

Summer afternoon—
summer afternoon; to
me those have always
been the two most
beautiful words in the
English language.

Henry James

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On Deck

A few months ago we dedicated that issue of the paper to my uncle Don who had just passed away. This month I want to dedicate this issue to my father, Robert John Hansen who passed away in early June. While our early relationship would never have been confused with that of Ward, Wally and the Beav, I had gotten to know my father in recent years and came to discover that while he was never an ideal parent, he became a very good friend. I will miss him.

—JH

We hope you enjoy our article "Introducing The Thymekeeper" on page 19. Mari has a great deal of ancient knowledge and wisdom to share with us. She shares her email at the close of the article and we encourage you to contact her with questions and what you would like to learn more about as far as how herbs can contribute to a healthy lifestyle.

A full year or 12 issues have gone by since we became the publishers of the Ute Country News. It is hard to believe this much time has passed. We feel more connected to the community and bet you do too! We hope you are enjoying reading as much as we are enjoying writing, designing, distributing, and publishing this paper. Our reader feedback continues to have the theme of gratitude for information about living in Teller and Park Counties. Keep that feedback coming: 719-686-7393, utecountrynewspaper@gmail.com, www.utecountrynews.com

See the photo for On Deck above? We are getting some rain at the time of this writing. There has been enough for our native plants to grow, enough to enjoy the clean mountain morning air smell early in the morning and so far, the local burn scars are tolerating the moisture without flooding.

Whether you are a local, visiting, reading on the web, or in another state please remember Colorado is experiencing a significant drought. Please use water wisely. Please smoke only inside vehicles and use your ashtray. Please see our info on Fire Bans for Teller and Park Counties on page 15. We have included websites because info can change quickly. At the time of this writing, we have already had 18 wildfires in our state. Please be fire wise.

Mr. Spaz said I must remind you to send in your photos of your critters. He truly enjoys pawing through the indoor and outdoor photos. Mr. Spaz likes meeting his neighbors. Somehow, giving him photos to go through helps him to keep his paws off our papers. Please keep those photos coming in via the web www.utecountrynews.com or at the POB 753, Divide, CO 80814.

Thank you,
—Kathy & Jeff Hansen

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First Class subscriptions are available for \$36 a year.

One Nation Walking Together Palmer Lake Historical Society Native American Inter-Tribal Festival and Traditional Powwow

One Nation Walking Together and the Palmer Lake Historical Society are sponsoring a one-day Native American Festival and Traditional Powwow on Saturday, July 20, 2013, at the Freedom Financial Services EXPO Center, 3650 N. Nevada Avenue, Colorado Springs, Colorado 80907. This event is a celebration of Native history and culture and will include Native drums and dancers, Native art and artisans, a live wolf exhibit, and plenty of Native vendors and food.

The event is a Traditional Powwow, where Native Americans from all tribes meet together to join in dancing, singing, visiting, renewing old friendships and making new ones. Drums by invitation only! This event will provide the opportunity for non-Natives to learn and ask questions about Native culture, history, dances and music. Learn the meaning and significance of the drum in Native traditions and culture and the meaning and importance of Native songs. Learn about the different regalia worn by dancers as they demonstrate some of the various Native dances. Native artists and craftsmen will demonstrate their skills and exhibit their paintings, jewelry, beadwork, and more. Sample Native food, such as Navajo tacos and fry bread. For dancers, there will be several "Specials" plus door prizes!

Admission: \$2.00 for adults and children under 12 are admitted for free. Seating is limited. Please bring chairs. Donations of non-perishable food will be accepted. The event will be held from 10am – 6pm. Grand Entry is at noon.

For Information: Visit www.onenationwt.org (719-329-0251) or www.palmerdividhistory.org or call Al & Rhett Walter at 719-559-0525. Contact number on day of Powwow is 703-798-4320.

Sister Nation Color Guard
Leads Grand Entry (top).
Dancers Participate in
an Intertribal Dance (bottom).



Grammy's Mountain Market

by Flip Boettcher
photo by Flip Boettcher

Starting June 1, Grammy's Mountain Market, a farm fresh produce stand, located at CR 102 and Hwy 9, had its Grand Opening and began operations from 9 am – 3 pm every other weekend through the summer, according to owner Mark Iverson.

Iverson, a resident of Denver, but an owner of property in the Guffey area, has wanted to move to Guffey and start a country store/gas station on Hwy 9 at the Guffey turnoff for many years. "The produce stand is a beginning," he said.

The produce stand offers a wide variety of farm fresh fruits and vegetables at very reasonable prices, which Iverson will bring down from Denver every other weekend.

The produce, mostly from California according to Iverson is not organic, but he is looking into finding a source for reasonably priced organic produce as soon as he can.

Mary Curtis, manager of the Bull Moose Restaurant and Bar in Guffey, was at the produce stand on grand opening morning and she stated in an email that, "The produce was great and the price was right. I just wish Grammy's Mountain Market was open every weekend instead of every other weekend. I will be purchasing our fresh produce for The Bull Moose Restaurant from them every other weekend."

Iverson's wife, Linda, and his daughter,



From left to right are Mark, Linda and Michelle Iverson at Grammy's Mountain Market on opening weekend.

Michelle, were on hand to help with the grand opening.

For more information, kinds of produce

available, to order anything or to contact Iverson, visit the website: http://grammysmtmmarket.co/Home_Page.html.

The life of William Henry Jackson

by David Martinek

He was the photographer of his generation. Famous for his numerous railroad pictures and scenes of the American West, he accompanied Ferdinand Vanvever Hayden, an American geologist, on his U.S. Geological surveys of the western "territories" of the United States starting in the 1870's. It was his photos of Yellowstone that persuaded Congress to declare it the first National Park. He served in the Union Army during the Civil War and lived long enough to witness the advent of the automobile, burgeoning commercial air travel and the early years of the motion picture industry. During his long life William Henry Jackson's vast collection of photos were the images that transformed and expanded our nation's collective knowledge of the American landscape...and the world.



William Henry Jackson (1843 – 1942), in 1872 as a member of Dr. Ferdinand Vanvever Hayden's U.S. Geological Survey, which also surveyed the area around Divide.

Born in Keesville in upstate New York in 1842, Jackson grew up in Troy near Albany, as well as in Rutland, Vermont. Influenced no doubt by his mother, a talented water-colorist, at a very young age he developed a passion for painting. In his teenage years he began to dabble in the new technology of photography. Mostly self-taught, by 15 he was employed in Vermont as a photographic touchup artist.

Joining the 12th Vermont Infantry at age 19, Jackson spent a brief tour of duty in the Civil War (nine months), including the battle of Gettysburg where he guarded supplies in the rear during the fighting. After his regiment was mustered out in July 1863, Jackson returned to Vermont intent on pursuing a career in painting and photography, and later in marrying Miss Carolina Eastman.

However, in 1866 he broke off his engagement to Miss Eastman and left Vermont forever.

Bumming his way west by working as a bushwhacker on freight wagons from St. Joseph to Salt Lake City along the Oregon Trail, he made it all the way to California and spent some time driving mustangs back and forth from there to Nebraska. By 1868, at the age 26, he had settled in Omaha with his brother, Edward, to open a photography business.

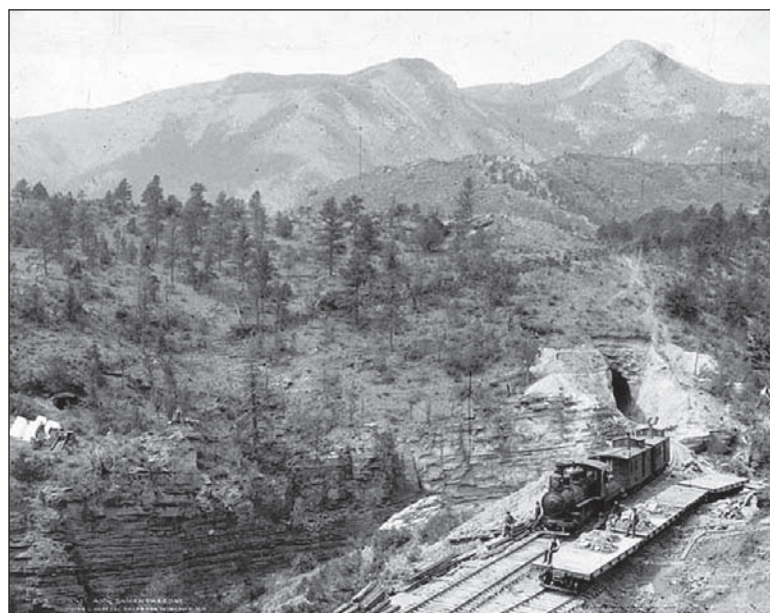
Their first break came in 1869 when they were contracted by the Union Pacific to document the "views" along the transcontinental railroad. Over 10,000 photos were taken along the route that is generally followed by Interstate 80. Their work was noticed by Dr. Ferdinand Vanvever Hayden who invited Jackson in 1870 to join the U.S. Geological and Geographical Survey (USG&G) expedition of the territories – primarily Arizona, New Mexico, Wyoming and Colorado, a commitment that lasted nine years.

Starting out with only a "fat little flopped mule" to carry his portable dark room, cameras, heavy glass plates and developing emulsions, he recorded the first-ever images of some of the most significant features of the western United States, including the geothermals and waterfalls of Yellowstone, the Mesa Verde ruins, southwestern pueblos and the mountains of Colorado. Jackson's pioneering large-print photos, along with the dramatic paintings of noted artist Thomas Moran, are credited with convincing Congress to reserve many of these areas as protected lands, most notably Yellowstone which was designated the first National Park in March 1872.

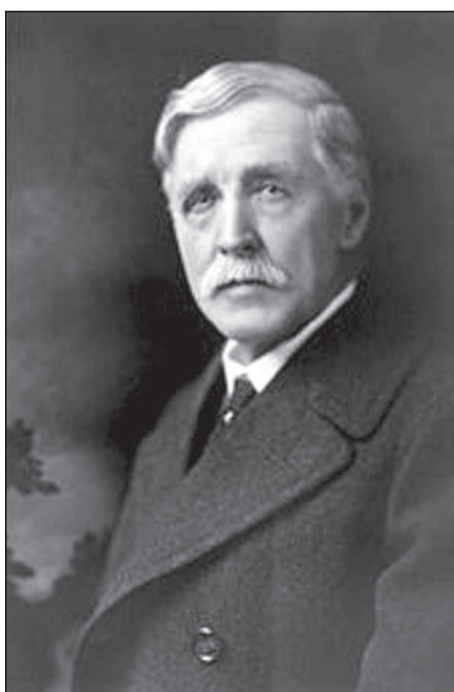
After his USG&G adventures, Jackson established a studio in Denver from where he sold photos and postcards and eventually became director of the Detroit Photographic Company. In 1894, on behalf of the company, he toured India and Siberia, as well as Europe, Africa and Japan. It was during his years in Denver, though, that Jackson spent a lot of time photographing another example of the industrial age – the railroads and the marvels of construction that allowed them to expand through the western mountains. Of particular note are his numerous photos along the Colorado Midland Railroad, running 270 miles from Colorado Springs to Grand Junction – the first standard gauge railroad to piece the Rockies.

Jackson's long life allowed him to witness many changes in American life. At the age of 66 he learned to drive a "Model

T," thanks to his friendship with Henry and Edsel Ford. He played golf into his 80s, rode horses into his 90s, wrote his autobiography and painted western landscapes from memory. He also served as a consultant for the production of the epic movie, "Gone with the Wind." He celebrated his 99th birthday on April 4, 1942 and died two months later (June 30th) in New York City. Recognized as



A Colorado Midland construction crew works near Ute Pass Tunnel No. 4 in 1886. Jackson compiled a large archive of railroad photographs, such as the historic images of the great trestle in Hagerman Pass. Photo by W. H. Jackson



William Henry Jackson in later life. Most of Jackson's photos/negatives were divided between the Colorado Historical Society and the Library of Congress. But other collections are also available, such as at the BYU Harold B. Lee Library Digital Collections. Mount Jackson (Ele. 8,231 feet) north of the Madison River in Yellowstone National Park is named in honor of Jackson.

one the last surviving Civil War veterans, he was buried in Arlington National Cemetery.

The contributions William Henry Jackson made to the historical archive of the United States, particularly of the American West, including 80,000 photographs, murals of the Old West and other paintings, helped to reinforce and encourage our national destiny and western expansion. Throughout his life he was able to document a vital part of our American heritage and preserve it for succeeding generations.



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Protect your livestock from predators

by Joe Lewandowski

Small livestock owners who live in areas where wildlife might be nearby are being asked by Colorado Parks and Wildlife to take extra steps to protect their animals.

More and more people throughout Colorado—and not just in rural areas—are keeping livestock.

A recent incident near Paonia in which a bear killed 40 chickens provides a reminder that wildlife will aggressively seek sources of food. Not only bears, but mountain lions, bobcats, coyotes and raccoons also prey on livestock. Small domestic animals such as chickens, goats, miniature horses, sheep and pets are particularly vulnerable.

The bear was trapped and euthanized. "Especially at night and at dusk and dawn, small livestock should be completely protected in sturdy enclosures," said Kirk Madariaga, district wildlife officer in the Paonia area.

A simple fence will not keep wildlife out of an area where small animals are kept. Animals should be taken into a building at night. If a pen is used, the top should also be covered. Chicken coops must be well secured—a bear can easily tear off a wooden door. Dogs that bark can provide additional

deterrents.

Livestock owners should also keep pens and barns clean because most wildlife has a powerful sense of smell. Predators are opportunists and have good memories—if they find sources of food at one residence or farm, they'll go looking for more at similar places.

Owners should also look around their properties to identify other items that might attract wildlife, such as pet food, compost piles, garbage or pets. For example, if deer are finding easy sources of food and gathering in small groups, that is likely to attract a mountain lion.

Besides secure enclosures, livestock owners can also consider enclosing an area with an electric fence. Small livestock owners who want to learn more about protecting their animals can call the local Colorado Parks and Wildlife office and speak to a district wildlife manager. Wildlife managers will visit properties to provide information on livestock enclosures. Fencing materials are also available at no charge for some agricultural producers.

