

**"When snow melts,
what does it become?
'It becomes water, of course'
Wrong! It becomes spring!"**
— Natsuki Takaya

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This month's cover is of the stream that flows along Shelf Road. Jeff was seeking that perfect shot of the melting snow transitioning into water. We are grateful for the snow that's fallen this winter. We look forward to seeing some flowers and other foliage we haven't seen in drier years; we welcome their arrival!

The transitioning of into Spring always brings new energy and a freshness. We hope you enjoy what we have to offer in our April issue.

Did you know we can now be found all along the Hwy 24 corridor from Woodland Park all the way to Breckenridge? The feedback we receive tells us our readership is growing. Please let us know if you are outside our direct mail or distribution area and need a subscription.

Mr. Spaz is ready to receive your photos of the critters in your house or in your yard for Critter Corner. He's feeling a bit more spunky now that it's Springtime, as well.

Feel free to contact us via email utecountrynews-paper@gmail.com or phone 719-686-7393.

Thank you,
—Kathy & Jeff Hansen

A special thanks to all listed here for their professional work and time to make this possible.

Publishers:
High Pine Design
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Divide, CO 80814
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Natural? Are you being deceived?

by Carol Grieve*

Many of us are choosing to make healthier choices for ourselves and our families when visiting our grocery stores. When we walk down the aisles of our favorite grocery store, we see colorful and eye-catching packaging and labeling. Have you ever wondered why you chose certain products? Today, I would like to assist you in making sense of some of the ways the food industry gets you to buy their products—and how to avoid some of their deceptive marketing and advertising.

Let's take the word "natural." No formal definition for the use of "natural" on food labels has been issued by the U.S. Food and Drug Administration (FDA) or U.S. Department of Agriculture (USDA). However, "natural" claims have become common on new foods and beverages.

Many people think that because it says "natural" or made with "natural ingredients" that it is healthy and even organic. This is not true. There is very little regulation on that word, and many of the big food corporations take advantage of consumers by using it on their products. I am constantly talking with people about food and I hear this word used to describe food choices. Do you think that these big corporations who want you to buy their products might not want you to know this? You bet they don't!

Let's take the ingredient "natural flavor." When flavors and colors are described as "natural," what does that mean, exactly? Sure, it sounds benign, but in the world of food labeling, things are seldom what they seem. Also, "natural flavors" are typically proprietary information, meaning no matter how hard you might try, you won't be able to find out exactly what they're made of. Sound deceptive? You bet.

When I see a product that list an ingredient such as "natural flavors," I know they are trying to hide something. One ingredient that is hidden is MSG! If you were MSG you would want to hide too, and what better place than under the secret "natural flavors" category. While ingredients such as "monosodium glutamate," and "hydrolyzed" proteins are required by the FDA to be disclosed on the food label, over 40 other MSG-containing ingredients are not. Another place MSG can be sneaked into foods are in the ingredients "stock" and "broth," both can be used without naming what they are actually made of. You even may envision "stock" as a wonderful homemade soup base with lots of healthy ingredients. This is not the case!

MSG is an excitotoxin. An excitotoxin is any substance that overexcites cells to the point of damage—it acts as a toxin. MSG can directly worsen autism, attention deficit disorder, and hyperactivity. It can cause the brain to be miss-wired, especially in the womb and



Beware! Labels can be misleading.

the first few years of life. The damage to brain connections can mess up nearly any aspect of brain function, from the control of hormones, to behavior, and intelligence.

Tongue tampering ingredients can also be labeled as "natural flavors." These are masking ingredients that mess with our taste buds. One mega flavor-development company out of Cincinnati, Ohio, has created "Resolver" which they describe as overcoming "undesirable taste components" by blocking the taste on the tongue. It does this by "attaching itself to the receptor" and preventing the "taste sensation" to be perceived. Taste-bud-deception concoctions such as these are used in foods and beverages, as well as supplements.

Another "natural flavoring" hidden of our food is called "castoreum," and it's emitted from the castor sacs within the animal's anus. For a beaver, this slimy brown substance is used to mark its territory, but for us humans, it's used as an additive that is often labeled as "natural flavoring" in the foods we eat - vanilla, strawberry and raspberry probably being the most common. Do you really want to eat beaver butt?

Many big food corporations are counting on you not knowing how to read their label. Let's change this! First of all, if it is organic, it will say organic, not natural! Further, when looking for organic products it could say "made with organic ingredients," which only means a percentage is organic. If it is 100 percent organic it will say this!

