Welcome to Ute Country

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions."

— Chanakya



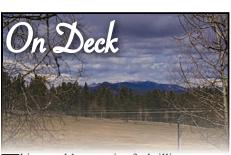
PEEK INSIDE...







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This month's cover is of a brilliant **■** Indian Paintbrush surrounded by what I believe is Clary Sage. The accompanying quote reminds us to always seek the beauty in people. It is like my mom used to say, "No one is 100% good or 100% bad." This month we honor Mother's everywhere as we get a special glimpse into one of our writer's mom's rather interesting past. We say a special Mother's Day to Mary Menz as we wish her and her family well. She had brought us Birds of the Ute Country and Plants of Ute Country. This is her last installment. We will miss these very informative columns. Thanks for all you've taught us!

We have several articles this month that overlap in sharing tidbits of wisdom. Pay attention to dandelions and how they impact the bees. Remember we need to be cognizant of the footprint we make upon this incredibly gorgeous planet. As mom used to say, "Clean up after yourself."

There are a number of articles that feature incredible students, achieving phenomenal goals, and a very special teacher featured. Laural Dumas. We also learn that students are often the teachers. It's like mom used to say, "Once you set your mind to something, next you need determination, and you just never know what you can accomplish!" I miss you, mom.

We have some springtime faces to look at in Critter Corner. We encourage the photographers out there to share pics of critters, indoors or outdoors. Please email to utecountrynewspaper@gmail.com or snail mail to POB 753, Divide, CO 80814.

We love to hear from you! Feel free to send your comments, questions, and articles to us via email to utecountrynewspaper@gmail.com or snail mail to POB 753, Divide, CO 80814.

> 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. **Publishers:** High Pine Design Jeff & Kathy Hansen

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Critter Corner: Submit photos to: utecountrynewspaper@gmail.com or PO Box 753, Divide, CO 80814

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What if I told you that you have a free pharmacy at your fingertips? What if you could have fresh healthy leafy greens without going to the grocery store? What if somebody magically showed up voluntarily to amend your soil? It would seem rather magical wouldn't it? What if I told you it's entirely possible and all you need to do is stop doing one thing, and start doing another that is far less labor intensive.

Stop striving for a perfectly groomed lawn and start paying attention to what grows there naturally. You'll thank me for this, I promise.

Weeds are simply plants that didn't grow where you wanted them to. In the words of Emerson; "A weed is an herb that has not yet been recognized for its virtues."

What benefits are derived from a weed free yard? I personally can't think of one. n fact, if your yard is free of weeds I see a very unhealthy environment. It says to me chemicals have been used to manipulate Nature, either for your viewing pleasure or to satisfy a homeowner's association. There is nothing more boring to an herbalist or plant lover than a perfectly groomed lawn.

News flash: you will never win if you wage war against Nature. You are part of Nature, not separate from it so you may as well start playing nice. The fact of the matter is this, if you or your yard didn't need that weed, it wouldn't be there.

It's wise to know those pretty yellow flowers that show up every year called the dandelion are tougher than you. They are more persistent and resilient than you could ever imagine and they are known by gardeners of old as soil doctors.

Nature's clues

One of the roles a doctor plays is to diagnose problems. The weeds that grow in your yard can yield information as to the condition of your soil. For example, dandelion, mullein and chamomile hint that your soil is acidic. Other plants that grow heartily in acidic soil are pineapple weed, sow thistle, curly dock, and knapweeds. Many of which have earned their place on the county's noxious weed listing.

Plants that indicate a wet poorly drained soil are foxtail barley grass, poison hemlock nettles, goldenrod and sweet flag aka wild iris. Although the ground may appear dry at times, these plants are indicators that at some point during the year the ground is soggy there.

Weeds that grow in sandy soils are field bindweed, thistles, goldenrods and yellow

Weeds can also indicate a soil's nutrient values. A useful trait in determining if the soil is unbalanced. Chickweed and Mouse Ear Chickweed indicate very low calcium and phosphorus levels, and very high potassium and sodium levels. Crabgrass indicates very low levels of calcium and phosphorus, low pH, high chlorine levels, and high levels of magnesium and potassium

Learn more at https://www.quora.com/ How-do-certain-weeds-benefit-a-garden

Although the only way to know the condition of your soil for certain is to perform an actual soil test, these plants can serve as indicators. The observant gardener will notice subtle changes in weed population as soil improves.

Dr. Weed

Not only can the plants be indicators, they can help to remedy the soil and environment as well. Phytotechnology is defined as the science of using plants to solve environmental problems. Phytoremediation is a sub-category of phytotechnology. Phytoremediation uses plants to remove pollutants from the environment. For example, Lamb's quarters are capable of absorbing pollutants, toxins and heavy metals from degraded soils.

Although plants need small amounts of heavy metals in order to survive, a high accumulation of heavy metals in soil or water can be considered toxic to plants or animals. In areas that are particularly polluted by heavy metals, enter the hyperaccumulators. Hyperaccumulators can absorb more heavy metals than normal plants and tolerate a high amount of metals in their system, yet don't exhibit symptoms of toxicity. Over 500 plant species are reported to have hyperaccumulation properties. While other methods of absorbing heavy metals from the soil and



Dandelion greens are one of the most nutritious leafy greens you can eat, but please save the vellow blooms for the bees.

water cost millions of dollars, the plants offer their assistance for free. Something tells me we aren't doing this right.

Learn more about this fascinating process at https://www.thoughtco.com/phytoremediation-cleaning-the-soil-with-flowers-419222

The hefty and hard to eradicate tap-rooted weeds, such as curly dock or dandelion are considered pioneer plants. They are the ones that go first where other plants can't seem to get a hold. They reach deep into the subsoil to not only break up soil compaction and improve drainage, but also to mine nutrients from deeper layers and bring them up higher. Interesting to note, people are the biggest soil compactors on the planet. If you don't want docks, dandelions or other pioneers following you around, stop compact-

There is nothing more boring to an herbalist or plant lover than a perfectly groomed

Weeds in the Legume family, such as the various clovers and alfalfa, fix atmospheric nitrogen through the rhizomes on their roots. Nitrogen is a vital nutrient for plants that people spend tons of money on every year in the form of fertilizer. If you leave the nitrogen fixers where they grow, you can mow them and let the clippings fall where they may. The benefit here is three-fold, you are returning nutrients and organic matter back to the soil. In addition, soil that is fixed by legumes can benefit plants growing nearby and save you the money and trouble of purchasing store bought fertilizer.

Nutritious

Many plants considered weeds are chock full of nutrients. People that know me, know that I'm always trying to get people to eat weeds. I find that when people do indulge me, it unlocks a bit of their wild side and gives them a sense of well-being much like a cool drink of water quenches thirst. I attribute this to the many nutrients the plants can provide that most people's bodies are starving for. Although not common practice today, after WWII, many knew that they could survive and even thrive by eating the plants that grew around them when food was in short supply.

Dandelion greens are one of the most nutritious leafy greens you can eat. One cup of fresh raw dandelion greens contains more of the recommended daily allowance (RDA) of Vitamin A, Vitamin K, Calcium and Iron than Broccoli. Low in calories, dandelion greens are rich in minerals. Besides calcium and iron, they are a good source of copper, manganese, phosphorus, potassium and magnesium. They have more protein PER SERVING than spinach. The greens themselves are 14% protein and contain all essential amino acids so it's a complete protein.

One cup contains 1.5 grams of protein. They are a multi-vitamin. Besides vitamin A as beta-carotene (112% RDA) and vitamin C (32% RDA), dandelion greens are also good sources of B6 (7% RDA), vitamin E (9% RDA) and are especially abundant in vitamin K (535% RDA). See more here: http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2441/2

Lamb's quarters and amaranth are just two more examples of super nutritious weeds that grow abundantly in Ute County that can be ingested as a salad green or sautéed as a vegetable.

One more important fact to make note of is the nectar of the dandelion flower is super nutritious and an important first food for the bees as the emerge in spring. Many weeds can offer habitat for beneficial insects that can prey on pest insects, and certain weeds even offer natural insecticides.

Nature's pharmacy

Yarrow, another beautiful plant considered a weed, offers antiseptic properties and can be used internally or externally to remedy many ailments. It will stop bleeding on contact when applied to an open wound at the same time applying antiseptic constituents to ward off infection. Taken as a hot tea, it facilitates digestion and will help you break a sweat if you have a fever. Taken as a cold tea, it is diuretic; helping to rid excess water weight.

Most of the plants that I use as remedies fall into the noxious weed category. Mullein, a wonderful respiratory herb is also antiinflammatory that will not cause harmful side effects to most people. Empower yourself, get to know the plants around you and the benefits you can derive from them. Mullein is a biennial that flowers in the second year. If your neighbor would prefer a weed free yard, simply cut the

stalk off the mullein before it goes to seed. Last, but not least, there is one more reason for keeping plants around. We breathe each other's breath. Plants breathe in carbon dioxide molecules; that same carbon dioxide we humans breathe out. During photosynthesis the carbon atoms and breathe out oxygen that you breathe in. That, my friends, is a most intimate connection that I feel deserves our attention and utmost respect.

There, see? I've given you a few reasons to kick back, breathe deep and relax this summer. What's good for the soil is good for the soul. It's all a matter of perspective.

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303 or 719-748-3388. Mari is available for private

Plant sale

It's that time of year! During the months of May and June we'll have plants and plant starts available for sale and give away including goji berry, elder berry, lavender and St. John's Wort to name a few. We also have a variety of seeds available as well, at The Thymekeeper, 1870 CR 31 in Florissant, afternoons Monday-Friday 1:30-4 p.m.

My Mom

by Linda Bjorklund

We were back in Sioux City, Iowa, attending a funeral and catching up on the news of relatives we hadn't seen since the last funeral. I spoke with my mother's youngest sister, who was then the last living sibling in that generation of Whitlocks. "Aunt Ethel, can you tell us anything about my mom's childhood? She never talked much about it."

Aunt Ethel replied, "Well, she was never the same after she killed that guy." Struggling to recover from the shock, I tried to get more details from her, but she demurred, saying that she was pretty young during the incident and didn't remember much about it.

Later my two sisters and I talked about it. We were all incredulous, none of us knew anything of that part of mom's life. Then a daughter-in-law spoke up and told us all that she had seen the write-up of the incident in The Sioux City Journal, but never mentioned it because she thought we wanted the family matter kept private.

So then it became imperative that we find out what really happened. The headline in the January 9, 1929, issue of *The Sioux City* Journal, "S. C. Youth Killed in Fight."

Opal Whitlock was 15-years old in January of 1929, a ninth-grade student at Irving School (the same school I attended as a child). She was one of five children of Archie and Daisy Whitlock. She had been seeing 21-year old Henry Eastman for the last year: he was the brother of her older sister's new husband. Her dad had told her that she probably ought to end the relationship, as Eastman was a bit too old for her. She dutifully broke it off.

On January 8, 1929, a Tuesday evening, Opal went for a walk with her new beau, Amiel Betsworth. They visited at the home of Opal's older sister, Violet, and her hus-

band, Gaylord. Gaylord's brother Henry was at the home, too.

About ten o'clock Opal made ready to leave, saying that she had to get up early to fix her dad's breakfast. She and Amiel went outside onto the porch. Henry followed the couple and asked Opal, "Where were you on Sunday?" Opal replied that she and Amiel had gone to

a movie. Then Henry unexpectedly swung a fist at Amiel, knocking him off the porch Opal was quick to run to Amiel, who did not get up after falling. Gaylord came out and picked up Amiel, carrying him into the house. Meanwhile, neighbors, hearing the screams, called the police, who arrived shortly thereafter.

An ambulance took Amiel to the hospital, but he had already expired. The Sioux City Police took young Opal, as well as Henry Eastman, and Violet and Gaylord Eastman, into custody.

A reporter from the rival newspaper *The* Sioux City Tribune wrote. "Grim tragedy looked out of pretty Opal Whitlock's soft brown eyes Wednesday as she stood behind the heavy bars of the city iail and in a subdued voice quietly told the events leading up to the death of Amiel Betsworth..

The reporter continued, "Opal isn't the type of girl one might expect boys to quarrel over. True, she is pretty enough with her black hair and her sweet smile. But she is neither bold nor sophisticated. She is rather unassuming and charming in her mannerisms."

A Grand Jury was convened and quickly recommended that criminal charges be filed against Henry Eastman. An autopsy had revealed that the cause of Amiel's death was a brain hemorrhage. It was not determined whether the fist blow had caused the hemorrhage or whether he had struck his head against some hard object.

Henry Eastman remained behind bars, but Violet and Gaylord and young Opal Whitlock were released. The trial was set to begin on January 25.

The newspaper report from *The Sioux* City Tribune on that day, began:

"A 15-year-old school girl with snapping black eyes took the witness stand for the first time in her life Friday forenoon to offer testimony against her former sweetheart. "A capacity crowd overflowed the court-

room during opening testimony in the case.

"Plainly clad and somber looking except for the flashing eyes, the little girl recounted before a jury in Judge Robert H. Munger's court the incidents of a quarrel that led to the tragic death of her boyfriend and paved the way for the murder trial of her former sweetheart.

"The girl who turned out to be the state's star witness, Opal Whitlock, 512 Prospect street, told her version of the death fight in soft but unfaltering terms. "Answering questions

by attorneys calmly, Opal gave an account of the quarrel between Henry Eastman, her former sweetheart, and Amiel Betsworth, victim of the fight. Neither the state or the defense could unearth discrepancies in her story."

Although the defense attorney attempted to intimate that Opal had fashioned her story with the object of avenging Betsworth's death, the prosecuting attorney pictured her as an undesigning, chaste girl who had only done her best to give an accurate account of the tragedy.

After all the evidence was heard, the jury convened. They found the defendant guilty of assault and battery, punishable by thirty days in jail or \$100 fine. The judge opted to sentence Henry to 30 days in the city jail,



—Photo by Mills, Tribune Staff Photographer IT DOWN. Too many family histories have been lost because

that the young man had learned his lesson. Mom remained pretty much a down-toearth, tell-it-how-it-is human being, but I now began to understand things that had not come up before. For instance, why she had quit school in the ninth grade. I realized over the vears that she was extremely intelli to reason and make good decisions. But she apparently was too embarrassed to return to her class and continue school after the trial.

stating that the fine was not enough. He

strongly reprimanded Eastman and hoped

She was very industrious, learning how to sew, crochet, and paint figurines. She became president of the PTA when I was in the sixth grade. I remember helping her make coffee and a buffet dinner for a meeting. I wonder how she felt going back to the same school she had attended and left under such different circumstances.

Mom was very family-oriented. I recall a number of occasions when just the two of us went on Memorial Day to the various local cemeteries. We would pack the back seat of my car (Mom never got a drivers' license) with flowers from her yard — peonies, tulips, lilies of the valley — and leave a small offering at each of the graves we visited. I re-heard all the family stories as we worked our way through five cemeteries, more or less. We then would eat our brown-bag lunch, sitting on the back bumper of the car, parked in one of the cemeteries. She was way too frugal to even consider going to a restaurant to eat.

A few months after my dad passed away in the 1970s, I approached Mom and asked



Opal Whitlock, photos taken from the January 9, 1929 Sioux City Tribune.

her if there was any place in the world that she wanted to visit. When she chose Hawaii, I immediately booked us both on a trip there, knowing that, once the fees were paid, she wouldn't change her mind. This was her first airplane flight and she might have been scared, but didn't indicate it, even as we approached the walkway to the plane in San Francisco and prepared to board. She had to have seen the printing on the side of the huge aircraft: "United States Space Ship."

Mom passed away in 1985 after suffering from a kidney infection. Even then, she was unassuming, accepting this, too, as a part of life that all humans must endure.

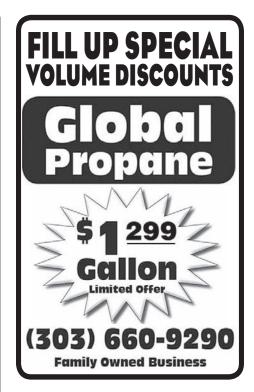
> I began writing only in the last 15 or 20 years, with a special interest in history. She only knew that I had become an accountant, as she attended my graduation in 1983 from Metropolitan State College

Mother's Day is coming up soon. The second Sunday in May was proclaimed in 1914 by President Woodrow Wilson to be designated each year as Mother's Day. Now most countries in the world have established a day to honor mothers in some fashion I challenge you to discover

your own history; to find out how your family has influenced you — for good or bad — and to get re-acquainted with your own past, and then WRITE Opal and her older sister, Violet, when they were detained in the no one wrote down the details Sioux City jail. or wrote the names and dates on photos taken far in the past.

> Perhaps the lesson in my mother's story is that, no matter how horrible or embarrassing your past might seem, knowing about it may lead to understanding it.

> This year I choose to honor my mother by telling this story, not to reveal a sordid past, but to tell how proud I am that she overcame what happened to her and gave me a solid example of how to live hon-









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CSHF approves \$1.4M in grants in El Paso and Teller Counties

The Colorado Springs Health Foundation Board of Trustees recently approved \$1.4 million in grants to 35 organizations serving El Paso and/or Teller Counties. These organizations address one or more of the Foundation's funding focus areas:

- Access to care for those in greatest need • The workforce shortage of primary care or psychiatric providers Suicide prevention
- School-based healthy eating and/or active living efforts for children and families

These funding focus areas were developed based on the Foundation's mission, local need, focus group and key stakeholder input, and evidence behind what drives community health.

"As we enter our second year of grantmaking, we are honored to support the good work of so many local organizations. Our community's good health remains our singular aim, and we believe that these investments align with our mission to target immediate health care needs and encourage healthy living," said BJ Scott, board chair.

Friends of Equestrian U Skills Course

rand Opening/Ribbon Cutting for the Equestrian Skills Course

Will be held May 6. The Fort Carson Mounted Color Guard will be participating to "present the colors" at 11:30 a.m. On display will be an original 1800s army issue wagon with troopers and mules from 11 a.m. to 2 p.m. Board members will be on hand to provide information about the current obstacles on the course and proposed plan for continued building of the course 11 a.m. to 2 p.m. This will be held at the Equestrian Skills Course in Bear Creek Regional Park located south of the Norris Penrose Equestrian Center 1045 Lower Gold Camp Road in Colorado Springs. Parking will be available in the horse arena parking lot the day of the event. For more information, contact Debbie at 719-238-2533 or Allison at 715-377-2697 or email: friendsequestrianskillscourse@gmail.com.

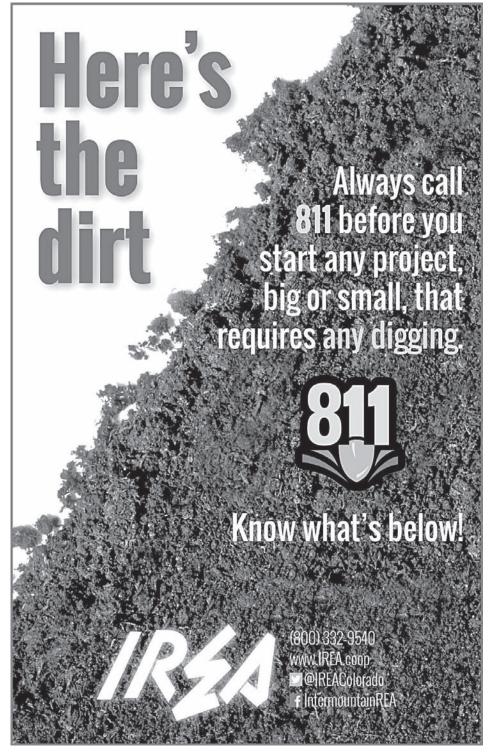
Thank you to anonymous donor

Heart of the Rockies Regional Medical Center Foundation recently received a \$10,000 unrestricted donation to be used in the area of greatest need from a donor who wishes to

The HRRMC Foundation, a 501(c)(3) nonprofit organization, provides financial resources to Heart of the Rockies Regional Medical Center to enhance the health of the community through the delivery of personalized and exceptional care.

Any donation of \$100 or more to the HRRMC Foundation qualifies the donor for the Colorado Enterprise Zone state tax credit which is an additional 25 percent tax credit on the

For example, the recent \$10,000 donation would generate a \$2,500 tax credit. To make a donation to the HRRMC Foundation or find out more about the Enterprise Zone tax credit, call Foundation Director Kimla Robinson at 719-530-2218.



Doors open for Jenna Salvat Pikes Peak Pebble Pups and Earth Science Scholar wins science fair and catches the eye of a movie producer

by Steven Wade Veatch photo by Steven Veatch

Jenna Salvat, a member of the Colorado Springs Mineralogical Society's unit of the Pikes Peak Pebble Pups and Earth Science Scholars took home the top prize in the Senior High Physical Science category at the 2017 Pikes Peak Regional Science Fair when she won first place on February 28, 2017. Jenna was presented her award by Dr. Rob Kolstad during the awards ceremony at Library 21C in Colorado Springs amid the cheers of her family, fellow students, and Steven Veatch, Pebble Pup Director. Jenna also received several other awards:

 Armed Forces Communications and **Electronics Association**

- Arizona State University Walton Sustainability
- Association for Women Geoscientists
- Georgia and Charlie Matteson Award • I-SWEEP Outstanding Scientist
- NASA Earth System Science Award
- Northrop Grumman Excellence Award • US Air Force Award
- US Navy Science Award

Jenna was one of 40 students invited to compete at the Colorado Science and Engineering Fair on April 6-8, 2017 at Colorado State University where she won top honors again — first place in her division. In addition to multiple awards, Jenna received partial scholarships to Adams State University and Colorado State University. Jenna was one of only three students invited to the Intel International Science and Engineering Fair (Intel ISEF). The Intel ISEF will be May 14-

19 in Los Angeles. Jenna's work has caught the eye of Fishbowl Films of Los Angeles, California. The movie company is planning a film about selected teens growing up in the 21st century who create scientific solutions to the most pressing issues on the planet through their participation in the largest and most prestigious high school science competition in the world, the Intel International Science

and Engineering Fair. The film, by Laura Nix, plans to document the start of Jenna's science fair to the end of her journey as a competitor at the Intel ISEF.

Jenna's award-winning project was on crystalline silicon dioxide and the potential of the generation of voltage through its pyroelectric (charge generated when heated or cooled) and piezoelectric (charge generated in response to applied mechanical stress) properties. According to Jenna, "The highest point

in the project was watching the electrical signal feedbacks on the oscilloscope as it recorded the electrical fields being induced by mechanical stress and temperature increase." Jenna conducted some of her investigations at one of the laboratories at the Colorado School of Mines. Dr. Katharina Pfaff, a research assistant professor at the Colorado School of Mines, was instrumental in making arrangements for Jenna to use the QEMSCAN lab.

The most difficult part of Jenna's science fair project was locating a facility to conduct her experiments. Jenna plans to continue her research and will need to find a research institution with an interferometer, a lock-in amplifier, and a He-Ne laser for next year. She is also in need of a large-scale autoclave or autoclave reactor with a buffer that allows for two distinct temperature gradients.

Jenna said, "My plans for the future are to utilize more precise methods in relation to my experimentation and characterization for next year's portion of this project. I will begin to test a wide variety of materials that are classified as thermovoltaics. I will test these using the proper instrumentation and represent my data mathematically. I will be able to further characterize thermovoltaic materials by calculating their coefficients. I also will pursue the hydrothermal synthesis of alpha-phase silicon dioxide and will learn how to prepare silicon wafers. I plan to develop a small scale thermovoltaic transducer



Jenna Salvat proudly displays her first place ribbon she won for first place in the senior high physical sciences category.

or electromechanical energy system that can be implemented in surface geothermal vents and features, as well as a variety of other

Jenna is in 10th grade at Coronado High School. She is also a volunteer interpretive ranger at the Florissant Fossil Beds National Monument in the summer.

The Pikes Peak Pebble Pups has two units, one that meets in Colorado Springs sponsored by the Colorado Springs Mineralogical Society and the other unit that meets in Lake George and is sponsored by the Lake George Gem and Mineral Club. For further information on the Pebble Pups contact Steven Veatch at this email: steven. veatch@gmail.com.







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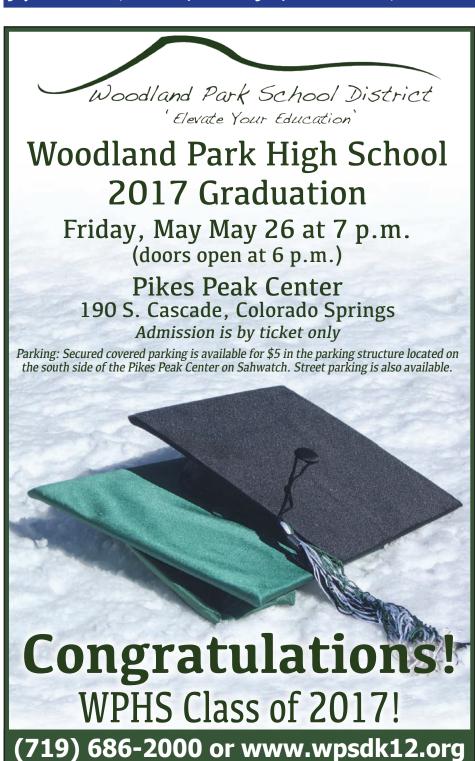
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Gardening books galore at Florissant Public Library

by Polly Roberts

At the library, we constantly get the question "How do you keep the plants in the library looking so good?" Well. haven't always worked in a library.

For the better part of 30 years, I was a green industry professional. To outsiders, that means I was part of the world of garden centers, plant nurseries, greenhouse growers, professional gardeners, and landscaping.

I learned a thing or two over the years, so I can tell you with the utmost certainty and confidence that there are two universal constants when it comes to people and plants, no matter where you live in this country, no matter how big or small your garden is or how much money you

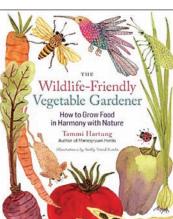
- **1.** More plants are killed with kindness (read: water) than for any other
- reason, and 2. People do not feed their plants enough.