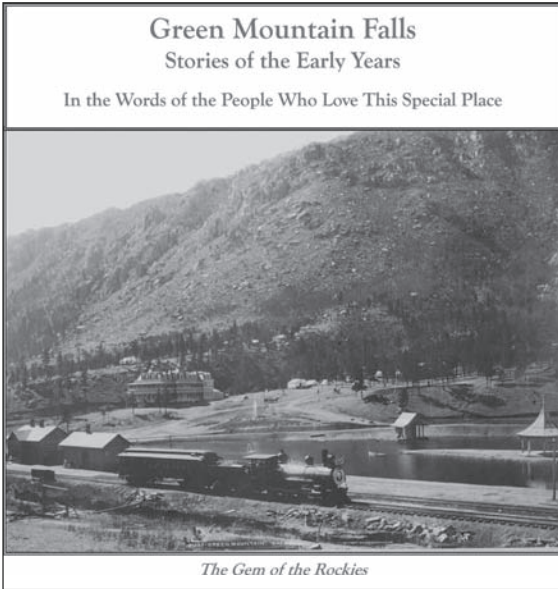
To learn more about living with wildlife, see the Colorado Parks and Wildlife website at: cpw.state.co.us.

New book: Green Mountain Falls

The Ute Pass Historical Society presents its new book **Green Mountain Falls: Stories of the Early Years**.

Local authors and residents of Green Mountain Falls, Mary Ann Conn Davis and Claudia Moorman Eley, have worked for over a year to compile the stories and photos in the book. It is available in the UPHS Gift Shop for \$18 plus tax. Patrons receive 10% off.

For more information, please contact UPHS at 719.686.7512 or e mail uphs@peakinter.net. Check us out on facebook, or our website: www.utepasshistorical-society.com.



Rampart Library District News

by Rita Randolph

Summer Reading is in full swing but it's not too late to join us for all the fun! Kids and teens can still register, win prizes and come to the special programs and a family movie in July. Adults can enter a form for a weekly drawing for prizes donated by local merchants. The end-of-summer reading party (titled the Stache Bash) is on July 19, 10-Noon at the Woodland Park Public Library. Everyone is encouraged to wear mustaches, no matter your age or gender!

The Florissant Public Library has a plethora of programs and activities for the summer, including special storytimes every Thursday morning at 10:30, Tween and Teen (6th grade and up) activities 2-3pm, and Drama Club (ages 10-16) 3-4pm.

The ever-popular "Kritter Karavan" is back on Thursday, July 11 at 10:15am at the Woodland Park Library. Come see and touch the chinchillas, hedgehogs, and maybe even a tarantula!

On Saturday, July 13 at 11am, come to a special program at the Woodland Park Library, "Free Stuff for Families" with Courtenay Sobral (Fox 21 Foxy Moms show) to find and share high-quality free deals so that you can save and use that money for necessities, investing, donating and just taking a vacation! Bring the kids, we'll have activities for them as well.

July 16 is the Noon Family Movie at the Woodland Park Library at what time? Noon. Bring the kids and a lunch or snack and we'll serve the lemonade!

On Thursday, July 18, 6:30pm, at the Woodland Park Library, WC Jameson, author, songwriter and treasure hunter, will be back with his newest book, "Butch Cassidy, Beyond the Grave." He is also bringing his guitar and will sing a few songs for us!

AARP Driver Safety Course is being offered at the Florissant Public Library on Friday, July 19 from 1-5 p.m. The course is offered the over 50 driver, and is \$12 for AARP members and \$14 for non-members (must show AARP card to qualify for the member price). Call 748-3939 to pre-register.

Teens and Tweens at the Woodland Park Library can come to the YA room for CD art at 1pm for "CD art," on July 26.

Ann Lincoln's Dino Girl will be at the Woodland Park Library Wednesday, July 31 at 10am. She will perform as a Kooky Cave Woman with help from a dinosaur and her specially trained dog. Come and see some crazy comedy, awesome juggling, mysterious magic and more!

Summer visitors who love to read and share books may want to consider joining one of the District Book Clubs. The Florissant Book Worms meets on the third Wednesday of the month at the Florissant Public Library at 10:30 a.m. WP Book Club meets on the first Tuesday of the month at 6:30 at the Woodland Park Public Library. Everyone is welcome! If you have questions, in Florissant call Polly at 748-3939 and in Woodland Park call Rita at x132.

Rampart Library District Board applications are currently being accepted. An applicant must be a registered voter in the Teller County RE-2 School District and have lived in the District for at least one year. The Library Board of Trustees is a governing, policy-making Board with responsibilities for legal and financial oversight and advocacy. The most important qualification is a sincere commitment to provide the best possible library service to the community. Application packets are available at both libraries and online at <http://rampart.colibraries.org> under About Us.

Caleb Bickel

About the poet: Caleb attends Woodland Park High School, Colorado and is in the 9th grade. He participates in the Lake George Gem and Mineral Club Earth Science Scholar program. Caleb recently won a second place medal in the southern Colorado Science Olympiad in the Rocks and Minerals section.



**I used to be
A grain of sand
Once upon a time
I used to be
A grain of sand
Among thousands trying to be different
But now I am
A pebble
Above the thousands of the lost**

by Caleb Bickel

"A meteor and the sun"

by Caleb Bickel

**Meteor
Dark, lifeless
Floating, ignored, but free
Small, insignificant—Enormous, all powerful
Rotating, admired, radiating
Glowing, stationed**



Governor Hickenlooper talking with Barbara Felton, Chief Don Felton's widow, after the ceremony of Fallen Firefighter Memorial.

Fallen Firefighter Award

by Flip Boettcher

photo by Rita Baysinger

Chief Don Felton, of the Guffey-based Southern Park County Fire Protection District (SPCFPD), was honored along with four other fallen Colorado firefighters at the 2013 Colorado Fallen Firefighters Memorial ceremony on May 11, at Belmar Park in Lakewood, Colorado.

Governor John Hickenlooper honored the fallen in a speech and was among the dignitaries that gathered with hundreds of firefighters and family members to honor those who made the ultimate sacrifice.

Rita Baysinger, Public Information Officer for the SPCFPD, stated in a press release that "Don's widow, Barbara Felton, his daughters, Theresa and Jennifer, his grandson, Christopher Thomason, his wife Kirsten, and his [Don's] two great granddaughters, Skye and Talia attended the ceremony."

The Colorado Fallen Firefighters Foundation presented each family of the fallen with a bronze medal and flowers to commemorate the event, according to Baysinger. Hickenlooper visited with the families after the ceremony.

Barbara Felton and the others were given a white dove to release at the close of the ceremony, after which "a whole flock of doves was released into the cloudless sky above Lakewood's Town Center Park, said Baysinger.

The five names, including Don Felton, were Jeff Davis - Platte Canyon Fire District (who passed away in April, 2012), Morris Dolan - Cripple Creek Fire Department, Cruz Caubajal - Gypsum Fire Department, and Kevin Keel - U.S. Forest Service, have been engraved on the granite memorial which now "contains the names of 142 firefighters who have died serving their communities, state and county," stated Baysinger.

Felton, who became SPCFPD chief in April, 2012, passed away on duty at the SPCFPD on October 29, 2012.

The Fallen Firefighter Memorial is described as "a bronze life-sized memorial on pillars of Colorado rose granite [that] will forever mark the ultimate sacrifice these men and women made...The fallen firefighters memorial will represent their deeds in dignity for all time," according to the Fallen Firefighters Foundation.

The memorial is maintained by the West Metro Fire Protection District in Jefferson County.

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One day destination: Crested Butte

By Kathy Hansen
photos by Jeff Hansen

Late springtime is a lovely time of year to head through the mountain passes. We traveled across Cottonwood Pass to get to Crested Butte. Traveling on a Thursday gave us the gift of the road pretty much to ourselves. We were delighted to find the gravel roads had recently been maintained and had minimal construction, affording more opportunity to witness the picturesque views. After all, it is springtime when the crevasses of the snow-packed peaks transform into flowing streams of rushing water.

The valley of the Taylor Reservoir was lush and alive. Recent snowfall had quenched the earth, sprouting a blanket of green. Wildflowers were plentiful; so were the many species of wildlife as we watched a beaver scurry across the road and saw several red tail hawks circling the skies. The air was thick with the smell of cottonwood.

Our lodging in Crested Butte was at the Old Town Inn just as you get into town. It was the perfect spot to call home for a few days and was within comfortable walking distance to what the town had to offer. Erica was on duty during the time we stayed. Each afternoon, Erica baked fresh cookies: oatmeal on Thursday (and just in time!) and chocolate chip on Friday. She helped us with a map of the town, shuttle information, and a few restaurant choices. She also set up the continental breakfast with plenty of variety: Danish, bagels, English muffins, hard boiled eggs, fresh fruit, frittata, a wide selection of Celestial Seasonings Tea and fresh coffee. Erica did a great job welcoming us and making it a pleasant stay.

We picked Fantasy Ranch as the place to go horseback riding. The owner, Chuck, helped us with the necessary paperwork, and then took us to the corral. Chuck brought the horse I would ride and said, "Come on over and get to know Moose." That is when I knew we had made a good choice; these horses were healthy, well cared for, and happy.

Moose was beautiful; recently brushed and easy to get to know. I told Moose that I hoped he would help me traverse the mountain today; I have vertigo and need him to be sure-footed. Moose put his head down and gently nuzzled my face as if to say he was up for the job. He seemed to enjoy having his face caressed and neck stroked. I could feel how gentle this horse was and that he was tuning into me; we bonded quickly.

Jeff rode on Dan, a very large black horse. Dan and Jeff made a great pair; they are both the strong silent type. They



Jeff riding Dan and Kathy atop Moose with Crested Butte Mountain in the background. Photo was taken by our guide, Jody.

White Rock Mountain (above) is just one of the mountains surrounding Crested Butte and Mount Crested Butte

turns yellow from the glacier lily, yarrow, and later amica.

She pointed out the orange sap of the aspen and commented that this particular grove is about 130 years old. The deep orange sap is a sign of drought, stress, and that this grove may be ending its life cycle. We all felt a little sad at the thought of this magnificent grove possibly dying. We wondered if thinning out some of the older trees would leave enough moisture for some of the younger trees. We all tried to imagine this mountain without the aspen. There was an unplanned moment of silence.

She pointed out the bear claw marks on these aspen; you could easily determine the difference between a full grown bear claw mark and a cub mark. Jody said if mama bear is concerned for her baby sending her cub up the aspen frees mama bear to ward off the danger. Shortly thereafter, we came across a very small bear print on the muddy trail, but couldn't find the larger print from mama bear.

She shared questions from a previous rider, "What happens if we see bear on the trail? What will the horses do?" It turns out at the time this question was asked there was a bear on the trail and the horses didn't seem to mind. It is as though they mutually agree to coexist; a concept we discussed as we rode the trail.

It turns out that Jody has been working on her apprenticeship, based on the work of Linda Kohanov, who wrote *Tao of Equus* and *The Power of the herd: A non-predatory approach to Social Intelligence*. The simplified version of the concept is that horses have served humankind in many ways throughout history and will continue to do so in a healing manner. There is a methodology of working with horses therapeutically, where the horses can mimic the human's emotional state and together process the emotional energy to promote healing. The underlying idea is to heal the individual in order to have a stronger herd or society; to embrace the concept of respecting each other and to never use someone's vulnerability against them. I must say, discussing steps to be taken to achieve a peaceful society amidst the grandeur of these mountains was truly inspiring. Jody had a lot to teach us!

Jody taught us the names of the surrounding mountains (White Rock, Snodgrass, Double Top, and of course, Crested Butte). She said it was in the late 1800's when biologists came west and named all the mountains as they mapped the land. Since our ride was a very large circle, she pointed the peaks out at various an-

continued on next page



Newly remodeled Kochevar's is a great place to relax and plan your visit with the help of their friendly staff.

gles because the mountain shows different faces at various viewpoints (don't we all?).

During our ride, she asked if we were aware of the little town called Gothic, which is just up the road a piece. Gothic is the site of the Rocky Mountain Biological Laboratory (RMBL), founded in 1928 by Dr. John C. Johnson. This is now a non-profit facility for research, which holds no affiliation with any university. Both undergraduate and graduate students choose to come here to do their scientific research on the topic of their choice. Their studies bridge a wide range of topics including: the effect of temperature on blossoming plants; how temperature changes affect seed production, pollination by various species, just about anything you'd wish to know about mar-mots, and many more topics. To learn more about RMBL go to www.rmbll.org.

The level of excitement about the science that happens in Gothic is contagious. They have poster board presentations on some of their research. They also have what appears to be a very large iPad with a touch screen so you can view and learn more about a number of topics. The staff is very friendly, helpful, and excited about science. One former geologist shared how earlier today a moose (not my horse) came to drink from a nearby river and she noticed how the entire camp became silent in awe. She laughed as she noticed one gal (in her office) jumping up and down in excitement to see the moose!

What was truly impressive is how the old buildings had been revitalized and turned into dwellings for today's researchers. So often, those building are simply left to rot. Perhaps it takes a group of scientific minds to find a way to make use of what is already there.

Just beyond Gothic is a road that has many waterfalls on its path. It is a great place to explore. We saw a lone elk making her way up the stream, turning once in a while to give us a glimpse of her magnificence. We didn't make it up to Emerald Lake, which we understand is gorgeous. This gives us a reason to come back.

The people in the town of Crested Butte are really friendly. We came across an old saloon, Kochevar's, which was recently remodeled. The bartender, Jill McKeown, let us know it was recently re-opened after a bit of renovation. We could still smell the varnish recently applied to the floor. They found a way to gather some unique antiques and tastefully display them throughout the building. It was fun just to walk around.

Jill was great for referring us to fun places to visit like the Art Nest, a studio where local artists can display their wares.

The window holds a beautiful driftwood sculpture done by Jill McKeown and her friend Joe Bob Merritt. Jill knew how to get in touch with the folks who provide the best haunted tour, although our schedules could not jive; yet another reason to come back. Jill suggested one of the finest restaurants in town, Soupcon Bistro.

The Executive Chef at Soupcon Bistro is Jason Vernon. This is truly a dining experience. The ambiance is relaxing and the food is exquisite. The demi glaze on the filet mignon is the very best I've ever had. The presentation will make your mouth water. When you are ready for flavor you wish to savor, this is the place to go.

No matter where you go you will find people with individual differences. What was rather noteworthy was the restaurant that had been referred by the majority of locals we spoke to - The Last Steep Bar & Grill - perhaps because it is the only restaurant open after ski season and before the summer hiking/biking season. Kevin Hartigan and brother, Sean Hartigan (with his wife, Sarah), really have something special here. There is a small bar, a large deck and indoor seating as well. We chose the deck to enjoy our meal with the sound of a river cascading in the background.

The Last Steep has several menu items that are organic or all-natural. I really enjoyed my all-natural chicken salad with the curry-ranch dressing. Our waitress, Christin, was happy to put that on the side just in case the curry was overpowering, but it was blended perfectly. The flavors truly complimented each other as opposed to fighting it out. Jeff enjoyed his grilled all-natural chicken Caesar salad, with freshly grated parmesan.

