down. Got that? Once you can digest this and really believe it, you have to decide what you want to do next — do you want to continue listening to their "garbage words?" Or better ... will you choose to stand tall and represent your true self? With time, maybe very little time, you will come to a point where you can "stand tall" and the hurtful issues and people will start affecting you differently. You'll begin to see things in a different light—one where YOU are a wonderful person who doesn't deserve what's being dished out to you. In reality, it's the other person's "stuff" causing them to act like they are; the best reaction you can have is to let what they say or do go in one ear and out the other. Remain standing tall in the knowledge that you aren't deserving of the treatment and that in the end, the light will shine on the truth and you will, in some way, be vindicated.

Finally: Make sure to stay close to the wonderfully positive, kind, and thoughtful people in your life who are supportive. Stay in contact with them! You need to feel and experience their respect and concern about you. Let the good times you have with them keep you emotionally pumped-up. Know that you ARE a good person! If need be, reach out and ask what they can do to help you. Make a point to only seek out and keep supportive people in your life. While the sting of the pain you have to deal with from the nasty-person can't necessarily be magically erased (at the moment) from your mind and feeling-center, you'll find that when you are feeling sup-

ported and you know you have people who care about you in your life, then encountering people who are not so kind or helpful will ultimately be less likely to impact your life.

Please know this: If change and resolution with the offending person(s) doesn't seem likely to happen in the near future, then it is appropriate and very important to stop being around them. Don't tolerate the behavior of those who are attacking, hurting, lying, bullying (or whatever else is being done) against you. Boundaries should be set—you have the RIGHT to respect yourself enough to remove yourself from mean people and situations. You have the RIGHT to say, "No more!" You have the RIGHT to demand courtesy and respect, and if the other person isn't ready to see it that way, then you should take control and make it clear you won't play their "game" anymore. But if it's sincerely in your heart, you might tell them that when they get their act together and decide to treat you with the respect and kindness you deserve, then your door will be open to cautiously let them back into your life, and to try a new way of being with and communicating with each other.

No matter what the offending and hurtful situation may be, remember each little step forward you can make in coming from a loving and high-energy position, the easier it should be for you when future hurtful situations occur.

Freedom is what you do with what's been done to you."

Jean Paul Sartre

See you next month, with love, light and blessings.

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

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Learn something about mental illness

by Bonnie Bowman, PhD
NAMI Southeast Colorado

Mental illness is a medical condition, a condition that often is surrounded by silence or stereotypes that discourage people from getting help if they need it, a condition that in some way could affect anyone's life. By learning to recognize early symptoms of mental illness and by talking with a doctor about concerns, other physical causes can be ruled out and early identification and treatment is possible. As with all physical conditions, early identification of the cause can make a big difference for successful return to an ordinary life.

One in five adults experiences a mental illness episode in any given year. An episode may be an isolated event but it can also contribute to the onset of more serious long-term conditions such as major depression, bipolar disorder or schizophrenia. Although approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24, a mental illness can begin at any age. Unfortunately, long delays — sometimes decades — often occur between the time symptoms first appear and when people get help. The good news is that today there is help. Physicians, psychiatrists, counselors, and support groups can give people with a mental illness and their families the tools and understanding needed to move forward with their lives.

The NAMI (National Alliance on Mental Illness) website, www.nami.org, is a great place to start to learn about mental health disorders. Major Depression, Bipolar Disorder, and Schizophrenia are often considered the more "serious" chronic mental illnesses, but other types of mental illness including attention-deficit hyperactivity disorder (ADHD), anxiety disorders (including posttraumatic stress disorder) and borderline personality disorder need to be taken just as seriously.

The symptoms of major depression are much more serious than "feeling blue" or temporary sadness. They rarely disappear with changes in diet or regular exercise. A combination of sadness, poor concentration, insomnia, fatigue, changes in appetite,

excessive guilt, or thoughts of suicide could indicate a major depressive episode.

Bipolar disorder involves cycles of both depression and mania. It is different from the normal "ups and downs" that many people experience. Bipolar cycles involve dramatic shifts in mood, energy, and ability to think clearly. These shifts are not necessarily back-to-back, although they could be. Some people may experience intense "highs"; others may primarily experience episodes of major depression. However, both must occur at some time. Mania involves combinations of the following symptoms: euphoria, surges of energy, reduced need for sleep, grandiosity, talkativeness, extreme irritability, agitation, pleasure-seeking, and increased risk-taking behavior.

Schizophrenia is a different type of mental illness, but can include features of mood disorders. It affects a person's ability to think clearly, manage emotions, make decisions and relate to other people. Untreated, it also may include psychosis — a loss of contact with reality. Schizophrenia can include a combination of symptoms such as difficulty with memory, difficulty in organizing thoughts, a lack of content in speech, emotional flatness, the inability to start or follow through with activities, the inability to experience pleasure, delusions, or hallucinations.

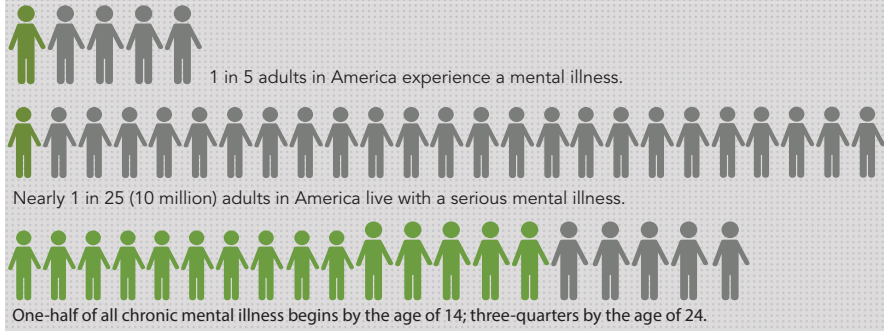
It is important to remember that many of these symptoms of mental illness could also be a symptom of another physical condition such as response to a drug or a hormonal disorder. Thus, a visit to one's medical doctor to discuss them and be checked over is an important first step. The next step might be referral to mental health specialist or a support group.

As with all physical disorders, the experience of mental illness can range from a single episode to a chronic condition. However, with appropriate and timely treatment, many people with a mental illness diagnosis can lead a normal and happy life.

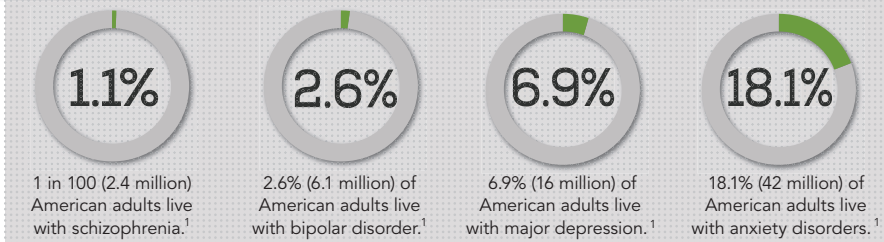
See Out & About for support groups available in Canon City on page 29.

Mental Health Facts IN AMERICA

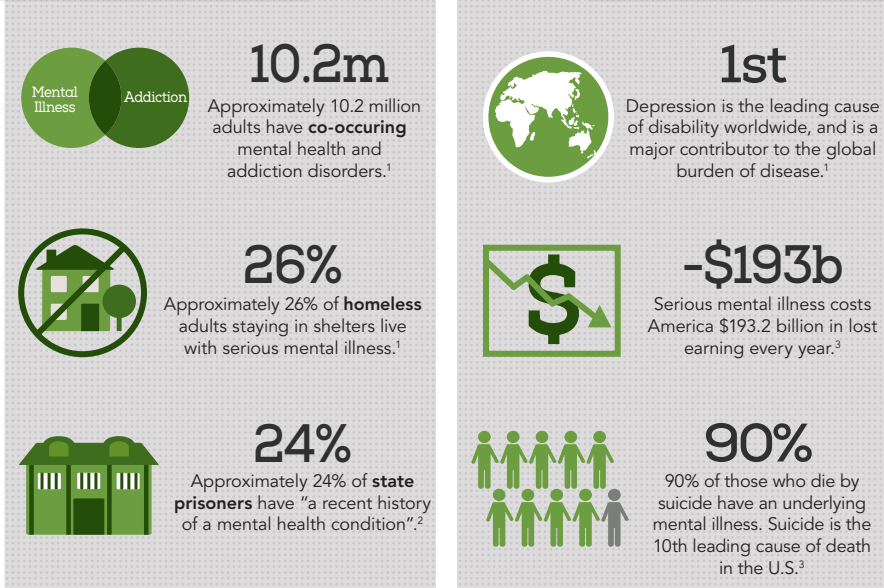
Fact: 43.8 million adults experience mental illness in a given year.



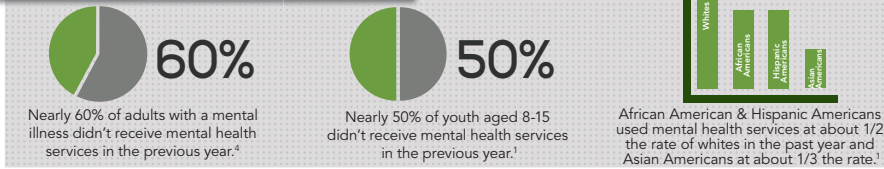
Prevalence of Mental Illness by Diagnosis



Consequences



Treatment in America



Ways to Get Help



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Illustration of a woman holding a cup of coffee.



Seeds to Sprouts Fever fundamentals

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!

Fever can be scary, especially in a young baby, and is one of the top reasons why parents call their baby's doctor during the first year. While the information presented here may not prevent the loss of sleep worrying about it, it will hopefully ease your mind and help you make educated decisions about your child's care.

What is a fever?

A fever is the body's natural response to fight off illness or infection and is not always a negative or dangerous situation. Dr. Sears' fever definitions are listed here:

- Normal temperature: 97-99°F (36-37.2°C)
- Low grade fever: 99-100.9°F (37.3-38.3°C)
- Common fever: 101-103.5°F (38.4-39.7°C)
- High fever: Anything over 103.6°F (39.8°C)

What are the most common causes?

Viruses are the most common reason why infants and toddlers develop fevers. This can mean anything from a common cold to other familiar childhood viruses like roseola, coxsackie (hand, foot, and mouth disease), or fifth disease. Many childhood viruses are not dangerous and cannot be treated by antibiotics — they just run their course over a few days.

Bacteria can also cause infection and fever but are less common than viruses. Some examples of bacterial illnesses are pneumonia, strep throat, bladder infections, and ear infections. Your doctor can test for these and they can all be treated by antibiotics.

Especially with a low-grade fever, remember that the cause is quite often teething. Use cold teething rings, homeopathic teething gel, and help them get plenty of rest. The tooth will come through in a few days and your baby will feel much better — at least until the next one shows up!

What is the best way to take a temperature?

With a newborn (less than 3 months old), Dr. Sears recommends that you take the temperature by inserting the thermometer 1/2 inch into the baby's anus (called a "rectal" temperature). This makes many parents nervous but is really the most accurate way to decide what to do for your baby based on the numbers.

With older babies and children, it's okay to switch to an ear or forehead thermometer which take much less effort and produce relatively accurate results.

How high is too high?

What Dr. Sears has to say:

- If your baby is younger than 3-months old and has a fever above 101°F you should be seen by a doctor right away — in your doctor's office during business hours or in an emergency room if it's during the night.
- If your older baby/child has a fever over 103.6°F that does not come down to around 100-101°F with fever reducing medicines, you should see your doctor right away.
- No matter the temperature, if your baby/child is showing any of these symptoms,

you should go in right away:

Lethargy: Not just tired or sleepy. This means that your baby/child is unresponsive, limp, and does not make eye contact.

Irritability: Not just upset or fussy. This means that your baby/child cries for hours.

Signs of meningitis: High fever, stiff neck or pain in the back of the neck, vomiting, headache, bright light hurts the eyes.

• Before you call your doctor, also look for other symptoms like cough, vomiting, rashes, etc.

Natural comfort measures for low fevers

If your baby/child has a low fever and is not showing other concerning signs, you can use some natural methods to help them feel more comfortable and sleep.

- Peppermint essential oil, mixed with olive or coconut oil — rub it on your child's back and the soles of their feet. Make this a gentle massage and many children will be able to relax and sleep.

- Cool washcloths (not icy or cold!) — lay these on their forehead or back to help them feel cool and comfortable.
- Cool drinks — lots of liquids!
- Lots of snuggling and love
- Rest and sleep.

Protecting your family and others

Washing your hands is still the best way to prevent illness and if your child is old enough to crawl or walk around touching things, wash their hands too! Sanitize surfaces in your home, ask sick friends/family not to visit your baby until they are well, and minimize a very young baby's contact with large crowds. Babies who are breastfed have fewer infections and when they do get sick, are able to fight the infection more easily. Babies and children who are in a group childcare setting (daycare) will contract more viruses in their first year but will also develop immunities early in life to fight many common illnesses.

If your child has a fever, s/he should not be going to daycare, play dates, church, or preschool. Help keep other kids and families safe by keeping your sick little one at home!

Resources and suggestions for further reading and support:

- Dr. Sears on fevers: <http://www.askdrsears.com/topics/health-concerns/childhood-illnesses/fever>
- Fever Without Fear: <https://www.healthychildren.org/English/health-issues/conditions/fever/Pages/Fever-Without-Fear.aspx>

Interested in meeting other local, like-minded parents?

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

Questions? Comments? Suggestions for future columns? Please send them to: ute-countrynewspaper@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.

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PLENTY OF PORK BUNDLE 3 Lbs. Pork Chops 4 Lbs. Bulk Sausage 4 Lbs. Country Style Spareribs 4 Lbs. Pork Steaks 4 Lbs. Pork Cutlets 5 Lbs. Ground Or Cubed Pork Total Weight 24 Lbs. \$3.35 Per Lb. \$80.40 Approximate Total

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Hartsel huskies rescues revisited part III Capri's story

by Kathy Hansen
photos by Jeff Hansen

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

A little bit of history can be helpful to tell Capri's story. We begin with Jeff and Carol's story. Jeff was raised all his life with Norwegian Elk Hounds. There was one from a litter he was allowed to keep; Jeff and his dog were inseparable.

Carol had grown up with cats in the household. The animal lover in her seemed to find the animal lover in Jeff. Never mind the fact that Jeff loved dogs and Carol loved cats. It turns out their love for each other was pretty much all the four-leggeds needed to comprehend, and the family established its first value of loving animals.

Carol and Jeff were not all too different from other families in that the love they shared for each other soon blossomed and before long their son, Vic was born and just a few years later, daughter, Tabor was born. The children learned to love animals as well.

Misty enters the family

Jeff and Carol had been grieving the deep loss of their pair of Norwegian Elk Hounds (Sheena and Thor) while living in the Cascade area. Jeff was working at Fed Ex Ground. He arrived one very early morning to be greeted by a stray dog, which appeared to be a Blue Healer/Border Collie mix, who would eventually respond to the name "Misty".

Jeff quickly understood this dog was very intelligent, seemed to be familiar with human verbal commands, and was keeping a distance, even though there was great curiosity about Jeff. He still had dog bones in his vehicle, which he simply couldn't



Tabor with her best friend, Capri on her lap. Not to be ignored is Tiger (left) and Maggie (right).



Jeff, Carol, and Tabor with Capri and Misty. Maggie looks on from the couch.

avoid offering to Misty by throwing a few in her direction. Misty moved closer to the bones, but kept an eye on Jeff. It was a cold October morning, and Jeff was concerned for Misty's well-being, so he gave Carol a call. Carol and Tabor came to pick up Misty. They were also clear Misty had at one point been taught verbal human commands. They used the media they could to post for the "lost dog". No one had responded to the lost dog postings. Misty had nowhere to go.

It was very clear to the family that something in Misty's history created quite the ambivalence with the male gender. The family tuned into this behavior and became very sensitive to Misty's reticence. Patience, love, ample food, and a lot of encouragement by Carol and Tabor finally built Misty's

confidence to approach the men in the family; their understanding response to Misty helped her overcome this hurdle. Misty settled in quite nicely with a few of the resident cats; all it took was for Misty to understand the cats are at the top of the pack, which Misty seemed to grasp readily. If all it took

to become a member of this family was to tolerate a feline or two, and to learn to trust men again, well that risk seemed to be well worth taking. By the time we came for the interview there was absolutely no indication Misty had ever been mistreated by anyone.

Enter Liberty

Jeff and Carol moved their family to the Buena Vista area. They came to know a gentleman who was also an animal lover. He shared that he and his lady friend would go once per week to feed a very large group of Huskies and Alaskan Malamutes in the Hartsel area. Each week this man grew just a little closer to these canines, especially a particular pair. He understood they had been in training as sled dogs. By the time November came, this pair grabbed onto his human heartstrings and the gentleman and lady friend loaded the pair into their car to adopt them.

The gentleman had been taking good care of this pair; they were in good health to begin with. Sometimes decisions of the heart

don't pass the logistics of daily living. He had the pair at the groomers one day when Jeff and Carol stopped by. It was the first time Jeff and Carol saw the pair and seemed to be rather attracted to the female, currently named "Liberty" or "Libby". As the humans engaged in conversation, the gentleman disclosed his plans to move out of state, perhaps Alaska. He felt traveling with two dogs that far would be cumbersome, indicating Liberty could potentially become homeless.