Especially in this part of the country where it is so arid, people look at a plant, garden or landscape that does not appear to be doing its best and automatically assume that it needs water. We are desperate in our need to nurture the plant(s). After repeated watering (because we care so much), the soil becomes completely saturated with water (which pushes all the oxygen out of the soil/ root zone) and the plants drown. Funny that the signs of under-watering and over-watering are the same,

Many people do not fully recognize that plants are living things that require nutrition to grow and thrive. People do not feed their plants like they should, if at all. The plants at the library receive a constant low dose of fertilizer all year round

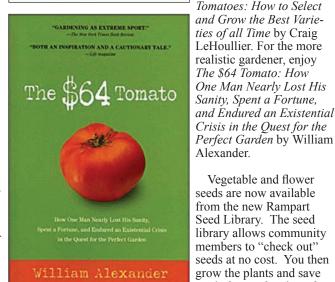
— less in the winter when the days are short and the plants are not as actively growing, and more in the summer with the long days of sunshine and warmer temperatures. Feeding your plants keeps them healthy and thriving. Think about it — how would you look and feel if you didn't eat all year?

My grandmother's lament every summer was that she wished she could grow green stuff in her garden like she could in her refrigerator. To help support your plant and gardening efforts and success, we have a



or quality water-efficient landscaping and garden-The Wildlife-Friendly Vegetable Gardener: How J. HOWARD GARRETT Grow Food in Harmony The Dirt Doctor's with Nature by Tammi Hartung, provides informa-Guide to Organic tion on how to make ben-Gardening eficial wildlife part of your food-garden ecosystem to help preserve populations of native insects, butterflies, and birds. • The Dirt Doctor's Guide





from the new Rampart Seed Library. The seed library allows community nembers to "check out" seeds at no cost. You then grow the plants and save seeds from a fraction of your crop for the next season. That portion of the seed harvest is

returned to the seed library, which allows other members of the community to check out and propagate seeds. A seed collection and resource materials are kept at both the Woodland Park Public Library and the Florissant Public Library.

Helena Ely, founding member of the Garden Club of America, said "The watering of a garden requires as much judgment as the seasoning of a soup". The local librarian says to remember to please feed your plants.

One Dog at a Time Table scraps

by Janet Bennett

Who doesn't like to sneak their furry friend a few table scraps or food off of your plate? We know we shouldn't, but we do. Do you ever wonder what foods are harmful to your dog and what is safe?

Foods that are a definite no-no and must always be avoided are: avocado, alcohol, baking soda and powder, caffeine, chives, chocolate, corn cobs, fruit pits, fruit seeds, garlic, grapes, macadamia nuts, walnuts, mushrooms, onions, raisin and xylitol. If your dog accidentally eats any of these things, call your veterinarian immediately.

Foods on the good list (but always in moderation) are: apples (but no core or seeds), broccoli (too much can cause GI upset), carob, carrots, cheese, eggs (shell can be included), green beans, cooked oatmeal, pasta, peanut butter, pineapple, popcorn (no butter or salt), pretzels (no salt or low salt), pumpkin (only a couple of tablespoons — helps with both diarrhea and constipation), rice (great for an upset tummy white rice is easier to digest than brown rice), salmon (great for nails and a shiny coat), tuna, yogurt and zucchini.

This article is brought to you by Wings and Warriors. We are a 501(c)3 nonprofit organization that trains service dogs and donates them to those in need. You can learn more about our organization by visiting our website at www.wings-and-warriors.org. We are always looking for volunteers and sponsors. Thank you for your support.



Just The Facts Gifts from the galaxy

The oldest thing in Colorado is more an-L cient than Earth itself. It's a meteorite. Meteorites are hunks of rock that don't completely burn up as they hurtle through our atmosphere. Unlike most Earth rocks, they're composed of an odd mix of metals and minerals. They have a burnt appearance — like a well-seasoned cast iron pan. This so-called "fusion crust" forms as they're scorched on their descent

All of us have seen meteors fall... or at least microscopic ones. That's because shooting stars are mostly dust- to sand-size meteors that burn up as they enter our atmosphere. Millions of these meteors, as well as larger ones, bombard Earth every day. Scant few are big enough to survive entry and make it down to the surface as a meteorite.

Most meteorites originate as bits of debris that were bounced out of the asteroid belt betwixt Mars and Jupiter. Most of them are older than any Earth rocks, because most ancient Earth rocks have long been worn down or recycled by mother nature. Formed four and a half billion years ago during the accretion of our sun and its planets, most meteorites spend an eternity in the sterile vacuum of outer space. There they're protected from the unforgiving elements that break rocks down on our planet's surface.

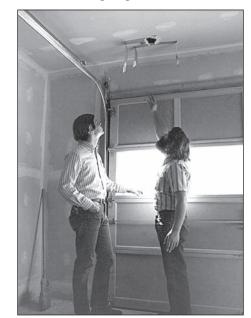
But the rarest meteorites originated as debris that was ejected off the surface of the moon or Mars when huge meteors collided with them. Before these lunar and Martian castaways fell to Earth, they journeyed through space like drunken billiard balls. Sometimes they drifted for tens of millions of years before they became trapped by our gravitational field. All told, there are about a hundred known meteorites from the moon and even fewer from Mars.

With all this space junk raining down, should we worry for our safety? After all, the dinosaurs bit the dust due to a Greeleysized meteorite. Fortunately, the chances of being struck by a meteorite are lower than winning Powerball. But meteorites occasionally do hit buildings, roads and the like. In 1973, one plunged right through someone's garage in Cañon City. Hitting at over 200 mph, it made our hailstones (at up to 20 mph) seem insignificant.

Colorado's got plenty of meteorites. In part that's because people have been picking them



The museum's former curators of geology (Jack Murphy, clean-shaven) and paleontology (Don Lindsey, bearded), ning the entry and exit paths of the meteorite into the Stevens family's garage. Fortunately, only their cat was home that day, and although she resided in the garage she was unharmed.



up for millennia. Native Americans traded meteorites long before Spaniards ever set foot here. Puebloans, Pawnee and other tribes used, worshipped, and in some cases feared these metallic stones that fell from the sky. During Colorado's Gold Rush, one prospector dug up a rusty meteorite thinking it might lead to riches. Talk about fool's gold.

Even larger collections of meteorites are being assembled today, because meteorites provide clues from deep time about how our planets formed, and even life itself. For example, Martian meteorites come from all over Mars' surface, in contrast to the mere half dozen places where spacecraft have planet's geology, providing clues about both ancient Mars and present-day conditions there. Ditto for lunar meteorites and our Moon.

What about the very oldest meteorites? These ones contain microscopic blebs that trapped the gases and dust that later con-

Colorado was the first place meteorites were seriously studied in the United States. In the 1930s ex-biologist and meteoritehunter Harvey Nininger built the world's most comprehensive meteorite collection at the Denver Museum of Nature & Science. Four books and over 150 scientific papers later, he became revered as the father of modern meteoritics.

landed. Thus they extend our knowledge of the

gealed into our sun and its planets. Others

ites, including those from Colorado, are an efficient way to explore space and time without getting too far away from Starbucks. Not to mention that when you cut 'em open, they're often beautiful. Today meteorites are prized by collectors, both for their rarity and their beauty.

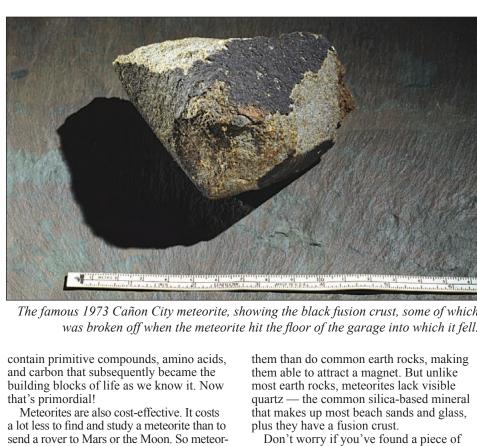
Think you've found a meteorite? Most meteorites have more nickel and iron in

them than do common earth rocks, making quartz — the common silica-based mineral that makes up most beach sands and glass,

slag, the waste from smelting steel. It's a close cousin of a meteorite, known as a

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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A teenage mammoth walks near a dangerous hot spring during the Ice Age. Original art by Gavin Seltz.

Mammoth Site

by Gavin Seltz

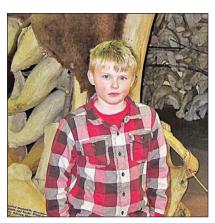
Underground water dissolved limestone and shale About 26,000 years ago. *The rock collapsed.* A water-filled sink hole began to grow.

Young bull mammoths Looking for an easy lunch *Drank the warm water* And the grass they did munch.

But the pond was too deep, The bank was too slippery and steep. The ice age mammals could not Escape their fate: eternal sleep.

For thousands of years Coarse sand and clay Covered their bones, Preserving them until the day

A bulldozer hit a tusk! Scientists came and found the remains Of 61 mammoths In the South Dakota plains.



About the author:

Gavin Seltz, a member of the Pikes Peak Pebble Pups, is 7-years old. He has been a member of this group

Spring is slash season

by Coalition for the Upper South Platte

As the days grow longer and warmer, we are moving outdoors for a wide range of activities. For many of us, those activities include cleaning up slash around our homes and on our properties. While recent snow storms have helped a bit to bring some much-needed moisture

to the area, they have not taken us out of "Very Dry" or Moderate Drought'' status and high winds along the Front Range have swept us back into frequent "Fire Weather" days. Additionally, summer forecast models are predicting warmer and dryer than usual weather. These are conditions that amplify the importance of maintaining our properties and keeping them clear of potential fire fuels. CUSP is here to help. We will be opening our

These sites are located throughout the Upper South Platte watershed. The longest running site is at our location in Divide. We also have sites in Fairplay and Bailey. The requirements and restrictions for all three sites are the same.

three slash sites the first weekend of May.

• Maximum length: 6 feet · Maximum diameter: 8 inches

None of the following are accepted: • Stumps, roots or lumber

Tires, metal or household trash/refuse

• Dirt, weeds or grasses

• Pine needles, not attached to branches**

** There is a great company in Colorado Springs, Rocky Top Resources (rockytopresources.com) at 1755 E. Las Vegas St. that

will take pines needle and other organic yard materials. Residents of El Paso and Teller Counties who bring these materials on a Saturday, can pay with either nonperishable food items or a cash donation to Care

> The locations, fees, dates and times of service of CUSP sites are as

Located on South Hybrook Rd (Southeast of the Post Office) Open Friday, Saturday and Sunday

Divide (Teller County)

CLOSED on these Sundays: 5/28; 7/2; 9/3 FEES: \$10 per pick-up truck load

 Fairplay (Park County) 21925 Hwy 285,

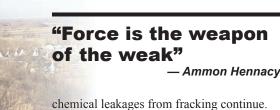
at Mountain View Waste Transfer Station entrance Open Saturdays From 9-4 p.m. FEES: \$10 per pick-up truck load

Bailey (Park County) Residential Services Only

US Hwy 285 & CR# 72 Open Friday, Saturday and Sunday From 9-3 p.m. CLOSED on these Sundays: 5/28; 7/2; 9/3 FEES: Park County residents: \$15 per pick-up truck load. \$20-nonresidents

If you have any questions, or need more information, please call the CUSP office at 719-748-0033.





of Standing Rock.

tion all are working steadily to reduce fossil

ActivateNow is an independent news net-

fuel destruction. (DefundDAPL.org)

took place in Denver and was aired on

Comcast 57. I was honored to have joined

them and continue to spread the awareness

A documentary AWAKE, A Dream from

ca film festival in New York City. Directed

Gasland II, James Spione and Myron Dewey

was produced by Shalene Woodley, an actress and activist that starred in the *Divergent* se-

ries and was arrested for attending a peaceful

According to bismarktribune.com, in

March of 2017, prosecutors and judges dis-

missed 33 misdemeanor cases of Water Pro-

these arrests. In my experience, people were

arrested for peaceful protests, and journalists

ammunition attacks. Charges were dropped

on two water protectors and then recharged

with physical obstruction of a government

function. According to the joint effort task

there was 761 arrests during the protest at

On April 1st we joined The Longest Walk

5.2k in Denver, CO at the Four Winds Indian

also Water Protectors. The Longest Walk is a

Center. A large majority of the walkers are

3,600-mile spiritual journey across America

lence. Dennis Banks of the American Indian

Don Chaney (center) with two Water

tectors he was providing with housing

calling attention to, and seeking guidance

on, drug related issues and domestic vio-

Movement started this walk that ends in

Standing Rock, North Dakota.

tectors. Morton County State's Attorney's

office had not met its burden of proof for

and medics were targeted with non-lethal

prayer ceremony at Standing Rock.

of Digital Smoke Signals this documentary

by Josh Fox who produced Gasland and

fter the state and federal siege of the A Standing Rock camps there only remains a sculpture overlooking the valley of the Cannonball River. "Not Afraid to Look" sculpture (above) remains where all structures and hope of a sustainable community was destroyed. The pipeline has been drilled under Lake Oahe and is soon to be sending oil to be exported at the expense of our land and our water. Over 17 million people depend on the Missouri river watershed.



Kid Valance, Diana Crow, and Simon R Jones take a break at the 4 Winds Indian Center in Denver Colorado before heading to White Clay, Nebraska. After their prayers in this alcohol torn town, the State of Nebraska voted to decline White Clay's alcohol permit. White Clay is on the border of Pine Ridge reservation South Dakota. No liquor sales are allowed on Pine Ridge reservation.

North Dakota voted to have the pipeline re-routed south of Bismark and Mandan, closer to the Standing Rock sovereign nation. Water protector camps had been established throughout the country to stop further pipelines such as the Keystone XXL.

Water protectors are healing from intergenerational trauma, re-grouping, finding places to live and jobs to secure while educating the public in regards to how we need to stop fossil fuels and engage in solar, wind and water power. The EPA has been reduced, and the cur-

rent Trump administration is steadily endorsing continued fossil fuels development with no consciousness of the effect on our water and land. Corporate greed continues.

The Divestment movement is gaining successful momentum in encouraging individuals, tribes, towns, and cities to Divest from banks that contribute to fossil fuel



Longwalker taking a break in front of The Longest Walk 5.2 shield.

Washington D.C. For further information, see TheLongestWalk.com.

April 9, 2017 there was a fund raising event at the Mercury Cafe in downtown Denver for legal funding for Denver resident Red Fawn. She remains in federal custody on a false allegation of carrying a weapon. She was a medic at the front line and was brutally attacked by a Morton County Sheriff during her arrest. She was to be released on April 10, 2017 into a half-way house until a North Dakota judge blocked the release on the basis of her being a high risk escape. (FreeRedFawn/Facebook page). April 13, 2017 we went to a town hall

meeting in Cripple Creek to visit and meet Senator Doug Lamborn. He claimed that over a million fractures have taken place in the country with no ill effect on the environment and that this was all scientifically substantiated. We learned that the fossil fuel industry had contributed to his campaign. My husband, Don Chaney, stood and spoke about the Earth, the waters, the generations to come, how it is our responsibility to protect the only Earth we live on. The room sat with silence as he extended the message of Standing Rock. We were interviewed from Colorado Springs news channel KOAA and it aired that evening.

We can all educate and stand together to protect our water and earth from the destruction of the fossil fuel industry. We can harness the power of the sun, water, and wind.

To continue viewing current topics and see what you can do to become involved sign-up for Colorado StandingRockConnect Facebook page.

Mni Wiconi! Water is Life

Diana Crow is a Divide resident, Water Protector, and activist willing to keep us posted on these topics. Our continued thanks and support to Diana Crow and Don Chaney.

For more information:

- COSWaterisLifeWarriors FB
- Defund DAPL.org
- ActivateNow FB and UTUBE • www.WaterisLifeMovement.com FB
- Senator Douglas Lamborn 1125 Kelly Johnson, Bldg #330



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RICHARD

SOPRIS

EARLY

DENVER

by Linda Bjorklund

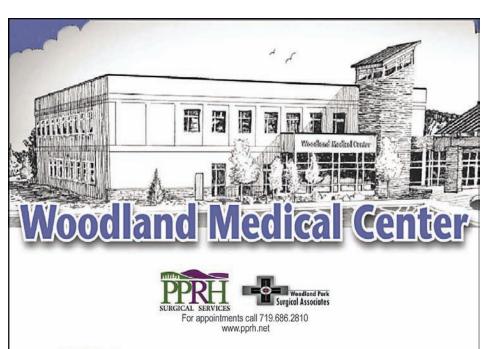
rom Gregory's Diggings prospector to Denver mayor, Richard Sopris left an indelble mark on the Mile High City and Centennial State.

Read more of the unsung life and accomplishments of this Captain, Mayor, and Colorado Fifty-Niner.

E-book available through Barnes & Noble and Amazon. Hardcopy is available at both the Museum and the Ranger Station in Fairplay or visit www.lindabjorklund.com



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Green's Fitness Go To Resistance training techniques



Body building is by far the most common method of resistance training.

This month's article highlights a few ▲ different methods of resistance training. The idea isn't to portray one as better than the other, but more to show that the core concepts from each are clearly presented in a way that can be adapted to the individual training program. The three methods covered this month will be body building, the Bulgarian Method, and functional training. Each of these methods highlights different schools of thought, but many different subcategories of resistance training branch from these three.

Body building

Body building is by far the most common method of resistance training. If asked what their plan is when starting off in the gym, most people will usually have some sort of variation of this method in mind as it tends to use all the major lifts and focuses primarily on aesthetics rather than anything else.

An average body building program tends to have four to five days of active resistance training, typically focusing on different muscles for each workout. For instance, chest day tends could be on Monday, legs on Wednesday and so on. The whole focus is to develop one's musculature to where it looks desirable for the trainee. Men tend to focus on their arms and chest while women tend to focus more on legs and abs than anything else as a way to quantify their progress.

Hypotrophy is the main scientific focus to how body building works. Hypotrophy in resistance training is the idea that the muscle can be trained to the point that it gets small micro tears in it and the body's response is to typically increase the muscles endurance and size with the weight used. Body building splits the days of focus up to allow muscles to recover before training them again. The idea is that it allows the muscle to increase in size fastest that way. The best core concepts from body building is that it adheres to an easy to follow schedule and

that it has a high focus on increasing muscle. The main criticisms that I personally have for body building are that it can create a lot of issues with biomechanics and that it tends to focus very heavily on supplementation to enhance results that tend to not be sustainable in a natural setting.

Bulgarian method

The Bulgarian Method tends to be very obscure in the fitness world. Common thought on this method is that it creates injury in the form of overtraining and that it requires steroids to be effective, which is simply untrue. The Bulgarian Method originated during

the Cold War. It's actually very simple, focusing on Olympic lifts and some support work. The Olympic lifts are the Clean, Jerk/Split Jerk, and the Snatch. These lifts are highly complex and are not recommended without lots of coaching and practice as they can cause injury very quickly if done improperly. The Bulgarian Method focuses on lifting heavy almost daily, sometimes two to three times a day, and working up to your max multiple times a week. This is where the idea that you over train tends to stem from but the issue is that a max is confused as a true max.

This method of training has a daily max

that is the heaviest one can go without having to "psych up" in order to perform the lift, meaning a great deal of concentration and focus are mandatory. The athletes that use this method usually have to go through what is referred to as the "dark times" or Central Nervous System (CNS) overload. The dark times tend to be characterized by lethargy, ghost pains, and a lack of motivation to train. However, once through these few weeks, athletes tend to start seeing massive strength gains. This is a very advanced method and is not recommended for the average person as it requires massive dedication in order for it to be effective.

The best concepts from this method are that overtraining (not a myth) is actually very hard to attain because the body tends to adapt to the strains placed on it quite effectively, and that sometimes less is more if over complexity is avoided.

Functional training

Finally, functional training is the last to be highlighted, although it's one of the broadest thoughts of fitness simply due to its core concept. Functional training focuses on using resistance training to specifically help another physiological adaption. By this, I mean that if you practice swinging a weight in a chopping motion, it could transfer to a farther drive on your golf game. However, a lot of functional training is very misguided simply because much of the functional training that is recommended doesn't necessarily transfer over.

In training, the body is split up into different planes of motion. Much of the functional training still only focuses on the sagittal plane which is front to back of up in down in nature. To truf be able to use functional training, one has to ask what the specific end goal is and work from there to create an exercise that will help that goal. For instance, if your goal is to get better at skiing, your focus should be on stability of the hips, knees, and ankles as well as focus on increasing the endurance of your legs.

The methods of accomplishing this can be different but looking at how to incorporate exercises that use multiple planes of motion and respect natural biomechanics of humans would be a good idea to start, although it requires a lot of thought and experimentation to develop the most effective program. The best concept to take from this is if training for performance, functional training can be highly effective.

Everyone has different goals, and hopefully this has helped demonstrate how to analyze different methods to be able to adapt core concepts that will be most effective at helping you achieve your fitness goals, while still being wary of potential hazards of each.

You can reach me directly at cgreen. cchs@gmail.com if anyone has any additional questions. Next month, supplementation is going to be the focus of this column as it's another controversial fitness topic.

A new Colorado love affair

by Jamie Hagen

If you live in Colorado most likely you have a love for nature, inspired by our majestic high mountain peaks, soothing streams and rivers, and endless opportunities to indulge in new adventures. As Coloradans, and those who visit our awe-inspiring state, we have come to be known as adventure seekers and have found endless ways to experience our love, simple or extreme, for the great outdoors.

Over the last decade a new outdoor recreational activity has evolved. It combines one's love for technology and our smart phones with our love of nature. It is known as Geocaching and is embraced by one and all that have discovered it.

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that

REI (Recreational Equipment, Inc.) says, "The game transcends geographic, political, gender and age boundaries. Geocache sites range from easy to challenging, and their level of difficulty is indicated alongside the cache's coordinates for easy access." In fact, REI has created their own expert advice page to share how you too can get started seeking the treasures hidden in the great outdoors www.rei.com/learn/expert-advice/ gps-geocaching.html.

Those who endeavor in this new adventure are passionate about their finds and the trinkets and treasures that are included in this hunt. There is even a new book out entitled, The Joy of Geocaching by Paul & Dana Gillin with tips and stories from people who love the game of geocaching.

This worldwide scavenger hunt has blossomed from its grass roots origins to over 2 million caches hidden all over the world. Geocaching.com, the leader in setting up and tracking one's finds, has provided the following figures from their website:

- There are currently 8,922 active geocachers who have listed their home coordinates within the state of Colorado. • In the past 365 days, 24,821 unique
- accounts have logged that they found a cache located in Colorado • There are currently 323,882 active geocachers who have listed their home
- coordinates within the US. • In the past 365 days, 610,844 unique accounts have logged that they found a cache located in the US.

Premiering May 1, 2017 and running for one year through April 30, 2018 Chaffee County is hosting the Buena Vista GeoCaching Journey with 25 hidden caches to find in the county. The event has been created and managed by Buena Vista Chamber of Commerce & Visitor Center (www.BuenaVista-Colorado.org) in participation with Chaffee County Visitors Bureau (www.Colorful-Colorado.com) and Geocaching.com (www. Geocaching.com). The great outdoor activity is sponsored by Wilderness Aware Rafting (www.InARaft.com) and Mount Princeton Hot Springs & Resort (www.MtPrinceton. com). Plus, there is an assortment of local businesses including; restaurants, lodging and adventure sponsors who are joining the event and offering extra points to be earned by each geocacher as part of the geocach-



Dusk over Buena Vista. photo by Joe & Kimmie Randall - Digital Art Co. Cover photo by Scott Peterson

ing journey prizes to be won! Go to (www. BuenaVistaColorado.org/Geocaching) for full listing and further details.

We know this event will become a national treasure because Buena Vista is a hidden gem. There is a feeling here that cannot be described, just embraced. Those who come to explore our journey will leave with a life-long love for our valley.

The Buena Vista GeoCaching Journey adds sizzle to the geocacher by:

• Placing our 25 caches in awe-inspiring locations that are either spectacular in their view, or offer intriguing historical significance (1800s era) such as ghost

towns and old time cemeteries. A First To Find (FTF) in every cache.

• Lots of trinkets, stickers and specials in-

cluded in the caches to keep and trade.

• Prizes based on points each geocacher receives for finding the hidden geocaches (1 point), dining (2 points), lodging (3 points) or taking a side adventure (3 points) at one of our participating sponsor locations.

• Unique custom designed Geocache coin won based on points. This is one of the cool things geocaches get and trade as part of the game.

> How the game is played: Register for a free Basic Membership at www.Geo-

caching.com. • Visit the "Hide & Seek a

Cache" page. • Enter your postal code (Buena Vista 81211 or one you wish to go to) and click 'search '

Choose any geocache from the list and click on its

Enter the coordinates of the geocache into your GPS Device or smart phone app. Use your GPS device to assist you in finding the

hidden geocache. Sign the logbook and return the geocache to its original location.

 Share your geocaching stories and photos online. • There are many other levels to play the game. Visit www.Geocaching.com for more details

1. If you take something from the geocache (or "cache"), leave something of equal or greater value unless it is a First To Find prize) **2.** Write about your find in

Riverside view of Mt. Princeton. the cache logbook

- **3.** Replace the cache where you found it. **4.** Tread softly – leave no trace.
- 5. Log your experience at www.Geocaching

What you will need:

• GPS device or a GPS-enabled mobile phone so that you can navigate to the • A FREE membership at www.Geocach-

ing.com. · Camera to share memories of your Geo-

caching Journey. • To add to the learning experience for

younger cachers and increase your safety as you explore in the West bring a topo map, compass, water, food, blankets, layers and sunscreen.

 The GPS satellite navigation was originally developed by the US Department of Defense and therefore greatly protected.

• May 1, 2000 the White House removed Selective Availability (SA) on their GPS navigation system so that anyone could "precisely pinpoint their location or the location of items (such as game) left behind for later recovery.'

May 5, 2000, is the first mention of a GPSdirected game of hide-and-seek. On that day, Oregonian Dave Ulmer posted an open e-mail on a USENET science newsgroup calling for an activity to celebrate the United States government's taking down of satellite navigation's Selective Availability (SA).