We chuckled to ourselves the next afternoon when we were looking for an appetizer to go along with happy hour; The Last Steep was suggested by several people. We seldom go back to a place a second time on the same trip but decided to accept the suggestion. Again, we had a very pleasant experience; the atmosphere was upbeat, the food was delicious, and the bartender, Matthew Muhn, assured our needs were met with a smile.

We were truly enjoying strolling through this very pleasant mountain town. The storefronts are well maintained, freshly painted, and dotted with freshly blooming flowers. The Coal Creek River that runs through town and the Slate River runs between Crested Butte and Mount Crested Butte. The sound of the babbling brook in the background adds to the ambiance of a lovely walk. For those that enjoy shopping, there are a variety of shops waiting to be explored.

An unexpected surprise added the final touch to a very pleasurable trip. We were delighted to find our favorite blue grass band, Grass it Up! was performing at Talk of the Town. This is a down to earth, self-described "dive bar" that had excellent service and easy to afford prices. Clearly, "dive bar" is a relative term. Grass it Up! played their hearts out and accepted my request for "Day After Yesterday is Looking Up" which is my favorite song of theirs. I did not want to think about tomorrow because I was really enjoying today; the Zen of vacation!

There is no question we will once again visit Crested Butte. We found whether you travel over Cottonwood or Monarch Pass, the time is about the same. The difference is Hwy 135 and Hwy 50 are paved so speeds are higher but it is a few more miles to Buena Vista than over Cottonwood. Either way you travel, the inherent beauty of the area is matched by the genuine friendliness of its people. This is a peaceful place for a perfect get-away or a one-day-destination.



The Last Steep Bar & Grill is a local favorite for good reason.

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Take a few hours out of your day to visit the beautiful little town of Guffey, then relax a while at Rita's where you'll dine amongst fine arts & crafts created by talented members of the Guffey community & enjoy lots of good energy & vibes!

South Park Recreation Center

by Kathy Hansen
photos by Jeff Hansen

Whether you are a local or visiting the area, the South Park Recreation Center (SPCRC) has much to offer those who are interested in fitness and fun. The South Park Recreation Center is located at 1190 Bullet Road in Fairplay, Colorado (the intersection of Bullet Road and County Road 3). The SPCRC "aims to enrich the lives of as many members as possible, in our community, by providing the biggest diversification of recreational and social opportunities that our resources and imagination will allow. We may be small, but we aim to grow in quantity and quality."

Offerings

No matter what your fitness goal is the SPCRC has the equipment to meet your needs. Their cardiovascular equipment includes one rowing machine, four treadmills, two elliptical machines, two semi-recumbent bikes, one upright bike and several spin bikes.

Is weight lifting your current focus? They have a circuit weight area for an overall muscular workout or you can focus on specific areas. There are dumbbells, medicine balls, and floor mats available.

Perhaps the pool is the area for your family's fun. Those focused on exercise can enjoy the two lap lanes while the children enjoy the swirly slide or the basketball hoop. The pool area is well maintained and staffed with a lifeguard. They have had movie night in the pool area for the entire family to enjoy. You can even reserve the pool for a special event or birthday party!

Are you into skating? Their skate park is state of the art. Bring your skates or board and see how well you can navigate the half-pipes and curves.

Is BMX in your vocabulary? Their BMX facility is so extensive; they cre-



The SPCRC opened its doors in 2005.

ated a website just for this information www.southparkusabmx.com

Do you need to develop a more personalized fitness program? They have fitness classes and even a personal trainer available to help you create a specific plan for your personalized fitness goals.

How about yoga, zumba, or massage? Yes! They have it all. But don't take my word for it, check out their website to see what best suits your needs www.southparkrec.org

Those parents out there with young children will want to know that you can bring your children to their Child Care Room so you can enjoy an uninterrupted, worry free workout for up to two hours. What better way to maintain balance? Get the workout you need while your children are safely cared for at the same facility – no need for an extra stop in a busy schedule!

The SPCRC also has men's and women's locker rooms, a family changing room, and a multi-purpose room with a kitchen. These amenities are well kept and clean.

The SPCRC is a comprehensive facility available to meet your recreation and fitness needs. They have affordable packages for members and non-members, including day passes or punch passes.

History:

A Committee was formed in 1993 with the belief that South Park was in need of a facility for indoor recreation and various community programs. The Fanning Family donated the 4.7 acre site to the center. After much planning, the formation of a special district, the formation of a 501(c)3 non-profit in order to sustain the programming, and the passing of an operational levy and the construction bond, the SPCRC held its grand opening in February of 2005.

For more information see their website www.southparkrec.org or call 719-836-0747.



Lots of half-pipes and curves at the skate park.



The weight room has many options.



The cardiovascular area.



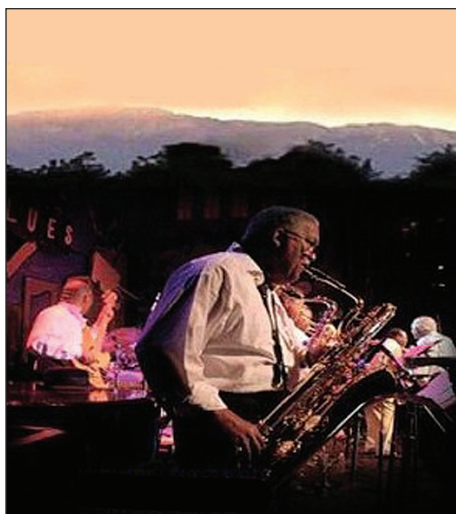
The BMX track has its own website!

Woodland Music Series 2013

"Big Band Bash" concert featuring Pippa's Fling, Swing Factory, Metro Jazz Orchestra, and the US Army National Guard Band, "Centennial Wind Ensemble" will perform on July 13th at 10am under the Midland Pavilion.

Bring your blankets and lawn chairs and enjoy the mountain air, panoramic view, finger lickin' food and moving music. The Woodland Music Series will be selling wine and BierWerks Beer. There will be a kid's bounce house. FREE admission. Fun for the whole family!

The Ute Pass Cultural Center is located at 210 E. Midland Ave. (the corner of Hwy 24 and Fairview). For more information call Debbie at 687-5284 or log onto www.woodlandmusicseries.com.



GCCS gets new teacher

by Flip Boettcher
photo by Flip Boettcher

Guffey Community Charter School's (GCCS) Principal, Pam Moore, announced that Jennifer Hartman, of Florissant, had been hired by the school as a full time kindergarten and first grade teacher starting the next school year. "The school is delighted to have Jenny as a member of our school's teaching staff," said Moore in a follow-up email. "Being able to again offer full-day kindergarten will be a huge benefit to our kids." Moore noted that increased enrollment has allowed the school to hire another full-time teacher.

Hartman first attended Hastings College in Nebraska (2006-2008) where she majored in Elementary and Special Education, taking "a significant number of courses in elementary education" she stated. Hartman then transferred to Colorado State University and graduated in May of 2010 with a major in Human Development and Family Studies with an Elementary Education Endorsement, which means that Hartman has taken the Praxis II: Elementary Education Content Knowledge exam which must be passed in order to teach in an elementary school.

Hartman not only passed, but she qualified for the Recognition of Excellence Certificate which means that she scored in the top 15% of all test takers nationwide!

Hartman found out about the job at the GCCS through the job postings on the Colorado Board of Charter Schools website. Hartman said, "When I saw the posting and reviewed the Guffey School website, I instantly knew this is the number one school



The BBQ following school graduation on May 30th are school board secretary Chris Peterson, School Board Member Cathleen Van Egmond, and new teacher, Jenny Hartman in Lynda Macdonald's classroom.

I would want to work at."

Although Hartman has not worked at a charter school before, she has been working at the High Trails Outdoor Education Center, part of Sanborn Western Camps in Florissant for the past four years. High Trails Outdoor Education is a program that allows public school fourth through sixth graders to come up to the mountains to live and participate in hands-on, experiential classes for three to five days according to Hartman.

"Hartman has extensive expertise in elementary and outdoor experiential education," stated Moore.

Hartman is currently looking to rent a house on the outskirts of Guffey, although she is still debating whether to commute from Florissant or move to Guffey.

Hartman said she was "very excited about the opportunity to teach at the Guffey School! It is always challenging to be a first year teacher at a new school; however I am very blessed to be in a school with such a supportive and encouraging community."

Sharpen your writing skills

This class will be available free to the youth of Teller and Park Counties. Come to the Florissant Library July 20th from 10:30-1:30pm ready to learn how to sharpen your writing skills. Steven Veatch, adjunct professor with Emporia State University will offer techniques and processes to help put your thoughts, facts, and observations to paper. Paper, pens, snacks and beverages provided. Please call 686-7393 or email utecountrynewspaper@gmail.com to register for this FREE class.

Tips for setting and pursuing financial goals

You can get lucky by finding a parking meter with time left on it. You can "luck out" by having nice weather on your vacation. You can even be lucky at love. But when it comes to financial matters, you're better off not counting on Lady Luck; focus instead on setting and pursuing goals.

Here are some suggestions for establishing and pursuing your financial objectives:

- Be specific. You probably have a lot of ideas about what you want to do but if you're going to turn these wishes into reality, you need to get specific. So, for example, instead of telling yourself that you want to retire early, set a goal of retiring at, say, 62. You can then use this target number to help guide your overall investment strategy. To illustrate: You can determine that you need to invest a certain amount of money each year and earn a certain rate of return, to be able to retire at 62. You can also estimate about how much money you can afford to withdraw from your investment accounts each year to sustain a retirement that begins at 62.

- Prioritize your goals. Of course, you want to achieve all your financial goals and you can have a better chance of doing so if you rank these goals in terms of both importance and timing. For example, you may want to send your kids to college, purchase a vacation home and still be able to retire at age 62. How should you allocate your resources to each of these goals? Should you invest more at any given time for a specific goal? What types of investments are best for each of these goals? Prioritizing your goals can help you answer these and other questions and help direct your overall investment strategy.

- Be prepared to change your goals. Over

time, your family and financial circumstances can change considerably, which means you shouldn't be surprised or alarmed if you have to change your goals accordingly. You'll find it easier to maintain this flexibility if you've worked diligently to create an investment portfolio with sufficient resources to allow you to change direction as needed.

- Review your progress regularly. If you're going to eventually achieve your goals, you absolutely need to measure your progress along the way. Are your investments performing the way you had anticipated? Are your goals becoming more expensive than you had initially envisioned? To achieve these goals, are you taking on too much or too little risk? To answer these types of questions, it's a good idea to review your overall progress at least once a year and then make whatever adjustments may be necessary.

As you can see, it will take considerable effort to set, review and hopefully achieve your goals. It can be somewhat complex too, so you may want to work with a financial professional; someone who takes time to talk with you about your goals, understands your risk tolerance, knows your family situation, and has the training and experience necessary to help you work toward your objectives.

Think hard about your goals and how you might accomplish them. Don't delay in taking action because goals are generally easier to attain if you have time on your side.

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

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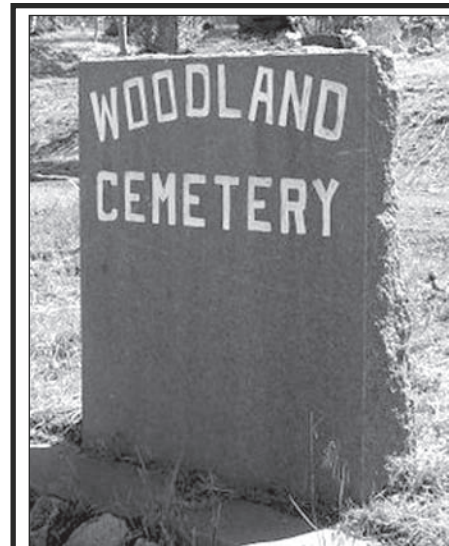
Did you know?! Teller Energy facilitates energy savings in our region

PPRH offers free classes on "Total Joint Replacement"

Pikes Peak Regional Hospital & Surgery Center offers free classes on total joint replacement. Classes are free and offered every 2nd & 4th Thursday of each month. Learn about the benefits of Joint Replacement, what to expect and how to prepare. You don't have to be scheduled for a joint replacement to attend a class.

The classes are held at Pikes Peak Regional Hospital, 16420 W. Hwy. 24 Woodland Park in the Café Meeting room. They run from 2pm to 4pm. Classes will be repeated for new attendees every 2nd and 4th Thursday of the month.

For more information, please contact the Program Coordinator, Wendy Westall, at 719-686-5779. To register for an upcoming class you may contact the hospital at 719-686-5769.

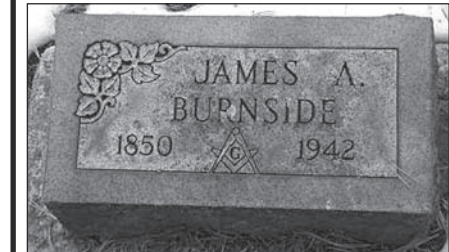


2nd Annual Woodland Park Cemetery Crawl

Presented by the Ute Pass Historical Society and Pikes Peak Museum

Take a walk in the cemetery on July 4th and listen to stories from the past. Pioneers being portrayed are

- Andrew Jackson Templeton, Civil War and Sand Creek Veteran
- Moses Baldwin, Civil War Veteran and Shopkeeper



- James A. Burnside, Buffalo Hunter and Calvary Scout
- Anna Lacey, Pioneer Woman
- Abe and Rose Hackman, Mayor and Hotel Owners
- Bert Bergstrom, The Big Swede
- Sophia Longwell, The Weeping Mother
- Alverta Burns, The Angel of the Hills
- Lewis T. Spielman, Early Homesteader
- Irene Spielman Denny and Clyde Denny, Early Ranchers

Tours are from 1 to 3 pm. Guides lead groups every 15 minutes. Tickets are \$5, and children under 12 are free. Parking will be available at the Farmers Insurance lot below the Cemetery or at the Teller County offices off of Hwy. 24. There will be parking attendants there to assist with parking.

For more information, call UPHS at 719.686.7512 or e mail uphs@peakinter.net. Check out our Facebook page, or our website utepasshistoricalsociety.org.

by Coalition for the Upper South Platte

Teller Energy is a program established in 2010, of the Coalition for the Upper South Platte (CUSP). The program was originally funded by a grant from the Governor's Energy Office (GEO) with the purpose of creating Community Energy Coordinator positions throughout the rural communities of Colorado. CUSP was supported by Teller County to be the recipient of these funds. The goal of Teller Energy is to promote sustainability, energy efficiency and renewable energy in Teller County and beyond.