Liberty becomes Capri

It was just a few days before Christmas when Jeff and Carol decided to give Liberty a new home and a new name, "Capri". After all, it was the time of year that the family is aware of homeless animals in need of shelter. While listening to the family tell their story of strays, it was clear they seemed willing to open their home to provide shelter to cats or dogs who seemed to be cold, hungry, and in need of human contact. Trying to keep each strays' story straight did not seem possible, so instead it seemed more appropriate to allow the natural progression of this family's pattern to clearly emerge: the weather gets cold, their hearts and doors open as the strays in the area find their way in. As springtime arrives, those who are ready to fend for themselves are wished well on their way and those who prefer to stay are welcome to do so.

Misty and Capri seemed to get along well. Misty is very friendly, social, and somewhat passive. At first, Capri would whine and talk



Misty and Capri became good friends.

to herself, a sign of being nervous. Misty was sensitive to Capri's ambivalence and found ways to show her how safe it was here, even the cats are cool. Misty helped Capri interpret and master the human commands and expectation as Capri had not been inside of a house before, so learning those rules was a priority. Misty was glad to help! Capri in turn, helped Misty understand a pack-mentality. Misty also let Capri know it is ok for Capri to take

continued on next page

the lead, as Misty prefers to follow. Capri had the freedom to let her canine leadership skills shine through and began to blossom!

Capri began to get to know the cats, and seemed to have developed a friendly relationship with Maggie; they like to play together! Maggie was also a stray who came from lack of food and nestled right into this family. Maggie is quite the hunter! What a great trait to have when your canine companion also likes to hunt and to outrun deer. Capri also enjoys Tiger, who likes to sleep a lot. The most recent feline is Max. He has a leg that is not quite in the hip socket. Max needed a new home as his human is battling cancer; Carol and Jeff were happy to take in Max. Both Capri and Misty understand Max is sad because he misses his human companion, and they also give Max a little more berth out of compassion for his leg.



Maggie feels very comfortable in a home with two dogs.

Capri had no problem connecting with the humans. We watched as the humans verbally batted around who is really closest to Capri, which was really pretty funny to watch because with three cats, two dogs, Vic is now working in Boulder and Tabor was home for the weekend from college in Grand Junction, it's pretty clear if you are accepted by one, you are accepted by all. That being said, I had no question of the special place in Tabor's heart reserved for Capri.

Capri and Misty accompanied Jeff as he answered the door upon our arrival. As Carol welcomed us and invited us to the living room, Tabor was sitting on the couch with Maggie curled at her side. It didn't take long for Capri to take her spot half on Tabor's lap, often resting her head on Tabor's shoulder amidst her long brown hair. They seemed so natural sitting there together; I had to remind myself that Capri met us at the door, and that before we were seated, Capri found her way on Tabor's lap. We joked about how Capri couldn't possibly get any closer to Tabor, when Tabor said with every ounce of confidence, "Capri was my BEST FRIEND all through high school." It was fun to watch Capri respond to Tabor, giving her a little kiss when Tabor mentioned her name.

Tabor was certainly the center of atten-



Capri keeps a compassionate watchful eye on Max.

tion on the couch with Capri on her lap, Maggie cuddled close by, Misty making the rounds assuring everyone is included. Tabor showed us how Maggie lies on her back, belly exposed, knowing full-well how safe she is. Tabor also pointed out that Capri has a special pose, "Praying Mantis" which Jeff helped to encourage Capri to hold for the camera. Even though she is lead, Capri is a bit camera shy; she much prefers to have a "pack-shot" with everyone included.

We truly enjoyed the opportunity to meet Carol and Jeff, the human leads to this family of animal lovers.

We were happy to learn how quickly Misty was able to overcome her fear of the male gender. Gosh, what a difference when food is readily available as Misty is now three times the size she was when Jeff first met her at Fed Ex that October of 2009. Each of the three stray cats are clearly happy where they are, no need to disturb the pleasantries of today with memories of

days before finding this loving family's

home. Tabor exemplified the "animal lover" family trait in many amazing ways and it was really fun to watch the immense closeness she shares with her four-legged friends. It was both a surprise and relief to learn that Capri was in good health when she was taken from Hartsel.

Since Una's story, the first in this series that ran in December of 2015, more have come forward. If you have rescued a Hartsel Husky and would like to share your story, please contact us at utecountrynewspaper@gmail.com or call 719-686-7393.



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Itty Bitty Bakery offers baked goods and so much more

by Charlotte Burrous
photo by Charlotte Burrous

Baking is a way of life. So about a year ago, Valerie Catt opened a bakery and coffee shop in Florence and began doing what she loves best. At one time, she owned and operated a similar shop in Cañon City, but had to close it because of health issues.

In the meantime, she and her husband, David, moved to Florence in 1997. When she started feeling better, she soon grew bored, staying home and doing nothing after a busy life of raising five children. When they grew up and left, she told her husband she wanted to open an "itty bitty bakery" and run it by herself, a press release said.

After looking around, she found the perfect spot at 107 N. Santa Fe Ave., just off of Main Street in Florence, where she offers a plethora of baked goods, including cupcakes, turnovers, artisan breads, brownies, cookies, cakes, and more. Catt said she also would make special orders from her customers, including custom gift baskets.

"The bakery is a cute little place to pick something up quick," Catt said. "I really love baking and it keeps me busy."

She said the shop is a "quaint little spot with a repurposed barn wood back wall that was originally on Riverside Drive in Cañon City, whereas the chandelier originated in the old Antlers hotel in Colorado Springs.

"The selection is always changing and there are regular items that people always seem to like," Catt said. "My favorite thing to work on, of course, are the wedding cakes. I love to make that special day something to remember for my brides. I have (created) wedding cakes

for (more than) 30 years and that always is a pleasure to work with the new excited brides."

In conjunction, she offers a small gift shop to include cutting boards, made by local artisans, local honey, custom roasted coffee beans that are called "Slap yo Mama," which is a dark roast, custom made coffee. In addition, there are aprons and towels, as well as cold drinks and coffee.



Valerie Catt stands next to a wedding cake at her shop in Florence.

"You can buy (the coffee) by the cup or by the pound," Catt said.

But her goal is to provide 100 percent satisfaction and to succeed, a release said. She uses the best ingredients and loves what she does and it shows.

She said her motto is "Your lips our sweets... perfect" or on her door, she has the sign, "happy hearts love our tarts."

Itty Bitty is open from 8 a.m. to 1 p.m. Tuesdays through Saturdays at 107 N. Santa Fe Ave. in Florence. The telephone number is 719-431-3996.



Growing Ideas Gardening for the mind

by Karen Anderson The Plant Lady

**My mind is my garden
My thoughts are my seeds
I can choose to harvest
Either flowers or weeds."**

Unknown

Greetings Mountain Gardeners: Wow!! It's March already! Of course, most of us that indulge ourselves into the world of gardening understand that the definition of a weed is simply a flower in an inappropriate place. As Mari Marques, The ThymeKeeper has been teaching us, there are many so called weeds that are deliciously edible, incredibly nutritious, and highly medicinal when used properly. We're not talking about those kinds of weeds here in the poem. I believe we're talking about those negative, invasive, interrupting, and destructive thoughts that may be perceived as undesirable weeds, which of course, they are. For me, the message is that if I change my thinking to a more grateful and gracious, positive and 'flowery' state of mind, I will be able to harvest the wonderful benefit of my peace of mind, along with the beautiful and fragrant flowers from the Garden of My Mind.

To quote my good friend Kathleen, "Each day passes more quickly than the last". This could be a profound thought for everyone, but especially for the Baby Boomers of the world like myself. It reminds me to cherish the precious little moments that make up my everyday life, with genuine and eternal gratitude for the blessings of each day. If I can allow the day to unfold organically (Kathleen again) with flexibility and understanding; if I relax when things don't go exactly as I planned, (because after all, We plan...God laughs!); if I choose to remain cool, calm and connected to a Higher Consciousness, even as my surroundings may suddenly become chaotic and traumatic; if I practice keeping reasonable expectations of others, as well as of myself: then my sacred day's adventures will assuredly be happier, abundantly more harmonious, and perhaps even stress free no matter what comes my way. Even as the Spring Equinox approaches and

represents new growth and fresh beginnings, we have a good while to wait before we really start gardening outside. So please don't get too comfortable with a stretch of nice weather during March, April, and even May. From a great deal of experience and heartbreak, I have learned not to get caught up in the 'Faux Spring Fever and forge ahead of myself with planting too much, too early. We have much to do with our precious time while we are PA-TIENTLY awaiting the arrival of the gradual and 'bona-fide' Mountain Gardening Season. Here are some Plant Lady suggestions for consideration to the High Altitude Gardener for the month of March.

- Dig out your 'seed stash' from last year (which by the way, should be stored in a dry, cool, and critter proof place for the winter months) and sort through your inventory. Since I have been a seed collector for many moons, it takes me a while to get organized. It's a good activity to do while I'm in front of the TV in the evening hours. After I locate my Seed Box, I like to separate the seeds into several different categories: One for tomato, pepper, greens, and herb seeds which I will plant in my indoor greenhouse at the end of this month. Another is for the squash, cucumbers and brassicas (broccoli, cauliflower, cabbage, kohlrabi), which will be started at the end of April and even into May, again in the indoor greenhouse. All seedlings will be transplanted and transitioned as the appropriate time comes along. That's another story to share with you in the coming months. Stay tuned! Also, you may want to hold on to older seeds to throw in the compost during growing season. You never know, you could have a veggie garden thriving in the rich, organic soil of the compost pile.
- Make a list of the seeds that you need and pick up a pack or two of ORGANIC, NON- GMO SEED as you run across them. Plan for what you really like to eat or enjoy in the perennial/annual gardens and purchase accordingly. You will also want to get some organic seed starting mix this month for starting the seeds.

- Gather up 4-packs, flats and whatever containers you are planting in. I really feel that it is important to sterilize these items by swishing them in a sink full of warm water with a little bleach added to it. This process pretty much insures that any insect eggs or disease issues are eliminated. When the time comes to plant, you are another step ahead of the game.
- Peruse through the Gardening catalogues and magazines all you want. Embrace the creative ideas, but be very careful not to get carried away with ordering anything this time of year, with the exception of seeds, and especially no bare root plant life, unless you are totally prepared 'babysit' them for several months. Again, be extremely cautious about buying plants that cannot live here. Keep educating yourself before you spend money.
- You may want to start prepping your outside greenhouse by setting mousetraps to keep those critters in check for the season.
- I continue to plant houseplant cuttings that have developed a good root system. I want all my houseplants in good shape before I turn most of my energy and time towards working and playing outside during the summer months.
- Imagine your Dream Garden and head in that direction with your thoughts. Dreams can absolutely become reality.

Happy Spring Equinox to all and wishing for everyone new growth, peace and harmony. Happy gardening preparation!

Announcement: I have been invited by Shari from the Wholistic Networking Community to facilitate an interactive Garden Chat being held on Tuesday, March 15th at 11 a.m. at The Woodland Park Library. See more details in the Out and About page 31. Please join us for gardening fun!

REMINDER: Happy Houseplants are available at Mountain Naturals in Woodland Park and at the Outpost in Florissant for "adoption" to a loving home. Private consultations, personalized flower arrangements for Equinox, Easter, or St. Paddy's are available by calling 719-748-3521 or emailing plantladyspeaks@gmail.com.



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Darla Legg behind the massage table.

Cove Day Spa

by Flip Boettcher
photo by Flip Boettcher

New businesses are popping up in Florence like mushrooms after a spring rain. The newest business to open its doors is the Cove Day Spa at 132 East Main Street.

The spa features all forms of body work including seven different modalities, according to spa director Darla Legg. All technicians are certified and the spa features state-of-the-art equipment, and prices that are about half of comparable services in Colorado Springs or Denver. Since Colorado Springs is only about a 45 minute drive from Florence, Legg is hoping to lure customers from there.

One of the unique body work therapies offered at the Spa is Presso Therapy for lymphatic system drainage. It is helpful for post-surgery, cancer treatment patients, injuries, swellings and edema, said Legg.

The spa offers a weight loss program with a metabolic balance coach on staff using bio-sliming wraps and Zrona laser therapy in the program. The exercise facility has a body mass index meter and a program to help reduce body mass.

The spa will also be offering all types of skin care and skin care products including facials, dark spot and wrinkle therapy. None of the therapies are too invasive, added Legg.

All types of massage will be available at the spa, as well as stone therapy, full body scrubs and wraps, a whirlpool bath, essential oils and flower essence therapy, manicures and pedicures. There is also an occupational therapist and a nurse practitioner on staff and the spa can handle insurance billing, added Legg.

Legg started her spa operations at the Dakota Hot Springs (formerly the Well which is now under the new ownership of Antoinette Shenise) located in Penrose at

HWY 50, but wanted to expand. Legg still offers basic massage, full body scrubs, hot pool therapies like Watsu and Shiatzu and hair care at the hot springs.

Legg has also partnered with chiropractor H.A. Wilson at Complete Chiropractic in Pueblo West and will be there Mondays and Tuesdays when the spa in Florence will be closed. Besides chiropractic services, acupuncture, massage and ion foot baths will be available at Complete Chiropractic.

Legg has many ideas to expand with maybe a second future location. Plans are in the works for relaxing garden areas around the outside of the spa with trees, plants and seating. Legg also plans on having monthly classes with a therapist on herbs, plants, essential oils, flower essences and more and would like to get the spa certified as a training location. Legg also wants to offer day spa and food packages with local businesses, she added.

The spa opened Valentine's weekend and will be closed the first week in March. The spa will be having three grand openings later in March, though. One grand opening will be by invitation only for professionals in the area to see what services are available to them for their clients.

The second grand opening, also by invitation only, will be for business owners in Florence, Canon City, Penrose and Pueblo to see what is available at the spa. The third grand opening will be for the general public.

For more information on any of the therapies and the spa, visit their website covedayspa.com and Facebook. One can book an appointment by contacting the spa at 719-784-7446.

Ute Pass Chamber Players seek beneficiary

The Ute Pass Chamber Players invite local nonprofit organizations to apply to be the beneficiary of the Annual Benefit Concert, which will be performed on September 25, 2016. To be eligible, organizations are asked to submit a 400-word narrative to include the organization's mission, the essential community needs met by the organization, and for what purpose the concert proceeds will be used. Please also list a point of contact. The narrative is due by April 1, 2016, and should be sent to the UPCP Board at youngip@a.com. Benefit concert guidelines are also available at that address, or by calling 719-686-1798 for more information. The selection of the beneficiary will be announced at the May 8, 2016 Ute Pass Chamber Players season finale concert.

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. See www.dividechamber.org for more information.

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One Nation Walking Together

ONFF offers unique opportunity

by Kelsey Comfort

Are you a filmmaker, film enthusiast or just a lover of the arts? Part of local non-profit, One Nation Walking Together's (ONWT) mission is cultural education. Therefore, ONWT is partnering with Colorado College and its Native American Student Union to present One Nation Film Festival (ONFF).



ONFF's goal is to educate the public through films that positively portray the culture and history of Native American and indigenous people in the Americas using creative visual and written media. ONFF seeks to improve understanding and deepen appreciation for indigenous people's values, perspective and history.

Film Festival Director, Martha Stender said, "I was drawn to the One Nation Film Festival not only because it supported One Nation Walking Together, but also because it would be a venue to express the beauty, treasures and trials faced by Native Americans and the land and culture."

Mark your calendars for this great event! ONFF is thrilled to announce that Sicangu Lakota award-winning hip-hop artist, producer and performer Frank Wain will kick-off the One Nation Film Festival on Thursday March 31 at 7 p.m. at Edith Kinney Gaylord Cornerstone Arts Center at Colorado College, located at 825 N. Cascade Ave., in Colorado Springs, CO.

Wain's goal is to spread hope and inspiration through both performance and workshops that focus on self-empowerment and the pursuit of dreams.

Tickets for the general public are \$15. Student, military, filmmaker and senior tickets are \$10. Doors open at 6 p.m.

The festival will continue the following evening with the opening night film. Head on over to Armstrong Theater at 14 E. Cache La Poudre St. on Friday April 1 at 7 p.m. to see *Shadow Nation*. *Shadow Nation* follows a group of renowned rock musicians, led by George Lynch, best known for his work with bands Dokken and Lynch Mob, on a journey of discovery about the many injustices faced by Native Americans. The film features thoughts and opinions from philosopher Noam Chomsky, activists and musicians Tom Morello, Serj Tankian, Ted Nugent and more. Films will then be shown all-day Saturday April 2 at the Edith Kinney Gaylord Cornerstone Arts Center at Colorado College starting at 10 a.m. ONFF will present an Native American and Indigenous Americas narrative feature, a documentary feature film, a narrative short film, a documentary short film, and student short films.

Among the films shown on Saturday April 2, there will be an hour-and-a-half showcase of narrative student films curated by the Institute of American Indian Arts.

Kelsey Comfort, film screening coordinator, said that she is excited for people to see ONFF's selections.

"We have films from Canada, Alaska, Hawaii, Peru and more that beautifully portray powerful Native American issues, but that are also universal in their emotion and heart," Comfort said.

There will also be fun activities throughout the day on Saturday April 2, including film panels, yoga, a workshop, and a fashion show. Film production company, CineVIA Pic-

tures will produce two filmmaker panels on April 2. The first panel, "In Pursuit of Truth: Capturing Cultural Authenticity" will ask filmmakers about their approach to choosing their indigenous story and what choices they made that contributed to a respectful representation of the story.

The second panel, "From Concept to Camera: The journey of filmmakers" will take a generic overview to film production and present the practicalities producers and

directors face from writing, budgeting, to exhibition.