Now let's talk about the pictures they use on their products. Have you seen cereal products with beautiful pictures of fruit on them? Well guess what? Just because there is a picture of fruit on the box, it doesn't mean it contains "real" fruit. It could mean that it is made with fruit flavoring which is far different than real fruit. Another deceptive picture could be a picture of a barn or a farm which could lead

you to believe it is a healthy product — after all there is a picture of a barn on the product. What if this product is more likely to be made in a factory or a chemistry lab?

Another area that the public is duped is buying eggs. Have you seen the eggs that say they are cage free? This doesn't mean that these chickens get to run free outside. You may be thinking of chickens out in a pasture, but if it doesn't say "pasture-raised" it may look more like chickens housed in a factory-type facility and crammed so closely together that they can hardly move; they may never see daylight! They'll charge you more for these eggs. It is worth it to buy true "pasture-raised" or organic eggs but don't fall for the "cage-free" scam.

Don't even get me started on how many of these companies advertise their sugary, fatty and chemical laden products to kids. Studies have been out for years reflecting on the numerous food advertisements that consumers are bombarded with everyday, most of which market extremely unhealthy products.

More importantly, advocacy groups continue to debate the vast number of ads that are directed towards children encouraging sugary, fatty foods through enticing and clever commercials. Kids are easily swayed to choose food based on how they are packaged. For example, a study by the University of Pennsylvania's Annenberg School of Communication discovered that pairing food with cartoons can even lead kids to say that the food tastes better. Parents — what our children eat affects their behavior, emotions and physical health and we need to be their advocates!

The next time you go to your favorite grocery store, take the time to read the label before buying a product. I always tell people, if you cannot pronounce an ingredient, you probably don't want to eat it.

The bottom line is that it is cheaper and healthier to buy food that is not processed. Educate yourself and your family on how to read labels and to get the most nutrition from the food you eat! These big corporations do not have your health as a priority — most of them are in it for their bottom line — which is profit. Don't let them put your health and your family's health at risk. Be your own food advocate — your health and your family's health is worth it!

Carol Grieve is a Certified Life Coach and Health and Wellness Coach and the host of the widely acclaimed talk radio show, Food Integrity Now (www.foodintegritynow.org). For more information on health and wellness coaching, go to www.foodintegritycoaching.com or contact Carol at carol@foodintegritynow.org or call 415-302-7100. Phone or Skype sessions are available.*



Erin Snyder

distilled water, it creates a spray that can be used on counters, windows, sinks and more. However, vinegar is not recommended on granite because it can etch the surface. Instead, use a diluted solution of rubbing alcohol for granite countertops.

It is also easy to make your own laundry detergent. Here is a great recipe to try:
1- 4 lb. box of Borax
1- 4 lb. box of Baking Soda
1- 4 lb. box of Washing Soda (found in the laundry aisle)
3 Bars of Ivory Soap (shredded)

While wearing gloves (though non-toxic, borax can be an irritant in its pure form), mix all ingredients in a large container. Use approx 1 Tbs per load. You can also add your favorite essential oil to this recipe.

Many experts recommend using liquid detergent to wash your clothes if you have a septic tank. The main reason for this is that many commercial

products contain fillers that do not completely break down and can clog the drain field of your septic system. I currently use the homemade powdered detergent, but if you have a septic system, this recipe can also be turned into a liquid detergent by fully dissolving all ingredients in warm water before use.

Like anything else, do your own research on natural cleaning products and decide what is right for you and your family. However, making simple changes to how you clean can save time, money, space, and the environment.

Erin Snyder is a Professional Organizer and the author of the organizing blog Neaten Your Nest. For more information, please visit www.neatinyournest.com or contact Erin at erin@neatinyournest.com or 678-622-6718.

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The legacy of James John Hagerman

- Part 3

by David Martinek

The years immediately following his graduation from the University of Michigan helped to mold James John Hagerman into a tireless iron industrialist.

In Captain Ward's Service

Only 73 days prior to Hagerman's graduation from the University of Michigan at Ann Arbor, on a Friday around 4:30 in the morning, confederate batteries opened fire on the Union Army post at Fort Sumter, South Carolina. The American Civil War had begun.