Some of the early accomplishments of the program include:

- establishment of an advisory board of local officials, business and energy industry leaders
- development of a Teller County Sustainability Plan
- energy efficiency measures taken in Woodland Park businesses, in collaboration with the Woodland Park Office of Economic Development, using funds from the Main Street Efficiency Initiative (MSEI)
- establishing a baseline energy portfolio for the county, which included all electric and natural gas usage in 2010
- development of the TellerEnergy.com website
- holding the first countywide Sustainability Fair
- participating in the last three years' Earth Days in the county
- hosting several events, including an Energy Symposium, a Teller Home Builders Association (HBA) Meeting, an Energy Efficiency Workshop and an Energy Efficient Holiday Home Tour.

The sustainability plan not only fulfilled the overarching focus of promoting sustainability, energy efficiency, and renewable energy locally but also complemented and strengthened existing or developing regional plans that address sustainability efforts for Teller County, while promoting green economic development. The entire plan can be viewed on the Teller Energy website.

The MSEI program, in its initial phase, provided a 50%-50% seed grant, up to \$3000, plus a 3% loan from the bank, to help 21 businesses achieve energy efficiency upgrades in Woodland Park. With a total of \$300,000 invested this program brought economic development and jobs to the area and long-term energy savings for these businesses.

Teller Energy also held a booth at the Woodland Park Farmer's Market in 2011 and 2012. Here they distributed informational materials, discussed sustainability with market attendees, recycled regular and recyclable batteries, compact fluorescent lamp (CFL) light bulbs and corks, and distributed CFL's, power strips, low flow shower heads and programmable thermostats.

In 2012, a couple of unique programs brought substantial energy savings to southern Teller County. The Energy Management Assistance Program (EMAP), through the

GEO, provided a free energy audit for the town of Victor and the Cripple Creek/Victor RE-1 School District. These audits identified significant opportunities for energy efficiency retrofits through lighting, weather sealing, insulation and heating, ventilation, and air conditioning (HVAC) upgrades. Black Hills Energy also provided a Small Business Direct Install (SBDI) lighting upgrade incentive to entities within its service territory. This incentive covered a lighting audit and 60% of all materials and labor for any upgrades undertaken. The cities of Victor and Cripple Creek, as well as seven hotels and casinos (the Wildwood, Gold King Mountain Inn, Big Jim's, Bronco Billy's, Johnny Nolon's, Double Eagle and Carr Manor) took advantage of the program to upgrade their lighting to use more efficient light-emitting diode (LED) light bulbs. The Cripple Creek/Victor Gold Mine also generously provided \$155,000 to the town of Cripple Creek for the balance of the cost of their upgrades. These lighting upgrades will all

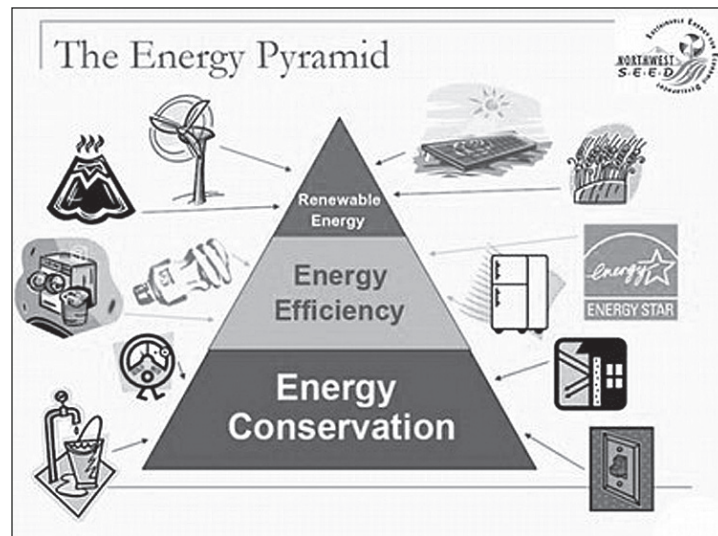
TellerEnergy.com

result in a payback on investment in less than one year, after which the savings are ongoing. The Black Hills SBDI program is still available for small businesses in the southern Teller County territory through the end of 2014.

Other energy efficiency measures taken in Teller County in 2012 include a Wildwood Casino air handler retrofit, CFL upgrades in the Triple Crown Casinos (three casinos, four restaurants and a parking garage), over 12,000 gallons of diesel fuel savings in the Teller County fleet, upgraded thermostat control in Teller County buildings and five more businesses in Woodland Park taking advantage of leftover MSEI funds.

All totaled, the 2012 energy efficiency measures taken in Teller County resulted in well over 3,000,000 kWh equivalent savings per year and over \$400,000 in expenditures saved per year. In terms of equivalencies, this will save 2,117 metric tons of carbon dioxide annually, or the amount produced by burning 237,293 gallons of gasoline, or sequestered by 1,795 acres of forest.

In 2013, Teller Energy continues to monitor energy efficiency projects. Most notably so far, Cripple Creek continues to upgrade



The Energy Pyramid helps us be mindful of energy usage.

their street lighting. When completed, this upgrade is expected to save 471,766 kWh and \$55,411 per year.

Also this year, Teller Energy is engaged in several exciting projects. They have, with the backing of CUSP, entered a Memorandum of Understanding (MOU) with the Alliance for Sustainable Colorado which oversees the statewide collaborative of community energy coordinators and resource efficiency offices. This partnership provides oversight and collective fundraising capabilities while facilitating the sharing of best practices, metrics and success stories. We are also actively involved in the newly formed Peak Alliance for Sustainable Future (PASF). This organization is dedicated to promoting sustainability in the Pike's Peak region (Teller and El Paso counties) through regional collaboration and outreach, as well as advancing the Pike's Peak Regional Sustainability Plan (PPR 2030). The plan itself was developed over the course of two years through the

cooperative efforts of over 140 volunteers and 80 organizations and represents 10 focus areas of sustainability. The history, plan, promotional videos and links to get involved are all available on the peakalliance.co website.

Teller Energy continues to develop education modules for their service learning website, available to all school districts. In addition to the latest solid waste module created, we are working with Colorado State University Extension and Project Learning Tree to create a Green Schools and a Clean Energy Curriculum.

Lastly, Teller Energy is engaging solar electric providers to develop Power Purchase Agreement financing models for businesses and tax-exempt entities in Teller County. This model can provide accessibility for solar installations with \$0 down and instant, long-term savings over standard utility rates.

At Teller Energy we believe that sustainable practices benefit the triple bottom line (People, Planet and Profit). Through responsible energy use and production, our social, environmental and economic systems are improved, now and into the future.

Teller Energy's contact info: info@teller-energy.com 719-689-5745

Workforce Investment Board elects new officers

The Pikes Peak Workforce Investment Board announces new officers for the 2013 program year, which starts July 1, 2013.

Jim Bensberg, former El Paso County Commissioner for the 5th District, Chairman of the Board of County Commissioners in 2005 and 2009, and Area Director for U.S. Senator Wayne Allard was elected the Chair of the Workforce Investment Board. Mr. Bensberg has a broad range of experience in the Pikes Peak Region and Washington D.C. and brings many years of management and civic leadership to the Board.

Will Temby, local businessman, com-



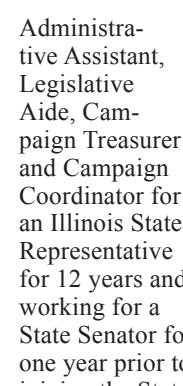
Jim Bensberg



Will Temby

munity leader and former President and Chief Executive Officer of the Greater Colorado Springs Chamber of Commerce is the Chair-elect. Prior to his acquisition of Apprentice Personnel, Mr. Temby served as Associate Vice President, Special Projects of the University of Colorado Foundation and spent 20 years in leadership roles in the hospitality and travel industry.

Debbie Miller, President of the Greater Woodland Park Chamber of Commerce was elected secretary for the second year. Ms. Miller has an extensive background in the legislative and political fields: serving as



Debbie Miller

Administrative Assistant, Legislative Aide, Campaign Treasurer and Campaign Coordinator for an Illinois State Representative for 12 years and working for a State Senator for one year prior to joining the State Representative's office.

The Workforce Investment Board's mission is to proactively lead a business-driven workforce system that prepares our citizens for the jobs of today and tomorrow.

The Board's Vision is to make sure every local business has access to a skilled workforce and every citizen has access to meaningful employment, resulting in regional economic vitality.

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based on 167 reviews

4.9

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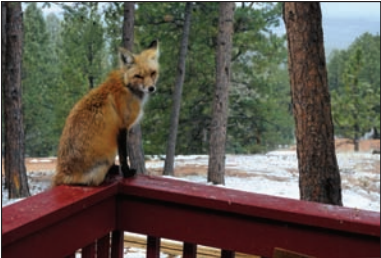


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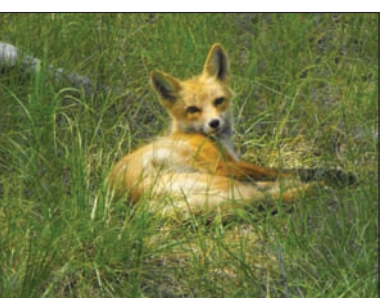
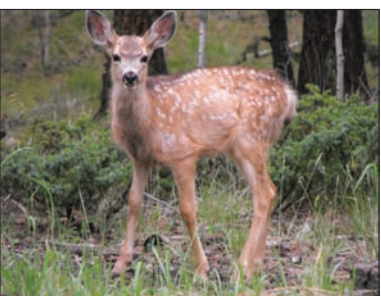
Critter Corner



Resident Fox, Raccoon
and Mule Deer
- David K. Johnson,
Arabian Acres/Florissant



Blue Herons on Beaver Lake
Pond 3 - Debby James,
Hiland Lakes, Divide



Steven P. Volski, Divide

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



Wildflower Prison

by Danielle Dellinger

Lizzy stepped off the Colorado Midland Railway into the warm July sun. She and her parents had saved up for the past year so they could go on the wildflower excursion trip from Colorado Springs to Eleven Mile Reservoir. The year was 1888 and Lizzy had just turned 13. This trip had been her birthday gift. She made her way to an embankment that had so many different colors of wildflowers. Her mother called to her to be careful and stay close-- her mother was always worrying when she didn't need to. The wind was rather strong up here in the mountains, more than she was used to down in town. Her dress billowed and flapped against her scrawny legs and it was difficult to keep ahold of it while she walked. She got to the top of the embankment and turned to look down at the train personnel as they set up tables for the picnic. Her father was right there helping them, while her mother assisted another mother with her toddler.

Lizzy smiled and turned her back to them, inhaling the fragrant air and tipping her face up toward the sun. People were always commenting that she needed more sun. She figured now was her chance to get them to quit their whining. She didn't know how long she stood there, but two whistle chirps sounded, signaling that the picnic was about to start. She made her way back down to the large group, squirming her way through the crowd toward her parents. She sat between them and grinned toothily at the large meal before her. Her mother nudged her, reminding her to mind her manners. Lizzy gave a slight nod and settled down. They all began eating and not too much later, the kids finished and were asking to be excused to go play. Lizzy tapped her father's arm and he nodded, giving her permission. She jumped up and quickly hurried over to a bush that had recently bloomed. She leaned down and inhaled, listening to the loud drone of a bumblebee making its way from flower to flower.

A second later, she got a shy tap on her shoulder and she turned toward whoever it was. A young boy stood before her and he held out a yellow wildflower to her. She looked at the sagging blossom moment, then back to him, not understanding. He stepped a little closer, wiggling the flower at her. She cautiously reached out and took it. The boy offered a slight smile then took off running away from her. Lizzy just watched him go, not fully comprehending what had just happened. As she tucked the flower into her pocket, she thought she heard a voice come from down there, saying, "That boy's hands were so sticky!" She blinked and looked around, trying to find where the voice had come from, but she was alone. The voice didn't come again.

Lizzy walked toward the back of the train, looking for something to do. None of the flowers were catching her eye, so she was bored. The embankment beside the engine was rather steep, so Lizzy made it her mission to climb it. She slipped a few times, but she eventually grabbed onto a rock and hauled herself up to the top. She lay on her back, gazing up at the fluffy clouds as they crawled across the sky. She felt sleepy all of a sudden, the warmth of the sun almost smothering her. She looked to her right and saw a red-orange flower, known as the Indian paintbrush, or prairie-fire. She crawled over to it and studied it. She loved its shape. She put her fingers on its stem and pulled up, wanting to pick it. Right as she started to pull up, a loud shriek cut through the air and the blossom quickly fell back, trying to pull away.

"What're you doing?!" a voice cried.

Lizzy jerked her hand away and looked around with wide eyes before she looked back to the flower.

"Yeah you!" said the same voice. "What right do you have to be pulling me up from my spot?!"

Still confused, Lizzy leaned in as close as she could to the flower and saw that it had black eyes right beneath the rim where the red petals were, with a white dot in the center of each, acting as the pupils. "You--" she started.

"Personal space, human! Your breath is rank!" the flower interrupted. "And yes, I can talk. Big surprise that you've never noticed before." The flower's sarcasm was obnoxious.

Lizzy quickly pulled back, glaring at the flower. "Aren't you charming," she shot back.

"Oooh, you're so mouthy," the flower retorted, rolling its eyes and folding its leaves across its stem.

Lizzy's anger soared and she reached out without thinking, tugging on the flower again. It shrieked and grabbed onto a nearby twig. "Back, you vile human! Get your disgusting fingers off me!"

All of this commotion roused nearby flowers and they all began shrieking at her. For tiny beings, they were as loud as a flock of birds. Some even picked up small rocks and began chucking them at her. Lizzy did her best to deflect them but for having flimsy leaf arms, their aim was impressive. She finally stood up and glared down at them.

"I should stomp every last one of you into the dirt, you nasty critters!" She heard their chipmunk voices and assumed that they were challenging her. A few flowers by her ankles started stabbing her with thistle needles. She yelped and jumped away. "Stop it! You're so cruel!" she whined, tears springing to her eyes. She swore she heard them laughing. She was about to yell at them again, but she felt movement in her pocket and looked down to see the yellow flower pulling itself up to look over the edge. It started to squeak at the other flowers, its voice weak. Lizzy figured that it must be dying slowly.

The yellow flower soon looked up at Lizzy and motioned for her to sit. Lizzy hesitated but the flower tugged on her dress, so she reluctantly sat near the wildflowers.

"They don't like humans because of the new tradition that was started last July," the yellow flower explained. "All of their family and friends are being picked and carried away in bundles, and we don't know why. Maybe you can tell us."