Elke Duerr, a bi-national filmmaker, conservationist, teacher, and the founder/director of the nonprofit Web of Life Foundation W.O.L.F. will be hosting a workshop at on April 2.

The awards show will be hosted by KKTV 11 News anchor Dianne Derby.

This fun-filled weekend will end on April 2 with a fashion show hosted by Kelly Holmes, editor-in-chief of *Native Max Magazine*. The show will feature all Native models and designers. Stender said that ONFF will benefit the community "by providing a forum for films by and about Native Americans that will open doors to current topics. These films and filmmakers will offer unique perspectives on issues pertinent to all in the Americas and global community."

All proceeds from ONFF will benefit ONWT, an organization whose mission is to make a positive difference in the lives of Native Americans who live on 11 reserva-



George Lynch and Rich (cameraman) at Garden Of The Gods shooting the guitar solo for "Trail Of Tears" for Shadow Nation.

tions as well as in Colorado's urban areas.

"One Nation Film Festival seeks to further the mission of One Nation Walking Together. That mission being to serve the Native American community and to educate the community at large on the significant issues facing the first people. By helping to meet the most basic human needs by providing, clothing, food, home goods, and sustainable programs One Nation works to enable preservation of the various rich cultures of our indigenous people," Stender said.

Visit onenationfilmfestival.org or call 719-329-0251 for more details.

Community Fellowship of Christians

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Sunday, March 6th
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Community Fellowship of Christians

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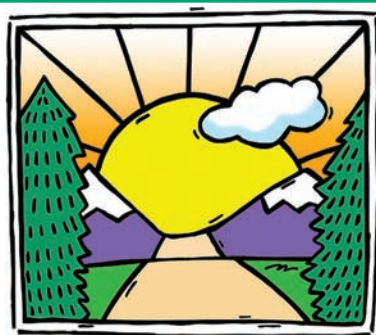
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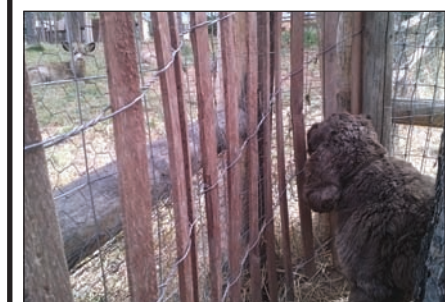
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Critter Corner



Cocker Spaniel Joe trying to encourage a deer to move on down the road - Sally, Woodland Park, CO



Shadow dreaming of his next meal - Jeff & Kathy Hansen, Florissant, CO

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

SPRING EQUINOX

by Danielle Dellinger

We last saw the seasonal guardians, the forest spirit, and Skylar together in the October 2015 issue, on pages 18 & 19, 'Evaporating Souls.' The forest spirit, Mother Nature, and Skylar were last seen together in the January 2016 issue, pages 18 & 19, 'Skylar and the Forest Spirit.'

The forest spirit stared at Mother Nature. It couldn't believe she had the audacity to interrupt the time it was spending with Skylar. It lifted its chin, squared its shoulders, then strode toward Mother Nature, holding out a hand behind it to keep Skylar back. Mother Nature met the forest spirit halfway in the middle of the meadow. "You're welcome," she said when they stopped in front of each other.

The forest spirit raised its eyebrows, confused.

"Your powers. I gave you a way to get them back. So, you're welcome."

The spirit sighed, rolling its eyes. It turned around, walking away.

"Wait!" she called. "I felt bad, okay. I felt bad that I took your powers and caused you so much distress."

The forest spirit stopped, but didn't turn around.

"I just wanted to help, to do something nice for once . . ." she said when the spirit didn't respond.

The forest spirit stood there for a minute longer then walked away without a backward glance.

Two months later...

"Hey, wake up."

Spring Maiden groaned, rolling her head back and forth.

"You need to wake up, Spring Maiden."

She felt someone run their fingers through her hair. She slowly opened her eyes and saw Summer Girl leaning over her, smiling.

"We're going to be late for Mother Nature's annual spring equinox gathering. You have to get up."

Spring Maiden sighed and sat up. "I'm so stiff and cold," she said, wrapping her arms around herself.

Summer Girl put an arm around her. "I'm sorry. I'll try to warm you up." She kissed Spring Maiden's cheek, and the Guardian Flower quietly purred between them.

"I don't want to come out of hibernation yet," Spring Maiden complained.

"I know, but it's time." Summer Girl put her finger under Spring Maiden's chin and turned her head toward her. She leaned in and kissed her softly, hoping to encourage her to wake up more. The Guardian Flower softly giggled and purred.

A few hours later, Summer Girl and Spring Maiden walked up to Mother Nature's gathering. Autumn Boy and Winter Child met up with the girls. "Glad you ladies made it," said Autumn Boy, smiling. "You ready to put the Guardian Flower into the ground to tilt this hemisphere back toward the sun?"

Summer Girl nodded. "Yes, so ready. It's been fun, but having to care for it has been a challenge."

Autumn Boy looked at Winter Child, chuckling. "Good thing Mother Nature is having this thing near where the flower needs to be."

Summer Girl nodded, smiling, then looked at Spring Maiden, who looked like she could hardly keep her eyes open.

"Is she okay?" Winter Child asked.

"She's cold. This winter has been rough on her," explained Summer Girl, rubbing Spring Maiden's arm.

"Oh. I'm sorry about that. Had to do my job. Mother Nature ordered me to make it extra cold," replied Winter Child, looking down with shame.

Autumn Boy reached up and

rubbed Winter Child's back.

Spring Maiden shook her head. "It's fine. I understand," she said, her voice weak.

Summer Girl put her arms around her companion, trying to warm her up.

As they were standing there, snow began to fall around them. Winter Child sighed and looked over his shoulder, making eye contact with Mother Nature. She gave him a pointed, commanding look. He turned back to the girls, his eyes apologetic. He squatted down and put his hands on the ground, pressing them into the snow. A shockwave of arctic air blasted out and away from him.

Spring Maiden gave a cry and collapsed into Summer Girl, who was weak in the knees herself. They both sank to the ground, huddling into each other. The snow began to fall harder around them. The Guardian Flower shivered between them, looking as if it were beginning to wilt.

Winter Child chewed on his lip, close to tears. Autumn Boy knelt down beside him, looking behind him and glaring at Mother Nature, who was watching them. She calmly turned her back to them and glided away to converse with some creatures that had just arrived.

"I-I c-can't do th-this," stuttered Spring Maiden. "It's t-too cold-d-d."

"We can get through this," Summer Girl assured, squeezing Spring Maiden to her. "We just have to get the Guardian Flower planted. Then, everything will be better." The snow stung her face.

Spring Maiden shook her head.

"Don't give up. Push through. This'll be the best spring yet if we make it through," Summer Girl said, raising her eyes to the boys sitting across from them.

"I'm so sorry," Winter Child whispered. "I hate hurting you guys."

Mother Nature scanned the group for the forest spirit. She was hoping that it had forgiven her and would show up. But when she didn't see the towering spirit anywhere, she felt defeated. Her eyes drifted over to the four seasonal guardians kneeling in the snow. She set her jaw and went to them.

"Be ready to plant the Guardian Flower. It's almost time," she said, giving each guardian a hard look.

All of the guardians except Spring Maiden glared back at her.

"Give us a fighting chance," Summer Girl spoke up, refusing to break eye contact.

"Since you all seem to enjoy helping each other, go right ahead and do that," Mother Nature replied haughtily.

"Why do you do this to us?" demanded Summer Girl. "Why're you punishing us?"

"Don't play dumb, you're a smart girl. You know why. I've repeatedly told you why there would be consequences."

"Why do you have a problem with us helping each other?" Summer Girl shouted.

Mother Nature shook her head, dismissively waving her hand. "I'm not doing this. I'm done arguing with you, with all of you." She turned and left.

"How dare you walk away!" exclaimed Autumn Boy, jumping up and spinning toward her.

She ignored him and disappeared into the crowd.

"Who does she think she is?!" Autumn Boy growled, sitting back down beside Winter Child.

Summer Girl rubbed her face, shaking her head.

Mother Nature moved away from the gathering, her eyes on the ground. She wondered if she had taken things too far, if she'd made the winter too harsh. She'd admit she was ready to see green grass and flowers. The first flowers of spring usually are dandelions, daffodils, lilies, tulips, irises, and lilacs. At the same time, she felt she was doing what was best for the betterment of the environment. However, she'd heard of a long-term human study that had concluded spring, on average, begins three weeks earlier in the Colorado Rocky Mountain region than it did in the 1970s. She sighed as she walked along, feeling uncertain about which choice to make. Should she let spring begin? Or should she let winter stay a little longer so the rivers and streams would have an above average snowmelt? She finally stopped walking when she could no longer hear the group.

Her eyes lowered to the ground as she stood there, and she happened to see an egg-shaped chunk of snow. That made her think of the myth that it's possible to balance an egg on its end on the day of the spring equinox. She wanted to tell the humans that it really was just a myth. An egg can actually be balanced on any day of the year.

Her eyes were drawn upward when she thought something moved off in the distance. She squinted, but couldn't see what it was. She sighed heavily and turned back around to rejoin the group.

Spring Maiden's teeth were chattering so loudly that Summer Girl was afraid they were going to shatter. She vigorously rubbed Spring Maiden, breathing warm air onto her neck to try and warm her up. Suddenly, the girls felt a hand on their shoulders. Summer Girl looked up to find the forest spirit standing behind them.

"You made it," she said happily, grinning. She spotted Skylar coming up behind the spirit. "You both did! That's great!"

The forest spirit smiled gently at her, then turned its attention to Spring Maiden, frowning with concern. She tried to smile around her chattering teeth. The spirit lay down behind them and pulled Spring Maiden into its arms, cradling her close to its chest. She snuggled into the thick, black fur, and almost immediately felt her limbs warming up.

"Thank you," she whispered, and the spirit stroked her hair in response.

It then put a finger in the middle of her forehead, and showed her images of it getting back its powers with the help of the moon.

She gasped and raised her head, looking up at it. "You did? For real?"

The forest spirit smiled, nodding. She put her arms around its wide torso the best she could to hug it. "I'm so glad!" she

exclaimed.

Skylar lay down beside the spirit and Summer Girl, then looked to the boys. "You can come cuddle to stay warm," it spoke telepathically.

Winter Child smiled and shook his head. "We're okay. Thanks for showing up to keep the girls warm."

Skylar smirked. "No problem."

They all sat there like that for a long while. But it felt too short when they saw Mother Nature approaching them.

"You're here," she said, stopping and staring at the forest spirit. It looked at her, then looked away, blatantly ignoring her. An awkward silence followed. "Well, we're ready to plant the Guardian Flower."

"I don't know if I have the energy to," Spring Maiden said, an edge to her voice, even through her still-chattering teeth.

"You have no choice," Mother Nature replied firmly.

"I always have a choice. Just like you do to not be so cruel," she retorted.

Mother Nature rolled her eyes. "This is getting old. You have a job to do. Either do it, or I'll strip you of your powers."

They all stared at her. Autumn Boy's mouth hung open with shock.

"You've got to be kidding me!" snapped Summer Girl, getting to her feet. "Just because someone challenges you doesn't mean you got to threaten to take away their powers. That's not fair."

Mother Nature shrugged. "Life isn't fair." She looked to Spring Maiden. "If you want spring to come, plant the Guardian Flower. If you don't, then do nothing and suffer the consequences. It's really that simple. I entrusted you with this job, and now you're failing me. So, make your decision."

Spring Maiden looked at each of her friends, including Skylar and the forest spirit. When she looked up at the forest spirit, she gave a slight nod, and it let her out of its arms. She picked up the Guardian Flower, and walked up to the top of the ridge and over to a mound of rocks where it was supposed to be planted. She sluggishly scooped snow out of the way, while her friends and the rest of the enormous group gathered in a semi-circle behind her. She then set the Guardian Flower into a crack between two rocks, and it immediately went rigid. It slowly relaxed after a minute and let out a low, rumbling sound. A green beam suddenly shot out of it and up toward the sun, enveloping it. The ground shook as Earth was slowly dragged into position, tilting the correct amount toward the sun.

The sudden warmth Spring Maiden felt brought her to her hands and knees beside the rock pile, breathing heavily. She looked up as the green beam dissipated, then looked to the Guardian Flower and put a hand on the rock beside it. It hummed quietly in response. Spring Maiden collected herself, then got to her feet and turned to face the gathering, specifically Mother Nature. They stared each other down for what felt like ages. Then without warning, Spring Maiden charged at her. She ran at top speed at her, and then went right

through her since she wasn't a solid figure.

"Stop!" shouted Summer Girl as Spring Maiden whirled around and charged at her again. "Spring Maiden, stop!"

Spring Maiden didn't listen, and instead tried to grab Mother Nature's arm.

"This is futile," Mother Nature said calmly, drifting easily out of Spring Maiden's reach.

"Fight me like a woman!" shouted Spring Maiden. "Don't be a coward."

"You're like a child throwing a tantrum." She raised her hand, flicked her wrist, and tree roots shot up out of the ground and tightly wrapped around Spring Maiden, pinning her to the ground.

Spring Maiden growled, thrashing against the roots. "You're the child! You're always so petty! Always making others feel inferior!" she yelled.

Mother Nature calmly shook her head. "If that's what you think, then you're not learning what you're supposed to be." She raised her hand, palm out toward Spring Maiden, and the roots squeezed her.

She cried out, gritting her teeth. "I will never stop fighting you! I will always challenge you!"

Mother Nature was instantly inches from her face, floating above her. "Good. Maybe you're learning after all." She landed beside Spring Maiden, snapped her fingers, and the roots began to pull Spring Maiden into the ground.

"Wait! What're you doing?!" screamed Summer Girl, running forward, but the boys stopped her. She struggled against them, glaring. "You're on her side?! Let me go! Let me go!"

Spring Maiden glared hard up at Mother Nature, jerking against the roots. "Do your worst," she snarled just before she disappeared into the ground.

"No! No! No!" wailed Summer Girl, breaking free of Winter Child and Autumn Boy. She skidded to a stop where Spring Maiden had been and dropped to her knees, pawing at the snow. "What have you done?!" She looked up at Mother Nature, but she was already gliding away along the ridge.

"Come back!" Summer Girl yelled tearfully, sprinting after her. However, Mother Nature seemed to be getting farther away. Summer Girl eventually stopped and dropped to the ground. She beat her fists into the snow as her tears fell. She didn't know how long she was like that on the ground, but soon the boys pulled her to her feet and brought her back over. She sniffled and looked up to see the forest spirit standing by the spot where Spring Maiden had been. It leaned down and put a hand on the spot. Skylar stepped up beside the spirit and took its other hand, then closed its eyes. It pictured a full moon in the blackest of skies. A shiver went through the forest spirit, and little crystals of grass sprouted up between its fingers.

However, on the underside of the ground, enormous grass crystals were growing down toward Spring Maiden . . .

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Nature Speaks

Dance of the Cranes

by Dee DeJong
photo by Dee DeJong

We are standing in the cool morning air looking east as the sun begins to rise. The fields around us are filled with dark moving objects calling ka-rooo, ka-rooo. As the sun rises and the morning begins to warm, the dark creatures stir and then by the thousands they take flight! These amazing birds are Sandhill Cranes, *Grus canadensis*.

We are fortunate to live just a few hours from one of the best places in the United States to see the “rest stop” for these beautiful birds, the San Luis Valley. During the winter months these birds feed in the northern parts of Mexico and south Texas and migrate to northern Colorado, western Wyoming, Utah, and Montana where they will raise their young.

What makes this place so special for these tall, gray-bodied birds with a red crown to gather by the thousands in the spring? Food. The growing conditions in this high mountain valley, with warm days and cool nights, are perfect for agricultural crops such as potatoes, alfalfa, barley, and wheat. These crops are irrigated from the runoff of the nearby Sangre de Cristo Mountains providing water for the plants as well as dotting the landscape with marshes, ponds and lakes.

Sandhill cranes eat both grains and protein all of which are bountiful in this area. They thrive on the leftover grains in the numerous fields and the ponds also provide habitat for frogs, snails, and insects.

This crane stands four feet tall and has a wing span of about five feet. Imagine seeing this bird fly just 15 to 20 feet above you; it is quite an experience. As we travel through the valley we can hear the call of the cranes from miles away, keep an eye on the sky. The cranes circle lazily on the thermals, the warm air columns that they ride, spiraling to heights almost out of sight. It is believed that they communicate to each other during this flight, the best feeding areas for the day.

These majestic birds are also spending their days trying to find mates by jumping and bowing, like a dance, signifying that they are ready to start a family up north. Sandhill cranes mate for life and can live 25 years or more.


In addition to the cranes, thousands of waterfowl and other water birds are feeding and resting as well. Many species that have been found are the Ruddy Duck, Northern Pintail, Spotted Sandpiper, and the American Avocet. This is a birder's paradise and a fantastic way to usher in spring after the long, cold winter.

This March we will be heading to Monte Vista National Wildlife Refuge in the valley to see the “Dance of the Cranes”. If you would like to join Guides-To-Go or find out more about this special place, please visit guides-to-go.com or call 720-838-3277.



Imagine seeing this bird fly just 15 to 20 feet above you; it is quite an experience.