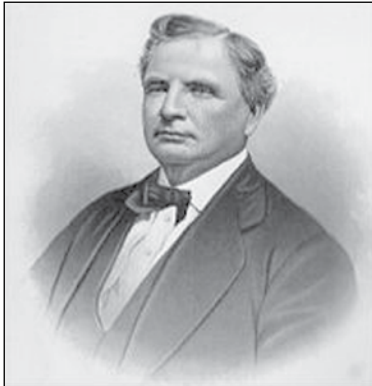
Hagerman writes that when "the Governor issued a proclamation asking for volunteers for the quota of Michigan, the first company offered in the state was made up by University of Michigan boys."

However, with nearly 10 times as many adult men volunteering to join the Union Army, the Governor refused the university company of which Hagerman was a member and officer. That was the closest he came to becoming a soldier. In spite of the Governor's rejection, about 25 men from Hagerman's class volunteered anyway and several were subsequently killed.

After graduating, Hagerman continued to work for Captain Ward, serving as clerk on several paddle-wheel steamers operating along both Lake Huron and Lake Superior shores, as well as out of Chicago. His experiences taught him a side of business unknown to him and provided many valuable on-the-job lessons. As a result, he developed a tireless work ethic that would serve him well with Ward, as well as during the rest of his life.

In the late summer of 1861, Hagerman mentions in his memoirs that his first steam ship assignment was a big, new side-wheeler named the Planet. It ran from Cleveland to ports in Lake Superior as far west as Bayfield, Wisconsin. He was the clerk for the ship and had a freight clerk reporting to him. The Planet carried passengers, supplies and often barrel copper and pig iron.

He wrote that during his last trip she was caught in a "hellacious" storm which prompted the captain to throw all their cargo overboard in order to save the ship, its crew and passengers. "We threw overboard one hundred and eight head of cattle," wrote Hagerman from memory. "Hundreds of tons of groceries, dry goods,



Captain Eber Brock Ward (1811 – 1875), shipbuilder and iron and steel manufacturer from Michigan who mentored Hagerman.

pressed hay, feed, flour, mining machinery and everything that could be got a hold of." Once safely in port, Hagerman spend the entire winter of 1861-62 traveling around to various lake communities with an insurance agent to settle with freight owners on their property and supplies that were lost. "It taught me much about a branch of business of which I was entirely ignorant," wrote Hagerman.

There were other adventures for Hagerman on other ships, like the Sea Bird which floundered near Sheboygan, Wisconsin on one trip and nearly sank. Battered by a storm the helpless ship was adrift due to engine failure, and would have sunk with 200 passengers if the first mate and

Hagerman had not worked through the night to make sure the pumps were manned and people were safe. According to Hagerman, the captain of the ship was a drunk and a coward. "When it was all over, the passengers wrote a statement to Captain Ward, which they all signed, denouncing the captain as a coward and giving me the credit of saving the boat," wrote Hagerman in his memoirs. Hagerman credited the first mate with being the actual hero. "They [the passengers] saw less of the mate, Pat Carney, than they did me, but I am sure that he and I *did* save the Sea Bird that awful night." Percy Hagerman wrote that his father "made good with Captain Ward" with his work on the steamboat line.



The Seabird, one of Captain E. B. Ward's paddle-wheel steamboats that floundered near Sheboygan, Wisconsin and would have sunk if not for the heroics of the first mate and Hagerman.

Captain Eber Brock Ward was a man of vision and the largest ship owner and trader on the Great Lakes at the time. He would later become Detroit's first millionaire. His business grew and prospered with a collection of eight steamers that ran all over the lakes under an agreement with the Grand Truck Railway – providing a water link to the west for both passengers and freight. Ward entrusted Hagerman with other business outside his regular clerking duties.

In one instance, Hagerman was sent to Montreal and Boston to settle some particularly nasty damage claims with the railroad and to negotiate a new traffic agreement. This he did to Captain Ward's happy and enthusiastic satisfaction.

Miss Ann Osborne and becoming an iron manufacturer

By July 1865, Hagerman had clerked for three years on the largest and finest steamship in Captain Ward's fleet, a boat named the Wade, under the leadership of Captain Goldsmith whom Hagerman respected immensely. It was on the Wade that summer that he happened to make the acquaintance of Miss Anne Osborne as she was traveling to Traverse City from Detroit with her sister, Sophie. They courted as best they could with Hagerman's work schedule and after two years were married. Their union

produced two sons, Percy and Herbert. Herbert would later become territorial governor of New Mexico.