Lizzy shrugged. "I guess it was started for entertainment. The flowers end up in people's houses in vases. I'm sorry that you're losing loved ones."

The Indian paintbrush rolled its eyes. "You're lying. It's a way to intentionally wipe us out, isn't it?"

Lizzy shook her head. "No, not at all. We just love you so much that we want to take you home."

"Well you can't. So tell the rest of your dumb species to leave us alone," the Indian paintbrush grumbled.

"I would, but no one would listen. No one would believe me if I told them that flowers can talk and asked me to tell everyone to stop picking them," Lizzy said, frowning.

The yellow flower looked up at her and patted her arm. "It's okay. I understand that you can't get everyone to listen. But maybe talk to a few? Hopefully the word will spread then."

Lizzy shook her head. "It's not that simple, though I wish it was. I could be locked away in my parents' attic if people think I'm crazy because I talk to flowers." She was about to go on, but she felt eyes on her. She looked up and saw the boy from earlier standing a few feet away, watching her. She stared back, waiting for him to do something. "You can hear them, can't you?" he finally said quietly.

"Hear who?" Lizzy asked, playing dumb.

The boy came closer. "The flowers. They're speaking to you, aren't they?"

"It's possible. . . Why do you want to know?" she asked, studying him.

"I can hear them too," he said, looking down at the yellow flower in her pocket. "I'm one of their messengers. They're trying to get as many kids as possible to deliver flowers to others so they can spread the message to stop picking wildflowers."

"But that would mean some are sacrificing themselves. . ."

The boy shrugged. "There are always the few who are willing."

Lizzy looked away. "But this tradition only started a year ago, in 1887. Just after the completion of the Midland Railroad, in fact. Surely the impact can't be that great already."

"That's what's horrifically amazing about humans. They work fast to consume as much as possible of what they want."

"You talk as if you're not human," Lizzy commented.

The boy smirked and shrugged. "Who knows what we really are. Human is just a label."

Lizzy frowned, not quite understanding. Her temper flared. "You know what? This is all dumb. I don't want to have any part in this anymore," she said, standing up and pulling the yellow flower out of her pocket. The flower made a weak noise of alarm, but it was lost to the wind as she threw it to the ground. "Maybe I am going crazy, but you're all just as crazy!" She turned and stormed away, going out of her way now to kick any flower she saw. Their wounded cries were barely audible over the swaying grass. If anyone else heard them, they would've thought that chipmunks were quarreling. The boy watched her storm away, still smirking. By now, that smirk was starting to unnerve even some of the flowers.

Lizzy went to stomp on a clump of flowers and the ground suddenly seemed to heave beneath her. She gave a cry and stumbled to the side. She felt tugging on her legs and looked down to see the long blades of grass and weeds wrapping around her tightly, trying to pull her to the ground. She whimpered and tried to jerk her legs free, but the more she jerked, the more they tugged. Now she was panicking. She bent over and started clawing at the grass. "Stop it! Let me go! Stop!" she cried frantically. The weeds latched onto her wrists, gaining leverage.

They easily toppled her over now. She landed on her stomach with her face pressed firmly into the soil. "Stop!" she whined. Her whine echoed back to her in the voice of the Indian paintbrush as he trudged through the grass to her, stopping inches away. He chuckled darkly as he looked down at her.

"Ever wonder why children go missing randomly in fields and meadows? It's because we pick them, just like humans pick us." His eyes gleamed in the afternoon sun and he chuckled again, leaning over toward her. "We're going to put you in our very own vase. Once all you humans stop picking us and taking us away, we'll return you to this field one by one."

Lizzy whimpered and struggled against her bonds. "Please let me go. I'm sorry I didn't take you seriously."

"Oh? You think you're sorry now? Just you wait, vile human." The Indian paintbrush straightened and gave a nod. At his cue, more grass wound around Lizzy's body. She felt like she was trapped in a scratchy sleeping bag. Her cheeks were wet with tears. Dirt plastered itself to her face, smearing everywhere with any movement she made. But then she felt herself being dragged away. Away from the train. Away from the group. Away from her parents. She yelled at the top of her lungs for help, but no one came charging up the embankment to save her. Soon she was out in the middle of nowhere and she was still being dragged. She noticed a large group of wildflowers following her.

"Please stay away! Stay away! I'm sorry! I'm sorry!" she hollered, her breath catching in her throat as the grass constricted tighter around her. No one listened to her. She felt a panic attack coming on, her breaths sounding almost like hiccuping sobs. "P-please. . ." she gasped. "Please. . ." Dark spots twinkled before her eyes and she felt like she was dissociating from the situation and her body, like she was watching a movie. She felt like she was going to pass out. Just when she felt her world start to go dark, her body bumped into something. The bump roused her and she tried to look around.

She saw a large bush that had gnarly-looking branches surrounding a hollow center. She blinked, and in the next moment, the branches were unfurling towards her, then scooping her up. She heard the ripping of grass as she was jerked out of the ground and into the hollow center of this bush. Even though the grass was detached from the soil, it still held fast around her. The branches quickly furled back into place, locking her in. She sniffled and did her best to kick at where the opening had been. For a flimsy-looking bush, the branches were rather firm and strong. She wiggled herself into a sitting position to see where she was. There were several other bushes nearby. . . They all seemed to have something inside them. . . Wait, not something. Someone. Children.

So the Indian paintbrush was telling the truth. They were holding kids hostage. How were these kids still alive? They were alive, right? Lizzy sank down and squeezed her eyes shut. This had to be a dream, well, nightmare. She wanted it to end! The sun was starting to lower and she just wanted to go back to her parents and go home.

"Still whining in your head?" the Indian paintbrush teased.

Lizzy opened her eyes and glared. "Shut up."

"Still so sassy. You didn't really want to be a part of that group picture they do at the end of the trips for postcards, right?" Lizzy couldn't stop the whimper from escaping her.

"Trust me, you won't be missed." The Indian paintbrush laughed and strolled away.

Lizzy growled. But when she growled, she felt poking and prodding all over her body. She looked down and saw many flowers jabbing sticks into her. She squeaked and flopped about in her prison.

"No! No!" she screamed, her world suddenly going dark.

"Lizzy, wake up," whispered her mother in her ear. "You're dreaming."

Lizzy opened her eyes and saw fluffy white clouds crawling across the sky above her. Her mother's face then came into view.

"Honey, you slept all afternoon, all through the trip. The train's getting ready to head back."

Lizzy put a hand to her forehead as her mother helped her to her feet and back to the train. She sat in her seat and looked out the window. As the train pulled away, she saw the boy whom she'd met while there, standing and smirking at the top of the embankment. An Indian paintbrush seemed to be sitting on his shoulder, waving. She blinked and quickly slumped down in her seat, wondering what reality was now.

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Teller County Sheriff Mike Enslinger is shown surrounded by members of the Teller County Emergency Response Team (ERT) with the ERT vehicle in the background. Photo contributed by the Teller County Sheriff's Office.

Train with the Teller County “Swat Team” at the M Lazy C Ranch

by David Martinek

For over a decade the M Lazy C Ranch just west of Lake George, Colorado in Park County has been the place where cowboy dreams come true. In addition to being a vacation spot and the sight of a 100-year old homestead, it is also a working ranch with real cowboys (and cowgirls). The dude ranch regularly hosts a variety of organizations, including family reunions, corporate and company team building events, rodeos, action shooting programs and military training exercises, and has been a prized film location for movies and documentaries, commercials and TV programs. County Music Television's (CMT) Cowboy U Colorado was filmed at the ranch.

With all these credits in their holster it is not surprising that the M Lazy C Ranch will once again host the 3rd Annual Swat Tactical Demonstration and Public Training Event, sponsored by the Teller County Sheriff's Office – Honorary Deputy Sheriff's Association (HDSA). The two-day event is scheduled for Saturday and Sunday, July 20-21, from 8:30 am to 3:30 pm. In addition to live fire demonstrations by the Teller County Emergency Response Team (ERT) – i.e., the “Swat Team” – the event will also feature public education and training for individual citizens, including the basic concealed carry Certification Class, realistic live fire scenarios, shooting competitions, moving and shooting routines, weapons malfunction and clearance drills and other training.

The event is a fund raiser to collect resources for the ERT to help them purchase much needed equipment and to attend additional training classes, so that they are constantly prepared to protect county citizens and enforce the laws. “It is a necessity that (ERT) units have

specialized training in weapons and tactics,” said Les Lewis, Commander of the 15-member Teller County “Swat Team.” “Even in Teller County...we are in the age where extremely violent criminals now carry assault type weapons”

Due to the scope of the event, public participation is limited. Interested persons are encouraged to RSVP their attendance soon. The donation to participate is \$175 for the first day or \$300 for both Saturday and Sunday. Individuals should bring their

Even in Teller County we are in the age where extremely violent criminals now carry assault type weapons.

Les Lewis, Commander of the 15-member Teller County Swat Team

favorite handgun and 150 rounds of ammunition for each day. According to Lt. Jason Mikesell of the Teller County Sheriff's Office, “The first day (Saturday) will include a basic handgun course for concealed carry certification, a live fire demonstration and the opportunity to participate in a realistic live fire course. There will be a banquet and awards ceremony afterwards.” Sunday's events are optional and involve additional advanced instruction on individual weapons skills, a moving and shooting course scenario and the opportunity to fire specialized team weapons and other training. A dinner will follow.

All participants will receive a detailed event package with agenda and safety guidelines upon registration. In addition to bringing their handgun and ammunition, participants are also asked to bring an appropriate holster, extra magazines or speed loaders, a light jacket or vest, and ear and eye protection. To RSVP and register for the event, call 719-304-5706 or 719-687-9652. For more information about the Teller County Honorary Deputy Sheriff's Association, look on the web at www.tchdasa.org. And find out more about the M Lazy C Ranch at www.mlazy.com. Business sponsorships are available.



According to Commander Les Lewis, due to the nature of extremely violent criminals who carry assault type weapons today, it's necessary that ERT's have the skills to protect citizens and enforce the laws. Photo contributed by the Teller County Sheriff's Office.

Southwest Teller County Hospital District processes name changes

In December of 2012, the Board of Directors of the Southwest Teller County Hospital District (SWTCHD) voted to change the official name of the District. SWTCHD, a Special District under the Colorado Title 32 laws, was formed in 1975 to provide medical services to the Cripple Creek and Victor communities through the operation of the Hilltop Nursing Home and Emergency Clinic.

At the time, the Hilltop facility was operating in the old St. Nicholas Hospital building in Cripple Creek, which was built in 1896. After forming the District, the governing Board undertook a fundraising project to build a new facility at the corner of Hettig and 'A' Street North in Cripple Creek. The new Hilltop Community Health Care Facility was dedicated and opened at that location on June 19, 1977.

Hilltop provided an emergency services Clinic offering three hospital beds, two doctor's exam rooms, x-ray and lab facilities, and an ambulance dock area. In addition, in the larger east portion of the building, a 60-bed 24/7 nursing home was established for area residents.

A major change took place in 1991 when the District Board voted to add a full time professional ambulance and paramedic service under the District governance. This was deemed necessary because of the greatly increased number of employees and customers coming into the District due to newly legalized gaming in Cripple Creek. The service has been operating as the Southwest Teller EMS since the beginning of 1992, and now provides 24/7 emergency response throughout the District with two ambulance/EMT crews.

In 1996, under the direction of a professional management company, the Hilltop

Clinic services were closed, a new focus was put on physical and occupational therapy, and the name of the facility was changed to Cripple Creek Rehab and Wellness Center. The nursing home continued to operate in the east section of the building.

By 2005, CCRWC was deeply in debt and the Board faced the prospect of closing the facility entirely. Instead, under the leadership of newly elected Board Chairman Jim Vance, the decision was made to remove the professional management group and reclaim facility management through the District's 7-member volunteer Board of Directors.

Today, after almost eight years of strong, steady Board oversight, hundreds of thousands of dollars of debt has been eliminated. As of July 2nd, the final payment of a 1996 bank loan will be paid, and the facility, and the District, will be debt free. Even while this has been accomplished, the Board has also undertaken a five year plan for capital improvements at CCRWC, already spending over \$200,000 on upgrades such as a new boiler system, installation of a Wander-Guard system, new kitchen equipment, and exterior paving and landscaping.

Through the successful pursuit of grant funding, the EMS has just brought into its fleet a brand new ambulance vehicle.

As these positive steps have taken place, the Board recognized that there were some strong reasons to consider a name change for both the District and the nursing home facility.

Since the formation of SWTCHD in 1975, the State Special District regulations removed “Hospital District” as one of its approved District types, the District had not operated any hospital services for almost

two decades, after adding the EMS services in 1992 the District service area expanded to cover most of the Southern half of Teller County, and, finally, in recent years the privately owned, full service, Pikes Peak Regional Hospital opened on the west side of Woodland Park. PPRH has no connection to the SWTCH Hospital District.

For these reasons, the SWTCHD Board is now completing the process to change the name of the District to Southern Teller County Health Services District. “Health Services” is the current applicable Colorado approved Special District name. Per Colorado regulations, a petition for the District name change was processed through, and approved by, the 4th Judicial District Court, located in Cripple Creek. With that Court approved petition in hand, notification about the name change is being made to all entities involved in the regulation of the District and/or nursing home facilities, as well as their customers, vendors and contractors, and other government agencies.

Concurrently, the Board is also processing through a name change for the nursing home facility. Believing that the name Cripple Creek Rehab and Wellness Center no longer represents the mission and purpose of the nursing home, the Board voted to change the name to Cripple Creek Care Center. Officially, this name is reflected in State records and licensing as a “DBA” trade name of the District itself.

Though the name change is effective immediately, it is expected that it will take several weeks for the required outreach of notification and processing to be completed. In the meantime, operation of the District and the Care Center should continue normally.

New fire chief for Guffey

by Flip Boettcher

photo by Flip Boettcher

Sam Calanni, Chairman of the Guffey based Southern Park County Fire Protection District Board of Directors, announced the hiring of the department's new fire chief, Michael Simpson. This comes after a seven month long search for a chief after the sudden death of Chief Don Felton last October. Calanni stated “We feel we have found the ideal choice for our district. Michael Simpson has the background, abilities and personality to serve our community with professionalism and enthusiasm. We welcome Michael and his wife Elisa to our community.”

Simpson and his wife visited Guffey on May 11 and 12, from Louisiana before accepting the boards offer on May 13. Simpson took over his duties as chief on June 1. His wife is still in Louisiana running a small business the couple owns, waiting until the chief finds a house in Guffey for them to move into. Simpson said that he has several leads on a house, but nothing yet definite.