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The Legend of Carl Mangert

Brave spirit rising (Part II)

by David Martinek

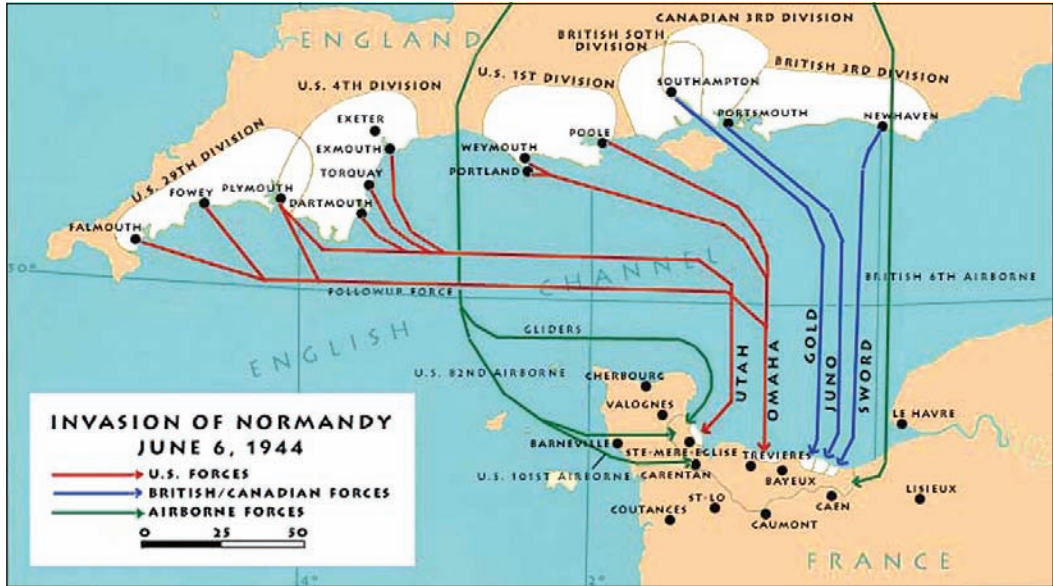
Episode II: (Note: Readers may wish to re-read the previous episode in the February issue for continuity). Carl Mangert, an old World War II veteran who had lived fairly anonymously in Teller County for over 60 years, had died. When I had interviewed him several months earlier, he had mentioned that his unit had landed on Omaha Beach during the Normandy invasion and that he had “had enough of France.” Later, at his funeral at the Little Chapel of Hills Church in Divide, an older gentleman named Russell Kontanski came forward to announce that he and Carl had both grown up in Massachusetts and had served together in the Army.

Could this old man shed some light on Mangert's past life? I hoped so.

“I grew up in a Polish neighborhood in Athol,” said Russell Kontanski after his introduction. “It's a little town in the middle of Massachusetts some 10 miles south of the New Hampshire border and just north of where the Quabbin Reservoir is today. Carl lived in Orange, a few miles to the west. The two towns are linked like sisters; you don't normally mention one without the other — Athol and Orange.” He flicked his left arm out, followed by his right, to emphasize the point.

“We went to the same schools, played baseball, dated some of the same girls and just happen to enlist in the Army together in Boston in October 1943. We were not really friends growing up, that came later, but we knew each other. Everywhere I went after my enlistment, Carl seemed to be there.”

Russell described their basic training months at Camp Leonard Wood in the hills of central Missouri and their assignment



INVASION OF NORMANDY
JUNE 6, 1944

U.S. FORCES
BRITISH/CANADIAN FORCES
AIRBORNE FORCES

later to the Army's 1st Infantry Division which was already in England. He spoke of their exciting train ride from St. Louis to New York but only briefly mentioned the boring trip across the Atlantic by ocean liner.

“The big ship we boarded in New York had many more troops on it than space. It was the Elizabeth,” he remembered. “We were crowded in like cattle, but Carl and I had time to really get to know each other before we reached England. He became my new best friend.”

Glancing over at Carl lying peacefully at rest, he stopped to choke down a moment. Years of memories must surely have been rushing by. His glistening eyes betrayed him, and he stared off as he fumbled with a handkerchief from his pocket and blew his nose. I had seen that look before — the glassy eyes and that far away gaze — in Mangert's face not long ago. Now I knew for sure that another story was about to unfold.

“Carl and I became real buddies on that journey across the Atlantic,” he said softly, sticking the hanky back in his pocket. “Our ship finally anchored in Portsmouth, a natural harbor on the south end of England and just north of the Isle of Wright, about 70 miles from London, near Southampton. We were assigned to Company B, 3rd Battalion, 16th Infantry Regiment, 1st Infantry Division, just an Army bus ride away to Weymouth and Portland to the west. It was April of 1944. Shortly after arriving, we learned that in just a few short weeks we were going to be part of an enormous invasion of France.”

His demeanor changed with a smile, and he flashed a shy grin at the woman that accompanied him, as if he was uncertain of how to continue. She returned a reassuring nod and motioned with her hand to “go on.”

“The Army kept us bottled up in camp, for security reasons I guess,” said Russell. “We did a lot of training. But Carl and I had heard about the friendliness of the British girls, enhanced certainly by the stories told to us by our new unit friends who had been there longer. We were both eager to find out just how friendly. But it was not to be.

“A couple of weeks or so after we arrived, our mail caught up with us, and I received a frantic letter from my girlfriend back home in Athol that contained some surprising news, and changed my mind about meeting those English girls. Irene was her name; she wrote to inform me that she desperately needed to get married, if you know what I mean.”


An awkward chuckle rummaged through the small group as they began to realize what Russell was delicately describing, and after a moment of slight embarrassment he continued.

“Of course, I told Carl about my problem,” he added. “To my amazement I discovered

that he had also dated Irene off and on between our breakups and make-ups right before I enlisted. You see, when Irene learned that I was going into the Army, she was not happy. She must have figured it was inevitable, I supposed, but when it really was going to happen she got very upset with me, and we broke off our engagement a couple of times as a result. Maybe more than a couple, but we always made up again. Early on, I guess Carl kind of figured I was out of the picture and had more than a few dates with her herself. At least that's what he said. Irene must have felt rejected and abandoned by me, several times I guess, and was on the rebound.”

“I know that don't sound right,” he said, shrugging his shoulders a little. “But there you have it. Hell, me, Irene and Carl were all very young then.” The things you learn about a person at his funeral, I thought.

Carl and I both got the same tattoo. It hurt but it was kind of a pledge of our pact regarding Irene. Modified internet file photo



The Army kept us bottled up in camp, for security reasons I guess,” said Russell. “We did a lot of training. But Carl and I had heard about the friendliness of the British girls, enhanced certainly by the stories told to us by our new unit friends who had been there longer. We were both eager to find out just how friendly. But it was not to be.

“At first, I was angry and jealous,” Russell continued. “But, I thought about it and when my mind cleared, I realized that Carl was my friend and he was just being honest, and after a while we accepted the way things were and wondered what to do about it all the way across the ocean in England. What if neither one of us survived this planned assault on Omaha, the code name for our unit's Normandy landing beach? What would poor Irene do then, a single mother in the 1940s without a husband or a father for her yet unborn child? Since we didn't really know who caused Irene to be in her... condition...” he struggled with that remark, but tossed a wink over at the woman he had come in with and smiled. “...the uncertainty made Carl and me even closer, I guess, and we made a pact then and there, me and Carl, that if one of us got killed, the other would marry Irene. If we both survived, I would marry her, since I was the one engaged to her, and Carl would be my best man.”

Looking over at his friend again, he rolled up his sleeve to reveal an identical scarlet tattoo of a heart on his left forearm, just like the one I saw on Carl's arm, and equally faded by time. “You do strange things sometimes to prepare for combat,” reflected Russell. “A few days before we shipped out, our commander allowed us a little time to visit the nearby town, called Poole, I think. One of the local mates was a tattoo artist, so Carl and I both got the same tattoo. It hurt, but it was kind of a pledge of our pact regarding Irene. If you could see more closely, you'd see her name is on the heart, right there.” He pointed to his arm with his finger but then stopped and rolled down his sleeve. Another devious grin found its way to the woman sitting beside his empty chair, as if to say: “well, I got through that part.” She smiled a big grin and clasped her hands.

Then his faced changed abruptly; and he became serious.

To be continued next month...



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Local geologist now hall-of-famer

by Chase Alexander

Steven Veatch, a member of the Lake George Gem and Mineral Club, was recently inducted into the National Rockhound and Lapidary Hall of Fame for his work in work in education as it relates to the hobby. His work with the youth of the club, the Pebble Pups, and the teenaged Earth Science Scholars, has received national attention. He has been leading the CSMS youth for over 25 years and the Lake George Gem and Mineral Club for more than five years.



Veatch is a writer and poet. He is also a geoscientist. His family came to the Cripple Creek and Victor Gold Mining District in the early 1890s where they mined for almost three decades. Veatch lives in Florissant, Colorado.

The National Rockhound and Lapidary Hall of Fame was founded by June Culp Zeitner in 1987 to recognize excellence in the earth sciences by inducting one or more persons each year in six categories: minerals, fossils, metalcraft, lapidary, education, and tribute (deceased). All of the inductees are experts in their fields. At this time, inductees represent 33 states. The Hall of Fame is governed by a seven-member board composed of one person from each of the American Federation of Mineralogical Societies member regions. Veatch has organized the Colorado Springs and Lake George groups into the Pikes Peak Pebble Pups and Earth Science Scholars, a study and action work group. Together they explore the wonders of rock, mineral, and fossil collecting in the Pikes Peak region. The Pebble Pup program participates with the Future Rockhounds of America under the American Federation of Mineralogical Societies.

The purpose is to train the club's youth to become skilled rockhounds while learning about earth science. The Pebble Pups do more than that; they conduct research that is published in newspapers and magazines, work with lab equipment, and go on field trips. There are monthly lessons on earth science during the school year and several workshops on field drawing, sketching, and writing.

The Colorado Springs Pebble Pups meet from 5:30 p.m. to 6:15 p.m. on the third Thursday of each month at the Colorado Springs Senior Center. The Teller County Pebble Pups meet from 6 p.m. to 6:45 p.m. on the third Wednesday of each month at the Pikes Peak Historical Society's museum in Florissant.

Pebble Pups recently:

- Presented a scientific paper at the Geological Society's Annual Meeting in Denver.
- Co-authored a paper presented at the New Mexico Mineral Symposium.
- Received national and regional awards for science writing.
- Worked as uniformed rangers (volunteer) at the Florissant Fossil Beds National Monument.
- Participated in Cool Science at Colorado College and the University of Colorado at Colorado Springs.
- Published two chapbooks on earth science art, photography, poetry, and prose.
- Presented programs for the past three years at the Denver Gem and Mineral Show.
- Presented a program for the Fossil Symposium at the Colorado School of Mines.

The activities of the Pebble Pups are documented on their website at <http://pebblepups.blogspot.com>. The Pebble Pups also have an active Facebook <https://www.facebook.com/PikesPeakPebblePups/>. For more information contact Steven Veatch at his email address: steven.veatch@gmail.com.

12 animals run for Mayor of Divide

by Dr. Daniel Heimerdinger, TCRAS Board President

The Teller County Regional Animal Shelter (TCRAS) announced that 12 candidates are vying for the position of Mayor of Divide, CO. Candidates include a cat, donkey, hedgehog, wolf, and eight dogs. The candidates will meet the public at a Town Hall session at the TCRAS Wild Whiskers Dinner and Auction, March 5 at the Shining Mountain Golf Club in Woodland Park, CO 4:30 p.m. to 5:30 p.m.

Anyone IN THE WORLD may cast as many votes for their favorite candidate(s) as desired. Each \$1 vote can be cast for the candidate of your choice. Votes may be cast at TCRASColorado.org. TCRAS Board

Meet your mayoral candidates for Divide

Niki-Maru

Cat Tails Feline Health Center
Male, age: 10 years

Niki-Maru is a devilishly handsome orange and white feline. He resides at Cat Tails Feline Health Center, where he is employed as assistant practice manager. Diagnosed with diabetes in 2013, he helps owners of newly diagnosed diabetic felines learn how to give insulin injections. He also shows folks how to give pills to their cats. His first order of business would be to help every citizen to realize how pets, especially felines, enrich human's lives. With his maturity, business savvy, and ability to face life's challenges with a positive demeanor, Niki-Maru is a purrfect ambassador for Divide!



Little Red

Community Partnership Family Resource Center
Male, age: 2 years

Teller County native "Little Red" enthusiastically announces his campaign for Mayor of Divide, CO! *Strengthening families one struggle at a time!* "Little Red, a 2 year old Chihuahua born to parents Bear Bear and Peanut Butter, has worked at Community Partnership Family Resource Center in Divide since infancy. Greeting families and supporting staff keep Little Red busy and he takes his responsibilities as a community leader very seriously. Little Red feels strongly that the primary responsibility for the development and well-being of children lies within the family. As your Mayor, he will continue his work investing in a community that ensures all families have access to the resources they need to succeed. His favorite pastimes are sun bathing and snuggling.



Peanut, the doggie

Banana Belt Liquors
Male, age 4 ½ years

Platform: KeepCoLocal.com and supporting local shops and business' of Woodland Park area. Peanut works at Banana Belt Liquors. His job duties include greeting customers and to be fluffy and REALLY cute. He is also responsible for lifting our spirits, sitting up and dancing for treats.

His favorite hobby is being an avid ball player: catch, fetch, and keep away. His professional references include: Underdog, Woody Woodpecker, and OH NO Mr. Bill. Special Skills: Diving into snow banks and melting our hearts. Breed: ?Retriever? at least in his heart. *Milk-bones, suckers and smiles for all!*



Nala ("gift" in Swahili)

Habitat for Humanity of Teller County
Female, age: 11 months

Nala spends her days brightening others'. While everyone else surely wouldn't be paw-ful as mayor, Nala is the best candidate because she advocates for hands and paws. Habitat for Humanity of Teller County builds communities and hope by providing housing to people in need; Youth United builds dog houses. Adopted from TCRAS as the runt of the litter, Nala has fought the good fight and continues to inspire other dogs everywhere. While bringing a youthful bark to paw-antics, she is sponsored by Women's Build, yet another Habitat program



President Dr. Daniel Heimerdinger says "This is a very important election for our community, perhaps even for our country. I have been assured, by all candidates, that they will raise the quality of public debate currently seen by the US Presidential candidates. This shouldn't be too hard since they don't speak that much unless hungry."

At least one debate will be held and broadcast on the TCRAS website, TCRAS-Colorado.org. The date will be determined shortly but is being hotly contested by the candidates' campaign managers due to the concern that the debate moderator has four cats and is terribly biased. All proceeds

that empowers women, like Nala. When she's not working hard, she likes to unwind at her fur-ever home believing *Everyone should have a happy place.*

Focita ("Little Seal" in Spanish)
Timbaworks, LLC
Female, age: 1 ½ years

Though not a U.S. born citizen, Focita thanks you for her consideration as Mayor. Focita was born in Costa Rica with a rare spinal condition that made her unable to use her hind legs. She moved to Colorado at 8-weeks of age. Almost fully recovered now, she has a job overseeing the workstes of Timbaworks, a deck-building company owned by Timothy Doust of Divide. Focita does free lunch checks when she finds lunch boxes, assists digging holes, and finds the best sunny spots for napping. She has an amazing ability to find bones on almost every job site. If elected Mayor of Divide, she hopes to make it a law to *feed daily dog biscuits to all dogs.*



Rider Tatro

Hot Heads Studio and Day Spa
Male, age: 6 years

My name is Rider Tatro. I am the official Greeter and Mascot of Hot Heads Studio & Day Spa in Woodland Park and I live in Florissant. I am running for Mayor of Divide because I've never met a human or animal that I didn't love! I would be honored to represent the fine organization of TCRAS, its employees, and amazing volunteers. My ultimate goal, if elected Mayor is to raise awareness by helping my fellow animals connect with their new families, bringing the humans the ultimate joy in life of pet companionship. I would also love to be Mayor because *I think my hair looks better than Donald Trump's!* Thank you in advance for your consideration.



Teddy

Divide Chamber of Commerce
Male, age: 12 years

Teddy plays a multifaceted role in service and public relations for the Divide community:

- Spokesperson, official mascot, and sponsored by the Divide Chamber of Commerce
- Mascot Teller County Cancer Survivors Group
- Official greeter, mascot and CCO (chief canine officer) for Ancestral Arts

Teddy is running for Mayor of Divide on the platform of *Experience, loyalty and leadership.*



Colina Dietrich

The Flash and Thelma Memorial Hedgehog Rescue, Inc.
Female, age: 3 years

Colina is IHA Registered Hedgehog Number 27084 and is an Algerian Black hedgehog. Colina Dietrich was born in Fort Myers, Florida and is a retired Momma hedgehog sent to the Colorado rescue by Sir Snuggly's Hedgehog Rescue in Oldsmar, FL. She is the present reigning XVIII Hedgehog Monarch of North America and oversees the five Ministers and the Hedgehog Military, as sponsored by the International Hedgehog Association. Prior to accessing the Crown in November, 2015, she served as the Minister of Foreign Affairs. The candidate is an Algerian Black Hedgehog, the rarest of African hedgehog colors at the very end of color spectrum.



directly benefit the homeless animals at the shelter and help fund the much-needed programs and services TCRAS offers the communities it serves. Donations are fully tax deductible where allowed by law.

TCRAS is a private, 501(c)(3) non-profit organization located in Divide, CO. 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. For further information call TCRAS, 719-686-7707, www.tcrascolorado.org.