• Within three days, two different readers read about Ulmer's stash on the Internet, used their own GPS receivers to find the container, and shared their experiences online. Throughout the next week, others excited by the prospect of hiding and finding stashes began hiding their own containers and posting coordinates. Like many new and innovative ideas on the Internet, the concept spread quickly — but this one required leaving your computer to

This is a much longer story with many more details that can be viewed at https:// www.Geocaching.com/About/History. aspx for the full story!



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Mother's Day

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Armed Forces Art Exhibit

by Flip Boettcher photo by Flip Boettcher

The Armed Forces Art Exhibit hosted **▲** by the Florence Merchants Association will run from May 13 to May 30, featuring the two and three dimensional artistic works of Colorado active duty, Veterans and retired military personnel, according to Virginia Lindley-Brunn, event coordinator. The artwork will be on display in participating shops on East and West Main Street in Florence, with the artists' reception in those shops on May 13 from 4-7 p.m.

There will also be a special art exhibit at A Florence Gallery, 108 East Main Street, by the residents of the Bruce McCandless Veteran's Home, Brunn added. All armed forces personnel are welcome to enter their artwork in the show. For more information call 719-372-1016 or 303-717-1977.

One of the featured artists in the exhibit will be 91-year-old (92 in July) World War II veteran Bob Shoemaker. Shoemaker was born in Utah in 1925 and moved with his family to Victor, Colorado in 1927; in 1942 the family moved to Cañon City. Shoemaker married Helen Chess, his wife of 71 years and counting, in 1946. The couple moved to the now Chess Shoemaker Ranch in Garden Park north of Cañon City where his wife was born 92 years ago. In fact, said Shoemaker, Helen's father was born on the ranch as well.

The Chess families were some of the original homesteaders in the Garden Park area, arriving in the late 1800s. The family's first homestead was proofed up in 1905, a year after grandfather Grant Edward Chess drowned in a flood on 4-Mile Creek in 1904. according to Mable Hall in Story of Phantom Canyon. The Chess Shoemaker Ranch is still a working cattle ranch owned by the family.

Shoemaker was a Marine in World War II and was training for the Raider program when he got shrapnel in his eye. He lost his eye and was not able to see active duty.

Even though Shoemaker has been a rancher all his married life, he has had two other professions. Shoemaker spent 14 years in the Colorado State Legislature and is a self-taught bronze sculpture artist.

Shoemaker, who will be exhibiting in the Armed Forces show, started creating his bronze



Bob Shoemaker in his home in Garden Park beside his bronze sculpture of a prospector panning for gold. The piece weighs 75 pounds Bob said. There is another bronze sculpture in the background on the right.

sculptures at the age of 50 in 1975. Shoemaker said he took one little class, but has mostly learned by trial and error, he said. With little or no training, art or anatomy classes, Shoemaker has created many, many beautiful and detailed bronze sculptures, some he has sold over the years, but most are displayed in his home.

Having only one eye makes creating three dimensional sculptures a challenge Shoemaker said, but he just seems to have the creative artistic spirit within him; he doesn't know where it comes from. Shoemaker said he created sculptures he liked, what suited him. Shoemaker said he has wanted to paint as well, but hasn't had the chance yet.

Plan on visiting the Armed Forces Art Exhibit May 13-30 located in various shops along East and West Main Street, Florence. Come and meet Shoemaker and some of the other exhibitors on May 13, 4-7 p.m. at the artists' reception. Shoemaker's bronze artwork will be on display at the Antique

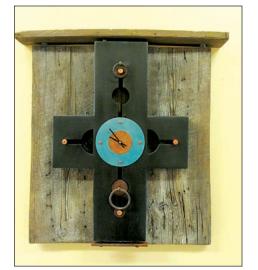
HRRMC exhibits Thomas Franke's "Timekeepers"

66 Timekeepers," an exhibit of finely rafted contemporary and rustic clocks by Salida artist Thomas Franke, is on display at Heart of the Rockies Regional Medical Center through June 30.

Born and raised in Milwaukee, Franke became interested in furniture as a design student at the University of Wisconsin-Milwaukee. He began his career primarily as a furniture craftsman but as the years passed he spent more time designing on the computer for large furniture manufacturers and less as a hands-on craftsman. His furniture designs have sold in more than 70 countries

In recent years, Franke has returned to his roots as a designer and craftsman. "There is nothing more rewarding to me, than taking a concept from the initial spark to completion with your own hands," said Franke. "I currently focus mainly on Timekeepers and contemporary chairs, as these items seem to allow the right combination of function and

All works in the hospital exhibit are for sale, and 25 percent of the proceeds are donated to the HRRMC Foundation.



HRRMC is hosting four art exhibits this year, as part of its mission to create a healing environment. The hospital displays the work of regional artists, with an emphasis on the Arkansas Valley. For more information on exhibiting art at HRRMC, call 719-530-2217.

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owboy is a 5-year-old Domestic Shorthair mix male cat who is one sweet guy. Cowboy is quite the gentleman who greatly enjoys the friendship of other cats as well as humans. He's got a very gentle disposition; happy just as long as he has a sunny spot to nap in and a human that loves him. Come meet Cowboy today! He's at Ark Valley Humane Society at 701 Gregg Drive in Buena Vista, CO. If you need directions, give us a call at 719-395-2737.



Cresson celebrates Liberty Day

Cripple Creek-Victor Cresson Elementary celebrated Liberty Day and took it a step further.

Liberty Day is a celebration originated by Colorado Lions to call attention to both the Declaration of Independence and the U.S. Constitution. Cresson Elementary 5th Grade teachers GariLu Schwab and Abigail Gregory invite local guest speakers Commissioners Marc Dettenrieder and Norm Steen, Cripple Creek Police Chief Mike Rulo, along with two Cripple Creek police officers. They came to Cresson Elementary to talk with students about the United States Constitution and the Bill of Rights. Before they came to the school, teachers spent time giving the students background information and a Liberty Day resource book so they can familiarize themselves with information to actively participate with the guest speakers. The teachers will spend three weeks teaching and preparing for Liberty Day.

On April 13th, Congressman Doug Lamborn came up to Cripple Creek to attend a

Tt's almost Farmer's Market season!! Is this

home-made goodies at one of our local Farm-

er's Markets? Knowing how to prepare food

safely and understanding the requirements for

sales under the Colorado Cottage Food Act is

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attend a training offered by CSU Extension.

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Fitzpatrick will present Food Safety Train-

ing for Colorado Cottage Food Producers on

Thursday, May 18 from 5:45-8:45 p.m. at the

Chaffee County Fairgrounds, 10165 County

Road 120, Salida. We will cover the latest

changes in the Cottage Foods Act including

which foods are now permissible, as well as

take a Food Safety for Cottage Foods training.

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Food Safety Training



Congressman Lamborn with the class

Town Hall Meeting. After he was done he made a surprise visit to the Cresson 5th Grade to further honor the Liberty Day events. After an introduction and insight into what our liberty means he stayed around long enough to give students autographs then he was off to another Town Hall meeting in Woodland Park.

business. After taking and passing a short quiz,

participants will receive a Certificate of Com-

pletion, good for three years. This training will

also provide helpful information for those who

Preregistration for the class is required by

calling the Chaffee County Extension Office

no later than May 15. To register or for more

information, contact Chaffee County Exten-

sion at 719-539-6447 or email Christy.Fitzpat-

rick@colostate.edu. The registration fee of \$20

(cash or check made out to Extension Activity

Fund) covers program materials, the class cer-

tificate and light snacks. There must be at least

four participants registered to hold the class. If

accommodations for disability or language are

needed, please notify us at 719-539-6447 at

least five business days prior to the event.

oversee our local Farmer's Markets.

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Tour a Real Gold Mine

Experience mining old and new this summer and explore gold rush history past and present at the Victor Lowell Thomas Museum. The Museum, which is has operated in its current location for over 50 years, will open on a daily basis as of Saturday, May 26 at 9:30 a.m. The museum will again be hosting tours of the Newmont Mining Corporation's Cripple Creek & Victor operations near Victor.

Modern mine tours will start May 26 leaving from the Museum. Tour experiences will offer the chance to see giant haul trucks, shovels and drill rigs in action in the large surface mine between Victor and Cripple Creek, Colorado. Watch boulders being crushed into gravel and learn about the modern refining methods while helping to preserve the district's 1890's history. All tour proceeds go to the Museum to help offset operations and building renovation costs.

This summer the mine tours will be available May 26 through Sept. 4 at 10 a.m. and 1 p.m., daily except no tours will be held on Thursdays. In addition, tours are offered Sept. 9 and 10 at 10 a.m. and 1 p.m. Check Victor-Colorado.com for additional tour times and dates during July weekends. The cost is \$8.50 per person — an affordable way for the entire family to see a real working gold mine. Only children 5 years of age and older are allowed on the tours. Please be sure to reserve your

tour dates (June is the slowest and the best time to make a reservation) as they are very popular and fill up quickly.

Reservations may be made online at VictorColorado.com or by leaving a message at 719-689-4211 or starting May 27 at 719-689-5509. The maximum on each tour is 13. The best way to reserve a mine tour is online at VictorColorado.com — online reservations receive first priority.

In addition to the mine tours, you can step back in time and pan for gold at the museum. Panning is included in this year's admission prices and is a great way to spend an hour in cool, sunny Victor this summer. You can also step back in time literally by

hiking on the Trails of Gold just outside of town — see up close the 1890's gold mines that made Victor and Cripple Creek famous, or walk the downtown streets (self-guided interpretive trail) filled with historic buildings and shops.

Find a fresh brewed cup of coffee and fresh-baked cookie at the nearby bakery, grab ourgers and milk shakes, pizza or a cold one at the local eateries, or spend some time looking for a collectible or piece of fine art at the local shops. The historic Victor Hotel offers a place to stay the night in case you lose track of time in this quiet, historic mountain setting.

For more information or to make a reservation for a mine tour, visit VictorColorado.com





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MDF raises funds for habitat

The Mule Deer Foundation (MDF) Woodland Park Chapter held its 3rd Annual Fundraising Banquet March 25, 2017 at the M Lazy C Ranch near Lake George. At a new venue this year, the event featured live and silent auctions, raffles and games. In addition, a special presentation was given by Colorado Parks and Wildlife Technician, Brett Mathers. Mathers presented information on the current status of the mule deer population in Teller and Park Counties. Population studies are currently a focus in this area by Colorado Parks and Wildlife.

While residents of Woodland Park and sur-



Colorado Bowhunters Association South Region Director, George Williams presents Mule Deer Foundation Chapter Chairman, Rose Long, with a check for \$1000 to aid in local habitat improvements.

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rounding areas may think mule deer in Colorado are doing well because of the number they see in town, this is not entirely the case. Across the Western U.S., state wildlife agencies are seeing declines in mule deer populations. In recent years, mule deer populations in Colorado have decreased in several areas. Colorado Parks and Wildlife report that since the mid-19th Century, mule deer populations across the western U.S. have experienced dramatic swings, mainly in response to human activities, severe winters and drought. Wildlife managers across 11 western states have spent decades trying to understand and address swings in mule deer populations. A 2004 report, produced by Western Association of Fish and Wildlife Agencies' Mule Deer Working Group, concluded that habitat loss, declining habitat quality, weather, population management, predation, disease and interactions with elk all influence mule deer populations. This is precisely what drives volunteers with the MDF Woodland Park Chapter.

Funds generated at this event will be used n Park, Teller and southern Douglas Counties to improve habitat for not only mule deer but other species including elk, pronghorn, etc. The Woodland Park Chapter is partnering with the US Forest Service to implement a noxious weed treatment on approximately 50,000 acres of valuable mule deer habitat near Lake George. In addition to the money raised at the banquet, the Colorado Bowhunters Association again donated \$1,000 to the

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Banquet attendee, Kathy Lake wins the Purse Raffle

Larry Long at 719-351-0994.

MDF Woodland Park Chapter to aid in the cause and presented a check at the event. MDF Woodland Park Chapter Chairman, Rose Long explained, "Everyone should be concerned with the status of mule deer in Colorado. The once thriving, healthy population is declining for a number of reasons. We have the opportunity to improve habitat and work to maintain a healthy population locally with the great support of local members, donors and organization partners such as the Colorado Bowhunters Association."

For more information on the Mule Deer Foundation or do volunteer in an upcoming

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ing areas can participate in a martial on developing a physical set of "tools" for each child to use in the event of a physical downs, releases from grabs, and the scien-Young people also learn how to fall safely. Class includes training on evaluating potential threats and the appropriate responses to

Paul Probyn had this to say about his approach to teaching martial arts, "Our world today is not a safe place for children. In school they can face bullying. In everyday life child abduction is on the rise. From the first day of class we teach children valuable skills for defending themselves. Kido4Kids is self-defense focused art and everything we teach based on that principal".

Obituary

Nancy Jane Rawson died suddenly April 3, 2017 at her home in Divide, Colorado. She was born in Elizabeth, New Jersey, to Katherine and Charles Buechler (deceased). Nancy attended the Vail Deane School and graduated from Boston University with a Bachelor's of Science degree in Nursing. In 1966 she married William Peter Rawson.

Nancy was an avid spinner and



Children in Teller county and the surroundarts program designed just for them. Over a decade in development with the guiding hand of world renowned Grand-master in Judo and Aikido Chuck Caldwell. Kido4Kids is a selfdefense focused martial arts system for kids ages 7-13. Children learn a variety of simple self-defense techniques. Class time focuses confrontation. Kids learn to escape from hold tific use of striking as related to self-defense. physical violence in the real world.

Kido4Kids program is now going from two days a week to four days a week. Kido4kids was scheduled for Mondays and Wednesdays but that class in almost full. To accommodate more children the program will be adding classes on Tuesdays and Thursdays starting May 2, 2017. Due to a limited amount of mat space class size is limited to 10 kids. For more information call 719-689-3514 or email facilitymanager@cripple-creek.co.us

Nancy Jane Rawson

weaver; she belonged to several guilds and artisan groups. She also enjoyed travelling. Nancy was a member of the LDS Church where she enjoyed fellowship with many friends.

Nancy is survived by her sister Joan Buechler, her three children: Holly Weik (husband David) of Steamboat Spring CO, Douglas Rawson (wife Michelle) of Klamath Falls OR, Derek Rawson (wife Erica) of Farmington NM; and eight grandchildren.



Unloading a truck of donations for Moccasin Children from ONWT takes teamwork.

One Nation Walking Together No face dolls

by Urban Turzi

of face" dolls are an ancient Native American tradition going back thousands of years. I first became acquainted with a no face doll artist this past January 2017 at the Denver Indian Market. As I was walking about the Denver Merchandise Mart, where the market was being held, I came across a vendor who I thought was selling Kachina dolls. Since I am an avid collector of Kachinas I had to stop and visit with the artist. Right off the bat, the artist, Linda Rous, corrected me that these were not Kachina dolls and made me aware of the legend of the no face dolls.

No face dolls exist in many American Indian cultures made from various materials. One of the best known is the Iroquois corn husk which comes from our folklore of Corn Maiden. She was happy to be one of the basic food providers of the people and asked Creator if there was anything else she could do for the people. Creator thought on this and made a doll in her likeness to go from village to village making the people happy and playing with the children. As the people commented on her beauty, she became vain. Creator spoke to her about this and she promised to do better. Walking on a river bank one day she again admired her likeness in the water. Creator saw this and sent screech owl to take her image from off the waters. She spent her days playing with the children and being of service to the elders. Her attention focused on the work at hand and she grew old being greatly admired for her good heart. A day came at the river when her likeness returned to the water. She was wrinkled with silver hair and realized that beauty fades but good deeds are remembered always. She began making dolls without faces from corn husks and gave them to the children as she explained the folly of vanity."

Linda's dolls are one of a kind, original hand carved American Indian dolls. The dolls are carved with a paring knife out of wood, sanded, the design etched with a wood burning tool, sealed, painted, adorned and varnished. They are wondrous works of art created by this very talented Native American woman. I also found out that Linda works as a volunteer with a non-profit agency in Oklahoma where she lives. Her organization is called Moccasin Children (www.moccasinchildren.org) and their mission is to provide aid to American Indian children living in northwest Oklahoma meeting their needs for school supplies and living staples (e.g. shoes, blankets, sleeping bags, etc.) while striving to instill pride of their culture and hope for the future. Once



we found out about her work with the underprivileged native children in Oklahoma, we set about to provide her mission with all the basic necessities of life we had on hand from our mission in Colorado Springs. To date we have provided Moccasin Children with items needed to support their mission. The photo included with this article shows Linda and some of the native kids unloading merchandise provided by One Nation Walking Together this past March 2017.
We are most thankful to the Creator for

bringing our two organizations together via this chance meeting in Denver. The photos included with this article were provided by Linda Rous personally or from the Moccasin



The Moccasin Children have a chance to play after unloading the truck.

Educating the general public about the plight of the native people, the history, and the many positive aspects of their culture is an important segment of the mission of One Nation Walking Together. Our mission can only succeed and make a positive difference in the lives of native people with a personal investment by you: of your time as a volunteer, a financial contribution, or a donation of merchandise. Only by caring and sharing can we fully realize our true worth to our fellow brothers and sisters. For more information on how you can help please visit www.onenationwt.org or email, office@ onenationwt.org or call 719-329-0251.



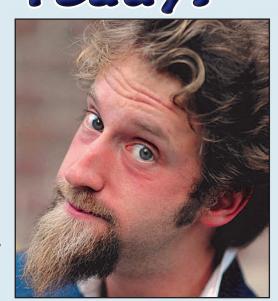
Jive

This is Jive; he is about 1-year-old **I** and he is full of life. He loves going out for walks, socializing with other dogs, and he loves toys. Jive is neutered, and current with all his vaccinations, He loves kids, and enjoys going to the dog park on nice days. At about 60lbs he is a big boy and needs some work on leash. Please call Dottie 719-748-9091 to schedule a meeting with Jive.





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Reiki Heaven and Earth Reaching out before birth

Reiki practice has brought to my life beautiful healing experiences beyond

I planned to write about an experience of helping someone who has passed away, but was trapped in between. However, I feel in my heart that the story I am about to share (it happened a few weeks ago) will bring to the lector a sense of peace, love and hope, much needed at this time.

I am writing for those who choose to believe there is a purpose for us in this

Gabriel's story

The meaning of dreams is different for each of us. Some people believe dreams have no meaning, some people believe that dreams are a projection of our feelings. Others believe that they carry a message. For some people dreams are a memory linked to a past life or maybe to an alternative life. Since each of us have our own beliefs, we should have respect for each of them. My intention in sharing this experience is not to try to convince the lector of a particular belief of the meaning of dreams. My intention is to bring a breeze of hope, peace and love to your soul. This is what Gabriel brought to me.

As you may guess Gabriel's story started with a *dream*.

I was in a building and outside there was a big rain storm. I was watching the storm through a sliding door. My mom and sister were with me. I saw a couple of small birds flying through the storm, they were struggling to fly. Their wings were soaked.

I screamed "open the door for them!" Someone opened the door and both birds came inside; two tiny humming birds. I lifted my arm and one of the humming birds stood on my index finger. As its wings started to dry, I saw how they were opening. I saw that it's wings were not made of feathers but of flower petals. I have seen colors in my dreams that I've never before seen in this world and there is no way to describe it. The color and shape (some type of beautiful purple and yellow) of these petals was breath taking.

Next, I was holding a beautiful newborn baby in my arms. We were looking into each other's eyes while we smiled. I noticed his big and beautiful cheeks. He was talking but his lips we not moving and somehow, I was talking back to him.

My mother and sister asked me, "Do you understand what he is saying?" I looked at them and said, "Yes, don't you?"

I woke up with a very vivid memory of

the *dream*, wondering what does it mean?
I went to work the next day. While I was here, I received a text from a friend who ives in another state. I will call her Jenny. She told me that a friend of hers (who I met through Jenny), had a nephew who was expecting his first baby. Doctors told him and his wife that the baby had a heart condition, he had a hole in his heart. The baby must go into heart surgery to repair "the hole" as soon as he's born

This was terrible news for Carol (Jenny's friend) and to her nephew and his wife. They gave their baby the name: Gabriel.

Jenny asked me if I can help the baby, if I would do distance Reiki for him.

My answer was: "Yes, I will try but I need to talk with Gabriel's family, please give them my contact information. Driving back to my home that day I was

thinking about the text from my friend and about my dream with the newborn baby, (driving one and one-half hours to get to/from my job gave me time to think; a lot). I got the feeling that Gabriel was the baby of my dream.

For a reason that I didn't understand at that moment I got a sense of urgency to do Reiki for Gabriel without waiting for the family to contact me. As I drove I felt a very strong need to get home and prepare myself for the Reiki session. I was very excited about that. My husband had to go work that night.

I shared with him that I would be doing a Reiki session for Gabriel. As always, I started with a meditation and cleaned my mind of any thoughts that would

distract me from my Reiki session. My Reiki music in the background is a wonderful tool that has helped me to get there; to that sacred place where nothing else happened but the blessed moment of a

healing session. It is hard to describe what happened. I remember feeling Gabriel's energy. I knew I was with him. I was guided to use a special



sacred symbol that was given to me by an amazing and beautiful healer who became my best friend.

The symbol was placed over the hole in Gabriel's heart. It was an overwhelming moment when I knew the symbol was sealing his heart hole. Maybe the lector wonders what was in my mind in that moment?

I would say "nothing". The feeling of love, peace and gratitude were so strong that there was no space for any other thoughts in my mind. Reiki is a spiritual practice where what is in your mind doesn't mean anything but what is in your heart means everything. Tears of gratitude came to my eyes.

The next day I woke up thinking about the Reiki session. I realized that I didn't have any doubts about Gabriel being healed, no doubts in my heart. The certainty was so strong that I had to share that with my husband.

When he woke up and sat at the table to enjoy his coffee I told him, "I want to share something with you, you are going to be my witness to this experience." I described to him the Reiki session, I tried to describe to him how the Angeles fixed the hole with a sacred symbol. I told him "I know Gabriel is going to be a healthy baby and I want you to be my witness.

During my meditation before the Reiki session I was told by my spiritual guides, Gabriel's dad or mom wouldn't contact me. They don't believe in distance healing.

Jenny sent me a text telling me that Carol was too busy to contact me. I won't lie about this. The lack of communication made me feel upset. However, in that moment I understood why Gabriel reached out to me before he was born.

He knew his family wouldn't contact me. He knew that he would have to reach me. He was right! If I wasn't being reached by Gabriel, I wouldn't do the Reiki session because his family didn't show any interest in Reiki healing. I didn't talk with any of them.

I asked this question to myself, "Would you do the Reiki session for Gabriel if he hadn't reached you through your dream?" My answer was no. Jenny asking me to do Reiki, but not getting any request from Gabriel's family would put me in the position to say NO.

Jenny is a believer; she is also a Reiki practitioner. She asked me if I did Reiki for Gabriel. I wrote her back, "It is done."

I didn't give Jenny any details about the Reiki session. It was not important to me what the family would think or feel since they didn't contact me. To be honest I felt this was between Gabriel and me.

Reiki session. Jenny wrote me: "Gabriel is a perfectly healthy baby. Doctors don't understand what happened but there was no longer a hole in Gabriel's heart."

Jenny sent me a photo of Gabriel, I did recognize his beautiful cheeks. I knew he was the baby of my dreams.

I have been reached before through dreams to receive a message or a warning but this was the first time I was reached for a healing of an unborn person.

I would like to remind the lector that each of my stories are my own true experiences, they are not fiction. Each of them gave me a lesson; each of them taught me things I couldn't learn from a book and that is the amazing value of Reiki.

Gabriel gave me a confirmation that there is a soul or consciousness that is within us even before we are born.

Are we taking care of the unborn who can't yet speak by themselves?

If you have any questions or want to contact me for a Reiki appointment you can reach me by email: olgacely@hotmail.com Please write REIKI as a subject in your email. Namaste.



Teacher Feature: Mrs. Laural Dumas

May 2017 Teacher Featured: Mrs. Laural Dumas, 5th Grade Teacher Name of the school: **Edith Teter Elementary School**, Fairplay, CO

Submitted by: Tracey Egolf, parent

"Mrs. Dumas has turned our daughter, Sofia around in all subjects, but especially in math and reading in which she has struggled to get to grade level. Sofia comes home from school enthused and excited by her progress, instead of in tears. She is engaged and LEARNING! Mrs. Dumas is able to inspire all, and to teach at all levels as needed by individual students. She is WONDERFUL!

Editor's note: We apologize for our inability to obtain a photo of Mrs. Dumas before press time. We felt this nomination was powerful enough to print without a photo.

Nominate a teacher or para-educator. Each month at least one teacher will be featured in the Ute Country News. The teacher will receive a \$50 cash prize and an additional cash prize of \$50 will go to the school that nominated the teacher.

Teachers/para-educators can be nominated for a project, for creativity in making learning fun, for problem-solving techiques or for support/inspiration. Nomination forms may be submitted by

students, parents/guardians/grandparents, teachers, para-educators, principals, superintendents. Forms can be found on www. utecountrynews.com and can be returned via email: utecountrynewspaper@gmail.com or UCN, POB 753, Divide, CO 80814.

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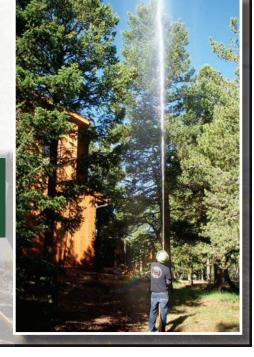


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reetings to our Gardening Friends. May has arrived and in my experience, the mountain weather will remain to be somewhat fickle and even a bit inclement, but in a little different way than the last few months. Hopefully we will receive a few snow days rich in moisture to ready the Earth for planting our crops and maintain the health of our native growth. Thankfully, the snows will melt quickly, replenishing the perennial plant life to that new spring green which is always so wondrous to me.

I will take a moment here to caution you once again to be prepared for these cold and frosty spells that could be extremely jeopardizing to your newly added outdoor plant life. Have your season extenders (April Article) handy and ready to utilize at a moment's notice. Storms come in quickly and without a lot of warning during Springtime in the Rock ies. Don't be scared — just prepared.