Simpson has 30 years of emergency response service including wildland fire, structure fire, petro/chemical incidents, and medical incidents in volunteer, paid on call, and full time paid fire departments.

Simpson, of St. Amant, Louisiana, has worked from 2007 to the present as an EMT, firefighter, and captain in Industrial Emergency Response for the DuPont plant in Ponchartrain, LA.

Simpson also helped to start, establish, and later was unanimously elected chief by 11 fire department board of director members of a small full service emergency services department in the Funny River



The new SPCFPD Chief, Michael Simpson, with the humvee, no. 942, at the fire station in Guffey.

community near Soldotna, Alaska, on the Kenai Peninsula. Simpson said that Guffey reminded him a lot of Funny River.

Simpson's experience also includes two years as a captain, firefighter and EMT working on the Trans Alaskan pipeline stationed at the Alyeska Marine Terminal in Valdez, AK. While there, Simpson participated in a multi agency mass casualty drill involving the Coast Guard, Army, Air Force, state, local, and industrial agencies in a mock terrorist attack on an industrial resource in 2002.

Simpson has had wildland fire experience in Alaska, Arizona, and on the “Clear Creek Complex” fire in Salmon, Idaho, in the summer

of 2000. The Clear Creek fire was the largest incident he has ever served on, which was a type I wildfire involving more than 200,000 acres of forest, structures and resources.

On June 4, Simpson had his first call out as SPCFPD Fire Chief; a traffic accident. Simpson stated, “Things went well and it was good to see everyone working together.” Simpson said he was glad that his first call was a relatively straight forward event.

Since the Simpson's have enjoyed living in small communities they think the move to Guffey will be a good one. He is not worried about Colorado winters, given his experience in Alaska. We welcome our new chief!

Divide Slash Site and fire bans

- Weekends only! Fri-Sat-Sun from 9am-3pm
- East of Hwys 24 & 67 in Divide; take Hybrook Rd South, the site it to the left, just past the Post Office.
- Max length = 6 feet
- Max diameter = 8 inches
- We cannot accept: stumps, roots, lumber, tires, dirt, household trash, metals, weeds, grasses.
- Mulch is free – load yourself up any weekend.

For all residents and tourists:

Please remember the State of Colorado is experiencing a drought and has already had at least 18 fires this season. We wish for all to enjoy this beautiful state SAFELY! Please check the websites below when in question of status of current fire restrictions or bans. If you smoke, please smoke only inside your vehicle and DO NOT THROW YOUR BUTT OUT THE WINDOW! There is STRONG potential for fire and cigarette butts take hundreds of years to decompose.

Burn ban in effect for Park County as of June 12th:

This includes any kind of burning, even charcoal grills, smoking outdoors, and fireworks. For a complete list of exclusions please see www.parkco.us and click on burn ban.

Stage II Fire Ban in effect for Teller County as of June 28:

This includes any kind of burning, even charcoal grills, smoking outdoors, and fireworks. For a complete list of exclusions please see www.co.teller.co.us and click on Stage II Fire Ban.

Mueller State Park programs

by Michael Seraphin

It's time to celebrate our nation's birthday. So join us for fun-filled walks, talks and sing-alongs at Mueller State Park as we honor America's outdoor recreation heritage. Mueller State Park is located 4-miles south of Divide on Highway 67.

Hike: School Pond

July 4 at 9:30 a.m. Meet at School Pond Trailhead

A great way to celebrate by getting out and getting some exercise on this 1.5-mile round trip loop that features a scenic aspen and meadow trail.

Pond Safari

July 4 at 10 a.m. Meet at Dragonfly Pond

Grab the kids or bring out your inner child while viewing the critters who call our ponds home. The standing waters are hubs of activity for creatures large and small. Was that a caddisfly or a stonefly? Volunteer naturalist Char Barnes will be there to help you identify all that wiggles and waves. Dress in layers and bring sun and rain protection as this program meets outside

Lynx, Lion and Bob

July 4 at 8:30 p.m. at the Amphitheater

Lynx, mountain lions and bobcats are the only wild cats we have in Colorado. These animals capture the imagination with their stealthy habits. Learn why these elusive felines are at the top of the food chain with Interpretive Naturalist Penny Edyvean. Dress warmly.

Hike: Wapiti Nature Trail

July 5 at 10 a.m. Meet at the Visitor Center

Adults and children are welcome to join volunteer naturalist Sharon Reuth for this one-mile long hike which stops at educational stations. See squirrel's kitchens and smell the Ponderosa!

Skins and Skulls Touch Table

July 5 at 1-3 p.m. at the Visitor Center

Touch and examine the skins and skulls of animals that call Mueller State Park home, including a mountain lion hide and beaver pelt. Volunteer naturalist Sharon Reuth will be available to tell you all about the different coats and skulls. Stop by anytime between 1-3 p.m.

Hike: Outlook Ridge Trail

July 5 at 3:30 p.m. Meet at the Visitor Center

Follow along with volunteer naturalist Sharon Reuth on an exciting hike down Outlook Ridge. See the vistas of Pikes Peak, and turn 180 degrees to see numerous 14,000 foot peaks!

Songs and Games to Keep Your Campfire Burning

July 5 at 7 p.m. at the Amphitheater

Hang out at the campfire tonight with volunteer naturalist Anne Cowles. We'll be singing songs, and playing games that you'll want to try later with your friends and family. Don't forget the kids, water, and camp chairs. Dress warmly.

Hike: Medicinal & Edible Plants Hike

July 6 at 10 a.m. Meet at School Pond Trailhead

Go for a hike to School Pond without fear of going hungry! On this moderately rated two-mile loop, volunteer naturalist Char Barnes will show you which plants can be eaten and which plants can be used medicinally. Bring sturdy shoes, rain and sun protection, layered clothing, and water.

Elk and Deer - More or Less

July 6 at 8:30 p.m. at the Amphitheater

We love to spot and watch deer & elk, the large mammals of our montane forest. However, someone has to manage the populations, both for our enjoyment and for the sake of the herds. How do the Wildlife Managers do that? Interpretive Naturalist Russ Frisinger will share the models and methods of herd management.

When enjoying the outdoors, always have a map and be prepared with water, sun protection and be dressed in layers. All of our offered programs are free, but you must have a \$7 daily parks pass or a \$70 annual pass on your vehicle to enter the park. For weather updates or for more information, call Mueller State Park at 719-687-2366.

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Living Streams Church and
“Clothes Closet” move to
new location

by Mike Perini

Good things really DO come to those who wait. Pastor Trish Sinclair of Living Streams Church has been collecting clothes for two years.
“At long last, the Clothes Closet and Living Streams Church have a home,” said Pastor Trish Sinclair. The new address is 108 North Park Street in Woodland Park. Many in the community know the building as the “Windows of Heaven” building.
“We will open for services at the new location on July 7th at 10:30am and the Clothes Closet will be open that week,” she added.
Services will continue at the Seventh Day Adventist Church in Woodland Park until June 30th.
The Clothes Closet, a non-profit organization provides clothing to assist struggling families. Hours of operation are to be determined. The phone number after July 28th will be 719-687-2388.
“We thank God for this wonderful blessing and look forward to serving the families of Woodland Park and Teller County,” Pastor Trish said.
Are you interested in volunteering? Many will be needed at the Clothes Closet. Please contact Wendy Omi at 719-290-5707 or Pastor Trish at 719-323-0525 for additional information.

Geology of Teller County

Teller County enjoys some of the most amazing geology on the planet. Several features are found nowhere else. Community Partnership Family Resource Center, a Colorado non-profit devoted to education, is offering a 6-Saturday course (Jul 20th – Aug 24th) in Divide from 9 am to noon. Learn about our gold & silver, gems, fossils, faults, volcanoes, glaciers, and more, with computer imagery, specimens, and a field trip. This is a great experience for teachers, rock hounds or students. Fee: \$80 Call 686-0705 for information & registration.

Save the date!

Florissant Library Drama Club

The Florissant Library Drama Club is busy rehearsing to bring you the best show in the county. The Florissant Grange is the place to be August 16th at 6pm to see “Cowgirl Cookie and The Case of the Missing Chips” to be performed by kids ages 10 to 16. The group of 28 kids is led by Alexi Alfieri. The word on the street is, “They are having too much fun!”

Americana Music & Art Festival

Americana Music & Art Festival Brings Acclaimed Musical Talent to Florence, Aug. 23-25 Indie rock band Sallie Ford & the Sound Outside will perform; Early Bird Best-Priced Tickets On Sale Now at <http://www.BrownPaperTickets.com> or call 1-800-838-3006 7124 for more info.





719.359.1340
LenoreHotchkiss@gmail.com
LenoreHotchkiss.com

Market Trends

We’re still seeing an increase in the number of homes sold in Teller County; May 2013 with 27% more homes sold than May 2012. Both months showed nearly 80% of the home sales under \$300K.

I’ve been fortunate to be having a very active 2nd quarter and I look forward to helping clients throughout the summer months here in the mountains. If you’re thinking of selling your home, invite me over to review market conditions, staging ideas, buyer activity - and we can have a frank discussion about what it will take to sell your house.



LenoreHotchkiss.com

Oil - The Good, The Bad and the Ugly?

by Carol Grieve`

For health-conscious individuals, the decision about which oils to use can be somewhat confusing. Which one is truly the best choice? Are there oils which cause ill health? I will discuss a number of the most frequently used oils.
Let’s start out with the most common one — olive oil. There is research that shows that including extra virgin olive oil in your diet is beneficial. In addition to bolstering the immune system and helping to protect against viruses, olive oil has also been found to be effective in fighting against diseases such as cancer, diabetes, heart disease, rheumatoid arthritis, high blood pressure, obesity, osteoporosis and more. Olive oil is very low in Omega 6 and high in flavonoids. Most flavonoids function in the human body as antioxidants. In this capacity, they help neutralize overly reactive oxygen-containing molecules and prevent them from damaging parts of cells. Research has shown that olive oil, one of the main components of the Mediterranean diet, has been associated with not only improved physical health, but also mental health. There are many more benefits associated with adding extra virgin olive oil to your diet. When buying extra virgin olive oil, it is best to buy in dark green glass bottles, this minimizes exposure to light, heat, or oxygen which can cause rancidity.
How do you really know if you are purchasing true virgin oil? Olive oil fraud is rampant. The FDA does not regulate olive oil and whenever there is an opportunity for fraud and greed, there will be someone or some company willing to take advantage of the unknowing public. Many of the olive oils sold in our grocery stores are not truly 100% extra virgin olive oil. They can contain a blend of oils that include soy, canola or corn. They could be processed and contain additives that are certainly not health beneficial. The true definition of “extra virgin” olive oil is just the juice of olives — nothing more! Tom Mueller, the leading expert on olive oils, has written a wonderful book entitled *Extra Virginity: The Sublime and Scandalous World of Olive Oil*. This book discusses the history of olive oil and the extent to which the fraud occurs. He suggests that 85% of the oil sold in this country as extra virgin olive oil is fraudulent. To find out more, listen to my interview with Tom Mueller on Food Integrity Now (www.food-integritynow.org) and search the blog for olive oil. Mueller has a website on which he lists true extra virgin olive oils and where to buy them (www.truthinoliveoil.com). Enjoy your true extra virgin oil!

One oil I enjoy is coconut oil. Coconut oil is low in Omega 6 and high in good saturated fat. It is best to buy it unrefined or virgin. The health benefits of coconut oil include hair and skin care. These benefits include helping hair to shine, remedying damaged hair by helping to preserve the hair’s natural proteins and it can even provide some relief from dandruff. For the skin, coconut oil is an excellent moisturizer for all skin types; especially for dry and older skin. Coconut oil is so good at smoothing out the appearance of wrinkles and helping with skin conditions like psoriasis and dermatitis that it’s often added to commercial skin care products. Coconut oil is also good for stress relief, cholesterol level maintenance, weight loss, boosted immune system, proper digestion and regulating metabolism. Research has shown that it also provides relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV, and cancer, while helping to improve dental quality and bone strength. If you want to use it for internal consumption, simply replace butter or vegetable oils with coconut oil in your recipes. I like it in my gluten-free chocolate brownies!

Let’s talk about butter. I love pasture butter. Pasture butter is butter from pasture-fed cows as opposed to cows that are fed grain. The concern is that the grain used could possibly contain GMO grains such as corn and soy. Consequently, if you are using conventional butter, chances are you are getting GMOs in that butter. In addition, the greater the percentage of a cow’s diet that comes from grass, the greater the amount of unsaturated fatty acids, the lower the amount of saturated fatty acids, and the more optimal the ratio of Omega-6 and Omega-3 fatty acids in the milk. Butter made from the milk of pastured cows has also been shown to contain increased levels of the antioxidants beta carotene and Vitamin E. You can find pasture butter at most natural grocery stores.

If you are currently using margarine, throw it away! Margarine and all margarine-like products managed to rank No. 5 on my “Ten Foods You Should Never Eat” list. I’m sure it won’t be easy, since there are so many unhealthy contenders out there, but this trans fat family has really earned its bad reputation. How? Basically, the harder the margarine or shortening, the more highly hydrogenated it is. The main problem with the hydrogenation process is that it causes trans fats to act somewhat like saturated fats in terms of the effect on blood cholesterol levels, but with some very dangerous side effects. Do your own research to learn more about the dangers of using margarine.
Canola oil is derived from the rape seed

which is a member of the mustard family, which also includes broccoli, kale, cabbage and mustard greens. Canola oil is named for a Canadian scientist who developed it, hence, Canadian oil or canola. This new rape seed was bred to have a fatty acid profile of 57% monounsaturated fat; 5% saturated fat; 24% omega-6 fat and 10% omega-3 fatty acids. Because there is a decent level of omega-3 fatty acids, it is not recommended that canola oil be heated above 120F or trans fats are formed. Considering the profile, canola oil looks like a beneficial product, however, there are some canola oils whose smoke point is 520 F which occurs due to manipulation of the chemical structure of the oil through refinement and processing. So, although there is stability, but not human health.
Another problem I have with Canola Oil is that most of it is genetically modified and I don’t really trust organic canola oil because of the cross-contamination issue. Nearly 90% of all canola is genetically modified. If you read labels, which you should, you will see canola oil in many products — especially processed food.
In my opinion, soybean oil is one of the worst. Soybean oil is partly to blame for our country’s obesity problem. Soybean oil limits the functionality of the thyroid, draining our energy levels, and making us less likely to exercise. When your thyroid is depressed, it slows down your metabolism; therefore, you begin to gain weight. In general, soy has been linked to many health conditions including thyroid dysfunction, infertility, increasing your risk of cancer, heart disease and Type I Diabetes. Eating a soy-based diet can actually starve your body of nutrients. Once you add in the fact that most partially hydrogenated oils are derived from soybean oil, you have a toxic mix of dangerous ingredients! Also, nearly 90% of all soy has been genetically modified.
Vegetable oils (and margarine, made from these oils) are oils extracted from seeds like the rapeseed (canola oil) soybean (soybean oil), corn, sunflower, safflower, etc. They were practically non-existent in our diets until the early 1900s when new chemical processes allowed them to be extracted. Unlike butter or coconut oil, these vegetable oils can’t be extracted just by pressing or separating naturally. They must be chemically removed, deodorized and altered. These are some of the most chemically altered foods in our diets, yet they get promoted as healthy. Again, most vegetable oil is genetically modified so avoid it when possible.