Dakota

Shutters for Shelters
Female, age: 3 years

Dakota is Diva in Residence for Shutters for Shelters, a non-profit rescue photography group. She utilizes her extensive modeling experience to coach rescued pets in the proper poise and poses that make a difference in their photographic portfolio. She is skilled in calming down scared shelter pets, so the photography team can get the best photos of them. Her favorite foods are bacon and chicken chews. She loves hiking, camping, and knitting. She promises to *do bacon quality checks at every restaurant and to work tirelessly to help get the best photos, so rescue pets can find their forever families.*



Shunka

Colorado Wolf and Wildlife Center
Male, age: 14 years

Shunka is a beautiful wolf here at the Colorado Wolf and Wildlife Center who is very gentle-mannered and loves belly rubs (especially from the ladies)! He prefers long walks on the beach, but will settle for walks in the snow with our staff or tour guests. As a wolf, Shunka has a keen sense of smell and can detect problems from miles away. He is big and strong and in his hay day weighed 135 pounds, so the city will sleep well at night knowing he is watching over them. But don't let his size fool you, he is a romantic and gives the best kisses. He just had some teeth pulled, but he still smiles pretty for the camera. As an Arctic Timber Wolf mix, he can withstand temperatures of 70 degrees below zero. So rain, sleet, snow, or shine, Shunka will be there for Divide. Vote for Shunka!



Hershey

The Two Mile High Club of Cripple Creek
Male, age: 12 years

Current Career: Amb"ASS"ador for the City of Cripple Creek, also seasonally employed in Lawn Care as a fertilization specialist. I'm already the most popular Donkey in town, so why not vote just go ahead and vote for me!



Ma Kettle

Teller County Search and Rescue (TCSAR)
Female, age: 4 years

Ma Kettle is a bloodhound working with Teller County Search and Rescue. She has trained since she was about two years old and is a wonderful working dog. She stays on a scent even when it is several hours old. When not working, Ma enjoys spending time laying on her couch or the front porch of her home. She lives with several other dogs, including Pa Kettle (the current Mayor of Divide). Pa has told her what a great time he had during his term and how he loved the attention. Ma wants to take on the position as Mayor of Divide and will sniff out the votes. Vote for Ma Kettle!



Last day to vote is April 5th online or at the above listed sponsoring businesses located in Teller County and Colorado Springs.

Abominable Winter Adventure Run

by Flip Boettcher

photos by Flip Boettcher

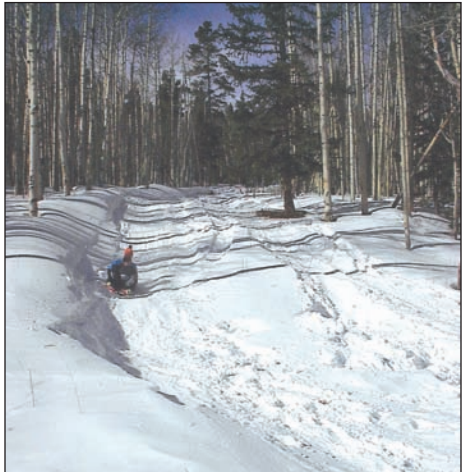
About 115 people participated in the third Abominable Winter Adventure Obstacle Run held January 30 in Como, Colorado at Camp Como, the highest Christian camp in America, located at 10,000 feet and open all year. The elevation and the winter weather provided a very challenging three and a half mile obstacle race for the competitors.

At a short briefing Scott Jones, co-director of the event, said that the mountains were the biggest obstacle and the weather was the second obstacle. He advised that everyone stay hydrated and don't dress too warmly.

The race started with obtaining your flag from a snowfield of flags which is turned in at the finish. There was a 300 foot climb to the sledding hill, to the bottom of the sledding hill and back to the start to do that loop again. Each loop was about half a mile.

Then there was a stop to do 25 "Burpees" before heading to the rock pile and picking out a stone. Then competitors carried the stone to the next station to do 25 squats holding the stone. The stone was then carried back to the pile.

From the rock pile, competitors headed into the dense woods and the deep snow. Obstacles in the woods included objects to climb over, under and through. Perhaps,



Two coming down the sledding hill; this was done twice.

even an encounter with the Yeti himself.

According to Lauren Jones, co-director of the event for "Life's 2 Short" events, most of the participants came from the Denver area, Greeley, and Fort Collins. Themed runs and obstacle races seem to be gaining in popularity with very few winter events, said Scott. Eight of the Adventure Run's participants were from a group called Colorado Obstacle Racers (COR). According to COR member, Victor Matibag from Denver, there are about 1,500 COR members around the country.

COR was formed three years ago with people who like to work-out, train, and go to races and/or runs together all around the country, Matibag said. Team work, helping each other, and everyone finishing a race is what COR is about, added Matibag.

Almost all of the registration fees go to fund the event and to Camp Como, said Lauren. Awards were given to first and second place female, first and second place male, youngest and oldest participants.

Award winners were: Heather Higgins, first female with a time of 1 hour and 16minutes; first male, Brian Klink; second female, Stace Riffe; and second male, Don Downs. The youngest competitor was nine year old David Klein, from Denver. The oldest competitor was David Fulenwider, who was competing with his son, from Greeley. The father/son team competed in last year's Abominable Obstacle Run, but they did much better this year, said David. Last year, he added, it was very cold.



The start of the race, trying to get a flag to turn in at the finish.



First place finisher Heather Higgins with a time of 1 hour and 16 minutes.

The obstacle run ended with snacks and hot beverages in the camp lodge, but participants could stay the weekend for more winter activities with accommodations at the camp or in nearby Fairplay.

For more information on the run visit <http://www.abominablerun.com/> or about Camp Como visit <http://www.campcomo.com/>.

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Women doctors made their way in the 1800s

You may have heard of Doc Susie (Dr. Susan Anderson), thanks to the Virginia Cornell book, but Colorado was the home of so many other amazing women doctors who preceded Dr. Anderson by many years. The first verified woman doctor in Colorado was Alida Avery in 1874. She was the first in a long line of women who came to Colorado to practice medicine. She is just one of many women who dared step into the male dominated world of medicine before 1900. But there were many more, most of whom are untold tales of pioneering a profession in the name of helping others. Doris McGraw of Colorado Springs will present a historical perspective on women who took up the profession of caring for the well and curing the ill, including some who served in the Victor area. The presentation will begin at 1 p.m. Saturday, March 19 at the Gold Coin Club in Victor.

In a predominantly male world, women doctors were not often welcomed in the small towns of the west, nor in the medical schools of the east. Between 1870 and 1900 several women braved the ridicule and discrimination to earn their medical degrees and practice. Dr. Kathryn Yont was one of those women. In 1873 Katherine Eliza Geiger was born

in Jackson, Michigan to John and Mary (Ver Planck) Geiger. She attended the University of Michigan in Ann Arbor and graduated in 1896. She moved to Denver, Colorado in 1897. That same year she received her Colorado license #2514 to practice medicine. She was 25 at the time. 1897 also saw her marriage to Jesse Grant Yont, an 1895 graduate of the University of Michigan. Jesse Yont, according to some records graduated with a law degree, but he also played football while in college and with two "professional" teams in Denver.

Around 1900 he was noted as living in Victor. While there is no record of Kate practicing medicine in the area, there is a probability she did since she was licensed at the time and doctors would have been in demand in the bustling mining camp.

She later moved to Denver where she was the assistant gynecologist at St. Anthony's Hospital.

She also was involved with the Flower Mission, a nucleus of the Visiting Nurses Association, worked as the resident physician at the Florence Crittenton Home and was well-known to the Italian community for helping in their naturalization process. She died December 7, 1943 in Denver, Colorado.

The museum has several of Dr. Yont's personal items, thanks to Dorothy Phelps, a member of her family.

The event in honor of 2016 Women's History Month is being sponsored by the Victor Lowell Thomas Museum and will include afternoon tea and snacks. Advance reservations are required and a maximum of 50 tickets will be sold. The event starts at 1 p.m. at the Gold Coin Club on Diamond Avenue west of North 4th Street. For more information and to make reservations visit VictorColorado.com or call 719-689-5509.



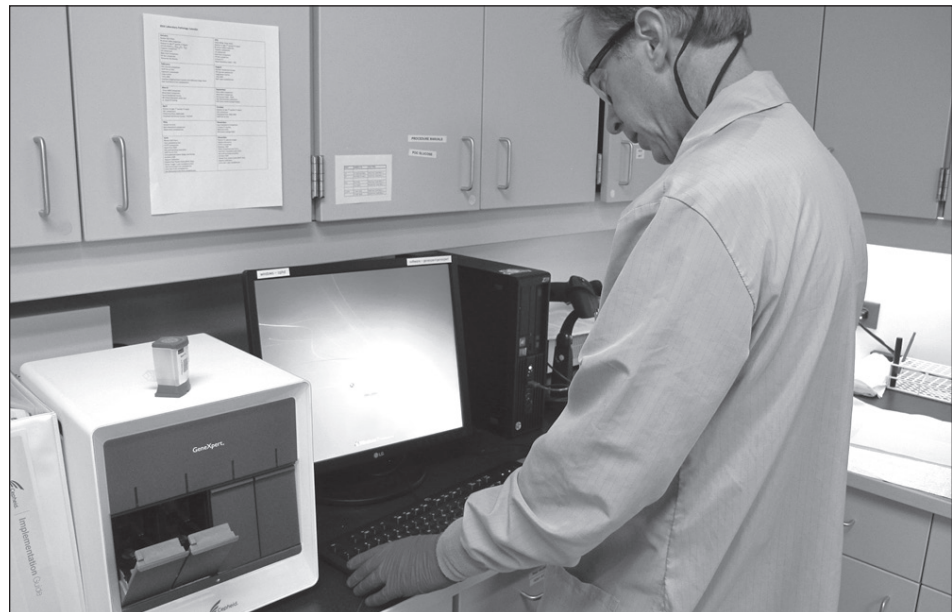
Diagnosing disease through DNA

Heart of the Rockies Regional Medical Center's laboratory has a new tool in the fight against disease. The lab has acquired a GeneXpert molecular diagnostic system.

"This is state-of-the-art technology," said Mike Becker, lab tech at HRRMC. "You usually only see this in large hospitals. Children's Hospital in Denver uses this same system."

This new instrument uses polymerase chain reaction (PCR) technology to detect the DNA presence of a variety of diseases. PCR testing is highly sensitive, resulting in more accurate results and better patient care.

Currently HRRMC can use PCR to test for the intestinal bacteria Clostridium difficile or C. diff, chlamydia, gonorrhea, a variety of influenza strains, Methicillin-resistant Staphylococcus aureus (MRSA), and streptococci. Additional tests can be added in the future.



Rampart Library news

by Sandy King

Happy March from the staff at the Rampart Library District! We have some great events and activities going on this month at our libraries in Woodland Park and Florissant. You can also find us on the internet at www.rampartlibrarydistrict.org, on Facebook and Twitter, which you can easily access by clicking on the "f" or "t" in the upper right side of our homepage, on Pinterest, and our newly revitalized Inside Scoop blog. The easiest way to know what's happening is to enter your email address on the blog and receive notifications every time something new is posted. Our friendly and knowledgeable staff would love to help you so please ask if you have any questions.

The Mountain Eire Irish Dancers are back at Rampart Library District and you can see them on Saturday, March 12 at Florissant from 10:45 a.m. to 11:45 a.m. and at Woodland Park from 2 p.m. to 3 p.m. We also have a special UFO program featuring Steve Alexander and "The NORAD Incident" on March 23 at Woodland Park Library from 6:30 p.m. to 8 p.m. Mr. Alexander is an avid UFO enthusiast and expert on all things UFO in Southern Colorado.

On March 18 at 6 p.m., join us at Florissant for "Spring Into Storytime", an evening of food, fun, and stories for the whole family. Please call 719-748-3939 to let us know you will be there. The District offers three regular storytimes a week, at Woodland Park on Wednesdays and Thursdays at 10 a.m. and at Florissant on Fridays at 10 a.m. Bailey, a trained therapy dog, is at Woodland Park on Tuesdays from 4 p.m. to 5 p.m. for the Paws to Read program. Bailey loves to listen to children reading out loud and this helps boost a child's confidence, eliminate nervousness and improve reading skills. You do have to preregister for Bailey by calling 719-687-9281 ext. 112 or emailing juliew@rampartlibrarydistrict.org

rampartlibrarydistrict.org.

If you are a preteen or teen, be sure to visit the Teen Room at Woodland Park Public Library. We have a welcoming and relaxed environment, and all of the best new YA books. Young adults from ages 16-24 are invited to our first Adulting 101 workshop on Wednesday, March 2 from 4 p.m. to 5 p.m. Together with the Pikes Peak Workforce Center, we are presenting a Job Fair Readiness Workshop in preparation for the Woodland Park Job Fair on April 28. If you are looking for a job this summer, make sure you add this to your calendar. On Tuesday, March 8, from 4 p.m. to 5 p.m. the monthly Fandom program will feature *Avatar: The Last Airbender*. You can always stop in on Wednesdays for Wii and Fridays for *MineCraft*.

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

The next meeting of the Book Club at Woodland Park Public Library will be on Tuesday, April 5 at 10:30 a.m. to discuss *The Nightingale* by Kristin Hannah. The Book Worms Book Club will meet at Florissant Public Library on March 16 at 10:30 a.m. to talk about *Nine Lives: Mystery, Magic, Death and Life in New Orleans* by Dan Baum.

The Adult Coloring Group is having a great time at Florissant. They are meeting the second Wednesday of every month from

10:30 a.m. to 11:30 a.m. The next one will be on Wednesday, March 9 and offers an opportunity to relax, relieve stress, express your creativity and meet some new people.

The first "Cook the Book" program at Florissant was full of wonderful soups, breads, tips, and high altitude cooking suggestions. It was fun to sit down and talk about what was made, and sample all the goodies. Our patrons enjoyed this so much that we've added "Ski Town Soups: Signature Soups from World Class Ski Resorts" by Jennie Iverson and "Soup of the Day" by Ellen Brown to our collection. If you missed this program, the next one will feature Greek dishes on Wednesday, May 4 from noon to 1 p.m. For questions, please contact Florissant Library at 719-748-3939.

Upcoming computer classes include PowerPoint 2013 on Thursday, March 10 from 9 a.m. to 11 a.m. at Florissant. There will be a Computer Basics class at Woodland Park on Wednesday, March 16 from 10 a.m. to 11:30 a.m. On Thursday, March 31, from 9 a.m. to 11 a.m., you can learn about Publisher 2013 at Florissant. Preregistration for all computer classes is required by calling Florissant at 719-748-3939 or Woodland Park at 719-687-9281 ext. 102. You may also choose to check out Google Apps. Learn to use the best cloud service available! This course teaches the basics of Gmail, Google Calendar, Drive, and Contacts. Requires basic computer knowledge and internet access. Users will need to own or create a Gmail account, Thursday, March 4 from 10:30 a.m. to noon at Florissant Public Library. Registration required Call 719-748-3939.

Woodland Park Public Library will be closing at 5 p.m. on Friday, March 4 for a special event. The Rampart Library District will be closed on Sunday, March 27 for Easter.

Spring fishing

by Jeff Tacey

With the way it's warmed up in February, it looks like it might be an early spring. Ice fishing will probably be leaving some time in March and ice off is one of the best fishing times of the year. The fish will be close to shore looking for an easy meal and that is where the ice melts first.

One of the best places to try is Rampart Reservoir, drive up forest road 300 from Woodland Park, hike in one mile on the inlet trail and fish the moving water where it enters the reservoir. You'll mainly catch rainbow trout but lake and brown trout are also possible here. Try nightcrawlers on a circle hook or small Kastmasters, Little Cleos, or Krocidiles.

Another early spring hot spot is Mt. Elbert Forebay Reservoir off of Highway 82 in Lake County. Forebay usually doesn't freeze because of the water being pumped up and down from Twin Lakes Reservoir for power generation. Use sucker meat with a big sinker at Forebay



for lake trout. The rainbows and browns will hit nightcrawlers on a bottom rig with some Power Bait to help it float out of the rocks. Casting a Woolly Bugger or Pistol Pete with an air bubble will catch rainbows and cutbows.

Spring hot spot three is the power plant outlet at Twin Lakes Reservoir. Trout congregate in this area of warmer moving water. Big floating or jointed Rapalas will catch cruising fish. An air bubble/Woolly Bugger or Pistol Pete works well. Use a bobber with bait there with all the rocks around.

Check the 2015/2016 Colorado Fishing booklet for all rules and regulations.

2nd Annual Mule Deer Conservation event March 12

The Woodland Park Chapter of the Mule Deer Foundation (MDF) is holding a special event and a night of fun at its 2nd Annual Fund-raising Banquet. Banquet revenue will be used to assist with mule deer habitat improvement projects on public lands in Teller, Park, and northwest Douglas Counties.

The event will include an outstanding meal of BBQ with all the fixins'. A live auction, silent auction and raffles for merchandise will include over 10 quality firearms, guided deer hunts in Colorado and surrounding areas, bows, outdoor gear, western/wildlife art and jewelry and home furnishings will follow the meal. The banquet will take place Saturday, March 12th, at the Shining Mountain Golf Club in Woodland Park. Doors will open at 4 p.m. and dinner will start at 6 p.m.