This is the time in the everlasting cycle of life that we are able to witness a great awakening of the land. Mother Earth is once again ready to offer up Her gifts of fresh, new greenery providing the assurance of hope and beauty to soothe our gardening souls. We are grateful. Old Man Winter has done 'His Thing' and is taking his yearly sabbatical. We are grateful.

Spring is happening, slowly but surely and there are specific landscaping and gardening activities we can accomplish safely this month to journey toward a successful and enjoyable growing season. Here are a few tried and true tips I can confidently recommend to you for the month of May in the Mountain Garden.

Native trees

May is the ideal time to plant foundational cold hardy native trees and bushes such as aspens, Colorado conifers, potentilla, siberian pea and snowberry shrubs among others. As long as they are native and not imported from Oregon or some other state where they are farmed and harvested at a much lower altitude, you have a good chance of reducing the attrition rate.

Hardy perennials may also be planted now. It is ideal because it is still cool and normally we receive the moisture needed to help these indigenous plantings get a good comfortable start in their new homes. It is also a great time to do some transplanting of trees and bushes, but only before they leaf out.

If per chance we do not get the rains/ snows, then of course you will need to supply the water. Your rain barrels should be pretty full from previous snows. Consider using a sump pump if you prefer, over hand dipping with a watering can.

"Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad."

- Miles Kington

Root stimulator, an environmentally safe B1 Vitamin used for transplanting purposes, is the most important amendment to use for aiding in root development and establishment, especially with trees and bushes. Let's help them along by supplying the extra care and love. I promise you it will make a big difference. No need for high nitrogen or other fertilizers at this time. We want to focus on a healthy root system first. We are not asking for growth right now.

Trees and bushes have a difficult and confusing time if we try to force both tasks in the beginning of their lives in a new environment. Patience may be required (as always) to view the growth that you want. Remember, a good rule of thumb to consider for all perennials, including the trees is: The first year they sleep. The second year they creep. The third year they leap! I would caution you to refrain from planting what I call 'foo foo' trees and bushes (not native) until early June or after the threat of frosts have passed, which is usually around June 7th - June 15th. If I

can help to hook you up with healthy, hardy natives in this category, give me a call. I am happy to direct you so that there is not a lot of money wasted on plants that are likely not to make it during the intermittent bouts of cold weather. Staking and deer/critter protection would be a really good idea too!

Established perennials such as oriental poppies, columbines, delphiniums, iris, ground covers of all kinds, rhubarb, crocus, and many others should be popping up by now. Don't worry about these hardy plants as they are accustomed to the drastic changes in the weather. Some foliage might not like the freezing thing so much, but they will recover. Please do not remove any mulches completely as the natural blanket will help to keep the plants warmer and hydrated as well. It is a good time to apply some of your homemade compost or other organic fertilizer to your perennial and veggie gardens. Give your plants a boost in mid spring so they grow healthy and less susceptible to insect invasion or diseases.

Low grow seeds

May is also a great time to sow low growing, native and drought resistant grass seed. Perennial wildflower seeds can be scattered too. I suggest that you broadcast these during one of our late spring snow storms when there is a good amount predicted. Planting in the snow will help your seeds grow in our mountain region. The reasons being that the ground will be moist when you sow in snow and the weight will push those seeds into the ground as well as protect them from hungry birds. The tricky part is keeping sprouting seedlings moist for at least six weeks until they have gripped the earth enough to survive the hot summer months. Saw dust is a great light and moisture retentive mulch to use for these types of landscaping projects. We can always hope for a rainy growing season to supply the water we need and to keep the fire danger at bay.

Fast growing seeds

In very early May, you still have time to plant a few seeds of fast growing, but tender vegetables such as cucumbers, zucchini, yellow squash and eggplant indoors to nurture until after the last frost when you can 'plug it in' the outside garden. You can also plant these types of plants directly in the greenhouse if (as always) you can supply supplemental heat just in case. Remember that row covers can be utilized to give extra protection.

Around Mother's Day (May 14th this year), is usually another good rule of thumb for planting hardy root crops, (radishes, beets, carrots, etc.) all kinds of greens onion sets and peas in the vegetable garden. It is really helpful for the soil to be already well hydrated when you plant your seeds, and

mportant tip: don't be tempted to blow into a stubborn package of seeds when you are trying to open it up. Your breath has moisture in it and could render any remaining seeds in the packet at risk for that moisture to create mold or transfer any bacteria. viruses, or fungal spores into your seed packet and that's not a good thing!

Happy Mother's Day to all the Moms out there. Enjoy your special occasion.

If you can't resist purchasing the colorful flower baskets and other colorful but tender annuals that are beginning to appear in the stores right now, be prepared to provide the protection they may need to survive a cold spell. Try to avoid planting your annual selections until the danger of frost is over. In the meantime, you may want to plant some quick growing edibles in your annual planters (radishes and greens) and by the time you harvest those, in about 30 days or so, you can refill with the marigolds, petunias and whatever your colorful heart desires to enjoy for the summer.

continued on next page



Transitioning

Transitioning your plants to the outside world is mandatory. I can't stress enough the vital importance of this practice. The definition of transition is: the gradual passage from one state, stage, subject or place to another and that is exactly what I'm talkin' about here with gardening in high altitude conditions. Plant life does not appreciate drastic climate changes when adjusting to new environments. We want to expose our precious plants to the elements gradually from indoors to the outside world so they don't go into shock and immediately become very unhappy with harsh winds, (and there will be wind!), intense sun and lack of water. The point is that this gradual exposure is a necessary step. Seedlings would be delighted with a little morning sun on a calm

day. Wouldn't you? But if the weather turns, you will want to bring those seedlings back inside and let them rest. We repeat this process for a couple of weeks so they are able to adjust slowly to the "wild wild west"! Nevernever leave the house with your seedlings left outside without protection from that possible hail storm!

I would also suggest that you transition your plants such as tomatoes, peppers, herbs and such to the greenhouse. For example, keep seedlings in lower sections for a short while, where the heat is not so overbearing. A few very important tips are to always plant your 'starts' in the cool of the evening or on a cloudy day. They can easily burn up in the hot house in a very short time. Watch closely for dehydration. Please MULCH!

Deter wildlife naturally

Keep 'feathermealing' or using whatever organic method you prefer to keep the deer and other critters from munching down on all this new growth. Early deterrence will make a big difference in their migration path through your garden.



Continue to prepare and build your garden soil by turning in organic fertilizers such as cow manure, llama 'beans', very old chicken poop, broken down straw and composts. We must continue to keep adding organic matter to the soil for good results in growing just about anything.

Growing your knowledge base

If gardening is one of your passions and you think it is not a possibility here in the mountains, do not be discouraged. Keep learning about what grows well at high altitude and learning the answers to the proverbial questions of why, where, when and how. We are able to create beautiful and productive gardens in this challenging climate if you know what you are doing.

Last month, I indicated that we would explore the onion family and my apologies, but we will do that next time.

My very special supply of organic, nongmo and heirloom tomato, pepper and herb plants are now available 'for adoption' at Mountain Naturals in Woodland Park and at The Outpost Feed Store in Florissant along with happy, healthy houseplants and my high altitude seed collection. You may also give

me a call at 719-748-3521 to place special orders, arrange a landscape consultation or to find out how I can help your gardening endeavors become a reality.

Rita Mick has invited me to the Guffey Library on Saturday, May 13th to facilitate a Garden Chat starting at 12:30 p.m.. You are welcome to join us for a question and answer sharing circle. I will also bring a wide selection of greenhouse starts to choose from which will be available for purchase there. This is a free event for gardening enthusiasts so we would love to have you come and enjoy some time together.

Also, The Harvest Center is holding their monthly workshop on Sunday, May 21st at the W.P. Library from 1:30-3:30 p.m. You may check their website at wpharvestcenter.org for more information on the topic for the day.

I would like to take this opportunity to thank my good girlfriend, Nancy Desilets, for her creative and time consuming expertise in helping me with my new awesome business cards. seed package labels and so many other marketing projects. My gratitude and appreciation cups overflow for her attention to detail and capturing the essence of my intentions to be a good Earth Keeper and missions in the gardening world. Much love, girlfriend.

Wishing you peace and patience. Happy



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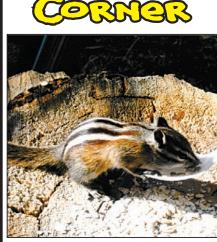
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as well as your name.

Endgame

by Danielle Dellinger

Spell and her family last appeared in April 2017's issue, on pages 20 & 21, "Void."

he void turned red as an unearthly rumbling sound grew louder and louder. Tendrils of darkness slithered out of nowhere and wrapped around Spell, squeezing her tightly. She let out a strangled gasp, keeping her eyes tightly shut.

This is what I deserve, she thought to herself. I'm not as good as I thought I was. I've hurt so many people, including my daughter and her child

"Mom!" Time Warp yelled. "Mom, wake up!" She shook her mother's shoulder, unable to see the dark tendrils that had ahold of her.

The rumbling sound intensified, like a bass sound cranked all the way up. Cracks began to splinter throughout the void, and a blackness blacker than black began to ooze in, drowning out the red color.

Dimension Jumper looked around in concern. "Mom, we really need to go. We're going to have to leave her.

Time Warp whirled around on him. "No, we can't! We've come too far!"

"Sweetheart," Bender spoke up. "This is getting too dangerous.

There were those voices again. Spell wondered if she wasn't actually hallucinating. Could there really be people there with her?

The void cracked more, letting in more of the black. The tendrils tightened their hold on Spell, causing memories from her entire life to flash through her mind. She could see the first time she met Time Warp's father, Past. His smile shined brightly in her thoughts even after the memory had faded to another memory, this one of when Time Warp was born.

I started out as a good person, she thought She watched as Time Warp took her first steps,

toddling over to Past and falling into his arms. Her memory moved on to the first time Time Warp discovered her powers, how she coached her with love and patience on how to

Suddenly, a searing pain and a sharp ringing ran through her mind. The memory became distorted like static on an old TV screen. It then melted away like candle wax, leaving slivers of the memory behind. Her back arched and she let out a garbled cry of pain.

Memories are imperfect. They are unreliable. A memory, if it's worth remembering, begins with perception, and then is encoded within the hippocampus and frontal cortex. The process of storing the memory starts with nerve cells connecting with other cells at point called a synapse. The electrical pulse that jumps across the gap releases neurotransmitters, which create links in the spaces between these cells and neighboring cells. As one brain cell sends signals to another, the synapse between the two gets stronger. The more signals sent between them, the stronger the connection gets. Meaning, with each new experience, your brain slightly rewires its physical structure. This plasticity of the brain helps it rewire itself if it's ever damaged. Finally, in order to properly en-

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a memory, you must be paying complete attention to

As more of Spell's memories melted away, she let out a clearer cry of pain. Her eyes sprang open and she flexed against the tendrils only she could see.

"What's wrong, mother?" exclaimed Time Warp, watching her flexing against invisible

Ti's voice finally registered in Spell's mind. She turned her head to look at her daughter, and without warning, let out a demonic shout: "GET OUT!"

The shout reverberated so violently around the void that pieces of the void began to flake away, exposing more of the blackness waiting behind t. It began to fill the void up like a sinking ship.

It took Ti a few moments to get over the surprise of being shouted at in that manner. She eventually regained her composure. "I. WILL NOT. LEAVE!" she shouted back, placing her hand firmly on Spell's forehead. There was a flash of a bright red light, and then Time Warp, Dimension Jumper, and Bender were thrust out of the void by a powerful shockwave that they could actually see rippling toward them seconds before they were cast out. The trio landed with a hard thud back on the lawn.

Time Warp lay there gasping for breath. The other two sat up, appearing to be in a daze. Dimension Jumper looked at Bender, then flopped over onto his back.

"Damn, she's powerful," he muttered, sounding like he had no oxygen left in him. Bender crawled over to Ti and helped her sit

up. "What now?" she asked. Time Warp shook her head. "I'm not sure.

She's blocked us. I think she's made the void her new home. I think she's made it part of her mind.' Bender rubbed Ti's back. "We have to figure out a way to reach her. This is getting

Ti stared at the ground, playing with the blades of grass, repeatedly running her fingers through them. It caused her to slowly start to fall into a trance, the movement of her hand

The next thing she knew she was walking on air toward her mother. Her mother turned to face her as she walked closer. "I thought I told you to get out," she hissed,

sounding possessed. "You did, but I refuse to. Whatever this is,

whatever you've adopted this void as, you have to stop and let it go. Why're you making it so difficult to be close to you?" Spell narrowed her eyes, and Ti saw an eerie, foreboding darkness in them. "You all are

the ones who've pushed me away. You don't want me close. You don't even want me at arm's length. Your child has made it very clear that I'm not welcome.'

"Mother, you tried to force this grand plan to save the world on him without even asking

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of this." Spell's eyes flashed. "Don't. Call. Me. Dramatic," she warned. Her fists clenched.

"I don't know how else to put it. That's how it's coming across to me."

Suddenly, Spell thrust out her hand, palm facing Time Warp, and sent her flying away. She flipped head over heels over and over again. She closed her eyes and put out her arms, forcing herself to stop. Ti righted herself

and glared at Spell. "How dare you," she snapped, flying back toward Spell. But she stopped short when she saw a figure materialize behind her mother.

It was her father, Past. However, he didn't look like her father. He was hunched over with horns growing from his head and sharp jagged spines lining his back. His eyes gleamed hungrily, and the chuckle that came out of his throat was raspy and harsh on the ears. It was the kind of laugh that makes your ears itch with discomfort. Time Warp gasped when she saw the horrifyingly long teeth inside his unnaturally large mouth. Spell seemed to have no idea that this creature was behind her.

"Mom, what is this all about? Is that Dad behind you?" Ti asked, unable to keep the quiver of fear out of her voice.

Past placed his inhuman hands on either side of Spell's head, and in her mind, every memory of Time Warp became tainted. Every memory involving Ti now showed Ti turning on her, being combative with her.

"It's all your fault! You made me do all of those horrible things, you made me hurt people!" Spell suddenly screamed.

"Mom! How can you say that?! I never did

"That's exactly how I remember it!"

"You're wrong. You're dead wrong, Mom." Ti stared hard into her eyes, refusing to look away even though every muscle in her body was telling her to. "Come on, you know that it's not my fault. This is all in your head! Can't you see that? Your mind is making it up, and he's not helping!" She gestured at the creature portraying her father.

"Liar!" Spell shrieked, lunging forward with her hands outstretched. She closed her hands around Ti's neck, squeezing and squeezing. "M-mom!" she wheezed. "St-st-stop.

The creature reached over Spell's shoulder and put its hand on Time Warp's head. A flood of memories swept through her mind, and they turned inky black as they became twisted and tainted. Time Warp felt frozen, and she struggled to shake off the creature's hold. Just as it seemed like she was going to take her last haled a line of fire

shot from her forehead and travelled up the creature's arm and to the rest of its body. It screeched and writhed around as it still clung to Spell's back. This action infuriated Spell and she released Ti's throat to slap her hard across the cheek, sending her spiraling away.

The final fracture appeared in the void, and darkness consumed them, tossing them about. Time Warp struggled to stay above the darkness, but it was like trying to keep her head above water while a riptide was carrying her out to sea. Suddenly, the darkness was pushed back by a blinding fireball, with Spell at the center of it. She located Time Warp, took aim, and began soaring right at her with fury burning in her eyes.

"Give me Dimension Jumper! He's my creation! Mine!" she roared.

"He's not!" Ti yelled back. "You'll never have him!" She flew toward her mother. "Every terrible thing you've done, that's all on you. No one else! Do you hear me? No one else!"

They collided with the magnitude of two tsunamis crashing into each other. "Your powers have gone to your head!" Ti

shouted at her as she struggled to fight back the flames that were coming out of Spell's body and threatening to engulf her. She finally touched a finger to Spell's temple and began to bend time, taking her back through the memories in their rightful state but showing them from the perspective of the others in the memories. She watched as tears began to slide down Spell's cheeks, her eyes glazed over and staring into space as she watched how her actions had hurt others.

The memories grew fuzzy and Ti's hold on her mother began to weaken as Spell fought to get out of her control.

"You're poisoning my mind," Spell hissed, glaring at Ti after her eyes had unglazed and focused on her again. "You're lying to me. You're just jealous of my powers. You want them for yourself."

Time Warp shook her head vigorously. "No, that's why you want Dimension Jumper You want his powers. You want to take them from him, don't you?" The realization of her mother's true intentions hit her harder with each passing second. "You want to rule the world not save it?

"Of course I do. Don't you? People like us deserve to run the world as we see fit. We can make

you can't. Not when you take away your grandson's powers. That would hurt you. It'd be like hacking off one of his limbs. He may not know how to fully use them yet, but they're part of him and only he can decide when he doesn't want them anymore. You taking them would do so much more harm than good."

"Are you so sure about that? He doesn't want to learn how to use them.' "Not from you."

The rage lit up Spell's face brighter than any fire ever could.

"See! You want me gone!"

"I d—" She was shoved back hard, ending up several feet away from Spell. Her own rage ignited inside of her. "Would you just listen to me for once in your damn life?!" She rushed back to her, squeezing her head between her hands. She put their foreheads together and wormed her way inside of Spell's mind, working telepathic fingers into every curve and crease of her brain. Spell fought against her hard, kicking and hitting and anything else she could. Time Warp then moved her hands like she would if she were giving someone CPR. There was an earsplitting crack, and Ti and Spell were knocked backward.

When Time Warp opened her eyes, she saw white flurries in the air. She frowned. Was that snow? She carefully sat up and put out a hand, catching one of the flurries. No. It was ash. She looked around more as her frown, and confusion, deepened. Then, to her right, she saw Spell sitting on a rock with her back to her. She blinked, thinking she was seeing things. Everything was white, including Spell's outfit, except for the grey ash falling around them. The ground and rock were a shaded grey.

"Mother?" Ti said once she'd worked up the courage to break the suffocating silence.

Spell languidly turned and looked over her shoulder at Ti, a peaceful smile on her lips. Ti thought the smile almost made her appear to be

"Thank you, sweetheart," Spell said, her voice soft, warm

"What? Why? Why're you thanking me?" Spell turned back to facing forward. "For and shouldn't have,

powers. At least not powers like mine." "Uh, okay, but you know that wasn't my intention, right?'

"But it was mine," said a familiar voice. Ti's eyes darted in the direction of the voice as Drainer materialized out of the white landscape

"What the hell? What're you doing here? H-how are you . . .?

"I've been following her like I always have, trying to right the wrongs she's done. I knew her powers would go to her mind. I knew they would become too much. I wanted to stop her before, well, before this." He gestured to the falling ashes.

"But how did you get here?" "Your son, actually. He was able to drop me in this dimension with you guys once it became active enough for him to feel. He mentally reached out to me after Bender told him about me, and that I might be able to help. When you put your foreheads together, that's when I was able to insert my own powers in and bring all the chaos to an end. She's right that you saved her. I couldn't have gotten through to her without you. It was time for all of this to stop."

Ti stared in disbelief. "What will happen to

"I'm not entirely sure," Drainer answered, looking down at Spell as he stood beside her. She reached up and tugged on his sleeve a little.

"I don't think I can go on. I think it's my time."

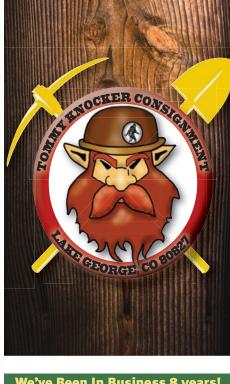
"Mom—! Spell shook her head. "It's the right thing to do." She turned and smiled at Time Warp, and as she did so everything faded to white.

Days later, Time Warp stared at a headstone for Spell, with all of their friends and family gathered around.

Time Warp smiled. "She's finally at peace."

~ The End ~

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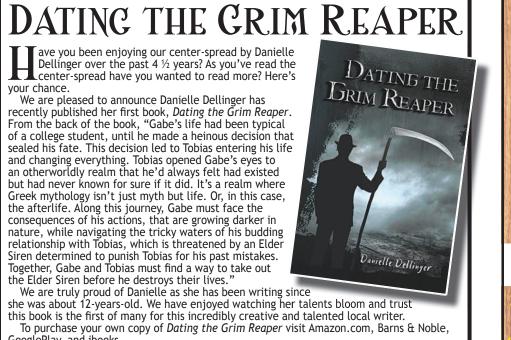
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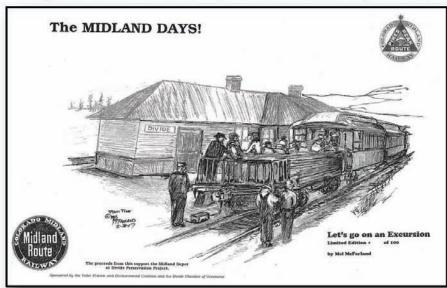








"Let's go on an Excursion" - Edward M. "Mel" McFarland's 2017 contribution (8th in a series,



The Colorado Midland conducted a number of excursions along their route from Colorado Springs to Grand Junction.

8th ANNUAL MIDLAND DAYS SYMPOSIUM

"Excursions"

(conversations about "Midland" railroad history)

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Advanced Reservations: \$55.00/person (includes lunch & drawing). Walk-ins welcome but seating and lunch not guaranteed - \$60.00/person. Seating is limited. Reserve yours today! R.S. V.P. by Sunday, May 14th. Call: (719) 213-9335 or Email: MidlandDays@yahoo.com

Proceeds benefit Midland Days at Divide, Inc. (a 501(c)3 nonprofit corporation), future symposiums and the Midland Depot at Divide Preservation Project. Co-sponsored by the Divide Chamber of Commerce and the Teller Historic and Environmental Coalition.

Cooking Matters in Your Community





- Wednesday, June 7th from 12-1pm at Florissant library (for parents & children ages 6-8)
- Wednesday, June 28th from 12-1pm at Florissant library (for parents & children ages 9-12)
- Wednesday, July 26th from 5-6pm at Community Partnership (for parents & children ages 13-15) RSVP is required, Space is limited

- Looking for a fun summer activity to bond with your child(ren)?
 - Want to meet other families in your community?
 - Want to learn more about healthy snacks to enjoy as a family?

To RSVP or for more formation contact Denise:

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Activities available across Teller County include: Family Development Services, GED and High School Equivalency Classes and Testing, Early Childhood Education, Parenting Programs, Cooking and Nutrition Classes, Adult Exercise, Community Gardens, and Basic Needs Services.

K-Kids



tudents who are members of K-Kids at Columbine Elementary School recently attended The Ute Pass Kiwanis meeting to share information about their service projects they completed this year. The list included: helping at Breakfast with Santa; holding a school-wide food drive; creating Valentines for seniors, and making and delivering care packages to the homeless in Colorado Springs. Julie Cutting and Beth Duran, along with Jason Roshek, are the K-Kids advisers at Columbine.

JA in a Day Summit & Columbine Schools



Summit 4th Grade

Junior Achievement volunteer, Mark Czelusta with Pennica Financial, discussed well-known businesses, their origins, and the traits common to the entrepreneurs who started them with Ms. Egalite's 4th grade



Summit 3rd Grade

Summit Elementary 3rd grade students in Ms. Crade's class learned about the importance of news media to the financial wellbeing of a city from Junior Achievement volunteer, Deborah Maresca, director of the Mountain Top Cycling Club.



Columbine Kindergarten

Columbine Elementary Kindergarten students in Mrs. Estrada's classroom work on an activity in their Junior Journals under the guidance of Junior Achievement volunteer, Jaclyn Svare, who works with the Coloradobased company, Otter Products.

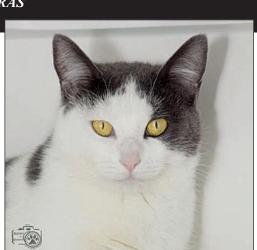
Volunteers needed For the Guffey Heritage Day July 1

Volunteers are needed for the chicken wing cook-off, the kid's games, the silent auction, and someone to walk around the event in the chicken suit announcing when and where events are happening. Contact Denise Taylor for more information or to sign-up: denis-

Adopt Me by TCRAS

Sophie

Hi! My name is Sophie. I am a shy girl looking for a loving family that is willing to show me life is not so scary. I came into TCRAS as a stray with my kids; the folks at TCRAS gave us food, shelter, and even helped my kids find forever homes! Now, it's my turn. I love to hang with other cats. I enjoy looking out a sunny window and interactive play games with other cats, especially boys. I would like to meet you and hopefully we can be friends. Stop in at TCRAS and ask to meet me! TCRAS is at 308



Weaverville Road in Divide. Call 719-686-7707 for more information.

A Mountain Seed: Guacamole tamales

Tsat at my tiny table. Around me sat my Lclassmates. We focused intently upon our drawings. I wished there were colored pencils to use instead of my crayons, because I always pressed too hard and broke the delicate sticks of colored wax. I wanted all of my drawings to be rich and bright. You had to press hard to make it bright, and if you pressed too hard, the crayon would break.

Today I was drawing my family's chocolate lab, Cocoa. She was a beautiful girl, brown as could be, and she had a bright blue collar. My favorite color of all was blue. Around me, my classmates drew their favorite pet and we each wrote a sloppy caption underneath. To our tiny hands, writing that short caption seemed like writing a novel.

"Attention, class! We have a new student, and I would like to introduce him to you." Mrs. Nick's chirpy voice interrupted my concentration and all of us lifted our heads and paused from our masterpieces. She stood in the doorway with her arm around a little boy. He wore a bright green t-shirt, jean shorts, and flip flops. He had very dark hair, rich brown skin, and black irises.

He was nervous. His right hand fidgeted with the corner of his green shirt and crumpled it up. He rolled slightly on his ankles and curled his toes. As she introduced him, Mrs. Nicks smiled and spoke about the wondrous land he was from: a place far away, full of plants and animals and more mystery we could ever imagine. Like the boy's name, the place he was from was also hard to understand. It sounded like guacamole and tamales.

We were instructed to turn our papers in. I laid my picture of Cocoa in the basket, and grabbed a new piece of paper. A blank piece of paper. It was time to free draw. "Today we will do a free draw for Mateo. Let's make him feel welcome!"