There are other oils out there on the market, both healthy and those that are not. The ones I have listed are just a few of the most common ones. As always, do your own research. Learn to read labels and ask questions. Knowledge is power!

Carol Grieve` is a Certified Life Coach and Health and Wellness Coach. She is the host of an internet talk radio show, *Food Integrity Now* (www.foodintegritynow.org). For more information on emotional or health-related issues or for food and wellness coaching, contact Carol at carol@foodintegritynow.org or call 415-302-7100. Skype and phone sessions are available.

Carol Grieve`



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Divide's Post Office "Bear Donation Drive" a success!

by Cori Freed

Once again, Teller County residents displayed how much they care. During the month of May, the staff at the Divide Post Office offered customers the opportunity to buy and donate a teddy bear to the children in Teller County who are abused and injured. These bears were designated to be donated to the Teller County Sheriff's Deputies for distribution. An overwhelming 124 teddy bears were purchased and donated during this time. Several customers purchased more than one bear to be donated, many of them writing personal inspirational notes on the cards. The staff wish to thank all those customers who bought and donated the bears.

Postmaster Monica Deluca (left) and Cori Freed thank those who purchased a bear for donation.



Little Chapel Food Pantry says "Thank you"

The Little Chapel Food Pantry would like to thank the following businesses for their support in sponsoring a hole at our first annual golf tournament:

- CC&V Mines
- Michael Harper Real Estate
- Century Casino
- Foxworth-Galbraith Lumber Company

We also wish to thank PK Enterprises and

Bargain Mart for their joint sponsorship of the major prizes; Jodie at Shining Mountain Golf Club; and all the merchants around Colorado who donated door prizes!

Our winning team was from WP School District RE-2 and was composed of Jed Bowman, Mike DeWall, Jeff Gatlin, and Brian Gustafson.

Everyone had a great time and vowed to return next year for another shot at winning the new car!



Can you spot the Greenback Trout? It is the Colorado state fish.

High Country Fishing in Colorado

by Jeff Tacey

The dog days of summer are here. It's time to do a little driving, put on the hiking boots, and backpack. I'm talking about high country cutthroat trout fishing at lakes between 10,000 and 12,500 feet. You need to start out early in the morning to be on your way before the afternoon thunderstorms roll in. Bring your camera to capture the memories.

The fish in most of these lakes have a short growing season so they are willing biters. I mainly use a Woolly Bugger or Pistol Pete behind an air bubble. A small Thomas Bouyant, Little Cleo, Kastmasters, or Krocildies will also catch fish.

I'll list a couple of the lakes I've been to that have good fishing. First up is Kite Lake (12,000 feet and 6 acres). Go west on Forest Road 8 out of Alma just north of Fairplay. Once you reach the parking area it's only about 1/4 mile hike to the lake. Up a steep trail to the left is Lake Emma (12,620 feet

and 9 acres). Both lakes are above tree line and it can be cold here. They are big Greenback cutthroat trout swimming here.

Twelve miles north of Leadville just off State Highway 91 is Clinton Gulch Reservoir (10,900 feet and 13 acres). The parking area is only about a 50 yard walk to the lake. This lake is just north of Fremont Pass. There are Colorado River cutthroats swimming here.

One of my favorite lakes is Ptarmigan Lake (12,147 feet and 28 acres). Go west out of Buena Vista on Cottonwood Pass (Forest Road 306) Road. You can park in the Ptarmigan Lake trailhead parking area and hike 4 miles up to the lake. The Greenback trout in this lake range from 6 to 20 inches. This is the state fish. Keep your eyes open for mountain goats at this lake.

A lot of these lakes are catch and release only. Check the 2013 Colorado Fishing Regulations booklet for all rules and regulations.



Introducing The Thymekeeper

by Kathy Hansen

Most often when we embark on a journey we have a specific destination in mind. We expect we will arrive at a particular place. Yet, life has its own surprises and there are times we didn't intend to land where we did. Such is the case with Mari Marques, the Thymekeeper.

Mari had struggled alongside her father during his 10 year cancer journey. They fought hand together. They saw many doctors, oncologists, radiologists, and other western medical practitioners. There were numerous surgeries; each had degrees of success and other times when the expected outcome was not reached, it was her father that was considered a "bad patient" instead of the treatment being unsuccessful or that the surgeon made an error. This very difficult journey led Mari to make the most important statement of her life, "There's got to be a better way."

One day Mari was reading a magazine and found an ad for the Rocky Mountain Center for Botanical Studies. She was curious and decided to check it out. Awareness of an ancient world of knowledge began to unfold. Mari began to find a better way.

The biggest difference Mari found as she began her new field of study was the philosophical approaches to medicine and a deeper understanding of what plants have to offer.

Traditional western medicine or allopathic medicine, defined by Merriam Webster as "relating to or being a system of medicine that aims to combat disease by using remedies (as drugs or surgery) which produce effects that are different from or incompatible with those of the disease being treated". In other words, take away or destroy that which causes disease, therefore the focus is on the disease.

The philosophies she was learning taught her to view "dis-ease" as a state of imbalance, therefore the goal is to bring the person back to balance or to become whole again. In other words, carefully assess the person to discover what is out of balance, therefore the focus is on the person.

Have you noticed when you see an M.D. there is very little time spent with you, maybe 10 minutes?

Mari learned that to truly identify what is causing the imbalance, you must first get to know the person to discover what balance means to this individual. For example, an M.D. might include information on diabetes and what affect high blood sugar has on the body. Mari learned how to help a person with high blood sugar learn how to maintain a proper balance of blood sugar in the body; so they would discuss how the person can increase activity level, make appropriate meal choices, as well as balancing the emotional state.

Mari learned the assessment stage itself must be very thorough and was taught many methods by which to assess balance or wholeness. It is not possible to hear what is missing in a 10 minute meeting. The process includes learning about the individual's

lifestyle, diet and emotional state. Certainly, there are times triage plays an important role, for example if there is an ear infection or a gaping wound. Mari is aware that chronic conditions, such as arthritis or diabetes, require much more history and much more dialogue because with chronic conditions the imbalance has been happening for much longer.

Mari was taught many different modalities including Chinese Methodology and Ayurveda, as well as keen observation skills to employ in her assessments. She gets to know the constitution of the person, the condition (or disease), and the herb that can best restore balance.

She may ask you to stick out your tongue, but isn't looking at your throat or tonsils; she gains clues from the tongue. She will take your pulse and will note more than the beats per minute; she will assess the rhythm and timbre to gain additional insights. She will look deeply into your eyes; there are visual clues based on science and there is the gaze that will help her see the mirror of what is troubling the soul. There is on-going dialogue during the assessment because the person seeking balance is always participating in their healing.

Let's return to the diabetes example, a potentially reversible condition. The M.D. will provide the prescription for the insulin or oral hypoglycemic and perhaps a glucometer and send the patient on their way with instruction to return in 30 days to see how effective the prescription was.

The patient takes the meds, records blood sugars and returns a month later. The goal becomes to maintain appropriate blood sugar levels.

Mari will ask the person to keep a food diary to best

understand the forms of sugar the individual is consuming. They will discuss how food fuels the body and the importance of making smart dietary choices. They can work together to eliminate poor choices and slowly integrate healthier food choices. Mari will discuss current activity levels as it relates to lifestyle and together they will discuss what changes can take place to safely increase activity to help burn fuels ingested. They will discuss what is happening on an emotional level and what stressors are happening because stress causes increases in blood sugar levels. They meet again in a few weeks to re-assess, revise, and take on new goals toward a more balanced lifestyle.

You can see the allopathic model fits well with our society of convenience. For some people, "take this pill and call me in the morning" works well. If the treatment doesn't work, find another doctor. Other folks will prefer to be an active participant



The Thymekeeper views the horizon over Mt. Quandry and Monte Cristo Gulch.

in their own healing, providing a greater sense of self-awareness.

Botany, botany, and more botany

Mari is grateful for the extensive education she received on botany. Coming from a family rooted in gardening and farming, she had firm intellectual ground on which to build. She learned more about how plants have their own synergy, from the Greek "synergos" or working together.

Mari gives the example of ephedra, a plant that can be very helpful for upper respiratory issues. When used properly, the natural synergy of the plant helps the lower respiratory system without causing undue increases in heart rate. The pharmaceutical companies have stripped away much of this plant, extracting only one element, resulting in amphetamine like substance that can increase the heart rate to potentially dangerous levels quite easily because it then feels to the body like adrenaline.

Mari has spent over three years in the classroom to learn the philosophies and botany. She fondly recalls one of her favorite professors, Paul Bergner. He entered the classroom somewhat scruffy in appearance. Once he opened his mouth, the wisdom poured out and she found herself absorbing each word and concept like a sponge. The wisdom imparted to her by her grandmother, the classroom philosophies, and Paul's botanical knowledge became one.

She spent many years in the field observing plants in their natural environment, learning to assess what is balance for the plants, learning their various life cycles, and classifications because it is important to know exactly what you are dealing with and if there is a poisonous or potentially dangerous cousin. She experienced years of blood, sweat, tears, and sunburn in Arizona, Oregon and of course, Colorado dissecting flowers to truly learn to understand the nature of various plants. Mastering classification is essential to the wild crafter. She is clear: Earth has given all we need to be healthy and happy, to be restored to a balanced state.

Mari recalls being on the top of a mountain, surrounded by osha and aspen. She recalls how she looked around her and thought to herself, "There is no turning back now; this is where I'm meant to be," as she reflects on all she's learned about life's balancing act, philosophies on wellness, and the importance of using what the Earth so readily provides to keep us whole. She says, "Thyme is an ancient herb and I am the keeper of an ancient tradition."

Publisher's note: In 2007, Colorado state legislators passed a law that it is illegal to practice herbalism and receive any compensation. However, the First Amendment to the Constitution protects freedom of speech. Readers who are interested in learning more about ancient traditions and living in balance with the Earth are encouraged to contact her via email at mudsyspad@aol.com to share your interest.

Adopt Me Glimmer

by TCRAS

Looking for your new best friend? I am too! My name is Glimmer and I am looking for a new home with a warm bed, full food bowl, a gentle hand to give lots of belly rubs and no small animals for me. I am a gentle well behaved girl with lots of love to give. I do need someone to show me how to be the princess I truly am! Please come by and say hi! Call TCRAS, the no-kill shelter in Divide, at 719-686-7707 for more information or checkout our website to see all the available animals! www.tcrascolorado.com





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Need your GED? – contact Judy at 719-686-0705, ext. 2

CRIPPLE CREEK

4 Festivities in City Park – Beer Garden, Bounce House and Quad Bungee Jump

• Noon-4pm Trademark Infringement plays classic rock
• 5pm-9pm Jeffrey Alan Band plays country and rock music
26 through Aug 4 – Teller County Fair. Fairgrounds located off CR1.

DIVIDE

8 Divide Little Chapel on the Hill – Food Pantry 4:30pm-6:30pm. For more info 719-322-7610.
20 TCRAS Annual Year Sale to benefit the animals 8am-1pm. Please bring your gently used, saleable donations to the shelter during business hours: Mon – Fri 10am-5pm, Sat 10am-4pm. No books or clothing please! Call TCRAS, the no-kill shelter in Divide, at 719-686-7707 for more information or checkout our website! www.tcrascolorado.com
22 Divide's Little Chapel on the Hill – Food Pantry 4:30pm-6:30pm. For more info call 719-322-7610.

FLORISSANT

19 & 20 Bluegrass at the Bird. Come to the Thunderbird Inn to enjoy live music by Bruce Hayes, ACME Bluegrass, Florissant Fossils, Anthony Hannigan & Border Drive, Capo Zero, Ron Lynam & Cowtown. Food/drink specials. Inside & Patio Bars. Dry camping available. Please bring a lawn chair. For more info 719-748-3969.

27 Kick off Florissant Heritage Days with the Florissant Fire Rescue Pancake Breakfast from 7am to 11am at Station 1, located at 2606 Hwy 24 in Florissant. Breakfast is open to the community and donations are appreciated. Make sure to bid on one (or more!) of the many donated items on the silent auction. After breakfast, check out the other activities planned throughout the day at the Florissant Grange, Schoolhouse Museum, Pikes Peak Historical Society Museum, Florissant Pioneer Cemetery, and Adelene Hornbeck Homestead.

27 Thunderbird Inn – Lissa Hanner & Super Chuck perform at 2pm. For more info 719-748-3969.

28 Thunderbird Inn – Kevin Deal performs at 7pm. For more info 719-748-3969.

FLORISSANT FOSSIL BEDS

4TH of July Excavation
* 30 minute interpretive talks in the park's outdoor amphitheater at 9am, 10am, noon, 2pm, 4pm & 5pm
* Ranger guided walk on the 1 mile, Ponderosa Loop trail at 11am
* Ranger guided walk on the ½ Ponderosa Loop Trail at 12:30pm
* Learn about fossil excavation at the demonstration excavation site from 10am – noon
* See a ranger and/or scientists discover fossils in the fossil demonstration lab from 2pm – 4pm
* Visit the historic 1878, Hornbeck Homestead from 3:00pm – 4:30pm
* JUST FOR KIDS: Earn a Junior Ranger badge or patch, ask for a free Junior Ranger activity book at the front desk.
The Monument will be open from 8am until 6pm every day until Labor Day.
For more information please call the Monument at 719-748-3253.

FLORISSANT GRANGE

27 HERITAGE DAY: You don't want to miss the biggest event of the year for Florissant. Start the day with Pancake Breakfast at the Fire House. Then make your way to the Pikes Peak Historical Society Museum, Costello Street Coffee House, Florissant Cemetery, and most importantly, The Old School House. At the School house you will have live music on the bandstand all day featuring: The Elbert Sisters, Mel March, Rich Currier and more. Food: starting at 10am we will be serving burgers, brats and

goods. A meal that includes chips, a drink and a cookie is only a suggested donation of \$5.00.