The Woodland Park Chapter of the Mule Deer Foundation is a local group of volunteers that are working to raise money that will be spent locally to provide and conserve habitat for mule deer and other wildlife species throughout Teller, Park, and northwest Douglas counties. Mule deer are the only big game species in North America that are on a population decline; identified by wildlife agencies as caused by highway mortality, habitat loss from wildfire, disease, overgrazing, winter die-off, over predation, and competition with elk and whitetail deer. The Woodland Park Chapter is working to minimize the threats to this species through fundraising and local projects.

Last year's event was a huge success with



Last year's proceeds helped pay for much needed habitat thinning.

tickets selling out and revenue that exceeded goals. With the funds raised at last year's event, the chapter was able to provide a log arch to Colorado Parks and Wildlife for use in habitat improvement in South Park, provide much needed repairs to the Colorado Parks and Wildlife Southeast Region Mule Deer Decoy used to aid in wildlife law enforcement and work to improve mule deer and elk habitat at James Mark Jones State Wildlife Area through thinning and aspen regeneration. Many more projects are planned for next year!

The event will also feature limited vendors and a trophy display. Attendees are encouraged to bring mounts to display. Phone orders can be made by calling Larry Long at 719-351-0994 or Rose Long at 720-936-5778 (leave message) or email csfslong@gmail.com. Phone and email orders require credit card information. Must pre-register to attend.

MTCC bicycle Colorado Summit

by Deborah Maresca

Bicycle Colorado Summit was held February 8th and 9th at the Denver Embassy Suites Hotel. Mountain Top Cycling Club president, Deborah Maresca was on hand with friend, Allen Beauchamp to hear the latest in bicycle advocacy.

The day started at 8 a.m. with the local school children greeting guests with handmade valentine hearts with each having a different reason for why they liked to ride their bikes to school. This fit in well with Celebrating the Safe Routes to School programs across Colorado.

Dan Gruning, Executive Director of Bicycle Colorado started off the list of guest speakers with "Moving Forward Together" as the theme of this year's summit. "16 Trails for 2016" was Governor Hickenlooper's topic that he shared with the group. Governor Hickenlooper committed to cycling on each one of the 16 trails. He shared about the new economic impact study, pilot programs that get families out riding together. Health and Wellness is key, 53 percent of public school students are on medical prescriptions, \$8 billion is paid to Medicare; we need to get families out moving and living healthier.

Ken Gart was another keynote speaker, Ken was appointed as the state's first volunteer bike czar by Governor Hickenlooper in 2015. He has since been working closely with Bicycle Colorado to advance the Governor's goal of making Colorado the #1 ranked state for bicycling.

Mikael Colville-Andersen was the keynote Speaker. Mikael regards the bicycle as the most important tool in our transportation toolbox for rebuilding livable communi-



Governor Hickenlooper was one of the speakers at this year's summit.

ties. He works with cities and governments around the world, coaching them to become more bicycle friendly.

The next morning cyclists rode to the State Capitol building to speak with representatives about cycling advocacy.

Mountain Top Cycling Club is now in its sixth year as a non-profit organization, based out of Woodland Park, CO. The mission of the club is to encourage and promote bicycling for health, recreation, sport, and transportation. This includes promoting bicycling safety, improving facilities, roads and paths; supporting individuals, organizations and others who support cycling. For more information see www.mountaintopcyclingclub.com.

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Mariposa Lily *Calochortus spp.*

by Ciena Higginbotham
artwork by Ciena Higginbotham

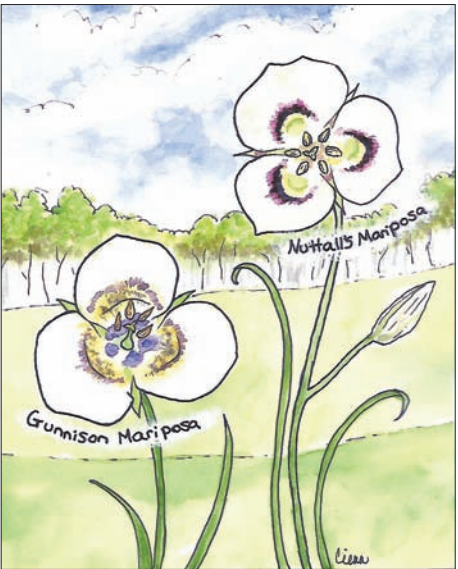
The weary settlers looked at their fields in dismay. It was the fall of 1848. A horde of crickets savaged their crops, leaving nothing behind but ragged stems and trampled soil. The pioneers held their heads low with sweat-soaked faded bonnets and worn felt hats. This would be a rough winter or so they thought. Little did they know that they were standing on a field of wild food. Guided by the Native Americans, they looked to a beautiful flower — none other than the Mariposa Lily.

This native perennial flower grows up to 18 inches tall. It has a slim reaching stem, often to over a foot tall, and narrow leaves up to 8 inches long. The lily's showy blossoms are 2 inches across with 3 fan-shaped petals and 3 white to pale green sepals. Each petal has dark brown spots fringed with yellow hairs, giving it a very distinct appearance. It is found across sunny meadows, open forests and alongside slopes. They grow from the foothills in low elevations to the montane, nearly up to timberline.

Several species are found throughout the Rocky Mountains. The most common on the eastern side of the Continental Divide is the Gunnison Mariposa, *Calochortus gunisonii*, ranging from South Dakota to New Mexico. It dwells in mountain meadows and aspen groves. An infusion of the Gunnison Mariposa was taken internally to treat rheumatic swellings.

The Nuttall Mariposa, more often called the Sego Lily, is the species that helped nourish the early pioneers. "Sego" is a Shoshonean word thought to mean "edible bulb". In honor, *Calochortus nuttallii* was claimed the official state flower of Utah. It is frequently found on the western slope in Colorado where its flower is usually an ivory white with a dark splotch at the base of each petal. The Latin name *nuttallii* was named to honor English botanist and zoologist Thomas Nuttall, a self-taught naturalist.

The whole plant is edible and has been used as a potherb. The seeds can be ground as food, perhaps like a grain. The flower buds just before blossoming have been eaten



raw in salad. However, it is the thick-scaled bulbs that are the real indulgence. These bulbs are small, rarely over one inch in diameter, and are buried 5-6 inches underground. Because they break off so readily from stem, they may be easily overlooked. They can be eaten raw once washed and outer wrapping removed. They have a pleasant starchy taste like a raw potato and can be used like one as well. Boil the bulbs 15 — 30 min, fry them or bake them. The only drawback to the use is the fact that using the underground parts destroys the plant. Over harvesting could eradicate the species. They should be used sparingly, except in emergencies. If this is ever necessary, the bulbs can be stored for future use.

Throughout the years, the flowers have been admired in songs and poems. During World War I and World War II, the Sego Lily was a symbol of home, mercy, and peace. A poem by an unknown author was written to acknowledge both its splendor and value:

*"Your slender stem and modest leaves crown
you a flower gem...
For food and beauty in the desert lands."*

Mueller State Park offers volunteer opportunities

Volunteers are an integral part of Mueller State Park. Their smiling faces can be seen involved in most park activities. Would you like to join them?

Mueller State Park is will be conducting volunteer training beginning March 12.

Why should you volunteer here? Past and current volunteers say they do it because for the love of being in such a beautiful place; because they like helping other people enjoy the park; because they enjoy teaching others about nature; because they get a kick out of spending time with the other volunteers, staff and visitors; because they want to protect the resources; and because it's fun!

Many different volunteer opportunities are available including:

- Naturalists
- Back-country trail crew
- Raptor monitors
- Visitor Center attendant
- Gate attendant

- Maintenance crew
- Cabin crew
- Special projects and events

Groups looking for a service project are welcome also. Scout groups might tackle a project in an afternoon. Equestrians or saddle clubs could help with our horse trails and livery area.

Volunteers in the park will learn about the state's natural resources, work with others who share the same interests, and can earn a free Annual Park Pass when they contribute 48 hours of volunteer time. Volunteers make a tremendous contribution to Colorado State Parks and the visitors who come to enjoy the great outdoors.

If you are interested in volunteering, the first training class will take place at the park Visitor Center on March 12, and will continue on Saturdays into April. To register, or for more information, contact Linda Groat at 719-687-2366 ext. 107 or email linda.groat@state.co.us.

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Just The Facts White gold (Part 2)

by James Hagadorn

Like grow lights and center pivot irrigators, snowmakers are technological lynchpins of our economy. But what governs how snow's made? What are its impacts?

Our humidity is a major factor. If the air is dry enough, snow can actually be made at temperatures above freezing (32° F). Just as evaporating sweat helps us cool down, when it's dry water droplets evaporate and cool as they're ejected from snowmaking guns. Thus in dry conditions evaporative cooling occurs lowers localized temperatures enough to freeze water droplets, even in temperatures up to 40° F. Conversely, when air is moist, little evaporation occurs and lower ambient air temperatures are needed for ice crystals to form.

During snowmaking another type of cooling occurs — called expansive or adiabatic cooling. If you've ever felt how cold a can of compressed air gets after usage, you've experienced this effect. Such cooling occurs when compressed air shot out of a snow-gun expands as it's released from the water nozzle. The expansion causes cooling, helping freeze the water droplets. This process can drop air temperatures nearly 100° within inches of a snowmaker's nozzle.

Many ski resorts have hundreds of snow-making machines and a cornucopia of special nozzles to take advantage of these phenomena. They are used on the ground or mounted on towers, poles, or lances. All rely on high water and air pressures to produce snow.

Manmade snow isn't shaped like the delicate and pointy six-sided snowflakes that we all cut from folded paper as children. Rather, it is shaped like a sphere and is a denser, larger particle. Sometimes the cores of machine-made snowflakes aren't totally frozen by the time they hit the ground, so the piles or "whales" of snow under snow-guns are allowed to cure for days until they're "dozed into place."



Snowmaking pipe installation on Aspen Mountain. photo by Aspen Skiing Company

Whether it's fresh or stale, artificial snow behaves quite differently than nature's own. To skiers and boarders it feels more akin to sticky concrete than to fluffy champagne powder. That's because it's almost 30 percent ice and 70 percent air, compared to our best natural snow, which is about 10 percent ice and 90 percent air. On the upside, manmade snowflakes are more durable than nature's own, so are ideal for establishing a base or creating jumps, pipes, and terrain parks.

All this snowmaking uses an incredible amount of energy. It takes megawatts to pump water uphill, to cool it before pumping it, to compress air, cool it, and to dehumidify it before sending it downpipe, in addition to installing, maintaining, and running all the associated equipment. With higher temperatures and higher humidity, the costs of snowmaking can more than double. Thus snowmaking technology has sought energy, climate, and timing efficiencies over the years. For example, nozzles have improved to the point where they make much smaller crystals with less air, which translates to more snow for the same amount of pumping energy. Today's snow-guns use less than a third of the air they used a decade ago — an achievement given that compressing air uses more energy than pumping water. Some resorts store water in upslope ponds, which then gravity feed into snow-making lines, again saving pumping energy. Others have built bottom-of-mountain water storage ponds because pumping water great

distances, like the miles and miles of pipe needed to get water to snow cannons, is expensive. In general, in Colorado 20 percent more snow is made today, using 40 percent less energy than 10 years ago.

What about the water?

Most of it is purchased or taken from streams, rivers, and runoff. Like the Front Range's "buy and dry" strategy for purchasing agricultural water, ski corporations have snapped up senior water rights to the tune of millions per year. Fortunately nearly 80 percent of this water gets returned to the system whence it came, with the remainder lost to evaporation. Some places even recapture their meltwater and reuse it. But the quantity, timing of diversion/return of this water has serious impacts on the quality of water and scope of downstream watersheds.




Copper Mountain getting a fresh coat of snow. photo by Tripp Fay

What does the future hold?

As our planet warms, ski seasons will have warmer average low temperatures, they'll be shorter, and their shoulders will be less predictable because spring storms will more frequently bring rainfall or freezing rain than light fluffy snow. Thus, snowmaking will become even more important, despite the fact that the energy byproducts from installing, maintaining and operating snowmakers cause global warming.

Notwithstanding these issues, plan on seeing more snowmaking. It feeds our economic engine, it's improving in efficiency while reducing its environmental impact, and over the long haul, is more predictable than the cloud-seeding strategies invested in by our skiing and agriculture industries.

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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The fungus among us

by The Coalition for the Upper South Platte

Mushrooms are a fascinating life form. They are all around us – from deep forests to supermarkets. We have been cultivating them for centuries; ingesting them as culinary delights or for mind altering experiences. They have also helped to forge the course of history as exemplified by the favored use of *Amanita phalloides* (Death Cap) in ancient Rome for removing unwanted emperors and politicians.

Thinking of them as food that can elevate a dish from the mundane to the sublime, we prefer not to think of them as a fungus. Biologically speaking though, Fungi are classified as their own “kingdom”, separate from other organisms such as plants, animals, protists, and bacteria. Their ability to adapt, be trained, and cultivated allows for some surprising and remarkably beneficial applications that go far beyond the dinner plate.

The expanding field of biological remediation, and more particularly mycoremediation, is both innovative and exciting. Mycoremediation is the use of fungi to aid in various types of environmental restoration. The technique of “training” involves a sort of accelerated selection where the natural variability within a species is used to generate a new strain suited to a specific purpose. Harbhagan Singh (Mycoremediation: Fungal Bioremediation) is the pioneer in the training of fungi for a wide variety of applications.

So, what does this have to do with CUSP

and the Upper South Platte Watershed? Thankfully, a lot. CUSP has recently begun an empirical study and experiment to determine how these applications can enhance and benefit the health of the watershed.

Since a major focus of the work we do involves fuel mitigation and restoring our overstressed, densely treed landscape to healthier and more resilient conditions, we are always looking for solutions to the challenges we face when clearing out areas we treat. Often in remote areas where we fell or masticate trees, it can be cost prohibitive or logistically impossible to carry the wood out of the forest. There are not always markets for the wood, or the wood itself is not marketable. So, how do we deal with the conundrum of rearranging fuels from vertical to horizontal? Mycoremediation may hold an answer.

In 2014, our Northern Watershed Coordinator, Jeff Ravage developed a partnership with James Wiesner of Carbon Negative Forestry, and Andrew Perri and Kelly Uhing of Denver Mountain Parks with the intent of determining how mycoremediation might play a role in forest management. Initially they sought to test the efficacy of using native mushroom species to digest wood chips, document the procedures and their results while creating a baseline guide for these types of treatments.

Locally sourced, native specimens (Pine Oyster, Box Elder Oyster, King Stropharia,

King Agaricus, Gem-studded Puffball and Black Morel) were harvested for the experiment. Mycelia tissues or spores were inoculated on Agar dishes prepared with powdered wood chips. The incubated cultures where checked daily. After a few months of cultivations, spoiled cultures were discarded. The Pine Oyster, Black Morel and King Stropharia thrived and were chosen for “grow out”. They were transferred to larger containers with a mix of 80 percent woodchips, 20 percent millet and water and gypsum for buffering – no other nutrients were added. After a month and a half, they were prepared for introduction to the wild; inoculated into air-flow spawn bags and fed on wood chips only. Once the spawn was complete, they were moved to a cool, dark area in the lab until they moved to the test sites for sowing.

Two separate sites, approximately 100 yards apart to avoid cross contamination of species, were located on Denver Mountain Parks (DMP) property in Jefferson County. Five beds were established within each site for the test. Four plots in each section were inoculated with spawn while the fifth was left as a control. In mid-June of 2015, the spawn bags were buried in the plots.

The sites were monitored over the course of five months. During this time the chips were monitored for moisture content as well as collecting detailed information on the growth of the spores in each of the plots. The



Raw wood chips on top of mycelium digested chips



Stage 3 Inoculated chips are barely recognizable as wood chips



Pine Oyster Mushrooms ready for harvest

final monitoring and harvesting was conducted in late October. The most successful and promising growth was with the Pine Oyster.

The results of Season 1 tests are promising and worthy of more study. While much work and study remains to be done, an impressive decomposition in a short period of time with very little input of materials or labor has been demonstrated. The “trained” organisms do indeed perform well in the wild on the wood chips they were intended to consume. While it is assumed the test beds will grow beyond their present confines, no indication has been seen that they have left the inoculated test sites or invaded any materials other than wood chips in the surrounding area. Our hope is to create a solid protocol for mycelial treatment of woodchips that is easily replicable and cost-effective.

If these studies prove to be successful, reasonable and ecologically sound over time, the implications are exciting and profound. To have another cost effective tool for healthy forest management will impact what we do in the fire-prone west by providing responsible solutions to the challenges we face dealing with a century’s worth of fire suppression that has left our forests overcrowded, unhealthy and highly vulnerable to disease, infestation and wildfire.

Of course, there is the ancillary benefit of edible mushrooms. There is the possibility of a whole side industry in harvesting these “heroic” fungi that have worked hard to clean our forests. Who knows, the next time you sit down to enjoy champagne duxelles with your Beef Wellington, those mushrooms just might be from the Upper South Platte watershed.

We look forward to sharing with others interested in this pursuit and anticipate new and equally impressive successes in the field of mycoremediation. Early this spring, a report on the first year will be published on www.cusp.ws. In the meantime, we need help funding this exciting and ground-breaking project. If you would like to be part of a cutting-edge solution for forest resiliency, please make a tax deductible contribution at: <http://cusp.ws/donate/> and click on Mushroom Study.

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.

ALMA

5 Beaver Ponds. We will be hosting a workshop by geneferal.org founder, Doug Hill on Saturday, March 5. The course will be about back country bush craft and creating your own survival shelter and will be held at the Beaver Ponds. This course is for adults; seating is limited. A crash course in primitive shelter construction. You'll have the option to sleep in one of the shelters we've built. Contact Beaver Ponds at 719-838-0143 to register.