The shy boy moved with Mrs. Nicks across the room. She sat him at my table, and we introduced ourselves. Not being much of a talker, I mainly listened. He sounded different, but not too much. He loved red the best. I chose to draw him a red M, surrounded by rainbows of color.

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Soon it was done. Standing in a sea of swirling rainbows, my "M" for Mateo gleamed with crimson red. Showing it to him, he pointed to the "M" and said "That's my favorite color!" "Red, right?" "Yes, rojo!" I hung it in the window to let the sun make it glow.

It just so happened that Mateo and his family lived two doors down from my house. A couple of days after he came to my table, I was playing out near the dirt road behind my house when I heard my name. I flicked my eyes toward the voice. From behind the short wooden fence, a boy with dark hair and bare feet stood, waving at me. "Want to play with me?" he yelled.

"I have to ask my mom," I yelled back. "I'll be right back." I sprinted home and was back in under three minutes. Mateo stood in the same spot he had been in when I left, his fingers tracing the grain of the wooden fence. When he heard me coming, he looked up and smiled.

"She said yes?" "Yup!" I climbed over the rough fence. "What do you want to do?"

"Well...I've got a trampoline!" he said enthusiastically. "It's new!"

So we jumped. Over the next few weeks, we jumped on that trampoline a lot. We exchanged games and we talked about our favorite food, animals, and things to do. Mateo loved to play video games, mainly Tarzan, which was fine with me since I loved Tarzan.

One day Mateo tried to teach me a new game. There was no name to it that I can remember. It was played on a short field with two posts for goals and the point was to get as many points as possible. I thought he was trying to teach me baseball, so we argued about the rules.

"No, there are three bases, and a home base and you don't use your hips to hit the ball," I would say. "You use a bat. Then you run around the bases to get points."

"This is different, though. You only have two goals and you have to use your hip to score a point and there are no sticks. Usually." He stood holding the bright yellow tennis ball, confusion creasing his face. I leaned against the wooden fence (one of the "goals") with the same expression on mine.

• GALLERIES

• HISTORY

• MUSEUM

"See, I'll show you," he said, demonstrating. He tossed the ball into the air beside him and hit it with his hip. The tennis ball missed the trampoline's metal leg, the other goal, and bounced underneath.

Mateo was quick to explain. "The ball's supposed to be bigger. It's hard to hit the tennis ball." I still wasn't convinced he wasn't trying to change the rules of baseball just so he could win.

"I have a real baseball at home. Or we could try your rules and use my soccer ball," I offered.

"No, that's okay," he said, eyes to the ground again. I'm tired and it's hot. Do you want to sit under the trampoline?

He looked back up and squinted into the sun. We did. It was cool under there, and

we talked about bugs since we found ants climbing on the long grass underneath. He told me a lot of things about "back home", like how they would play that game, and what they would eat, and how they would sleep. He said that when they were travelling here, they had to sleep lying flat on their backs, with the knees tucked underneath

them. What a strange place to come from. "I'm glad I don't have to sleep like that," I commented

Another day, we played Tarzan on the Nintendo64 in his house. The house was dark and full of plants, and a movie was playing in the living room. Even though I recognized the film, I couldn't understand the words. Mateo's mom spoke to him, and I couldn't understand what she said, either. I could understand Tarzan and Mateo, though.

It was the last month of school, and the weather grew warmer every day. Mateo hadn't lived in BV long, but we were already good friends. I began to ask him if he would like to ride the bus to school with me. Enthusiastically, he asked his mom for permission, but she refused, speaking the

language that sounds like secrets. I persisted. Finally, Mateo's mom agreed that he could ride with me for one day. We were so excited! I woke up extra early that day, and ran over to his house, lugging my Tweety Bird backpack behind me. The morning sun kissed my cheeks as it rose above the belly of Sleeping Indian. Breathless, I dropped my backpack at the bottom of the steps and raced to the door. Gently, I knocked on the door, bouncing on my feet expectantly. There was no answer.

I knocked a little louder. Still, no answer. I knocked harder, and waited a few moments. It wasn't like Mateo to keep me waiting. I heard the bus coming. I peered inside the window, and was surprised by a whole lot of nothing. A whole lot of nothing, and a whole lot of droopy plants.

There were no trucks parked outside and no toys in the yard, not even the tennis ball. Only the trampoline. A final time, I looked inside, wondering if I was still asleep and only dreaming. The window glass was cold to my touch and only the plants stared back at me. No TV, no dishes, and no Madre speaking mysteries. I was alone with the plants, the trampoline, and the sunrise. I missed the bus.





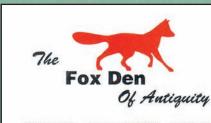


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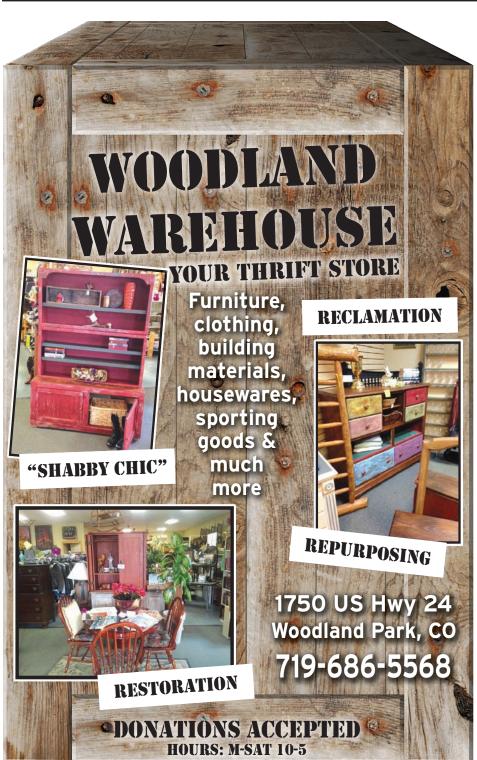


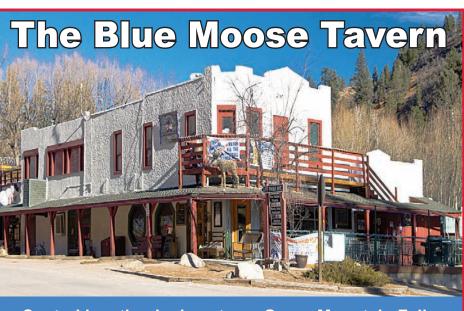


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Guffey School Choir Presents A Tribute to Disney II

by Pam Moore



Guffey Community Charter School invites you to join us for our final concert of the year on Thursday, May 25 at 2 p.m. Because of the amazing music catalogue of the Walt Disney Company, we will be presenting a second year of songs and choreography, this time focusing of the music of Howard Ashman and Alan Mencken. We are featuring songs from *Aladdin*, The Little Mermaid, as well as the most celebrated of the animation and (now) live action classic, Beauty and the Beast. Songs from Mary Poppins, Winnie the Pooh, Toy Story, and The Lion King will also be included.

Choir director and middle school teacher, Hillevi Peterson-Hirsch, has been using this as an opportunity to teach about the process of making a song tell a story. "The musicals of Ashman and Mencken were far more than dialogue and the 'it's time to insert a song here' formula of traditional musicals. Each of their Academy, Tony, and Grammy award

winning songs told stories. As we perform, we are not just singing a song where pitch and rhythm are expected; we are working on connecting with our audience through vocal dynamics and body language. To me this is the heart of a performer.'

The Colorado Academic Arts Standards ask students to present dance that demonstrates "creative self-expression through the medium of human movement" as well as "performing, creating and responding to music...to express the otherwise inexpressible the arts". Guffey Community Charter School students shine in their ability to meet and exceed our state standards in all aspects of music, theater, dance and the visual arts.

We invite you to come and enjoy this delightful performance that is certain to bring about great memories of outstanding music from stage and film. The performance is free and open to the public.

Teen is May Artist of the Month in Florence

by Sierra Gillentine

Sierra, a student at Fremont Middle School, is our newest Teen Ambassador. In addition to reporting on our community, she will be contributing her creative writing to the library's blog over the summer.

This spring, I went to the John C. Fremont Library in Florence to interview Luke Chisholm, the library's May artist of the month. Luke is a Cañon City High School senior. Luke's exhibit is part of Florence's Armed Forces Art Show.

Luke first discovered his passion for art at the age of 11 when he was messing around on his mom's phone and found some digital photography apps. Luke started taking pictures of landscapes and printing them onto wood about a year ago. He is inspired by his family and friends who support him. His normal work place is his garage. Luke takes photographs of scenery and landscapes. Luke takes photographs of different landscapes and goes back to them if there have been changes. Luke creates artwork for both himself and



Luke's photography printed on woodblocks.

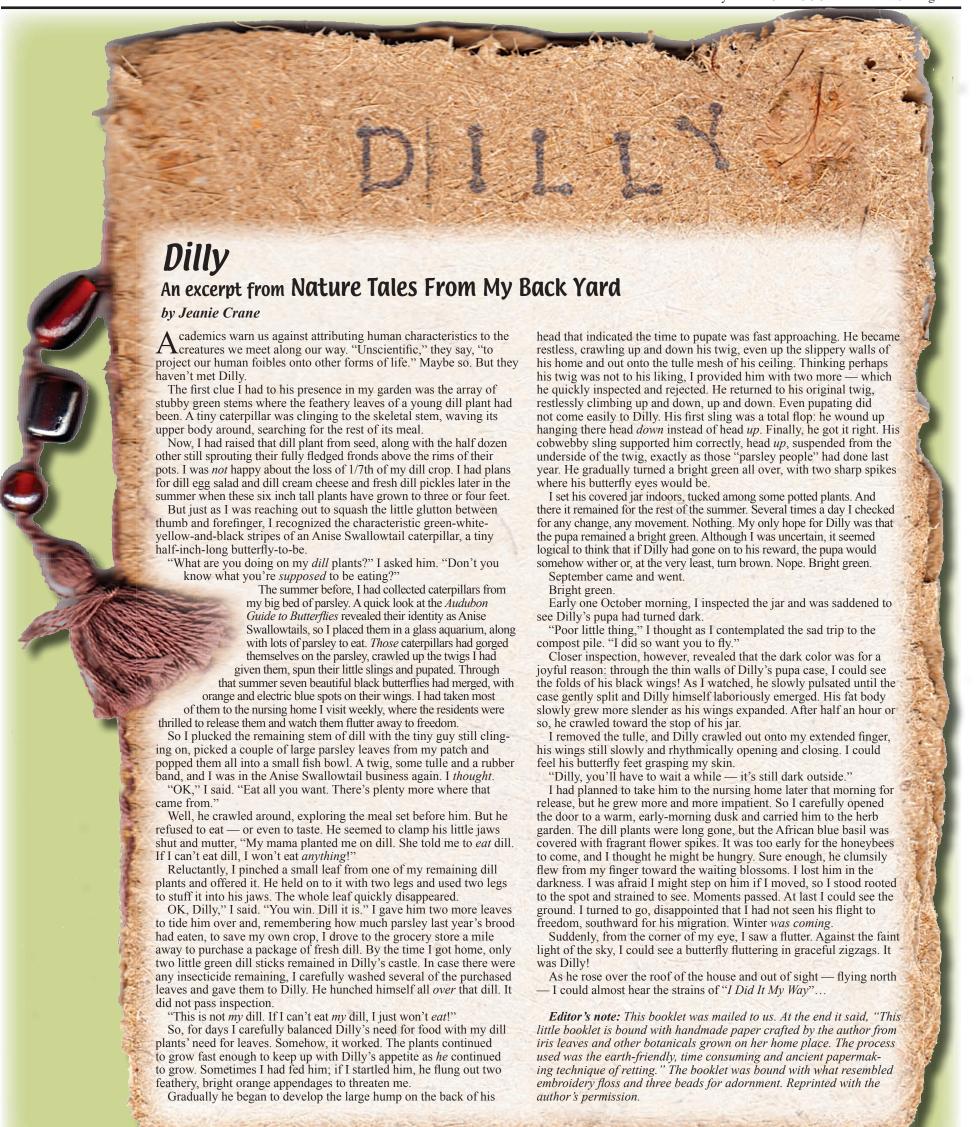
other people to enjoy. He doesn't really care what the environment is like around him as long as he gets his job done.

After high school, Luke plans to join the Air Force. He also plans to earn a Bachelor's degree in Architecture. Luke will still do art for fun, he loves art. He loves how it can be totally original. Luke will also be putting up his own booth to sell his art at the Cañon City Music & Blossom Festival. Lastly, Luke shared with me that he believes we should go after the things we love.



Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future — www.dividechamber.org.

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- Black Mountain Pump Service, Inc.: 719-687-7210. Water well pump service and repair for pressure tanks, cisterns, filter systems, emergency hand pumps and well
- A.S. Gillespie & Associates, Inc.: 719-426-0757. Construction consulting.
- Andersen Enterprises, Inc.: 719-687-1179 or www.andersenent.net. Residential and commercial construction for new buildings and remodels.
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Well, if I have caught your attention then your first sales task is to sell me and that's not easy! Frankly, I am looking for the right person to step in and to help my family continue to build these radio stations. Yes, these four stations; winners of 13 awards of 'Broadcast Excellence' from the Colorado Broadcasters Association in a little over 24 months and named 'Business of the Year' for 2015 in Salida are family owned and operated. We work hard and we take fun seriously!



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Native Plants of the Ute Country Stemless Evening Primrose, Oenothera caespitosa

The Stemless Evening Primrose is said to ▲ have the lemony scent of a true European primrose — at least that's what a 16th century botanist thought when he first came upon this early spring bloomer in unexplored America. The name stuck after all these years. True primroses, however, are unrelated to this native plant.

Also known as a Tufted Evening Primrose, this native plant grows in a tuft or clump and the flowers emerge close to the basal leaves, nearly stemless.

The Stemless Evening Primrose loves arid conditions and poor soil, and is easy to transplant. These characteristics make it a perfect plant for the decomposed granite soil composition of the Ute Country. Sunny and warm southern exposures provide the optimum placement in your garden. Though small mammals like rabbits will eat it on occasion, the plant recovers quickly and will



The new white flower opens late day. The next day, the flower withers and turns pink spread by seed and underground roots. Numerous sources also indicate that the clumps can be divided in spring.

Everything's in parts of four

These plants are among the easiest to identify, at least to the family level. If a plant has four heart-shaped petals, four sepals, four (or eight) stamens, and a stigma in four distinct parts, the plant is likely in the Onagraceae family and that means it's likely an Evening Primrose. The ovary, too, if it were to be sliced open and looked at, would have four carpels and chambers.

This plant is bisexual, meaning that it contains both male and female reproductive parts. The four-part stigma is part of the female reproductive organ, extending from the ovary. The stamens surround the stigma and make it easy for pollinators to distribute the pollen.

Nocturnal moths — including the hummingbird-like hawk moth — love the big white flowers that open at the end of the day. Generally by morning, they start to wither and turn pink before dying.

Edible and medicinal uses

Nearly all varieties of Evening Primrose, like the all yellow Tall Evening Primrose that flowers later in the summer — are edible. They have long been used by native peoples of the Americas and early Europeans as a food source. Apparently, the roots can be boiled like potatoes, the leaves can be eaten as salad greens, and the flowers can be used as an edible garnish. Taproots can be eaten raw, cooked, or pickled.

The plants have also been used medically for centuries. Today, in any herb shop, essential oil distilled from the plant can be found in easy-to-swallow caplet form. It's said that the oil is good for asthma, gastrointestinal issues, and to control headaches among other uses. As always, readers should always positively identify an edible plant



The Stemless Evening Primrose is a beautiful plant from all angles. Full frontal flower (cover photo). Note the yellow, four-part stigma in the shape of a plus sign surrounded by eight, yellow stamens.

and consult a medical professional before dosing themselves with any plant parts!

Note: While most flowers of the mustard family of plants (Brassicaceae) have four petals, they also have six stamens (four long and two short), they are sometimes confused as members of the Onagracea family.

Mary Menz is a naturalist and Colorado Native Plant Master. This is her last of 12 Native Plants of the Ute Country as she now resides in the southwest corner of the state and is exploring native plants found there. You can reach her at snowberryblossom@gmail.com.

Growing readers together at John C. Fremont Library

by Deborah Plonkey

rowing Readers Together has launched at the John C. Fremont Library in Florence, CO. The library program, sparked by a grant from the Temple Hoyne Buell Foundation, provides early literacy activities and resources for family, friends, and neighbors who care for children under the age of six.

"We encourage all Coloradans to offer babies, toddlers, and preschoolers language and literacy-rich activities in their daily life. Research shows that this prepares children for success in school and in life," said Growing Readers Together Coordinator, Joyce Johnson. "The public library is the perfect place to get started, expand what they are doing, and do so in fun and engaging ways."

Florence and Fremont County caregivers are welcome to Growing Readers Together Story Time on Fridays at 10:30 a.m. Caregivers can also meet others, gain more early literacy skills, and acquire fun, early literacy activities and materials for young children to enjoy in their childcare home.

John C. Fremont Library is one of 14 libraries in central and southern Colorado to participate in this grant project. The Colorado State Library is coordinating training and offering technical assistance. The result of this initial pilot grant could lead to additional focus on early literacy in Florence and Fremont County, and be a model for other Colorado libraries.

Growing Readers Together is one of several early literacy activities offered by John C. Fremont Library District. For those interested in this and other programs, call 719-784-4649 ext. 2 or go to jefld.org. Early literacy tips and links are available on Facebook and Twitter: #GrowingReadersTogether.

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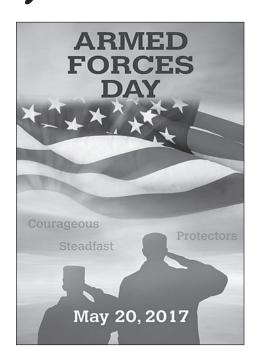
Armed Forces Day

by American Legion Post 1980

Armed Forces Day is a day when citizens can come together and thank our military members for their patriotic service in support of our country. This year, it is Saturday May 20.

It was August 1949, when President Harry S. Truman established a single holiday for citizens to come together and thank our military members. The creation of an Armed Forces Day replaced separate Army, Navy, Marine Corps and Air Force Days. The single day celebration stemmed from the unification of all the Armed Forces under the Department of Defense.

Many active duty military decide to live in the mountains to get out of the hustle and bustle of the big city and experience the freedom of true mountain living. What better place to wind-down after a long deployment than Teller County? After their time of service is over, many veterans decide to remain living in Teller County, to the point that over 20 % of the population of the county are veterans.



13th Annual Historic Mine Tour

The Ajax Mine sits high above Victor on historic Battle Mountain. The Battle Mountain Trail across the lower part of Victor's backdrop beneath the Ajax has been a popular hike since 2000 when it was installed.

This year the trail has been extended to a new overlook at the Ajax Mine. Newmont Mining Corporation invested in the construction required to provide visitors with a safe access to the mine site and an exciting new overlook above Victor. The overlook provides vistas of the town as well as the Sangre de Cristo Mountain Range.

The mine site, overlook, and trail will be the subject of a special tour Saturday, May 20. The tour will include an historical overview of the mine history by Victorite Gary Horton, who worked at the Ajax during its final years in production.

The tour is \$15 per person and is limited to the first 75 tickets sold. Tickets may be purchased at VictorColorado.com by credit card or by cash the door the day of the event. The tour will start at the Victor Lowell Thomas Museum at 12:30 p.m. when shuttles will take tour-goers to the Ajax Mine site and overlook. After the history presentation, ticket holders will have the option to hike the new trail extension to the Independence Mine and down to Victor; a shuttle will also take those unable to hike back to the museum in Victor.

Cosponsors of this event are The Southern Teller County Focus Group (STCFG) which will receive all proceeds from the event for historic preservation projects, Newmont

Mining Corporation, and Cripple Creek Parks and Recreation.

The Ajax Gold Mining Company shipped high grade gold ore starting in 1895. About 1903, Charles Tutt, Spencer Penrose, Charles MacNeill, Clarence Hamlin, and Oliver Shoup owned the mine. The mine operated for years but eventually water levels at depths of 2,000 feet and lower made the endeavor unprofitable. With the construction of the Carlton Tunnel, a six-mile drainage project completed in 1941, the mine was more easily

worked below 3,000 feet underground.

The Ajax and its satellite properties were the seventh largest producing gold mine in the United States in 1947, and the largest producer in Colorado in 1954. Mining continued through the years and the steel headframe now in place was erected in 1959. In 1972 the facility underwent a major rehabilitation Operations continued into the mid-1980s.

Be sure to dress appropriately for spring mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and bring water and sunscreen. The tour is at an elevation of 10,000 feet above sea level. There are no restroom facilities.

Victor Lowell Thomas Museum's Sunnyside Cemetery tour will begin at 10 a.m. the morning of May 20, and end around noon so it is possible to attend both tours.

For more information, email stcfg@

Servin' up summer at Cup and Cone!

The Cup and Cone has two new employees: Raymond Griffiths and Savannah Evans. They join current staff Shaddon Valdez, Brooklyn Hall, Shelby Woolsey and ShyAnne Rodgers.

mer," said Jeri Fry, owner of the Cup and Cone at the corner of 4th St and Royal Gorge Blvd. said, "Both these young people have completed more than 50 hours of my regular training program which teaches them nearly all aspects of this small business." Fry trains her staff in the Batista and Sugar Arts, as well as soda fountain skills and customer service.

Savanah Evans is a sophomore at Cañon City High School, where she earned her Servesafe food preparation Certificate. She is also a member of Tiger Ladies show choir. She has served on multiple Mission Trips to Haiti and been an active leader in both her church and the 4-H program for years. Her heart is in service and one day she hopes to become a Missionary Nurse.

Raymond Griffiths is a 2012 graduate of the World Wide College of Auctioneering and aspires to one day own his own auction business. He brings several years of customer service and business marketing experience to his new job. He is also building a motorcycle. "I have a new found



appreciation for the sugar arts," Raymond said. "There is a lot more to making and decorating a cake than I realized!'

The Cup and Cone is an ice cream and coffee shop offering hand dipped ice cream including Colorado made Boulder Brand Organic all natural ice cream and Cool Beads Beaded Ice Cream as well as recently returned Blue Bell ice cream. Their Espresso is fresh roasted in Florence by the All Good Things Coffee Roaster. The staff can make such Classics as Banana Splits, Old Fashioned Ice Cream Sodas, Shakes and Malts as well as a Velvety Lattes' and Cappuccinos as light as air.

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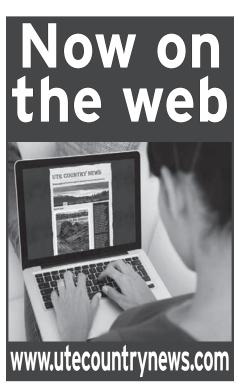
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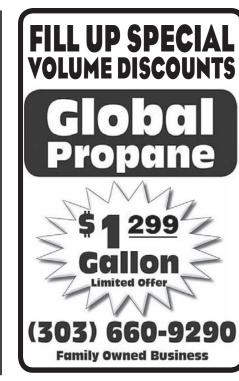
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Ride of Silence

by Deborah Maresca

The Mountain Top Cycling Club will be ▲ hosting a Ride of Silence at 6:30 p.m. on May 20, 2017, starting from the Ute Pass Cultural Center. The Ride of Silence is an international event held the third Wednesday in May, however they do allow an option to host it on a Saturday. It honors those bicyclists who have lost their lives to motorists. It will be a short 4-mile ride, with no talking, a police escort from the UPC, and a short reception will follow.

Distracted driving is one of the leading causes of traffic injuries and fatalities. In 2009, Colorado passed legislation outlawing texting while driving in response to a distracted driver who tragically killed a Fort Collins girl who was riding her bike.

Deaths on Colorado's roadways jumped about 11% in 2016 to 605, a total that includes a 15-year-high number of pedestrians (84) and bicyclists (16) killed. In January, Colorado Department of Transportation executive director Shailen Bhatt blamed the surge in crashes on an "epidemic of distracted driving."

Penalties are often unreasonably light, for example the Longmont man whose careless driving caused the death of an 8-year-old girl riding her bike last May. His plea of guilty yielded only 150 days in jail.

Learn more about how you can join the Ride of Silence in Woodland Park by contacting me for more information 719-689-3435 or visit www.mountaintopcyclingclub. com or www.RideofSilence.org.

Mountain Top Cycling Club is a club based out of Woodland Park, in its 7th year. Our Mission is to encourage bicycling for health, recreation, sport and transportation; provide bicycle safety; improve bicycling facilities, bicycle-friendly road design and paths; support individuals, organizations and other entities which, in turn, support cycling; further all phases of bicycling.

The Club is designed to offer camaraderie, discounts, staying connected and

Call for artists and crafters 2017 Art in the Park

Now accepting applications for the 43rd Annual Art in the Park held Sunday, July 23 at the Legion Park located on Highway 50 in the heart of Gunnison, CO. Sponsored by the Gunnison branch of the American Association of University Women, the event brings together diverse artists and crafters displaying their original works and thousands of buyers. No fee for application and screening. An \$80 registration fee is due upon acceptance. Call 970-641-4230 or email aauwartinthepark@yahoo.com to request information.

Fossils boost economy

Anew National Park Service (NPS) report Shows that 73,564 visitors to Florissant Fossil Beds in 2016 spent \$4,301,200 in communities near the park. That spending supported 65 jobs in the local area and had a cumulative benefit to the local economy of \$6,255,300.

"Florissant Fossil Beds welcomes visitors from across the country and around the world," said Superintendent Michelle Wheatley "We are delighted to share the story of this place and the experiences it provides. We also feature the park as a way to introduce our visitors to this part of Colorado and all that it offers. National park tourism is a significant driver in the national economy, returning more than \$10 for every \$1 invested in the National Park Service, and it's a big factor in our local economy as well. We appreciate the partnership and support of our neighbors and community members and are glad to be able to give back by helping to sustain local communities.'