Vendors: Everything from hand-made crafts to Mische Purses and emergency food. Cowboy Poets and Magicians; you don't want to miss these shows featuring Susie Knight and Dwyane Faux, historic readings and reenactments by local well known ladies and gentlemen of the Florissant Area. Buckboard Rides by MLazyC Ranch from 10am-noon, Gold Camp Victorian Society creating great ambiance with their beautiful historic attire. 20 Years On The Trail Productions: Gun shoot outs and a historic play. Children's Play and activities all day, horseshoes all day, Ice Cream Social all day, Sheriff's Posse: to help us out with traffic and more.

Jam Night – Every Thursday all year the Grange Hall is open from 6pm-9pm for the Jammers Music and Pot Luck.
Yoga – classes are held each Monday evening at 5:30 and Tuesday and Thursday mornings. Call Debbie at 748-3678 for more information.

GUFFEY

4 The Annual Guffey Library Book and Bake Sale, from 10am to 2pm, sponsored by the Friends of the Guffey Library. Bernie Nagy, author of three South Park pictorial books, will be at the library from 10am to noon signing his newest book Park County Colorado: A Photographic History. A Percentage of the sale of each book bought during this time will be donated to the Friends of the Guffey Library.

4 Everyone is invited to the Freshwater Saloon in Downtown Guffey for Fun, Food and Live Music on the 4th of July! All you can eat BBQ: Pulled Pork, Smoked Brisket and Sausage. \$10.00 a plate with all the fixins'. Food served from 11am til 8pm. Live Music: Lissa Hanner featuring Super Chuck and friends starting at 4:00pm
4, 5, & 6 The annual Southern Park County Fire Protection District auxiliary sponsored yard sale and open house will be from 9am to 3pm, at the fire station in Guffey. Ice cream sundaes, pizza and drinks will be available. Come see the fire department's newly refurbished Unimog and Humvee fire trucks which are especially designed for rugged terrain. HawkQuest will be at the fire department on the 4th again this year and they bring a bald eagle, a turkey vulture, and a falcon.

13 Grammy's Mountain Market 9am-3pm at 3044 Hwy 9, Guffey, CO. See article on page 2 for more!
20 The Annual Fundraiser for Second Chance Ranch - Plant & Produce Sale in downtown Guffey from 8am-5pm. We are feverishly potting, collecting and storing items for the sale. Please stop by to say hi; we will be in the parking lot of the Freshwater in downtown Guffey. We will have baked

goods, high altitude plants in a variety of sizes and local produce all available. SCR is completely volunteer run, so all the proceeds of this fundraiser go toward supporting needs in need. If you can't make it, consider donating some produce out of your garden, a flat of high altitude plants, potting soil or collect garden center pots for us! Volunteers are welcome; Dana would love your company if you would like to help her with your time. For more info check out <http://secondchanceranch.shutterfly.com/>
27 Grammy's Mountain Market 9am-3pm at 3044 Hwy 9, Guffey, CO. See article on page 2 for more!

HARTSEL

13 Harvest Center of Colorado – Food Pantry noon-1pm.

JEFFERSON

6 Stagestop Saloon - Fourth of July Celebration: live music checkout www.stagestopsaloon.com

LAKE GEORGE LIBRARY - ONGOING

Wed: 9am Low Impact Exercise
1st & 3rd Fri: Lake George Quilters Square 9:30-1:30pm
4th Fri: 9:15 Friends of the Library – Book Clubs "Tainted Tea" and "Titles" meet afterward.

LAKE GEORGE COMMUNITY CENTER

Help U Club: We have our meetings the 3rd Thursday of the month at the Lake George Community Center, starting with potluck at noon and our meeting at 1:00 pm. We are all "Good Cooks." We are seeking new members. This would be a good place for new members to the community to meet people while helping out their community.

WOODLAND PARK

4 Second Annual Woodland Park Cemetery Crawl, sponsored by the Ute Pass Historical Society. Take a walk around the Cemetery on July 4th and meet some of the old pioneers who are resting in the Woodland Park Cemetery, located at 650 Short Street. Tours start every 15 minutes from 1pm-3pm. Tickets cost \$5, and are available at the Ute Pass Historical Society Gift Shop, 231 E. Henrietta Avenue, WP, or at the gate. Please call UPHS at 719.686.7512 or e mail uphs@peakinter.net for more information.

13 Quest for Mastery, an online class; learn these tools that can help you manifest your highest potential, and also can help you overcome issues in your life. For more information email Jimena at jimena.yantorno@gmail.com or call 719-306-0772.

Save the date – August 3 & 4 – WP Mountain Arts Festival at

the Ute Pass Cultural Center. **Save the date – August 10 –** Quilters Above the Clouds Quilt Show at WP Middle School.

WP DINOSAUR RESOURCE CENTER

4 Military Appreciation Day 9am-5pm. One half off of regular admission with active or retired military I.D.
6 Outdoor Arts and Crafts Fair 9am-4pm. The DRC will host their 4th Outdoor Craft Show. Join us for original jewelry, lamps, ornaments, ceramics, bonsai trees, tapestries, leather items, home decor, food and much more. Come and join the fun! Check out our website for complete details.
The Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO For more info check out www.rmdrc.com

WOODLAND PARK FARMER S MARKET

5 Center Street & Henrietta 7am-1pm
12 Center Street & Henrietta 7am-1pm
19 Center Street & Henrietta 7am-1pm
26 Center Street & Henrietta 7am-1pm
For more info contact tefma@q.com or 719-689-3133

VICTOR

4 The 2nd Annual Fourth of July BBQ at Victor Gold Bowl 11am-2pm
19 Gold Rush Days
• 5pm Elk's Lodge Chili Dinner
• 6pm-midnight Beer Garden Victor Dream
• 6pm-8pm Victorian Olivo at Elk's Lodge
• 7pm-11pm Street Dance f/"Exit West"
20 Gold Rush Days
• 7am-11am Fireman's Breakfast at the fire station.
• 8:30am Mining Games Registration
• 9am Mining Games Begin
• 10:30am-3pm Historic Home & Building Tour
• 11am-8pm Beer Garden
• 1pm-3pm Old Fashioned Kids Games at Wallace Park
• 2:30pm-5pm Gold King Invitational Vintage Baseball Game at the Gold Bowl
• 8pm-midnight Annual CC&V Reunion Dance f/"The Geezers"

20 The Headframe Tavern - Live music f/ Judi

21 Gold Rush Days
• 7am-11am Fireman's breakfast at the fire station
• 10am-5pm Beer Garden
• 10am-4pm Gold Camp Ag & Mining Museum: Antique Tractors, Blacksmith, and Chuck wagon
• 10:30am-11:30am Parade Registration and lineup
• 11am-5pm Rocky Mountain Tractor Pullers Competition at Helliport
• Noon Parade & Ugly Truck Show

Terrestrial trout foods

by: Robert Younghanz, The Bug Guy

As it relates to fly fishing, trout foods and the fly patterns used to imitate these foods tend to focus primarily on aquatic invertebrates. While the benthos is by its very nature the most accessible source food for trout, terrestrial insects, spiders, mammals and even small birds, through a variety of mechanisms, often find their way into aquatic environments. The first and perhaps the most important step in becoming familiar with the variety of terrestrials available as a potential food source for trout is to become a meticulous observer. More often than not, fly fishers have little consideration for, or awareness of the abundant biodiversity available to trout which surrounds them as the quickly grab their gear and blindly march towards the water. Truth be told, terrestrial animals far outnumber their aquatic counter parts. Anglers that are willing to spend some quality time investigating the terrestrial environment adjacent to a river or lake that they are about to fish will be rewarded with not only a unique biological perspective but perhaps more importantly, an additional layer of fly fishing knowledge. This added level of awareness will undoubtedly result in a more productive day on the water.

Having a general idea of the biodiversity and biomass that is present within a particular geographical region provides the angler with some measure of just how pervasive certain terrestrials can be within an area that he or she is fishing. Making things even more complicated is the distinction between exclusively terrestrial insects and semi-aquatic insect which live one part of their life on land and part of their life in the water

or vice versa. So from a fly fishing perspective a semi-aquatic insect can simultaneously be considered both terrestrial and aquatic. To muddy the waters even further, many families of insects contain species whereby one group within the order is exclusively aquatic and another is exclusively terrestrial. This phenomenon is most often seen with beetles as well as within various families of flies. The point here is that it is not possible to collectively lump the multitude of terrestrial insects into one category.

Within the great pantheon of terrestrial insects, anglers are likely most familiar with Grasshoppers, which are classified in the sub-order of Caelifera. The ferocity in which a trout will take a grasshopper imitation is second to none. While grasshoppers do not intentionally land in the water, it is not uncommon for them to end up in a river or lake due to strong winds while fleeing from predators or simply jumping or flying from one location to another. Grasshoppers of all sizes and stages of development do fall victim to nearby water sources but it is the larger adults that signal a substantial meal for a feeding fish. Trout seem to be instinctively aware that of the caloric benefits of consuming a large adult hopper and their aggressive behavior when feeding upon them bears this out. They are most active during the warmest part of the day and therefore odds dictate that this is when they are most likely to end up in the water.

True to its name, the grasshopper is most often found in open grasslands, but there are some species within this group that thrive in forested areas and even above tree

line. It is for this reason that fishing a generalized "hopper" imitation can be extremely effective even in high mountain ponds and lakes. As the insects in this group metamorphosis, not only do they become larger, but they also can go through dramatic changes in color with each new instar. It is imperative that the angler take these factors into consideration when selecting patterns for this group. While Grasshoppers may be the most well known of terrestrial to those who fish, there are a myriad of other food sources found on dry land that can potentially end up as a food source for trout. Given the chance, trout will eat Crickets, Katydid, Beetles, Cicadas, Leaf Hoppers, Ants, Bees, Wasps, Termites, Butterflies, Moths, Flies, Spiders and even Mice.

Aquatic insects will always be the primary staple for trout and it is within this area that the fly fishing community places its primary focus. On the other hand, terrestrial food sources and their imitations carries with it infinite possibilities. If there is one facet of




Grasshopper photo by Teresa Weiss

fly fishing where there is major room for innovation and experimentation, it is within this realm. The sky is truly the limit. For the inquisitive fly fisher that is willing to expend both the time and energy exploring terrestrial habitats, an entirely endless world of potential trout foods are awaiting to be discovered.

Robert Younghanz, aka The Bug Guy, is a guide and instructor at The Angler's Covey Fly Shop. For more information on aquatic entomology for the Rocky Mountain West, check out Robert's best selling 2 DVD set, The Bug Guy: Aquatic Entomology for the Fly Fisher or contact Robert at: the-bug-guy.com or at www.robertyounganzflyfishing.com

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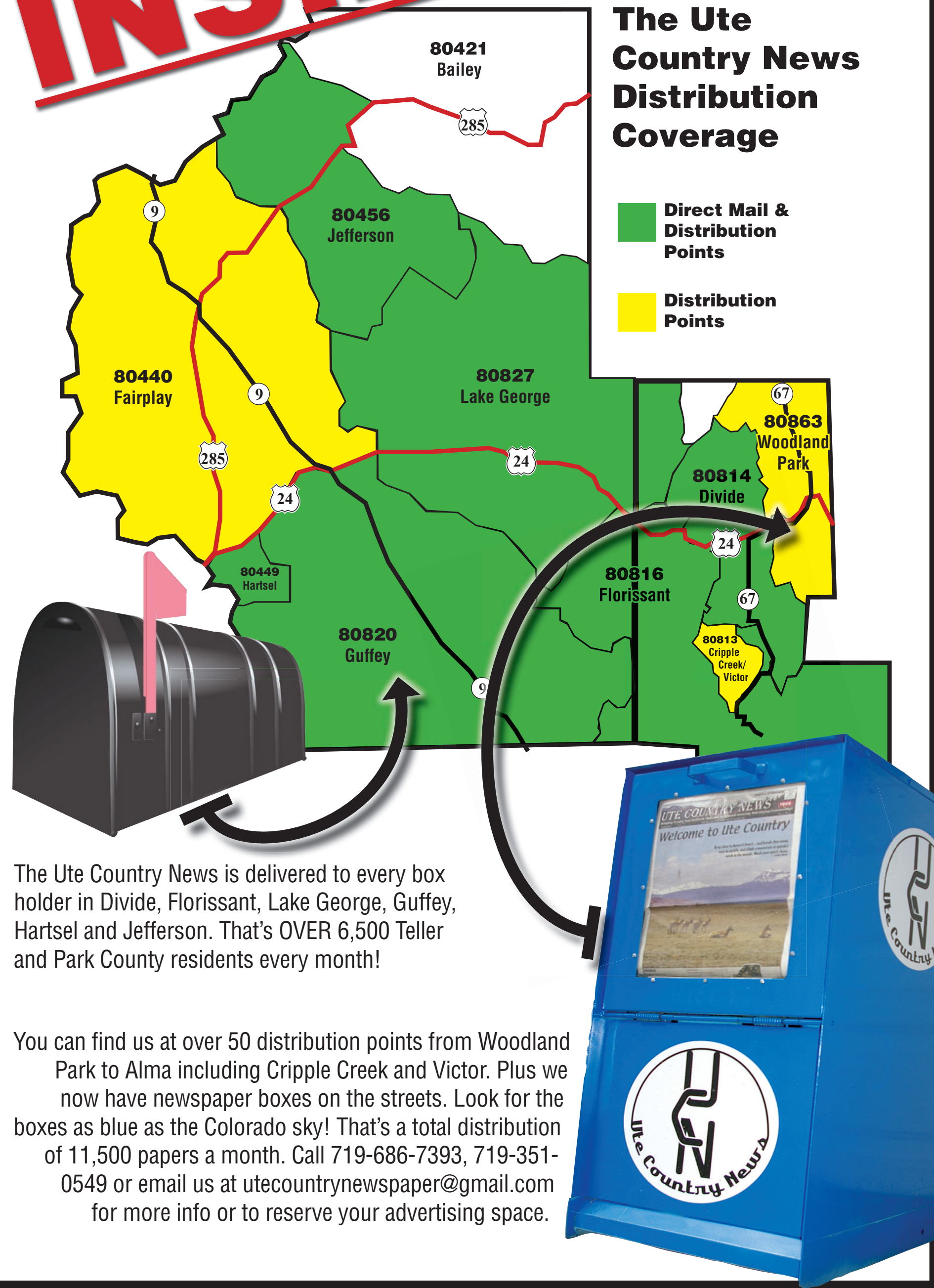
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