BUENA VISTA

4 & 5 BV HOPE presents Human Trafficking Awareness Seminar at the BV Community Center, 715 E. Main St. This 3-part presentation begins Friday from 6:30 p.m. to 8 p.m. and continues Sat. 10 a.m. to 2 p.m. (lunch provided) Appropriate for ages 12 to adult. RSVP by calling 719-966-5234 or email buenvistahope@gmail.com. Bodies are not commodities.

12 Second Saturday is a town-wide event that happens once a month. Featuring CO Creative/Art & Design BV Square, see Angie Williams 10 a.m. to 4 p.m.; Healing Arts Collective, treatments by Sandi Lyman from 2 p.m. to 4 p.m.; Pizza Works specials; Peak Fitness, free Zumba class from 9 a.m. to 10 a.m.; Eddylane Brewery, social media contest; Asian Palate, specials; Rock Run Gallery, fine crafts and arts; House Rock Kitchen, specials. Email: See-ondSaturdayBuenaVista@gmail.com

April 2 BV Trade Show. See ad on page 11

CANON CITY

1, 8, 15, 22, 29 Line dancing lessons every Tuesday from 1 p.m. to 2 p.m., everyone welcome. Anita McCoy's Dance Studio, 720 Main St. Suggested \$5 donation. For more information call 719-689-0219

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

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

27 Royal Gorge Easter Sunrise Service. For more information please call 719-276-8320 or rgb@royalgorgebridge.com

CANON CITY LIBRARY

5, 19, April 9, 16, 30. We will be hosting a financial education five-part workshop called “Common Cents for Colorado”. All meetings will be at the Canon City Public Library 516 Main Ave in Canon City on Saturdays at 2 p.m. Refreshments will be available. If you have questions call 719-269-9020. This program was made possible by a grant from FINRA (Financial Industry Regulatory Authority Foundation)

• On-going events at Canon City Library

Monday B.O.O.K. (babies on your knees) is a story time and activity play for 0-24 months.

Tuesday, Thursday at 10:30 a.m. is story time and craft for 2 and up.

Wednesday is music and motion (including yoga) all ages of youth at 4 p.m.

10, 24 Lego club every 2nd and 4th Thursday at 3:15 p.m. to 4:15 p.m.

NAMI

1, 8, 15, 22, 29 NAMI Connection Support Group for adults with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets every Tuesday from 6:30 p.m. to 8:30 p.m. at St. Thomas More Hospital in the Community Education Room. Contact Sherry at 719-315-4975 or NAMISoutheastco@gmail.com.

CASCADE

5 Call Cascade Fire 719-684-9549 for information on Dog & Cat Vaccination Clinic next week.

12 Dog & Cat Vaccination Clinic and Cascade Women's Club Bake Sale from 10 a.m. to 1 p.m. at the Cascade Fire House. Call for more information Dr. Gregory Cooper 719-687-6000.

COLORADO SPRINGS

14 Sister Blandina as portrayed by Chris Baltiski, presented by Pikes Peak Posse of Westerners at 6 p.m. at Colorado Springs Masonic Hall, 1130 Panorama Drive. Sister Blandina Segale was born in 1850 in Ciacagna, Italy. When Sister Blandina was 22, she received orders to travel alone across the country to teach in Trinidad, Colorado. Known as the “Frontier Nun” and the “Nun with Spurs”, Sister Blandina faced down swindlers, lynch mobs, and outlaws including Billy the Kid. Chris Baltiski is a stage and film actress in the Colorado Springs area who has been a member of the Red Herring Production Company for almost 10 years. For more information call 719-473-0330 ask for Bob or email posse@devittenterprises.com. Casual, catered dinner \$17. Reservations are suggested by Friday prior, noon.

31 One Nation Film Festival. March through 1 & 2 April. For full story see page 17. For more information visit: www.onenationfilmfestival.org or call 719-329-0251.

DENVER

9, 11, 12, 13 Rocky Mountain Horse Expo. Justin Dunn has been training a rescue horse for a competition called *Equine Comeback Challenge* and *A Home For Every Horse*. The horse (Siesta) selected was untouched and neglected/160+ lbs. underweight. She

18TH ANNUAL PEARL'S FOLLIES BENEFIT FOR THE OLD HOMESTEAD MUSEUM

Mark your calendars for Saturday, March 5th to attend Cripple Creek's biggest party of the year. This annual brouhaha is a fundraiser for The Old Homestead Museum where everyone is welcome to join in the fun at the Double Eagle's Hotel and Casino's Conference Center.

This year's follies will take on special urgency and meaning, due the recent flooding at the museum. Bring the pocket book and plan to purchase some great things at the Silent Auction. The Old Homestead was built in 1896 and was the most elegant brothel in the Cripple Creek Mining District during its heyday. Since 1958, the house has been operated as a museum and has been a public favorite ever since.



Our sponsors are the Cripple Creek/Victor Mining Company, Bronco Billy's Casino, Wildwood Casino, and Century Casino. We really appreciate their continued support annually, they help us make Pearl's Follies the success it is.

Tickets are \$20 and can be purchased at the website: www.OLDhomesteadhouse.com or by calling 719-689-2485 or 719-689-3984.

CRIPPLE CREEK

26 Cripple Creek & Victor “Mine Shots”. See ad on page 9.

28 Lissa Hanner plays at Bronco Billy's from 7 p.m. to 10 p.m.

CRIPPLE CREEK PARKS & RECREATION

Special Classes/Events & Trips:

Archery Clinic Saturday March 5 from 1 p.m. to 5 p.m. ages 14 thru adult only \$20, Trip to the St. Patrick's Day parade in Denver on Saturday March 12 from 7 p.m. to 5 p.m. only \$10, Indoor Archery Tournament Saturday March 19 from 1 p.m. to 5 p.m. for all ages only \$10.

On-going classes

• Aikido for Adults (Martial Arts), Mon & Wed 6 p.m. to 7 p.m., only \$5

• Archery Classes, most Fri 5 p.m. to 6 p.m., and Sat 8 a.m. to 10 p.m. by appointment.

• 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 info.

• Judo, on Tuesdays from 6 p.m. to 7 p.m., only \$5

• Silver Sneakers Exercise Classes every Mon-Wed-Fri 10 a.m. to 11 a.m.

On-going sports and fitness

• Air Rifle Shooting for Kids ages 5 to 18 every other Thursday 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 & Rec.

• Day Care (KRU) - Kids Rock University, Licensed Program ages 5 - 17, Mon - Fri

• Day Care (KRU) field trips one Friday per month, call for dates/times/places

• Fitness Center Membership \$14 month, or \$3 day, or \$20 Punch Card 10 visits

• Kids Adventure Club for Boys and Girls, Grades 1 thru 6, Call John for Info 719-689-3514

• Roller Skating/Blading most Fridays 1 p.m. to 4 p.m., CALL AHEAD, \$2

• Silver Sneakers Fitness Membership is FREE for qualifying seniors!

• Silver Sneakers Exercise Classes every Mon-Wed-Fri 10 a.m. to 11 p.m.

• Hunter Safety Class on Sat & Sun April 2 & 3 from 8 a.m. to 5 p.m. both days

was very frightened of people and had no interest in her. She is now trained to ride bridle-less. Her videos are on Justin Dunn Mustang Horsemanship page on Facebook: <https://www.facebook.com/JustinDunnMustangHorsemanship?ref=hl>

Justin will be showing her at the Rocky Mountain Horse Expo March 11-13 <http://ahomeforeveryhorse.com/equine-comeback-challenge-rocky-mountain-horse-expo>

Also, there will be a Pre-Expo Clinic on March 9th with her and Cinnamon (the famous YOUTUBE Mustang) <http://www.coloradohorsecouncil.com/index.cfm?id=COBIB68B-DDA5-4036-9667ED5D157DCA4>

The events are held at The National Western Complex in Denver.

DIVIDE

14 & 28 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

26 Teller County Shooting Society's next general membership meeting is at 10 a.m. at the Pike Peak Community Center in Divide. Guests and the public are invited. If you are not aware of the TCSS please come and learn what we are all about. Per our by-laws this is our Annual Meeting wherein we elect new members to the TCSS Board of Directors. Call me at 719-930-2823 if you have any questions or concerns about serving on the TCSS Board of Directors as we move forward with our range development and club activities programs.

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. 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.

MCGINTY'S WOOD OVEN PUB

See St. Patrick's schedule on page 7.

MUELLER STATE PARK

5 Preacher's Hollow Hike at 9:15 a.m. 6 Rock Pond Trail at 1 p.m. 13 Osborn Homestead Hike at 9:30 a.m. 13 Outlook Ridge Hike at 1 p.m.

29 Rock Pond Trail at 9:15 a.m. 26 In Search of Spring, Lost Pond, Homestead Trail Hike at 10 a.m. 719-687-2366.

TCRAS

5 Wild Whiskers Dinner and Auction to benefit Teller County Regional Animal Shelter (TCRAS). Shine Mountain Golf Club, 1934 Shining Mountain Lane, Woodland Park, CO. \$40 per ticket. Doors Open at 4:30 p.m. Limited seating. For info and to reserve tickets call 719-686-7707. www.tcrascalorad.org.

March through April 5 - Mayor of Divide Election 2016. Candidate profiles, voting locations and online voting available at www.tcrascalorad.org. Vote early. Vote often. Call TCRAS for details, 719-686-7707.

March through April 15. TCRAS will receive a \$20 donation when you get your taxes prepared at H&R Block (new customers only). Join down Referral Code #40010001088426 and

Church Ave., Florence, CO 81226, Phone 719-784-4649

FLORISSANT

4 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 telling of Peter Cottontail will take place with unforgettable performances by our local talent. Mr. McGregor will once again try to catch Peter Cottontail. For more information: HartselCommunityCenter@gmail.com

LAKE GEORGE

20 Granny's HASH Anniversary Party. See ad on page 21.

COMMUNITY FELLOWSHIP OF CHRISTIANS

6 We are honored to have The United States Air Force President Chirac pre-form in concert at 10:30 a.m. at the Community Fellowship of Christians. The public is invited. A lunch will follow the service.

27 Join us to celebrate Easter Sunday. We'll have a sun rise service at 7 a.m. After the service breakfast will be served. Church service will follow at 10:30 a.m. The public is invited. Community Fellowship of Christians, Highway 24, Lake George.

FLORISSANT FOSSIL BEDS

2,6,13,16 Hikes for Your Health from 10 a.m. to 1 p.m. These ranger-led hikes will vary in length from 2 to 5 miles. Depending on conditions, the hikes may either be on foot or by snowshoe. Participants must provide their own snow shoes and safety gear such as layered clothing, appropriate footwear, water, food. It is recommended to check with your physician before beginning any fitness program. Participants must be 10 years or older. The fee for the program is \$5 per adult (16 years or older) or free with one of the many federal land passes.

4 Night Sky Programs from 6:30 p.m. to 8:30 p.m.

12 Teller County Discovery Program from 1:30 p.m. to 3:30 p.m. For additional information, please call 719-748-3253 or visit our website: www.nps.gov/flo/ or on Facebook at FlorissantNPS

FLORISSANT GRANGE

5 Pine Needle Basket making class. Learn how to make something nice out of a nuisance. Sat, March 5 from 9 a.m. to 1 p.m. Florissant Grange. Cost: Your kind donation.

19 Easter Party at the Florissant Grange Sat. March 19 from 1 p.m. to 3 p.m. The Easter Bunny will be at the old school house in Florissant. Treats provided. Kids, bring your basket and your parents!

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. For more information call the Grange at 719-748-5004.

RAMPART LIBRARY DISTRICT
See full schedule for Florissant Library on page 24.

THUNDERBIRD INN

See full schedule on page 19.

GUFFEY

BULL MOOSE RESTAURANT & BAR
4, 11, 18, 25 Karaoke Every Friday Night at 6 p.m.

4 Sock Hop Hosted by T&L Productions 6 p.m. to 10 p.m.

19 Grey Bazzill Dinner Show 6 p.m. to 9 p.m.

27 Easter Breakfast Specials 8 a.m. to 11 a.m., Easter Egg Hunt at noon. For more information call us at 719-689-4199

FRESHWATER BAR & GRILL

5 Reb & Jim Calamita's Good Oldies & Rock n Roll from 5 p.m. to 8 p.m.

12 Lissa Hanner plays easy listening from 5 p.m. to 8 p.m.

17 St. Patty's Day, Wayne Faust, comedian/song writer from 5 p.m. to 9 p.m.

19 Open Mic Night - All welcome, from 6 p.m. to 9 p.m.

26 Adam Ashley & Joe Bellavia, country duo from 5 p.m. to 8 p.m.

2, 9, 16, 23, 30 Line dancing lessons every Wednesday 6-7:30 pm, everyone

welcome. Guffey Community Center 1625A County Road 102. Free. For more information call 719-689-0219.

HARTSEL

26 Easter Bunny comes to Hartsel Community Center. The fun starts Saturday, March 26th at 11 a.m., rain, snow or shine. The Easter egg hunt can take place indoors if need be. Don't miss the fun. We'll supply the baskets for collecting goodies. The traditional story telling of Peter Cottontail will take place with unforgettable performances by our local talent. Mr. McGregor will once again try to catch Peter Cottontail. For more information: HartselCommunityCenter@gmail.com

LAKE GEORGE

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27 Join us to celebrate Easter Sunday. We'll have a sun rise service at 7 a.m. After the service breakfast will be served. Church service will follow at 10:30 a.m. The public is invited. Community Fellowship of Christians, Highway 24, Lake George.

FRIENDS HELPING FRIENDS

3 Avoid Slipping & Falling (like me) on Snow from 10 a.m. to 2 p.m. at the Lake George Fire Station. Bring a sack lunch, drinks and dessert provided. “Lunch & Learn” Sandi Sumner will share her recent near-fatal fall accidents, and everyone will have a chance to offer suggestions and personal experiences – it will be a roundtable format. Friends helping Friends. Also participating will be an EMT, LG Fire Chief First Responder, an RN, and a full time caregiver. Information about Tai Chi classes for better balance will be available. There is no cost. Open to everyone. Questions call Sandi Sumner, 719-748-8012.

LAKE GEORGE CHARTER SCHOOL

1, 8, 15 Library Day
8 YES Club
12 LG Library Science Fun Day 1 p.m.
16 Pebble Pups at 6 p.m. PPHS Museum

OLD COLORADO CITY

11 Chief Manitou, Outbound Journeys, Friday, at 11 a.m., presented by Bob Cronk, author, at Old Colorado City History Center, 1 S. 24th St., Colorado Springs. This program will provide a thorough discussion of a Native American named Pedro Cajete, also known as Chief Manitou. Learn the true story of “Chief Manitou”. Doors open at 10:30 a.m. For information call OCHC at 719-636-1225, 1 South 24th St., Colorado Springs. Free for members, \$5 for non-members.

PUEBLO

10 Family-to Family is a FREE 12-week course that informs, empowers, and supports family members of individuals living with a serious mental illness. Next class begins Thursday March 10 from 6 p.m. to 8:30 p.m. For more information call 719-315-4975 or email: namissouth-eastco@gmail.com

SALIDA

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

3 free legal clinic at Salida Regional Library from 3:30 p.m. to 5 p.m. A free clinic for parties who have no attorney, will be featured on the

continued on page 31



THE WAREHOUSE

YOUR LOCAL THRIFT STORE

MARCH is our One Year Anniversary!

Come celebrate with us throughout the entire month!

Each and every day we will have specials.

Come and see us to get all the details!

Raffle tickets are back! Get a raffle ticket with every purchase over \$10.00! Win a great gift basket raffled on March 27!!

NEW SPRING HOURS STARTING IN APRIL ... OPEN MONDAY THROUGH SATURDAY 9AM-5PM

1750 East Hwy 24, Woodland Park, CO

email: shopwpwh@gmail.com • (719) 648-0907

 Facebook: Warehouse of Woodland Park

My Essence, Inc. partners with non-profits for fundraising

Non-profits looking to raise money have a new local partner with My Essence, Inc. My Essence, Inc., a Colorado Corporation, is pleased to announce that they are now officially, in addition to a retail site for custom bath and body products, a fundraising site for schools, non-profit organizations, clubs, etc.

Customers choose the non-profit organization they wish to support and My Essence, Inc. donates 30 percent of sales to that specific non-profit. It couldn't be easier. Customers can choose from a variety of personal care products and in many cases

can choose from over 200 fragrances for custom-made lotions, body butters, shampoo, body wash, etc. They also have many promotional items for individual non-profits.

Current local partnerships include: Cripple Creek-Victor Schools and Cripple Creek District Museum. National organizations include St. Jude's Children's Research Hospital, Boys Town and Shriners Hospital For Children.

If you represent a non-profit looking for a simple fundraising opportunity, please visit www.MyEssenceFundraising.com for details or call Tim Braun at 719-640-6789. My

Essence, Inc. will be happy to help support your organization.

If you'd like to support a local organization, visit www.MyEssenceFundraising.com, select the organization you'd like to support, then start shopping!

My Essence Home & Body is a family owned business founded by Anita & Tim Braun, who have been making bath and body products for years in their gift store, “The Hitchin’ Post” located at 333 East Bennett Ave in Cripple Creek. Since customers were always asking for many different fra-

grances, oils and colors, the Braun's decided to create a company that would give customers an array of products that they cannot find anywhere else, and could be made instantly in their store. Their customers love watching their selections made right in front of them, where they get to select every step of the process, including over 200 fragrances/essential oils, bottle types, bottle colors, additional oils, caps and pumps.