The peer-reviewed visitor spending analysis was conducted by economists Catherine

Cullinane Thomas of the U.S. Geological Survey and Lynne Koontz of the National Park Service. The report shows \$18.4 billion of direct spending by 331 million park visitors in communities within 60 miles of a national park. This spending supported 318,000 jobs nationally; 271,544 of those jobs are found in these gateway communities. The cumulative benefit to the U.S. economy was \$ 34.9 billion.

According to the 2016 report, most park visitor spending was for lodging (31.2 %) followed by food and beverages (27.2 %), gas and oil (11.7%), admissions and fees (10.2%), souvenirs and other expenses (9.7 %), local transportation (7.4 %), and camping fees (2.5%).

Report authors this year produced an interactive tool. Users can explore current year visitor spending, jobs, labor income, value added, and output effects by sector for national, state, and local economies. Users can also view yearby-year trend data. The interactive tool and report are available at the NPS Social Science Program webpage: go.nps.gov/vse.

CCV Destination Imagination

Our Pioneers did a fantastic job at the State Destination Imagination competition in Denver. They earned 5th Place! We're looking forward to another great year next school year. Thank you, all, for your support!

Pike National Forest pricing for fuelwood

orest and Grassland Supervisor Erin Connelly has approved new pricing for Personal Use Fuel-**■** Wood permits on the Pike National Forest – South Platte, South Park, and Pikes Peak Districts. The price increased to \$20 per cord for dead trees that have not been processed. There are new options which include \$30 per cord for felled and topped trees and \$40 per cord for decked, processed, and de-limbed trees. The minimum purchase is one cord and the maximum cord limit remains at 10 cords per household, per year.

The price change is attributed to rising operational costs related to creation, preparation and management of fuelwood areas and provides consistent fuelwood permit pricing across the Pike National Forest.

Dead Trees (District Wide**)	1-10 Cords per household per year	\$20 per Cord
Felled and Topped Trees	1-10 Cords per household per year	\$30 per Cord
Decked and De-limbed Trees	1-10 Cords per household per year	\$40 per Cord

** All standing dead and dead downed wood may be removed from the South Park Ranger District designated areas with the exception of marked habitat trees for wildlife. Habitat trees are designated by orange bands or wildlife tags. The South Park Ranger District is open district-wide for removal of personal use firewood with the exceptions of the developed campgrounds and picnic areas, current timber sale areas, administrative sites, Elevenmile Canyon, designated Wilderness and Scenic areas, and the Jefferson Lake Recreation Area.

Most permit areas are 2-wheel drive accessible while some roads may require highclearance vehicles. Forest roads are not plowed in the winter. Make sure there is access to firewood areas prior to purchasing permits. For current road conditions and information about seasonal closures, please contact the South Park Ranger District in Fairplay.

Permits can be purchased at the South Park Ranger District during regular business hours: 719-836-2031. For special permits such as felled/topped trees or decked and de-limbed trees, please contact the South Park Ranger District for current locations and maps. All permits are valid for two months from date of issue and are non-refundable and non-transferable

Addicted to growth

by Patricia Turner

I'm curious. How many of you have traveled Lto some extraordinarily beautiful place on vacation and then returned to this same place 10 or 20 years later to find it heartbreakingly devastated just by the shear numbers of people who had discovered its magic?

This happened to me only this year when I returned to Costa Rica and went to a beautiful beach town called Manuel Antonio. The wonderful, peaceful place I had visited 15 years before where spider monkeys came out of the trees helping themselves to the banana I had placed on my table thrilled me and allowed me to feel so connected to nature. I was there with my partner, Tom, and we were truly in heaven enjoying the beauty of the ocean and the fact that we were nearly the only visitors to the town.

Upon my return I found the beaches covered in umbrellas, Zip Lining, cars everywhere and all of the monkeys had fled inland as they simply could no longer hear each other over the noise of the traffic.

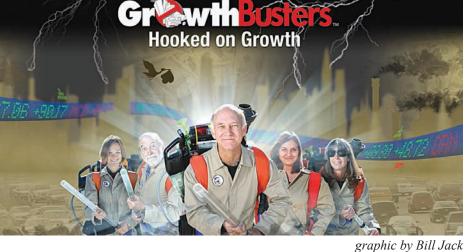
This is what we experience due to both economic and population growth. There isn't a day that goes by on the media that we don't hear of the need for economic growth and we have become brainwashed to believing this is true. This comes from the mouths of every politician with the exception of the few who truly have our well-being in mind. I remember being able to rent an apartment for \$200, and although I probably made \$400 a month at tha time, it was not a struggle just to survive. Life was easier, sweeter, and better for the planet.

A man named Dave Gardner, who ran for City Council in Colorado Springs and Founder of GrowthBusters.org has had the courage to make a film called Growth-Busters. Yes, just like the Ghost Busters, and we need more men like Dave to put on that backpack and wake us up to the fact that economic development coupled with increase in population is not making our lives better, but absolutely unsustainable.

In my lifetime the population of our planet has grown from 2.5 billion to more than 7.5 billion people. We consume at a rate equal to 1.6 earths by using the resources that will be needed by our children and their children. (This means it now takes the Earth one year and six months to regenerate what we use in a year. We use more ecological resources and services than nature can regenerate through overfishing, overharvesting forests, and emitting more carbon dioxide into the atmosphere than forests can sequester. http://www.footprintnetwork.org/ our-work/ecological-footprint/)



We consume at a rate equal to 1.6 earths by using the resources that will be needed by our children and their children. This means it now takes the Earth one year and six months to regenerate what we use in a



The immense insanity of believing that growing our populations for the purpose of growing our economies is driving us rapidly towards the cliff of no return. We need to dream a new paradigm. One of simplicity, one of peaceful decline of economics to that place where every human being can eat, have a place of shelter and the rich abundance of nature to nurture our souls.

When we learn to live from a place of gratitude for what we have our desires for more truly dissipate.

This constant state of growth is ensuring our own destruction and only lining the pockets of the wealthiest 1% on our planet. In January of 2017 Fortune magazine ran an article with evidence from Reuters and OX-FAM (that reported the original information) stating that 62 people owned more wealth than 3.6 billion of the poorest people in the world was incorrect and that this number is now 8 people: the eight individuals named in OXFAM's report are Bill Gates, Inditex founder Amancio Ortega, veteran investor Warren Buffett, Mexico's Carlos Slim, Amazon boss Jeff Bezos, Facebook's Mark Zuckerberg, Oracle's Larry Ellison and former New York City mayor Michael Bloomberg. The obscenity of this inequity is beyond my imagination to comprehend.

I implore you to ask yourselves: Is life any more fulfilling or easier than it was, say around 1970? Do my earnings purchase more than they did a decade ago? I believe you will find the answer is no, unless you have had a windfall of wealth happen in your life, as our wages today do not buy as much as they did in the early 1970s. We may earn a lot more but it doesn't allow us more buying power than back then. Rents and mortgages have skyrocketed, so that the Great American Dream of being a homeowner is out of reach for the great majority of people. These are people who work 40 hours and more every week and need roommates just to have a roof over their heads.

I would also like to ask you if you truly find happiness in consumption? That thing you just thought you couldn't live without is probably hanging on a wall or sitting in a corner where you no longer notice it. Popu-

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We all need to experience the joys one can feel from not consuming. When we learn to live from a place of gratitude for what we have our desires for more truly dissipate.

At a time where population increase is threatening our very existence, a small country called Palau is actually fining its citizens \$500 or up to 3 months in jail for using birth control. France offers larger tax incentives for a third child. This is truly insanity and is being encouraged by countries all over the planet simply to grow the economy.

What does this mean for most of us? More traffic to contend with, jobs going overseas to a working population that is living in poverty. Young people coming out of school with severe debt and no available jobs, deterioration of that which gives us life; our planet. Growth and prosperity do NOT come hand in hand. Our waters are becoming increasingly polluted, the changes in climate threaten food supplies while all the time our governments are encouraging us to "have more babies, grow the economy.

In the movie *GrowthBusters* by Dave Gardner, you will find Dr. Al Bartlett, Professor Emeritus of Physics, speaking about our inability to understand exponential growth. He uses an example of one bacterium placed in a beaker at 11. The number of bacteria doubles every minute. In one hour, 12, this beaker will be filled and there will be no more room for the bacteria to grow. When asking his students what they think the time will be when the beaker is half full, he suggests that no one will get it correctly. The beaker will only be half full at 1 minute to 12. In one minute, those bacteria will be living in a state of total collapse. At 5 minutes to 12 this beaker was only 3% filled and with 97% of the space still available, do you think the bacteria could notice at that time what they would encounter in the next 5 minutes? We

are now at 1 minute to 12 dear friends. What can you do? Stop consuming what you don't need, elect officials who put planet, people, profit in that order of importance and don't elect those whose main platform is growing the economy and our population We do have the power to make the difference. Share this widely and we will become exponential in our wisdom.

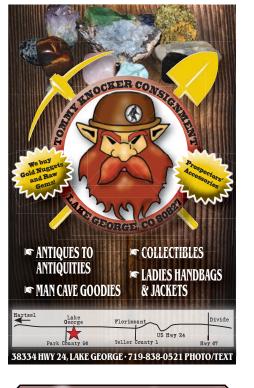
If you would like to be more involved check out growthbusters.org

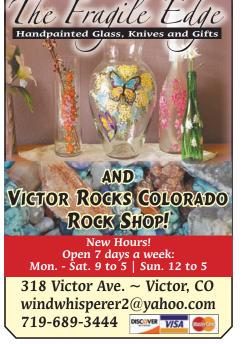
Patricia Turner is a retired Marine Research Scientist from the University of California and founder of Tierra Sagrada, The Sacred Earth Foundation www.sacredearthfound.org

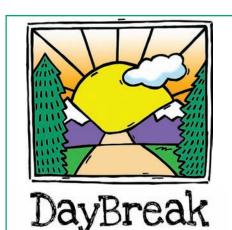
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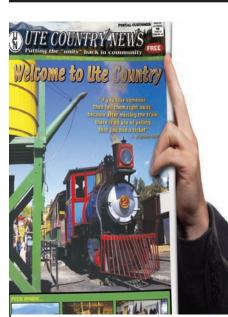
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Low-down on PSI National Forest road closures by Laura Van Dusen, South Park Ranger District

R ecent road closures in the Pike and San Isabel National Forests (PSI) have raised questions and complaints by a few forest visitors. Petitions are posted in Fairplay requesting that routes be re-opened, and concerned callers have asked why their favorite roads are not accessible. One resident took his concerns to a recent Park County Board of County Commissioners meeting.

In short, the roads are seasonally closed to protect big game in their winter range and during spring birthing. Closures apply to motorized-vehicle traffic only. Visitors can still use the roads to walk, jog, hike, bicycle, horseback ride and other non-motorized activities.

The action stemmed from a lawsuit initiated by five environmental groups in January 2011, when PSI was accused of not allowing public comments before new roads were added to Motor Vehicle Use Maps (MVUMs) for each district (a National Environmental Policy Act requirement); not following each district's most current MVUMs; and not allocating certain areas as important, critical wildlife habitat (a requirement of the 1984 Forest Plan).

PSI and the environmental groups — The Wilderness Society, Quiet Use Coalition, Wildearth Guardians, Rocky Mountain Wild and Great Old Broads for Wilderness — settled in November 2015 in lieu of going to court. To open the roads for year-round use or open them before dates designated on road signs would be a violation of the settlement.

Road closures are nothing new in the PSI. In the past 30-plus years, routes have been closed seasonally to prevent road damage in mud season, and to provide protection for elk during calving season. The new closures will protect elk as well as other species of big game animals

This year more roads are closed, beginning primarily on Jan. 1 and ending as late as June 5 — most of them in the Fairplay-based South Park Ranger District. During the next five years. closures will continue while a travel management plan is formulated by the PSI with input from Colorado Parks and Wildlife, to determine when, where and if motorized traffic will be allowed through big game winter range habitat. Once the management plan is finalized, it is

expected that some forest roads will permanently close January 1 to June 15 each year. Other roads will permanently close because they are in semi- primitive, non-motorized, recreation areas or in areas where endangered species live. It is possible, after the final decision, that some roads will again be open in winter.

Roads in the PSI that are social, unauthorized, non-system routes created by forest visitors are illegal to drive on. These are being gradually closed, based on funding and priority, and can be recognized because there is no road sign and they are not on the most current MVUMs, available free from all PSI district ranger stations.

Winter and spring are especially stressful times for wildlife. They are struggling to survive and reproduce when resources are already scarce and all of their energy is put towards survival. This is a highly sensitive time when vehicular traffic and noise can be very disruptive by confounding that stress even more, said USFS Fish and Wildlife Biologist, Kristen Meyer. When they become frightened by loud noises they instinctively run to escape. With limited sources of food in winter, running and added stress consumes calories needed to survive.

Forest roads on the South Park Ranger District continue to get busier all the time given the growth in the number of recreationists along the Front Range. Closure of roads during the winter and spring gives animals a break during these critical times when they need to use their energy reserves to stay healthy and survive the winter months and reproduction season. Several agencies, including the BLM use these methods for wildlife protection as well. The Forest Service does not make these decisions lightly, but works with Colorado Parks and Wildlife for recommendations, said Meyer.

Meeting comments

During a Park County commissioners meeting on March 30, a local resident asked the commissioners to "help convince the USFS to reopen roads that had recently been closed to motorized vehicles," specifically Forest Road 669 near the Silverheels subdivision north of Fairplay, according to the [Park County Re-



Road closures in winter result in more watchable wildlife in summer. The bighorn sheep were found on Red Hill Pass south of Fairplay. photo by Laura Van Dusen

publican and Fairplay Flume] of April 7 The road is also known as Crooked Creek Road and has been closed, gated and locked in winter since the 1984 Forest Plan was put into place, said South Park District Ranger Josh Voorhis. It has been illegal for off-highway vehicle use since at least 2010. A designation change would require revision of the 1984 Forest Plan.

Voorhis is charged with managing the South Park Ranger District to accommodate all forest users. It's not always easy. "In order to maintain the Forest and wildlife for current and future generations, all of us have be willing to work together and accept that there are limitations as to what can occur on the Forest," he said.

Roads that have been historically closed have locked gates across them. Roads closed for the first time this year are not gated, due to budget constraints, but have signage indicating the closure dates. Disgruntled visitors have shot holes in signs, and drivers have used the roads, some in protest, and some, perhaps, because they didn't notice the signs. All three actions are federal offenses, punishable by a maximum fine of \$5,000 and/or six months in jail.

Questions and concerns about road closures in the Pike National Forest can be addressed to the South Park Ranger District (Fairplay), 719-836-2031; the South Platte Ranger District (Morrison), 303-275-5610, or the Pikes Peak Ranger District (Colorado Springs), 719-636-1602.

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Rain ready for adoption

by Flip Boettcher photo by Stefanie Skidmore

R ain, four years old, was adopted in March by Stefanie Skidmore who is with the new Bureau of Land Management Trainer Incentive Program to help the BLM adopt more of their overflow of wild mustangs they have in holding pens. Rain is a direct descendent of the horses of the Spanish conquest. His is part of a really old, rare and special bloodline of horses. Rain has stripes on his legs called primitive markings and a freeze brand for identification on his neck.

Rain's training is coming along quite well and he had a very long row to hoe as he had been abused and in a state of neglect for years when Stefanie met him a few months ago. It is no surprise he did not like people and had reason to keep a good distance. When I first visited on April 11, it took a

great deal of patience and time to be able to just pet Rain. I was honored to be the first person to pet him, after Stefani. She gave me an update on April 23; Rain was leading.

Rain will be ready for adoption soon. Contact Skidmore for more information or to inquire about adopting Rain or another mustang. Call 719-377-8587 or email: stefanie skidmore@outlook.com.



Rain was adopted from Utah.

Struggling

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Broncos 7K run series

The Denver Broncos will host three 7K I runs in the state of Colorado as part of its Broncos Fit campaign. Expanding on the annual Broncos 7K run held at Sports Authority Field at Mile High every Labor Day Weekend; the Broncos 7K Series will include two additional run/walks in Woodland Park and Fort Collins.

With the support from partners UCHealth, King Soopers, Children's Hospital Colorado, 24 Hour Fitness, KUSA and El Pomar Foundation, the Broncos 7K Series will provide three opportunities for Broncos fans to combine their love for the team with the desire to run and walk.

For more information on any of the Broncos 7K's or to register for any portion of the Broncos 7K Series, visit www.denverbroncos.com/7kseries

Broncos 7K Woodland Park May 6 at 10 a.m.

Participants will have the opportunity to witness the scenic views of Colorado's "City above the Clouds" in Woodland Park for the first leg

of the 7K Series. All participants will receive a unique finisher's medal, bib and T-shirt.

After the run, the entire community is invited to a free and open to the public City Celebration featuring current Broncos players, cheerleaders, Lombardi trophies, Miles the Mascot and fun interactive Broncos themed activities. Both the 7K start and the City Celebration will take place at Woodland Park High School.

Broncos 7K Fort Collins June 3 at 9 a.m.

The second leg of the 7K Series will take place at the Budweiser Brewery Experi-

ence. Hosted on the grounds of the expansive Anheuser-Busch Brewery, participants will receive a unique finisher's medal, T-shirt and bib while having the opportunity to meet current Broncos players, cheerleaders and Miles the Mascot at the post-run City Celebration taking place on the brewery grounds. The City Celebration is free and open to the public, does not require participation in the 7K to attend and will include photo opportunities with the Budweiser Clydesdales, the Broncos' live mascot, Thunder, and the Lombardi trophies.

Broncos 7K Denver September 3 at 8:30 a.m.

The 5th Annual Labor Day weekend run taking place at Sports Authority Field at Mile High has become the largest 7K in the country. The course will feature an opportunity for participants to run through the Broncos tunnel and finish at the 50-yard line. All participants will receive a unique finisher's medal, T-shirt and access into the Broncos Fit Expo.

Free and open to the public, the Broncos Fit Expo will accompany the Broncos 7K Denver. Held throughout the stadium, the Expo is intended to bring the community together to learn more about the resources available to help lead a healthier lifestyle. Attendees are also able to take advantage of free health screenings.

Broncos players, alumni, and cheerleaders will be in attendance. There will also be numerous family-friendly activities, including on-field football activities and Miles the

Guided Van Tours of the Newmont Mining Corporation Cripple Creek & Victor Gold Mine May 26-Sept. 4 Daily Except No Tours Thursdays (See website for full schedule) Only \$8.50 per person Limited Seating - Reserve Today! (Safety Conditions Will Apply) Reservations Online at VictorColorado.com Or by Phone 719-689-4211 Tour Vans Leave from the Victor Lowell Thomas Museum 3rd & Victor Ave., Victor, CO All Proceeds Benefit The Victor Lowell Thomas Muse

NEWMONT.

Nighthawk Ranch Barn Dance

by Flip Boettcher

Saturday, May 20, the Nighthawk Ranch will be having their annual fundraising dinner, silent auction, and barn dance, according to ranch owners Tom and Dorothy Evans. The 320-acre Nighthawk Ranch is located a couple of miles north of Guffey at 2980 County Road 102 on Gold Hill.

The ranch offers a unique, outdoor, high mountain working ranch experience for kids age 10-17 recovering from cancer and the effects of treatment. The Evans' "Encourage achievement and renewal through good nutrition, exposure to animals and wildlife, good camaraderie and the spiritual uplift that nature provides," stated an email.

The Evans' started the ranch in 1997 when they first purchased property in the area. Each year the couple bought more property and built the ranch buildings. In 2012, the couple started their first summer camp program.

Since then, the Evans' have continued to



Two campers help feed one of the many critters on the ranch. cious BBQ dinner, only \$15,

expand the ranch mission and upgrade their ability to provide a special experience for the campers. Activities at the camp include

dar, dust off your boots and come on down to the Nighthawk Ranch Barn Dance. All proceeds go to support the Nighthawk Ranch and its wonderful program for kids. The silent auction and deli-

camping, star gazing, swim-

The campers pay nothing for

the camp session, from travel

to and from the camp and all

camp activities. According to

sions are booked at the ranch

Put May 20 on your calen-

Evans, all four summer ses-

and the Evans' are looking

forward to a great season.

ng, archery, music and art.

start at 5 p.m. Entertainment by Jimmy Lee Robbins and dancing start at 6 p.m., admission is free. The silent auction closes at 7 p.m. and win-





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HRRMC Dialysis Unit Newly approved without skipping a beat

The Centers for Medicare and Medicaid (CMS) granted the Salida Hospital District final approval recently for a hospitalbased renal dialysis center at Heart of the Rockies Regional Medical Center.

The Heart of the Rockies Dialysis Center is located on the second floor of the Salida hospital. The unit is owned by the medical center but managed by Sanderling Renal Services. Sanderling specializes in bringing high quality dialysis and nephrology (kidney) services to rural communities.

End-stage renal disease facilities, also known as dialysis units, must meet specific



safety and quality standards established by CMS in order to participate in the Medicare program. In Colorado, the Colorado Department of Public Health and Environment (CDPHE) conducts surveys of the state's dialysis units on behalf of CMS.

On Sept. 1, 2016, the Heart of the Rockies Dialysis Center passed the initial survey by CDPHE. At that point, the dialysis center was licensed to treat patients but not yet approved to participate in the Medicare program.

State surveyors review many policies and procedures during an initial survey. They tour the new facility to make sure the design of its physical layout considers infection control, safety, and emergency preparedness.

They also examine record keeping and policies and interview key personnel, including the unit's nurses, technicians, administrative staff and medical director. David Kanar, M.D., an internist and nephrologist on the hospital's medical staff, serves as medical director.

CDPHE completed a revisit to the initial health survey on Dec. 21 and a life safety code survey on Jan. 3. No deficiencies were cited. The effective date of participation in the Medicare program for the dialysis unit is retroactive to Jan. 3.

"The most recent community health needs assessment conducted by our hospital identi-

Singer Justin Myers entertains (l to r) Frank McMurry, Mary Brandon, and Arlene Reed in Dialysis Unit 029.

wanted to see available locally," said hospital CEO Bob Morasko. "Local residents with end-stage kidney disease have been traveling to Cañon City, Alamosa or the Front Range three days a week for dialysis treatment. This can be a real hardship, especially in bad weather. We are very pleased that we can now provide this service locally."

Charlie Terrill, 86, of Buena Vista was Dr. Kanar's first patient when he began practicing in Chaffee County in 2014 and was selected to be the first dialysis patient.

Diagnosed with end-stage renal disease five years ago, Terrill was travelling to Den-

many times and had several surgeries. When you live so far from treatment, it's difficult,' said Terrill. "After what I've been through, I was ecstatic learning we'd have a dialysis center here."

You just never know who might drop by HRRMC's dialysis unit. Singer and recording artist Justin Myers stopped by on March 27 to share his guitar music with patients. He played country standards like "Mamas Don't Let Your Babies Grow Up to Be Cowboys" and "Ring of Fire" along with songs from his new album, "This Is Gonna Hurt." Born in southern Georgia and raised in Nashville, Myers is now based in Arlington, Texas. He is the son of Georgia Boyed, manager of Heart of the Rockies Dialysis Center.

The Heart of the Rockies Dialysis Center is open Monday to Friday, 8 a.m. to 5 p.m. For more information, call 719-530-2117.

Steampunk

by Flip Boettcher photos by Flip Boettcher



Guffey Steampunk Society president Lawrence Epps enjoying himself at the 3rd Annual Florence Escape in Time to Steampunk and Wine festival April 22 and 23. The Guffey Steampunk Society was started last fall. The Society had a booth at Pioneer Park for the festival. The Society will be having its second

Vagabond Flea Market May 27 and 28 at the Bakery in Guffey. The group also plans on a Steampunk Festival in October at the Bull Moose.



The organizer of the Escape in Time to Steampunk and Wine festival in Florence, Barb Brierely on the left with an unknown friend on the right enjoying the festival.

photos by Jeff Hansen

Out of the blue came the invitation from Karen Anderson, the Plant Lady, "How would you like to join me for a greenhouse tour where a friend of mine of 30 years is growing all kinds of trees inside her greenhouse?"

"Trees inside the greenhouse?" This thing has got to be huge. "Yes, of course I want to see it and meet the gardener, of course!" I eagerly replied

So it came to be on April 15, 2017, that we met Karen Anderson, the Plant Lady and navigator to Helen Olson's place. It was a beautiful day; the sun was shining, the air smelled clean and fresh, and springtime was making herself ever present. We enjoyed the scenery; a mountainous backdrop with greening pastures in the foreground dotted with newborn calves huddled near their mothers. We pulled into the drive and saw Helen outside near her newly acquired circular cattle feeders, which she was preparing to use as growing beds.

Helen and Karen shared a warm greeting and then we made our introductions. Helen began to lead us to the greenhouse. About three steps before the door, she turned to me, her bright blue eyes peering into my soul as if asking forgiveness when she said, "Please keep in mind this is really the end of last year's season; I'm only getting started for this year."

There are moments in life when you have a feeling something really incredible is about to happen. This was one of those moments as I could see lots of green, red, orange, and pink hues of color almost pulsing behind those greenhouse walls. My mind flashed to my own little greenhouse in its very early stages of springtime. My strawberries, rhubarb, asparagus, and chives just pulling their heads up from last winter's nap, and I was grateful for those little spots of green! They were nowhere near as big or bright as what was before me. Her words echoed quietly within my heart, only getting started for this year.

The door opened and we entered one of the most beautiful microenvironments I had ever been in! There was a welcoming, harmonious feeling in the sweet-smelling air. The room was filled with huge green, growing vegetables, and trees rooted in their areas, tendrils reaching, drawing me inward. My inner voice guided me, Soak in this experience; just absorb it! That was an easy instruction to follow!

Listening to Karen and Helen chat about the greenhouse was really an honor for me, a mere novice to high altitude gardening. It was kind of like being a first-year music student and getting an invitation to jam with Mozart and Beethovan! Their conversation flowed easily like music to my ears and I picked up what I could as I meandered through this magnificent place.

There were pepper plants (Anaheim, poblano, and bell) so large and heavy with fruit. Could this be one gigantic broccoli plant?

Sure enough; never saw a broccoli plant

est and only wall without a window. It was covered in what looked like a reflective insulation. The greenhouse was built in 2009. Helen mentioned how the solar panels are helpful in her operation, as she heats the greenhouse year-round by running ethylene glycol through the floors via a water heater. The beds are all built-up of concrete about 3.5 feet to waist height. A series of sliding glass doors make up most of the south side. I look up to the highest windows for ventilation and wonder aloud how she reaches them. Helen explains they are "thermofor" and have a wax hinge (The heat of the day softens the wax and opens the window. As the day cools the wax solidifies and the windows close.) Now that is energy efficient and fairly sustainable!

"Help yourself!" Helen encouraged us as she chose a nasturtium blossom. Karen followed suit and I happily accepted. These delicious orange flowers are not only nutri-



High ceilings and raised beds gives Helen lots of growing room.

get that big before! Then there were nettles. strawberries and grapes.

"Careful not to touch the nettles; they will sting you. They are nutritious for us and I steep them for fertilizer," commented Helen. Every gardener knows you have to talk fertilizer at some point or another. Helen keeps an open mind in her appreciation for several varieties including horse, cow, and well-aged chicken poop. She prefers to steep it. Bonemeal is also helpful. Feeding plants is just as important as watering them; they have to eat, too!

I moved toward the north wall; the high-



Karen (left) and Helen (right) by the pomegranate tree. Inset is a tangerine currently growing in her greenhouse.

tious, but their deep color is eye-catching.

Helen mentioned she enjoys a smoothie made from freshly picked ingredients she grows. Karen commented on how tall her kale plants were as Helen mentioned how she'll pick the bottom leaves and they keep growing. Mine did that last year. I was beginning to feel validated that I may be on the right track.

Karen and Helen made their way toward the pomegranate tree. I had never before seen a live pomegranate tree. It towered over both Karen and Helen, and was even several feet taller than Jeff who stands 6'6". There were quite a few fruits on it, too! One was the size of a softball, just huge!

As I continued to meander, I found myself surrounded by foliage and fruits. There were mulberry trees, which brought back memories of home. There was a kumquat tree (another first to see, live), near the Cara Cara orange tree, close to the lemon tree and the tangerine tree. Helen's oldest tree is a lime tree, which last year yielded about 60 pounds of limes! "I found I could juice them into ice cube trays, then I have an easy addition to my smoothie," she said smiling.

Karen asked what her secret was for the fruit trees. Helen shared she monitors the sweetness from year to year and seemed to think her fruit could be sweeter and perhaps more blossoms. She decided to introduce some mason bees to help with pollination. Here is where the conversation became quite serious.

"Never cut your dandelion heads off; leave them for the bees! I am so worried about our bees. We need to do what we can to encourage them and help them survive. That dandelion head has everything that newly hatched bee needs to grow strong!" Helen stated strongly. The look on her face conveyed concern for the world's food supply

Then a look of hope returned to her face as she mentioned a greenhouse in Iceland that utilizes steam from a volcano to heat it, producing enough heat for year-round fruit trees. We briefly discussed the importance of moving from corporate farming to multiple smaller and/or family gardens to help meet

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the demands of our ever-growing population I was examining the largest bell pepper plant I had ever seen as I overheard Karen and Helen talking about pests. Karen asked Helen what she finds most effective. "Well, I haven't found a single answer to that problem. I keep a variety of things on hand. Catching it early is helpful," Helen answered as if she was disappointed she could offer no solid solution.

At one point, I had noticed a white plastic device, which kind of stood out among this very natural environment. Oh, it was a mousetrap! "I like this kind. They are easy for me to set," said Helen as she gave a demonstration. I made a mental note for the next time we visit a hardware store. This helped me to further embrace the reality that having a greenhouse means you will have to deal with the possible rodent visit.

I found myself making a second walkthrough, noticing plants I hadn't the first time around. The tallest trees were on the tallest walls and shorter growers filled in the foreground. Even for the inner beds, the taller plants were set in the center, as lower growers nestled between and among each other.

What advice does Helen give to the novice gardener? "Tell them your gratitude and keep eating them, cutting them, let them know they are appreciated," she said. Karen agreed, "When we do that we let them know they are fulfilling their life's purpose."

Appreciating the cycle of life is truly the foundation of a gardener.

Kick off summer at Mueller State Park

The kick off for summer starts in May at Mueller State Park! The campground will be fully open and a hum of activity is everywhere. A wide variety of naturalist programs and guided hikes are offered including evening campground programs at the amphitheater. Please see the full list below.

The big event this May will be the 5th Anfull of activities for the whole family is planned. Bring a picnic lunch and spend the day learning to fly fish, shoot a bow and arrow, target shoot with 22's or shotguns, climb through a cave, geocache, animal tracking, Bear Aware and much more! Thanks to our partners, many local businesses and agencies willing to share their expertise for free, we have 30 different opportunities for fun and learning!

- **3** Fitness Hike: Hills Course meet at 9:15 a.m. at Preacher's Hollow Trailhead. Get ready for a workout with Volunteer Naturalist Chris. Be prepared for the weather
- and bring a snack and water! **6** Volunteer Orientation from 10-noon at Visitor Center. Come see what it's like to be a State Park Volunteer! Mueller has many opportunities for people to volunteer and make a difference, in a beautiful place with friendly people. Find out where you can fit in — a little or a lot!
- 12 Bacon Rocks to Geer Pond Hike at 9:15 a.m. meet at Homestead Trailhead Join a hike with Nancy on Trails #12, 1, 7, 25 past Bacon Rocks and Homestead trail. The route will be up to 5 miles and will take approximately 2-2.5 hours to complete. Dress in layers and be prepared for any weather conditions.

- 12 Artists' Photo and Scouting Hike at 9:30 a.m. meet at Elk Meadow Trailhead. This is a slow-paced hike for artists, photographers and visitors, to find locations within Mueller State Park for the upcoming art show in July of 2017. Bring water, a snack and appropriate footwear for the current conditions.
- 13 School Pond Hike at 1 p.m. meet at mile hike with Penny to School Pond. 14 Children's Nature Program at 10 a.m. at Visitor Center. Engage your child's natural curiosity about nature! Penny will share a hands-on activity for kids where
- they will learn while having fun! 14 Hike Outlook Ridge at 1 p.m. meet at Outlook Ridge Trailhead. For beautiful views to the south and west, hike with Penny on this moderate 2-3 mile trek.
- 17 Fitness Hike at 9:15 a.m. meet at Homestead Trailhead. Get ready for a workout with Volunteer Naturalist Chris. Hike a moderate to strenuous 5-6 miles. Be prepared for the weather and bring a snack and water!
- 18 Elk Meadow Hike at 9 a.m. meet at Elk Meadow Trailhead You're likely to see Red-tailed Hawks or Mountain Bluebirds! Join Penny on a gentle 2 mile hike.
- 19 Murphy's Cut to Bacon Rocks Hike at 9:15 a.m. meet at Lost Pond Trailhead. Join Nancy in a long hike of about 7 miles. We will hike by the features of the historic Murphy's Cut, along the fields of what was the agricultural history of the park. We'll hike along the Bacon Rock single track back to Lost Pond trailhead. Plan on about 3-3.5 hours! Dress in layers; bring plenty

- of water, and an energy snack. **19** Artists' Photo and Scouting Hike at 9:30 a.m. meet at Grouse Mountain Trailhead. This is a slow-paced hike for artists, photographers, and visitors, to find locations within Mueller State Park for the upcoming art show in July 2017. Bring water, a snack and appropriate footwear for the
- **20** Outdoor Skill Day. Don't miss the annual Outdoor Skills Day at Mueller — activities for the whole family! Activities will include: bait fishing, fly fishing, target shooting with shotguns, 22's and bb guns, archery, camping, geocaching, Bear Aware, spelunking — climb through a simulated cave and much more! All activities are free — vehicle park pass is required.
- 21 Mammals of Mueller Touch Table 10-noon at Visitor Center. See and touch the furs and skulls of common mammals of the region.
- 21 Buffalo Rock Hike at 1:30 p.m. meet at Grouse Mountain Trailhead. Join Naturalist Penny for this beautiful 4 mile hike through aspen and pine forest, meadows, and see Cheesman Ranch.
- 22 Hike: Osborn Trail at 9 a.m. meet at Homestead Trailhead. Visit the Osborn Homestead and hear what it was like to live in the old days with Naturalist Penny on a 3 mile moderate hike.
- 26 Cheesman Ranch Hike at 9:15 a.m. meet at Grouse Mountain Trailhead. Hike the Cheeseman Ranch loop with Nancy, past the historic remains of the ranch with scenic views of Pike's Peak, about 5 miles total. Dress in layers; bring plenty of

- water, and an energy snack. **26** Amphitheater: Deer and Elk — more or less at 8 p.m. We love to spot and watch deer and elk, the large mammals of our montane forest. However, someone has to manage the population. Naturalist Russ will share the models and methods of herd management.
- 27 Cahill Pond Hike at 10 a.m. meet at Grouse a colorful history in the park. See the cabin homestead and hear their story. Join Jeremy and Sylvia on a moderate 2-3 miles.
- 27 Archery for Beginners 2-4 p.m. at the Livery. Learn the basics and try your hand at a bow and arrow. Ages 8 and up are welcome! 27 Amphitheater: Did You Know...? at 8 p.m. Learn fascinating trivia about bears,

coyotes, foxes, and other animals in this

- informative presentation of little-known facts about Colorado wildlife. 28 All About Birds Touch Table 10-noon at the Visitor Center. Discover the amazing characteristics and abilities of birds with
- our table full of biofacts. 28 Stoner Mill Hike at 1:30 p.m. meet at School Pond Trailhead. Enjoy a relaxed hike searching for plants and animals busy with summer! 2 mile hike with Naturalist Penny.
- 29 Hike: Tracy Hill at 9 a.m. meet at Grouse Mountain Trailhead. See the meadows and aspen forests in the north end of the park with Naturalist Penny.

Mueller events are free; however, a \$7day pass or \$70-annual park pass per vehicle is required to enter the park. For more information, call the park at 719-687-2366.



Do you enjoy talking to people? Do you like to set your own schedule? Can you meet deadlines?

The Ute Country News is seeking sales representatives for Breckenridge, Buena Vista, Salida, and Colorado Springs. Experience helpful, but will train. Basic computer skills required. Ability to identify potential markets helpful. Generous commissions. Send letter of interest and resume to Ute Country News POB 753 Divide CO 80814 or utecountrynewspaper@gmail.com.

~OUT AND ABOUT~

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

BUENA VISTA

6 Spring Clean-Up at Mini Bles -noon. Lunch provided. Call 719-

6 Collegiate Peaks Trail Run. The Run takes place in Buena Vista, Colorado and offers two race distance options – 25 miles and 50 miles. The race is sponsored by the Buena Vista Optimist Club and benefits the youth of our community. Find out more at http://www.collegiate-

the Paddlefest on Memorial Day about human trafficking and how you can help us fight the problem sale that were made by trafficking rvivors. Come check us out! A tion. http://www.buenavistaco. gov/2157/PaddleFest

CA ON CITY 13 Jewett Liquor tasting 2-5 p.m

27 Jewett Liquor tasting 2-6 p.m. · NAMI Connection Recovery Suppor ness. Every Wednesday 5:30-7 p.m. at St. Thomas More Hospital Comnunity Education Room. Free safe, and confidential. 719-315-4975 www.namisoutheastco.org

COALDALE **SCHOOLHOUSE**

ring hunters at 7 p.m. indie-folk band based in Boulder CO. Rich harmonies, youthful ptimism and stories-from-the-road characterize a sound that invites you into a musical conversation between friends.

26 Claude Bourbon at 7 p.m. French guitarist Claude Bourbon is known throughout Europe and America for amazing guitar performances that take Blues, Spanish, Middle Eastern, and Russian stylings into uncharted territories. Maryanne Rozzi and Bruce Warren will open the sho with duets on harp and hammered dulcimer. For more information: coaldaleschoolhouse@gmail.com

COLORADO SPRINGS

8 Not So New Open Space 65 Million Years in the Making at 6 p.m. (social time), 6:30 p.m. dinner) by Jackie Hilaire held at Colorado Springs Masonic Center 1150 Panorama Dr. East of the city boundaries is a new property owned by the Colorado Springs Parks Department. Rich in history, geologically unique and generally pristine - it was named n the 1800's as Corral Bluffs, a namesake derived from the cattle drive days. Find out the reasons for this 600-acre area becoming des ignated a Colorado Natural Area. a major research area for multiple disciplines, and hopefully, some place new for you to visit. Progran ormat is in a casual, catered dinner setting at a cost of \$17, payable in advance. RSVP and PAY via Credit Card online by Friday prior, noon. For more information ask for Bob DeWitt 719-473-0330 or email: **16-18** MVEE Job Fair See ad on

the History Center 9-4 p.m. for and early Colorado City, some HO model Colorado Midland steam locomotives will be pulling both peakstrailrun.org/ **26-29** BV HOPE will have a booth at

lisplay will also include freight and passenger trains from the 1920s to the 1950s pulled by Santa weekend. We will have information Fe, Rio Grande, and Union Pacific steam locomotives. The portable layout is 28 feet long and will fill is well as some beautiful items for the main display area of the museum Chris Fox model railroader built the railroad layout in 2010. link for the event for more informa-He has been modeling trains for about 55 years and is a member of several public and private model train groups. He also works to restore full size equipment and

this historic model railroad.

HISTORY CENTER

free. In the spirit of Territory Days

passenger and freight trains. The

travels much of the year displaying

CRIPPLE CREEK Group. Adults living with mental ill-Gold Camp Shooting Sports Cente is open 3rd Sat through Oct 10-3 p.m. 1805 Teller County Road 81. \$10 per person. Call 719-930-2823

> ASPEN MINE CENTER 2, 16 TBI Group participation meet-

ings regarding Traumatic Brain 3, 10, 17, 24, 31 AMC Communit Luncheon is held each Wednesday between 11:30-1 p.m. All community members are welcome particularly seniors, persons with lisabilities, volunteers, low incom

individuals and families 3, 17 ATTUNE support group for meets 4-5 p.m.

9 All Vets, All Wars Group participation for all vets, of all wars 10-11:30 a.m. 10 Colorado Legal Services 1:30-3 p.m. assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado

18 OIB Group for individuals with blindness or other sight issues meets 10-11 a.m. 19 Teller County Honors Veterans, 12-3 p.m. Luncheon for all Teller county

Veterans and their families **26** Teller County Emergency Food Distribution Program (Commodi ties) will be held between 9-2 p.m. Please bring photo ID and proof of

Teller County residency.

26 Cross Disability meetings for persons with disabilities 10-11:30 a.m. Meetings are held in the 2nd floor ence room, unless otherwise noted. Call 719-689-3584 for more

GED update: we have one orientatunity before summer on May 5. Classes continue as usual through June. Call Katy 719-686-

PARKS AND RECREATION

Use Court at 10:30 a.m., free.

6 Make & Take a Spa Gift Set for Mother's Day 1-3 p.m. \$10. 11, 25 Adventure Service Klub (A.S.K.) for kids in 1st grade thru oth from 4:15-5:15 p.m. free. 12 Grand Opening of our new Multi-

OLD COLORADO CITY

12 Old Colorado City History Center Cowboy Music from History at 27-29 Special Model Train Show at

\$10 and free to customers. 24 Adopt-A-Block trash pick-up day

Wed 6-7 p.m., Tues 11-noon \$5 Archery Classes most Saturdays by

 Bible Study for Women Only, every Wed 5-6:30 p.m.

• Judo, Tuesdays from 5:30 to 7:30, \$5 Kido 4 Kids (Martial Arts) Mon-Thurs 4:45-5:45 p.m. \$5

• Roller Skating/Blading Fri 1-4 p.m. and Sat 3-5 p.m., call, \$2 • Silver Sneakers Exercise Classes every Mon-Wed-Fri 10-11 a.m

· Zumba Classes, Mon, Thurs 5:15-6

DIVIDE

tribution per last name (see below 4:30-6:30 p.m. For more info 719-322-7610 or email littlechapelfood pantry@outlook.com

• I-Q: 4:30-5:30 p.m. R-Z: 5:30-6:30 p.m Alpine Music Festival is happy to

announce tickets are now available for our 2nd Annual Alpine Music Festival on July 8. The headliner will be Brandon Heath. All proceeds for this event benefit Little Chapel Food Pantry. For more info and to purchase your ticket in advance (prices go up at the door) go to www.alpinemusicfestival.com

7 Join the Friends of the Fairplay Community for a special Mother's Day Tea, to be held at the historic Hand Hotel on Front Street. A variety of teas, sandwiches and desserts will be served at 2-3 p.m Seating is limited so call early for your reservation (Julie at Town Hall 729-836-2622 ext. 109) Tickets are \$10. Proceeds will go to the Friends Building Fund for

15 South Park City Museum will onen for the season from 10-5 p.m. and as of May 26 hours will be 9-7 through Labor Day. Ticket office closes one hour prior to museum closing.

Ponds at 7 p.m. We will discuss ongoing and new citizen science projects at BP along with other projects include: tracking plant phenology, sampling forest inven

14 Softball Co-Ed May-Aug, registration deadline May 14

20 Outdoor 3-D Shoot (with 2-D targets) 10-3 p.m. \$10, call to register **20** Garage Sale 9-3 p.m. booth space

p.m. and 3-5 p.m. \$10, call to

8-3 p.m. starting at Park and Rec On-going:
• Aikido for Adults (Martial Arts), Mon,

English as a Second Language, Call Michael 689-3514 for Info

• Knitting Club for Ŵomen, Mon 10-1 p.m., free

For more information call 719-689-3514

8, 22 Little Chapel Food Pantry dis-

• A-H: 3:30-4:30 n m

• GED update: we have one orientation opportunity before summer or through June. Call Katy 719-686-

FAIRPLAY

the South Park Community Center

BEAVER PONDS

25 Join Volunteers Greg and Diane Ambrose to learn more about our Citizen Science Projects at Beaver tory plots, and mapping and char-

PALMER LAKE

8 Palmer Lake Historical Society invites the public to the Palmer Lake Town Hall, 28 Valley Crescent St. at 7 p.m. to hear the story of Charles Goodnight's life (1836-1929). The presentation will include a wide variety of old and new slides. Learn about Goodnight's early life, his arrival in Texas, and his jobs as a youth (including Indian Scout and Texas). Ranger) that prepared him for his life-long work in the cattle trail and ranching business. The presentation speaks to his early interest in Texas Longhorns, his partnership with Oliver Loving and details of their first cattle drives, including the historic areas that Goodnight and his drovers chose for swing stations. The presentation talks about the Nolan Land Grant, the large range the Longhorns grazed, including the Babcock's Hole Ranch in Wetmore, CO, the building of Goodnight's magnificent stone barn in 1870, and his eventual move to the Palo Duro Canyon in the Panhandle of Texas in 1876. This event is free and open to all. Light refreshments will be served after the presentation. For more information visit our website at www.palmerdividehistory.org

acterizing active and abandoned beaver ponds.

27 Free Public Day, Open to visitors

between the hours of 11-3 p.m. FAIRPLAY LIBRARY

Common Cents Colorado financial lit-

eracy educational series. Learn all you need to know about personal financial vironment! Join Fairplay Public Library for any or all of these free workshop seminars. Although the classes are somewhat sequential, you may select any that interest you. All of the 1-hour rams will be from 9:30-1:30 p.m.

1 Goal Setting and Financial Planning. This class centers on basic money management skills such as creating a budget, calculating your net worth, tracking expenditures, and setting realistic savings goals.

12 Key Investment Concepts. The topic is investment terminology that is central to understanding the world of investing. Risk/reward, diversification, total return, and allocation are a few of the terms that will be discussed and applied to personal investing.

19 Retirement Savings Vehicles. This

their retirement

23 Common Investment Types. This workshop centers on a thorough, people include in their investment

24 Managing Money During Retirement. All of the concepts from financial assets last throughout the happy, relaxing retirement years. Please sign up at Fairplay Library or Fairplaylib@parkco.us or call 719-836-4297

FLORENCE 21 Florence Car Show. See ad on

FLORISSANT 20 Tipi Set-Up at 10 a.m. Have you together? How did the Native Americans manage to get thos poles to stay in place? Now is your chance to come see for

Event will be rescheduled in the case of inclement conditions. For more information call 719-748-

class will cover the many ways individuals can use tax-advantaged investing to protect their long-term savings, especially as they plan for

but easily understood, discussion of cash, stocks, and bonds, which are the core investment types that most

prior classes are brought together as the discussion centers on how to use this knowledge to make certain

page 17.

ever wondered how a Tipi is put yourself how a Plains Indian Tipi is set-up! Ed Held (Tipi Man) will be presenting a follow-up to his 2016 Chautauqua presentation and setting up the Tipi for the Pikes Peak Historical Society. He will be putting up the Tipi next to the PPHS Museum located at 18033 Teller County Road #1, across from the Florissant Post Office. This presentation is weather-dependent

8259 or 719-748-3861 FLORISSANT GRANGE

13 Flea Market/Craft Fair 9-3 p.m. Display your crafts or sell those unneeded items or browse around the crafts and maybe find that needed item. \$15 per vendor space. • The Florissant Grange has tickets available May 1st for the Pikes

Peak Cowboy Gathering dinner and show \$35 per person. Date: TBA. On-going classes: Let's Paint! Painting classes are by reservation only and can have from 3 to 10 people. Supplies, snacks, erages, and instructor are pro

vided. Cost is \$30 per person

 New Alanon Meeting every Wednesday from 1:30 p.m. to 2:30 p.m. For more information contac 719-466-0431 • 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. Please call 719-748-5004 for more

SACRED EARTH SANCTUARY 12-15 Sacred Earth Sanctuary presents Green Medicine with Itzhak Beery. Itzhak has studied with renown elders from the Andes and the

12 The Night Watchman: Amazonian Guavusa Dream Tea Ceremony 7 p.m. into the night. This is a powerful experiential intensive sharr evening into the dimensions of dreamtime, and altered states. It is a vision quest that challenges your inner warrior, your sense of space time and direction, as you step in into the mystery of dreamtime \$50

13-14 Learn how to live a healthy and sperous life in a time of strive and imbalance from 10-4 p.m. each day. Know what you need to do to detect and protect yourself from negative energies? How to journey for knowledge and visions into the unseen spirit world. Learn these powerful secrets with Itzhak Beery who for over 21-years apprenticed with two powerful teachers from two indigenous tribes, the Urewau-wau (People of the Stars) and Andean Quechua traditions. \$350

15 La Limpia, private healing sessions with Itzhak Beery by appointment only All events take place at The Sacred Earth Sanctuary, 633 Valley Rd., Florissant, CO 80816. Please RSVP: pati@sacredearthfound.org,

continued on next page

Rampart Library news

by Michelle Dukette

Special exhibit

The Rampart Library District is very fortunate to have in its possession one of the largest books in the world. Bhutan: A 133 pounds. The Kingdom of Bhutan is a country that has been called "the Last Shangri-la." Situated on the Silk Road east Asia, it is renowned for its rich Budis a celebration of the country, containing ited May through July on the third floor of the Woodland Park Library.

The Rampart Seed Library is up and running and we welcome you to come and well as some DVD's (see page 6). Many of our books for this collection were from the private collection of the late John Collins. We thank his family for this very generous and thoughtful donation.

1 Movie: The Conscientious Objector 2:30-4

3 Free Legal Clinic 3:30, 3:45 p.m. 4 Computer Quickie 10-11:30 a.m.

8 Friends of the Florissant Library meeting 1:30-2:30 p.m.

10 Adult Coloring 10:30 a.m. 11 Basics of Internet Security 10-11:30 a.m.

24 AARP Smart Driver Class 1-5 p.m Adult Programs/Clubs—Woodland Park

12 Basics of Internet Security 10-11:30 a.m.

Early this year the Teen Room at the Woodland Park Library was given a makeover thanks to the financial support of the Rampart Library District Foundation and the Woodland Park Holiday Home Tour. We welcome everyone to our open house on May 16, from 2-4 p.m. Light refreshments will be served.

Teen Programs at Woodland Park 5, 12, 19, 26 Minecraft 3-5:30 p.m. 3, 17, 31 Wii 3-5:30 p.m. **11, 25** Anime Club 3:30-5 p.m 17 Teens Cook! 3:45 p.m.

Children's Programs at Woodland Park 3, 4, 10, 11, 17, 18, 24, 25, 31 Children's Story Time at 10 a.m. **2, 9, 16, 23, 30** Books & Babies at 10 a.m.

Summer Reading

Our annual summer reading program will run from June 1- July 31. Registration begins May 25. You can either register from home at our website www.rampartlibrarydistrict.

Horissant Public Library to sign up in persor We have 4 programs this year: Adult Teen Kids and Early Literacy. The Early Literacy program is for pre-readers and is a fun way to engage them while teaching them important steps to become life learners and pave the way to reading on their own! Those who finish the program will choose a free book to take home and for the Adult, Teen and Kids program we have several grand prize drawings.

Florissant Public Library

In recognition of May as National Military Appreciation Month, the Florissant Public Library will be showing the movie, The Conscientious Objector at 2:30 p.m. Director Terry Benedict tells the story of Medic Pfc. Desmond T. Doss through the eyes of the men who witnessed this humble man's heroic acts. Winning the respect of his fellow soldiers, they recommended him for the highest honor America can bestow — The Medal of Honor.

Rampart Library District Closed Sunday,

May 28 and Monday May 29 for Memorial Day Holiday.

~OUT AND ABOUT~

http://www.sacredearthfound.org/

THUNDERBIRD INN • Every Thursday night is open mic jam at 7 p.m.

GUFFEY

14 Bakery at Strickly Guffey cel ebrates Mother's Day with brunch.

RESTAURANT & BAR

See ad on page 12.

5 Cinco De Mayo Party hosted by Piz & Pitbull 6-9 p.m. Costumes optional & Door prizes

8 X-Box Rock Band hosted by Cecil

12 Karaoke 6 p.m. 14 Mother's Day Breakfast Specials 8-11 a.m.
15 Open Mic Night hosted by Super

19 Karaoke 6 p.m. 22 Bingo Night 6 p.m. 26 Karaoke 6 p.m. 27 Foggiest Notion 5-8 p.m. 28 River City Blues Band 2-5 p.m. 29 Green Chili Cook 5 p.m.