For more information, call 719-640-6789 or email: MyEssenceHB@gmail.com.

The Fragile Edge
Handpainted Glass, Knives and Gifts

318 Victor Ave. ~ Victor, CO
719-689-3444
windwhisperer2@yahoo.com

Open 9-5 | 12-5 Sun | Closed Wed
Closed Wed & Thurs starting in January

DISCOVER VISA

INTRODUCING THE "VICTOR ROCKS COLORADO" ROCK SHOP!



Wellness by Lana

Are you eating your feelings?

by Lana Paul

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

Have you ever turned to food when feeling lonely, angry, sad, upset, bored, exhausted or stressed? These are triggers that may cause a desire to emotionally eat. But you might be surprised to learn that emotional eating today affects up to 80 percent of the population. I was one of them.

It is understandable why some of us turn to food when faced with powerful emotions. There are many situations that can bring about strong emotional reactions: an argument with a friend, a spouse or a significant other, the illness of someone you care about, work stress, major changes in your life or even loneliness. Food can blunt the intensity of the resulting emotions, at least for a short time.

Have you ever turned to food when feeling lonely, angry, sad, upset, bored, exhausted or stressed?

I wish I had known earlier in my wellness journey about emotional eating. For months, I had been focused on my nutritional and physical fitness and finally had reached my goal weight. I was thrilled to have met my goal and felt healthy and strong from inside out, and also felt more personally empowered. About two weeks later, I had two experiences in which I felt betrayed by people who had been a source of strength for me. I felt hurt and alone and turned to food to help reduce the level of pain I was feeling.

Within about ten days, the reading on my scale was up ten pounds. I was devastated.

My trainer and I hadn't discussed emotional eating; I knew I was an emotional eater but felt ashamed of it, not admitting it to anyone. By ignoring its existence, when I was faced with emotional upheaval, I didn't have any tools for managing my emotional eating and backslid on my wellness journey.

Physical hunger has the obvious implication that eating will fulfill your physical needs. It shows up when your body needs food after you haven't eaten for a longer period of time. It is felt in the stomach and almost any food will satisfy this hunger, even vegetables. In contrast, emotional hunger can be described as a hunger that resides in your mind and won't leave you, urgently wanting to be satisfied. It is a form of mindless eating that feels insatiable, often leading to eating to a point of physical discomfort. It often has a sudden onset with an urgency for getting food into your body.

Foods that will satisfy emotional eating hunger tend to be higher in sugar or fat. You may find you have eaten the entire container of ice cream, package of cookies, or bag of chips. When you reach the bottom of the container or bag, you may then begin to hear that critical voice inside your head talking about how you

should have had more willpower. Mindless eating halts the ability to manage your emotions and healing is set aside because now you are somewhat numb. These foods certainly have not provided your body with adequate nutrition.

Emotional eating is a coping mechanism that emerges when feeling emotions become too big. The intensity of the feelings can lead to feeling powerless. It can seem that if you allow yourself to feel the emotion that it will never pass. The idea that emotions will not clear is a false belief. The authors of *The Grief Recovery Handbook* describe eating for the wrong reasons as a short-term energy relieving behavior. The cycle begins with the illusion that the eating has helped because you are able to forget or bury the emotion. Although you got short term relief, the underlying emotion still remains. The emotion gets stuffed down, waiting for its eventual release.

Luckily, you can take steps to stop the cycle of emotional eating.

Ultimately the goal of eating is to feed our bodies for nutritional reasons, so it becomes important to identify the patterns that exist with emotionally eating. What situations are leading you to want to escape? Journaling your eating habits and what is going on around them can help. Don't be turned off... many of us really don't like being asked to journal! But this is a choice you can make to become healthier, and it can be as simple as quick journal notations. Making notes may not stop you from emotionally eating in that moment. However, it becomes a record of what you experienced while in the grips of the emotion. This in turn can help you to be more observant of your emotions before they turn into a tidal wave of unobservant eating.

Remember that emotional eating is a mindless endeavor with the desire to numb emotion and what often results in not having a vivid memory of the eating episode. Relying on your memory of what was happening is therefore not that dependable. I suggest making a note of your answers to these questions: What did I eat? What did I feel before I ate? Am I reacting to something? How did I feel while I ate? How did I feel after I ate? One word answers are sufficient if that is all you want to write. The goal is to identify patterns so that you can be aware of and empowered to shift behavior and take back your power over your food choices.

There are many things that you can implement now that you are becoming aware. Studies describe engaging in regular exercise and getting adequate sleep as important activities for giving you a strong base. Eating healthy foods at regular intervals will provide steady blood sugar which helps emotions to feel more even. Make a list of what brings you happiness. Then you will be prepared when you are feeling the urge to engage in emotional eating; you can be armed with other options. Examples could include taking a walk, soaking in a hot bath, enjoying a cup of tea, meditating or praying, listening to music or watching a movie, dancing, calling a friend, playing with a cat or dog, or enjoying yoga. These are all things that can bring you comfort and will also bring you into the present moment, feeling better as a result.

Asking for help in recovering from the underlying cause of the emotional upheaval is an important step. In my experience, these emotions are stored every time we emotionally eat. These emotions continue to guide your life



in a silent yet powerful fashion until we are able to recover. I urge you to reach out for help. I remember the "A-ha!" moment I had after recovering from my first loss. The emotion from this loss was contributing greatly to my emotional eating. I was carrying the stuffed emotion, and it had been guiding my everyday life, for all of my life. For me it felt like a silent killer. Facing it and recovering from it allowed me to release the pattern and to recover my power.

We can probably all agree that we want to enjoy the foods that we eat. We also want to fulfill our nutritional needs while not numbing our emotions. The amazing thing that happens once you gain an understanding of a behavior such as emotional eating is that it automatically brings to you a level of mindfulness. You have the power to become further aware of yourself by journaling, and, hopefully, you can ask for help in your healing. By adopting a healthier relationship with food you are taking an important step towards becoming your very best version of you.

Resources and references

- Weight Loss: Gain Control of Emotional Eating—Find out how emotional eating can sabotage your weight-loss efforts and get tips to get control of your eating habits. (Mayo Clinic)
- Emotional Eating – (KidsHealth.org)
- Emotional Eating: How to recognize and Stop Emotional Eating – (Helpguide.org)
- Try These Powerful Tools To Stop Emotional Eating (mindbodygreen.com)
- Stop Emotional Eating and Lose Weight for Good – Break the emotional eating habit, lose weight once and for all, and enjoy the life you were meant to live. (Prevention)

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

continued from page 29

first Thursday of each month. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation. Walk-ins welcome!

8 Salda Community Blood Drive from 11 a.m. to 4:30 p.m. at Masonic Lodge 140 W. 3rd St. Call 800-365-0006 ext 2 for more information.

16 Oncology Nutrition & Wellness Support Group meets at HRMC the 3rd Wed of every month from 9 a.m. to 11 a.m. in the hospital's 2nd Floor Conference Room at 1000 Rush Drive. Call 719-530-2293.

WOODLAND PARK

1 New Moms' Group. Join us for this fun and educational gathering of new parents on the first Tuesday of every month. 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 community-midwiferyco@gmail.com or visit www.CommunityMidwiferyCO.com. April gathering is on the 3rd.

4 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 Woodland Park 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. Please preregister by calling 719-687-9281 ext.103 for Woodland Park. April clinic is on the 1st.

5 The Woodland Park Senior Citizens Club is holding its 5th Annual Chili Cook Off from 11:30 a.m. to 1:30 p.m. For only \$7 enjoy tastings and lunch, chili entry fee is \$10. Call Pamela 719-339-0954 or email pjanco2010@yahoo.com for more information. The Senior Citizens Club is located at 312 N Center St.

7 Teller County Search and Rescue is happy to announce that we are accepting new members and invite all interested Teller County residents to come to our next general membership meeting. Meetings are held

the third Monday of each month and start at 7 p.m. however the March 7th meeting will include a potluck which will kick off at 6 p.m. Anyone interested in joining is invited to the potluck! Meetings are at the Woodland Park Library in the downstairs meeting room. Contact Janet Bennett for more info at janet.bennett@teller-

sar.org or call 719-505-2194.

12 2nd Annual Mule Deer Foundation's Fund-raising Banquet. See more page 25.

21 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.

April 2 from 10a.m. through April 3 Reiki I and Reiki II Weekend Training at 5 p.m. This is an overnight weekend event. Event will be held at Thunder Butte Mountain Lodge. Cost is \$222. For more information: fremountainhealingcenter@gmail.com or 303-647-2352

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

WOODLAND COUNTRY LODGE See music schedule on ad on page 6.

DINOSAUR RESOURCE CENTER

5 Science Matters at 1:30 p.m. Come see and participate in this exciting presentation which will include, Newton's First Law of Motion. You will learn about kinetic and gravitational energy and have fun pulling a

straw through a potato.

12 Free Scout Day from 9 a.m. to 6 p.m. All scouts and their leaders, IN UNIFORM, will be admitted free. Flash and Thelma Memorial Hedgehog Rescue will be here from 10 a.m. to 4 p.m. with their Hedgehogs. Cool Science will do two shows at 12:30 p.m. and 2:30 p.m. Richard Marold will portray Nikola Tesla from 10 a.m. to 4 p.m. The Zoo Mobile will be here from 11 a.m. to 3 p.m. with a variety of their wonderful animals. Dinosaur Resource Center, 201 S. Fairview St. Visit www.mdmrc.com or call 719-686-1820.

FARMER'S MARKET

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

RAMPART LIBRARY DISTRICT See full schedule for Woodland Park Library on page 24.

TEEN CENTER

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

2, 9, 16, 23, & 30 Snack Special! \$1 for a Green Quesadilla & a glass of Green Punch
3 Science Activity from 4 p.m. to 5 p.m.
9 HeroScape Game from 4 p.m. to 5:30 p.m. Join in the strategy game to see which side wins.
15 Book Club from 4 p.m. to 5 p.m. Find out what the new book will be!
17 through 25 Teen Center Open noon to 6 p.m.
18 From noon to 2 p.m. \$5 to paint your own pottery at Outside the Box. Meet at the Teen Center at 11:45 a.m. You must be signed up to attend.

22 Hike to the downtown Woodland Park Parks! Professionally guided tour with Dee from Guides-To-Go. FREE! You must be signed up to go. Look for the sign-up sheet in the Teen Center.
23 Redbox/Netflix Movie w/free popcorn 1:30 p.m.
25 Cooking Workshop from 4 p.m. to 5 p.m. Learn some new cooking skills and a new recipe to share with your family. We're making Apple Tacos!

29 Adapt-A-Spot Clean-Up around Memorial Park and Recycling at 3:30 p.m.

31 TAB Meeting from 4 p.m. to 5 p.m. If you're on the Board, please attend. After school hours: 3 p.m. to 6 p.m. No school hours: noon to 6 p.m. Youth in Grades 6-12 are welcome! Teen Center is located at 220 W.

South Ave. 719-687-3291.

WHOLISTIC NETWORKING GROUP

8 The Wholistic Networking Group offers a wide variety of services on a first come, first served basis from 10 a.m. to 12:30 p.m. at Mountain View United Methodist Church at 1101 Rampart Range Road. Proceeds benefit Little Chapel Food Pantry in Divide. Contact Shari for more information 719-999-8478 or email shari1551@aol.com
15 This month's speaker will be Karen Anderson, the Plant Lady for an interactive garden chat beginning at 11 a.m. at the Woodland Park Library. Karen has been locally specializing in high altitude-organic, and native gardening since 1977. Topics for discussion are open to you and Karen will share what she knows to be true in this challenging, but rewarding world of Mountain Gardening.

VICTOR

19 "Women Doctors of Colorado from 1870 to 1900" Reservations required call 719-689-5509. See story on page 24.
26 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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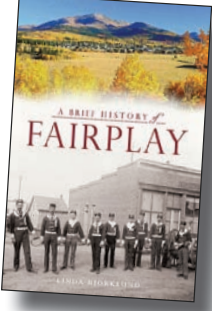
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7th Annual Pie Palooza

by Flip Boettcher
photos by Flip Boettcher

Pat Lamb was crowned the Grand Champion pie maker this year at the Pie Palooza with her Lemon Meringue pie. The top selling pie, a Chuckle Berry pie, sold for \$330 and the school raised \$6570. About one hundred people plus kids, crowded into the multi-purpose room at the Guffey Community Charter School as Pie Palooza madness descended on the area.

This is the 7th Annual Pie Palooza, one of the school's main fundraisers during the year. The first pie fest started in 2010. Over the years the pie fest has had more pie entries, the pies have sold for more and consequently, the school has raised more money.

The pie fest always starts with the Guffey players putting on a melodrama. Former Guffey school teacher, Alexi Alfieri wrote the original three melodramas for the first three Pie Paloozas. This year's melodrama, the first of the trilogy, was "In a Pickle at the Pie Palooza", and featured the pie sisters, the pie angles (who influence dreams), villains, a kindly sheriff, a narrator, and lots of booing, hissing, and cheering.

Of course the villains steal a pie recipe and are discovered when the recipe fails. Honey Pie beats out her sister Besta Pie, who has won the Grand Champion pie maker the last 60 years running, as Grand Champion. According to Pam Moore, school Principal, this is the youngest cast that they have had for a melodrama, except for school teacher, Jenny Hartman who stood

in for a student who couldn't make it.

During the melodrama, the pie judges sampled the pies and picked the winners in each category and the Grand Champion. The judges this year were Eugene Farmer, Marion Carver, Denise Taylor, and lead judge, Betty Roysse.

The Grand Champion is picked from the four first place winners in each of the four categories. Category winners were: Dena Vucetich with her Ginger Apple with her Cinnamon Roll Crust pie, in the fruit category; Derry Hirsch with his Guinness Beef pie in the savory category; and Pat Lamb with her Lemon Meringue pie in the cream category.

After the winners were announced, everyone got to sample the pies before the pie auction began. Park County Commissioner,



The pie judges with the grand champ and first place category winners from left to right are Eugene Farmer, Denise Taylor, Derry Hirsch, Pat Lamb, Grand Champ, Dena Vucetich, Marion Carver and Betty Roysse.

Mike Brazill attended the event and announced that Commnet Cellular will be putting in a permanent cell phone tower on 31-Mile Mountain to replace the temporary tower they had there for a test run.

The first pie sold for \$40 and the auction continued on from there with auctioneer Chris Downare. Three pies sold in the \$300 range with a Chuckle Berry pie, the highest selling pie, selling for \$330. The Guinness Beef pie sold for \$320 and the Sticky Toffee Pudding Pear pie sold for \$310.

There were six pies that sold in the \$200 range. The Pickle pie, baked by 5th grader Troy



The cast of "In a pickle at the Pie Palooza."



All the first, second and third place winners in each of the four categories are from left to right Derry Hirsch- two categories, Grand Champ Pat Lamb, Bonnie Gibeson, Cecilia Guilliani, Chris Peterson, Ann Erickson, Troy Dabney 5th grade - in front, Dena Vucetich and Jake Van Egmond.

Dabney, sold for \$210, the Ginger Apple Cinnamon pie sold for \$220, the Grand Champion Lemon Meringue pie sold for \$230, a Chicken Pot pie sold for \$210, a Ham and Green Chili pie sold for \$220, and a 7th grade student made Root Beer Float pie sold for \$210.

There were four pies sold in the \$100 range. Very few of the pies this year sold for less than \$30. The pies grouped in the \$30 - \$50 range and the \$70 - \$90 range. There were 50 pies entered this year and the school raised \$6570 from the sale of pies and donations, according to Moore. More students baked pies this year she added.

The first Pie Palooza in 2010, raised \$1,600 with only 39 entries. The bulk of the pies sold from \$40 - \$60 with the top selling two pies selling for \$100 each.

The traveling Grand Champion award will stay at Lamb's house until next year's pie fest. Who will be the 2017 winner?

Woodland Park School District Foundation awards funds for projects

The Woodland Park School District Foundation awarded over \$7,500 to WPSD teachers and staff during the Board of Education meeting held February 10th. The grants will be used for various projects within the schools that will positively impact Woodland Park students.

Congratulations to the following recipients:

- Woodland Park Middle School: Elizabeth Barry — Video Production and Broadcast Journalism — \$1,000
- Woodland Park Middle School: Anna Thompson — Bungee Chairs to be used during focused reading — \$834.50
- Woodland Park Middle School: Mindy Wiley — Robotics Improvement Project — \$750

- Summit Elementary School: Val Brown — Read Live — \$1,000
- Summit Elementary School: Angela Lane — Summit Star Dusters Astronomy Club: Incorporating Legos Robotics into the Study of the Universe — \$742.49
- Summit Elementary School: Jill Cochran — Summit Preschool Playground — \$500
- Summit Elementary School: Donna Frick — Lego education — \$470.55
- Summit Elementary School: Mary Crade — Summit Gardens — \$980.66
- Woodland Park School District: Sean Goings — A.L.I.C.E. Training Workbooks for Elementary Schools — \$500

- Woodland Park School District: Lauren Stuart — Junior Chef — \$750

The general intent of an educational foundation is to provide funding for activities that are beyond the scope of traditionally supported school district activities. The Woodland Park School District Foundation, which was incorporated in 2005, is a separate entity from the school district. According to their mission statement, the foundation supplements the district's educational programs by partnering with the community to provide students and staff with opportunities that would otherwise be unavailable.

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