FMI 719-689-4199

FRESHWATER BAR & GRILL 6 Callani's 5-9 p.m 13 Steele Street 1-4 p.m. 14 Mother's Day Dinner 3-6 p.m.

20 Armed Forces Day (10% discount to all Military Personnel) Pup Morse 1-4 p.m. 27 Stompin George 2-5 p.m. 28 The Closers (Blues) 1-5 p.m. 29 Howie Henderson 1-4 p.m.

Note: Wii bowling available on Sunday evenings, except on Mother's Day!

Save the date: Car Show Off June 3 (vehicles need to be here by 10 a.m.) 11-5 p.m. Cari Dell Trio 1-4 p.m. Reserve a spot now to show off your pride n joy! 719-689-0518 freshwater.bootlegger@gmail.com

GUFFEY LIBRARY 1 Talking Threads 1 p.m

13 High Altitude Gardening workshop hosted by The Plant Lady, Karen Anderson at noon 20 Common Cents for Colorado workshop #3 at noon

22 Guffey Literary Society at 1 p.m.

27 STEAM at 11 a.m. 31 Veteran Outreach Services All events are open to the public and free. Please feel free to call or email with any questions 719-689-9280 or email: Guffeylib@parkco us Or visit our website: http://

parkcounty.colibraries.org HARTSEL

Save the date: Hartsel Days celebrat ing their 24th year! It's always the first weekend in August; this year, August 5-6. We're located on Hwy 24. an ideal location for vendors to be visited. If you'd be interested n joining this event, contact harteldays@gmail.com or 719-838-1653. We'll be glad to send you the information and application. The booth fee is still a low \$35.

JEFFERSON

27 Jefferson Community Civic Association will have their annual Memorial Day Breakfast, 7-11 a.m. at the Jefferson Communit Building. If you have any questions, please call Lora Alexander 719-836-2615.

MANITOU SPRINGS

a film screening at 7 p.m. at Sun-

water Spa 514 El Paso Blvd.

PARK COUNTY Grant for Park County Veterans of any ge to help pay for Housing, Utilities

tion, please call 719-836-4295. **PARKER** Save the date: June 3 A G

ing of the People from 11-6 p.m.

resented by One Nation Walking

ance on Mental Illness, and Health

olutions will observe Mental

Health Month to raise awareness

about mental illness and to promot

nental health. One in five adults

mental health condition. Half of all

in the United States lives with a

lifetime mental health conditions

begin by age 14 and 75 % by age

4. In fact, over a lifetime, more

than 80% of the population will

ogether at Takoda Tavern 12311 Pine Bluffs Way. **PUEBLO** 13 Friendly Harbor, a o nity center for people in recovery NAMI Southeast Colorado, the local affiliate of the National Alli-

> 719-539-3351. 6 The 32nd Annual Caddis Festival Banquet & Auction, at the Chaffee County Fairgrounds. Presented by

seek some type of mental health 11 Ghost Grizzlies: Does the Great Bear Still Haunt Colorado? David To help inspire awareness during Men-Petersen, a journalist, conservation st, outdoorsman, and author, will present the Collegiate Peaks Forum Series Lecture at 7 p.m. at the Salida Steam Plant Theater. Petersen will also have books, including

MEMORIAL DAY IN THE AREA



Memorial Day, This warm weather

holiday is celebrated by traditiona

summer activities such as outdoo

barbecues and swimming or boat-

ing. While many people enjoy this

noliday because it gives them an

opportunity for a relaxing day with friends and family, there is a much

pigger meaning behind Memorial

Day. A few years after the end of

the Civil War, Americans celebra

Decoration Day as a way to honor

their friends and relatives who had

bassed away during military service

By 1971. Memorial Day became at

official American holiday that is cel

American Legion Post 1980 and

ebrated on the last Monday in May

VFW Post 6051 of Woodland Park.

CO work together to provide proper observance of Memorial Day. This

ceremony begins the Saturday before

Memorial Day with the placing of

American flags on the graves of vet

erans at the cemeteries in Woodland

cemetery at Woodland Park contain

to the present day War on Terrorism

Then on the morning of Memorial

Day, American flags are posted at

of Hwy 24 & 67. Then later that

Lions Park which is at the crossroad

morning at approximately 10 a.m., a

formal observance is performed at th

Woodland Park Cemetery. Here, the

order creating Memorial Day is read

followed by the laying of wreaths at

the graves of veterans of the Civil Wa

Park, Divide and Westcreek, The

VFW Post 11411 Veterans of Foreign Wars (VFW) Post #11411 of Florissant and Lake George will conduct its Honor Guard Ceremony in memory of veterans that are buried in local cemeteries on Memorial Day, Monday, May 29, 2017 at the following imes and location 4-Mile Cemetery

10:45 a.m. Florissant Cemetery 1:30 a.m. Lake George Cemetery The public is invited to attend

The Wilkerson Pass Visitor's Center will be open for the Memorial Day holiday weekend. VFW Post #11411 will again host its Coffee Stop at the top of Wilkerson Pass for Memorial Day weekend beginning Saturday, May 27th around 9 a.m. The Coffee Stop will be open until round 5 p.m. (weather permitting) each day of the holiday weekend Saturday, Sunday, and Monday). Join us at the Coffee Stop for free offee and cookies and put your dot" on our "map of travelers.

To learn more about membership

n the Florissant-Lake George VFW

Post #11411 or it Auxiliary, contact

Post Commander Randy Ford at

748-5344 or Auxiliary President

Janiece Tyler at 748-1335. WOODLAND PARK

American Legion Post 1980 & VFW Post 6051 In America, the iconic holiday

the grave of the latest veteran to be buried at the cemetery. This is folhat unofficially begins the summer season in the eyes of many people is of taps. The public is invited.



Harbor, 2713 N. Grand Ave, Pueblo, CO 81003. It will feature remarks by Senator Leroy Garcia, local music organized by Music for a Cause, a 1.25 and 2.5 mile walk, a silent auction, a children's bounce house, face painting, a free barbeque and resource booths from local agencies. To sign up go to www.health.solutions. For additional information about the other Mental Health Month activities visit: www.health.solutions and www.namisoutheastco.org.

SALIDA 3 Free Legal Clinic at Salida Regional Library from 2-3 p.m. Walk-ins

4 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street, from 9:30-2 p.m. Call Elaine Allemang for more information

the Collegiate Peaks Chapter of Trout Unlimited. For more info 719-395-7788 or pkssimpp@gmail.com. 7 Walden Chamber Music Society concert at the Salida Steam Plant Event Center at 3 pm. Go to waldenchambermusic.org for more info.

continued on page 36

The 8th Annual Midland Days Symposium is May 20 by David Martinek



One of several Wildflower Excursion photos taken in Eleven Mile Canon (called Granite Canon by the railroad). This one in 1911.

The one trip you can't afford to miss. The (Colorado Midland) Wildflower Excursion takes vou a little over fifty-seven miles due west into the Rockies from Colorado Springs, through Colorado City and Manitou, up historic Ute Pass, around the pine-covered east and north slopes of Pike's Peak to the Summit of Hayden Divide at an altitude of 9,198 feet, down Florissant Canon, by Lake George, up Granite (Eleven Mile) Canon and into the South Park. Magnificent views of over 200 miles of the great Continental Divide (await, including) the Collegiate Range - Mountains Yale, Princeton and Harvard; the Mosquito

Range - Mountains Lincoln and Quandary; (as well as) Gray's, Evan's and Torrey's Peaks; all from 14,187 to 14,375 feet above sea level.

Taken from a Colo-📘 rado Midland Railway brochure from the early 1900s, the excerpt above describes one of their more successful, regularly scheduled excursion trips along the Midland route. Colorado Midland Excursions is the theme of the 8th Annual Midland Days Symposium scheduled this year on Saturday, May 20, at the historic John Wesley Ranch and Retreat south of Divide.

Along with its cosponsors, the Teller Historic and Environmental Coalition and the Divide Chamber of Commerce, Midland Days at Divide, Inc., will once again present a full day of Colorado Midland history, including hundreds of historic photographs, focusing on the railroad's many excursion trains running throughout the whole length of its route from Colorado Springs to Grand Junction. In addition to presentations on the laundry trains, stops at Hellgate and the fishing spots along the Western Slope rivers, the Wildflower excursions running from Colorado Springs to South Park will also be prominently featured.

Wildflower trains ran

features a 'daily Wildflower day of the event are wel-Excursion' for only \$1.00. A lunch and seating cannot be The Colorado Midland chance to spend an entire day assured.

An Entire

Day in the

DAILY

EXCURSION

115-Mile Scenic Trip \$1

From Colorado Springs and Manitou

regularly in the spring and summertime over 115 miles (round-trip) for an entire day. The cost per person was normally around \$6.30 but sometimes they would schedule a special excursion for only \$1 (children between five and twelve could ride for 50 cents). Oh, what flowers were seen (and picked)!

The purple thistles, the dainty blue

bells and the fragile wind flowers, fiery

Indian pinks, purple asters and delicate

primroses, mariposa and tiger lilies, golden rod, sprays of mountain cypress snow stars, woodbine and pale green clematis, and millions of purple and white blossoms of beautiful columbine, and countless other flowers, bend in the wind from the snow-white mountains. Varieties change as the season progresses. Ample time is given at the wildflower fields on the return trip to gather bouquets of varieties in bloom.

Each excursion train was personally accompanied and conducted by a representative from the Midland's "passenger department" to point out and explain all points

of interest along the route. Lunch cars were also added to the trains, serving light, a la carte meals at popular

The 8th Annual Midland Days Symposium will feature historians Mel McFarland, Tom VanWormer and Dwight Haverkorn recounting the history of the numerous excursion trains run by the Midland to supplement their revenues and to feature some of the most extraordinary scenery along its rails, as well as an interesting train robbery

or crime or two. A fund-raiser, the annual symposiums generate funds for Midland Days at Divide and to support the Midland Depot at Divide preservations efforts of both T.H.E Coalition and Divide Chamber.

Seating for the symposium will be extremely limited so advanced reservations are encouraged. Refreshments and lunch will be served. At \$55 per person, RSVPs may be confirmed by calling David Martinek, president of Midland Days at Divide Inc. at 719-213-9335 or by emailing requests to Midlanddays@ yahoo.com. Reservations should be confirmed prior to Monday, May 14, 2017. The advanced reservation fee may be paid at the door the day of the event or mailed (a check made out to Midland Days) to Midland Days, P.O. A Colorado Midland Railway Box 1088, Divide, Colorado, brochure from the early 1900s 80814. Walk-in attendees the

> in the mountains. According to the tradition begun in 2010 at the first Midland Days symposium,

all advanced reservations will receive a free, limited-edition railroad print (ink on parchment), courtesy of Mel McFarland. This year's print, entitled "Let's go on an excursion," will be the eighth offering in a series especially drawn for the symposium. Additional copies, as well as prints from previous events, along with other railroad mementos will be available for sale.

Visual Odyssey Across the Last Himalayan Kingdom measures 7 X 5 feet and weighs between the Indian subcontinent and Southdhist culture and is a lively country full of beauty and character. This book, which was printed with more than a gallon of ink and a roll of paper longer than a football field, lush and vibrant photographs of its people, places and traditions. We hope that you will come view the book, which will be exhib-

borrow some seeds. We have a wonderful variety of both flowers and vegetables. Come in, sign out some seeds, grow you plants and harvest some seeds to bring back for others to borrow next year. We

also have a wonderful collection of books

Adult Programs/Clubs at Florissant

3 JLF U.S. Con Evaluations 11-2 p.m.

8 "Who Picked This Book?" 11:30-12:30

17 Bookworms *Lisette's List*: A Novel by Susan Vreeland at 10:30 a.m.

2 Book club Small Great Things by Jodi Picoult at 10:30 a.m. **3** Free Legal Clinic 3-4 p.m.

16 AARP Smart Driver Class 9:30-1:30 p.m.

Teens

Children's Programs **5, 12, 19, 26** Story Time at 10-10:45 a.m.

5, 12, 19, 26 Lego Club all day

org or come in to either the Woodland Park or

To register for computer classes, please call Mary Ann at 719-687-9281 ext. 102.

tal Health Month our organizations have come together to hold the first annual Mental Wellness Block Party on May 13 from 9-noon. The free event will be at Friendly

Ghost Grizzlies, available for purchase and signing. The lecture is free to the public and refreshments will be served. The Salida Steam Plant Theater is located at 220 West Sackett Avenue, Salida, CO. The Collegiate Peaks Forum Series, in its 15th year, is a free lecture series with presentations in Leadville, Buena Vista, and Salida. For more information about the CPFS, visit

www.collegiatepeaksforum.org. chael Jackson at the Salida Steam Plant. See ad on page 15. 12-12 Fundraiser for Ark Valley Humane Society at the Sellars Project Space 101 N. F Street upstairs). Featuring original landscape paintings and animal portaits by Salida artist Sally Mather. The opening is May 13 from noon – 6 p.m. featuring adoptable dogs and the closing is June 10 from noon-6

p.m. featuring adoptable cats. All

proceeds benefit Ark Valley Hu-

nane Society. Call 719-395-2737

for more information. 18 Food Safety Class for cottage industry. See page 13. **20** Comedian Josh Blue at the Salida Steamplant. See ad on page 15. **WOODLAND PARK** 4 Bible Study Fellowship is n

2018 year for the Study of Romans. BSF is an in-depth, interdenomina tional Bible study that helps people know God and equips them to effectively serve the Church throughout the world. Please attend an early registration: Wed., May 3 at 6:30 p.m. at Woodland Park Community Church (800 Valley View Dr.) or Thurs., May 4 at 10 a.m. at

taking registrations for the 2017-

~OUT AND ABOUT~

continued from page 35

HighView Baptist Church (1151 Rampart Range Rd.) You may also contact Ann Chipman at 303-478-5795 and/or www.bsfinternational org for more information.

4 National Day of Prayer will be celebrated from 6-7:30 p.m. at the Ute Pass Cultural Center. Please feel free to join other Teller County folks in prayer for our country. You can come for a portion of the time and leave when you must. Prayer requests will be taken at the door for our country's leadership churches, military, businesses. schools, and media.

5 The 23rd Karate/Gospel Outreach will be held at 7 p.m. at the Ute Pass Cultural Center. Featured will be the Karate Plus students and nstructors presenting: safety and defense. Karate weapons, jujitsu

SALIDA Salida Art Walk Mini Masterpiece

Auction's 25th Anniversary

This year, a new category of mini nasterpieces has been added to the uction. The Committee will be acoting mini canvasses from children 5 and under. The starting bid for ese masterpieces will be \$10, while e starting bid for adult minis is \$25. Children are encouraged to pick a mini canvas at The Book Haven 35 F Street. The store is open from 0:30-5:30 p.m. Monday through

ne at salidaartwalk.org The forms and minis need to be mpleted and brought to The Book iven by June 1st in order to be cluded in the auction.

aturday and noon-5 p.m. on Sunday

egistration forms can be found on-

The mini masterpiece auction is eld on Friday, June 23 and 24 at The SteamPlant Annex. For more informaon, please contact Lisa Marvel at 207-1480 or thebookhavenlisa@ mail.com.

locks, judo throws, board/brick breaking, sparring, God's Good News, formal techniques, plus there will be segments by the KP Demo Team, and KP Black Belts. A special segment will share interest ing photos and brief video of "The Grandest Movie", Ben Hur-1959. This event is free to the public

7 Ute Pass Chamber Players present the 2016-2017 Season Finale concert with the music of Havdr Dutilleux, Beethoven and Debussy Featuring Guy Dutr-Silveira on oboe, Clark Wilson on bassoon. Dina Hollingsworth on flute, and Barb Rilev-Cunningham on piano at 3 p.m. at High View Baptist Church 1151 Rampart Range Road Tickets \$15: students \$5 with valid school ID; available at the door or call 719-686-1798.

10 All are invited to a Community Open House on Downtown Woodland Park's vision 4-7 p.m at Woodland Country Lodge. This s a follow-up to the downtown community visioning sessions held in March. Please stop to hear what downtown Woodland Park, Hors d'oeuvres and lemonade served Located at 723 W US Hwy 24. For questions please call the Main Street office at 719-687-5231.

13 Farmers Market. See ad on page 15 Parkinson's Support Group will meet at 10 a.m. in the Mtn. View Methodist Church on Rampart

Range Road. 5 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.

20 Pancake Breakfast at the Wood land Park Senior Center, 321 N. Clothes Closet offers free food and

clothing on Mondays, Wednesdays, and Fridays from 1-4 p.m. Donations accepted. Call 719-687-2388

for more information. • GED update: we have one orienta-

rtunity before summer or May 5. Classes continue as usual through June. Call Katy 719-686-0705 for more information. Save the Date! It's almost time for

Yappy Hour, a FUNdraising event to benefit our furry friends at TCRAS on June 11 at Woodland Country Lodge 2-5 p.m. 734 US Hwy 24. Woodland Park. Cost: Admission is just \$10 for adults, \$5 for children! Well behaved, leashed pets are welcome! Enjoy yummy yappytisers, delicious drink specials, and treats for all furry friends! Have your photos taken with your fuzzy friend! Photographers will be on-site. Suggested donation: \$10 We'll email digital photos to you! Purchase your tickets at www.tcrascolorado.org or

DINOSAUR RESOURCE CENTER Science of Sound 1-2 p.m. Explore the Science of Sound by Science Matters. Join the band, play a tune and take home the harmonica built by YOU! Included with museum

ssion. Call for pricing. 14 Mother's Day 10-5 p.m. Mother's get in free with 1 paid adult or

20 Living in Space 11-3 p.m. Challenger Learning Center "Living in Space" is about human survival through the many challenges in space. The program goes from 11-3 p.m. Each presentation is 25 minutes long. See our website for more in-depth details. Included with nuseum admission. Call for pricing Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO Website: http://www.rmdrc.com

TEEN CENTER

Coloring Pages. Let your inner artist out and show off your artwork in the Teen Center! 2, 9, 16, 23 & 30 Tuesday Teasers-See

2. 18 Adventure Journal Club-NEW-

f you can solve our weekly puzzle!

ous-self shine! Come work on your personal journal 4–5 p.m. 3, 10, 17, 24, 31 Snack Special! Wacky Mac & Cheese & a drink \$1 8 Come build your best Lego creation All DAY!

Let your positivity and adventur-

12 Mystery Dinner Party. You must sign up to participate. Come figure out Who Is The Spy! \$5 for a char-

acter and spaghetti dinner. 17 Book Club. Come discuss the book of the month and find out what the new book will be! 4-5 p.m. 25 Last Day Of School Party! Head

over to Memorial Park for free food, fun and games to celebrate the last day of school noon-3 p.m 25 Teen Center Open 3:30-6 p.m. 25 Adopt-A-Spot. Clean up in and around Memorial Park and help keep

Woodland Park beautiful 4-5 p.m.

26 Starts Summer Hours noon-6 p.m

26 Chill Day at the Teen Center. Chilling Out at the Chimney. We will close the TC and walk over to the Chimney in Memorial Park for a small cookout and music. You mus sign up to participate so we have enough snacks to go around.

29 Teen Center Closed 30 Laser Tag noon-3 p.m. Sign up

31 TAB Recognition Party. If you're on TAB, plan on attending a dinner in your honor for all you do! 6-8 p.m. At the Teen Center we have lots going on every month. Besides what's on the calendar above, we have our Elevate Café offerings, board games, card games, puzzles, Xbox 360 and PS4 game consoles, a pool table, air hockey and foosball table! We are a safe, supervised place for teens to come and spend the afternoon. We are a drug-free, bully-free, violence-free zone! Sign-up sheet for all activi-

VICTOR bering Victor's politicians buried in

ties are at the Teen Center.

Lowell Thomas Museum.

Ute Pass Historical Society & Pikes Peak Museum

The Old Curiosity Gift Shop is located in the Museum Center building. The shop offers an extensive selection of books and unique gift items. The Gift Shop is open Wednesdays through Saturdays from 10-3 p.m. When visiting the Gift Shop, be sure to request an informal tour of History Park, Admission s free, but donations are always appreciated. The Walking Tour of downtown Woodland Park begins at 10:30 a.m. The Museum Center and History Park are located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library. or more information or to schedule a tour, please call 719-686-7512.

the 1890s mountain cemetery at 10 a.m. Meet at the cemetery which is south of town on 7th Street. The cost is \$10 per person, benefits the Victor Lowell Thomas Museum. Reservations and online tickets by credit card available at VictorColorado.com. Tickets available by cash only at the cemetery gate.

28 Victor Lowell Thomas Museum has published a new book written by a former nurse and Victor resident, Lillian Titmas. The book is a tribute about Dr. A.C. Denman who

practiced medicine in the district for 50 years. The story has been part of the doctor's office exhibit in the museum since it was donated in 2007. This year the museum staff and volunteers put Lillian's writing into book format. The book is 36 pages and includes Lillian's story as well as several historic photos of the doctor and related items from the museum's Denman/Titmas Collection. The book will be available to purchase from 2-6 p.m. at Victor

John C. Fremont Library

by Sean Beharry

May's Featured Artist

Luke Chisholm, a Cañon City High School senior is our artist of the month. He will be displaying a series of photographs and wood block prints. The series will be on display through May. A reception for the artist will be on May 13, from 2–4 p.m. See related story on page 24.

Adult Programs

2 What is Telemedicine? with Amie and Beth from Solvista Health at 7 p.m. Learn about new telemedicine services and experience it for yourself! Amie and Beth will be joining us at the library via Skype to tell us about telemedicine, and the telepsychiatry services available from Solvista Health.

5 Medicare & Medicaid with Tom Rooney at 7 p.m. Tom Rooney, Senior Health Advisor and Licensed Insurance Representative, will help clarify the confusion that surrounds Medicaid, Medicare and the Medicare/Medicaid combination plan. Tom will also talk about low income subsidy. Find out more about your options regarding these plans

16 Whales: Nature's Showboaters with Ann Williams at 7 p.m. Songs of the Humpback Whale, released in 1970, sold more copies than any human album ever had. The reverberations kicked off a mighty whale-saving fan club that stifled the whaling industry and kindled a tsunami-force environmental movement that's still growing. The more we learn about whales, the more they awe and intrigue us. This cetacean celebration investigates the whale phenom through a mix of recent findings, pop culture, sea

books in various stages of repair, and this craft.

pilot Chesley "Sully" Sullenberger depicts his emergency landing on the Hudson

lore, and stunning photos.

18 Book Restoration Demonstration with Sandy Dale at 7 p.m. Sandy Dale aka the Gnarlie Mother will show you book repair and restoration techniques. She will show teach you some simple repairs you can try at home. The library will provide antique books for everyone interested in pursuing

19 Movie Night: *Sully* at 5 p.m. Biopic of

this unprecedented feat, he must endure the weight of sudden fame and secondguessing by investigators. 30 Save Your Home Videos! Version Con-

version Intro Session at 7 p.m. Colorado Library Consortium has provided a "Version Conversion" kit to the library. This kit has tools to convert VHS tapes to DVDs, and old slides and negatives to computer files. Learn how to use the kit at this introductory session and then schedule an appointment to convert all of your old media.

River in January 2009. In the aftermath of

2 & 16 Vegan Book Club at 11 a.m. The Vegan Book Club discusses veganism and topics related to veganism. Club President: Harriet Balhiser, harrietbalhiser@ bresnan.net

3, 10, 17, 24, 31 Wool Gatherers at 10 a.m. The Wool Gatherers meet every Wednesday to yak, knit (or crochet or quilt), and have lunch! The group is BYOP: Bring Your Own Project. All levels welcome.

Youth Programs

20 Family Movie: Sing at 2:30 p.m. A koala impresario stages a gala singing competition in order to save his theater, and the contest attracts the attention of such musically inclined animals as a harried pig mom, a teenage gorilla, a shy elephant and a punk porcupine. FREE Popcorn. Bring vour own drink. Rated PG. 100 min.

Story Time at 10:30 a.m. Wednesdays and Fridays. Join Ms. Debbie for songs, stories and crafts.

4, 11, 18, 28 Teen Group at 3:45 p.m. Teens 6th to 12th grade are invited for crafts, games and fun. There is a new weekly theme. Snacks will be provided.

All programs and clubs are free and at the John C. Fremont Library, 130 Church Ave., Florence, CO 81226. Feel free to call 719-784-4649 ext.3 for more information. Notice: The library will be closed Monday, May 22nd, to Monday, May 29th for inventory and Memorial Day. We will be open on Tuesday, May 30th.

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elkhunter@ridgeviewtel.us

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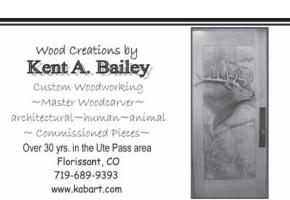
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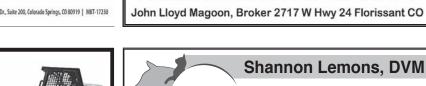
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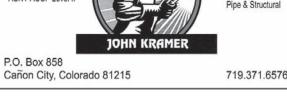
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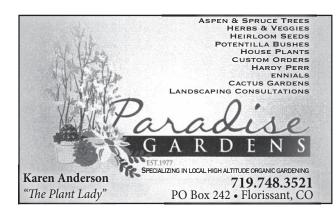
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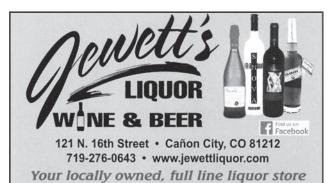


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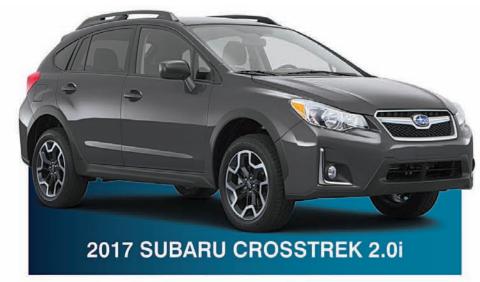




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