But it was at the close of the season in 1865 that Ward told Hagerman of his plans to build a rolling mill in Milwaukee to produce iron for the railroads. Ward could see that the railroads would eventually eclipse his shipping business and was preparing to shift his emphasis to embrace and profit from the competition. Ward had purchased thousands of acres of fine timber and other lands with iron ore resources, in the upper peninsula of Michigan, and as early as 1857 had built a modest iron rail mill in Chicago. Knowing that Hagerman was

ready for more responsibility than a ship's clerk, Ward asked him to be secretary and manager of the new Milwaukee mill company, a position that not only increased Hagerman's wages but also ushered him into a career in iron manufacturing.

The Milwaukee Iron Company works were completed in 1867, the year Hagerman and Miss Osborne were married. By 1869 it was extremely profitable, doing an immense business manufacturing iron rails out of worn out rails and general scrap iron. Much of their rails were purchased by the Chicago and Northwestern, the St. Paul and other railroads who were pushing farther west. In fact, by the time the railroads reached Chicago, Ward's vision of the demise of his steamer empire was fast becoming a reality.

At that time, all rails in the U.S. were made from drawn iron. Steel rails had to be imported from England at a very high cost per ton. Hagerman kept his eye on the development and refinement of steel manufacturing, even going so far as to join the British Iron and Steel Institute. He urged Captain Ward to build a Bessemer steel mill in Milwaukee, convinced that steel rails would soon replace the inferior iron ones. But iron rails were easy to produce, and by 1872 were selling for \$90 per ton. So the steel plant was put on hold.

A year later, everything changed. Wild inflation, brought on by a post-Civil War boom, as well as several European factors, caused an economic panic throughout the country, beginning in 1873 and developing into a long depression. Hagerman wrote, "Scores of banks, railroads, companies, individuals, manufacturers, all classes of men were thrown out of employment. You could not sell a rail at any price. The panic came in September and hurt the iron business worse than any other." The depression halted business activities all across the land, including railroad construction (particularly east of the Mississippi). Rail manufacturers could not collect what was owed them from the railroads, and therefore could not meet their own obligations. Soon, one by one, they began to go out of business.

The Milwaukee Iron Company lasted a couple of more years, but Captain Ward died suddenly on January 2, 1875 of a stroke and after that any ambition held by the Milwaukee iron works group to try to weather the economic storm was lost. The company failed in September 1875 and went into receivership. Refusing to give up, Hagerman and some friends rented the mills from the receiver and began making bar iron at considerable profit, but that adventure, too, lasted only a year or two.

Hagerman's most successful adventure in the iron industry was yet to come.

(to be continued next month)



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VISA DISCOVER

Garro

by Linda Bjorklund

All that's left of the town is a deteriorating green structure, boarded up to prevent adventurers from entering and crawling around in the decade's worth of dust and remains of a grocery store. Across the highway a sign announcing the Buffalo Peaks Ranch leads to several buildings that mark the original location of a once prosperous ranch. In the early years of South Park settlement, though, this was a thriving, if small, community of ranchers located about half-way between Fairplay and Hartsel.

On the banks of the Middle Fork of the South Platte River, not far from where Trout Creek empties into it, a Frenchman named Adolphe Guiraud, his wife Marie, and their family settled. Guiraud started out with one cow, two horses and a yoke of oxen. The year was 1862.

The locals soon began to call the place Garo, which is what the French name Guiraud sounded like to them. The ranch was a welcome haven to well-known Father Dyer, who traveled the area for the Methodist Episcopal Church ministry during the early 1860s, preaching to the miners. Father Dyer had started out one winter day from Montgomery, high in the mountains to the north. He got through Fairplay on his barrel-stave type skis, for which he became a legend as the "Snowshoe Itinerant." As he proceeded further it began to get dark and the going got tougher.



Garro 1900 Interior of Store Source: Karen Denison



Garro 1917 Source: Karen Denison

He described his experience in his autobiography, "It seemed like being buried alive, the clouds being shoveled in on the coffin." At last Father Dyer reached 'Garro's Ranch' and held onto the doorknob for support as he knocked. It was near 11 o'clock and the family had already gone to bed. Upon hearing the knock, Adolphe jumped out of bed and grabbed his revolver, crying "Who's there?"

A weak reply of "It is Dyer," prompted the rancher to open the door and let in the traveler. Father Dyer later described the late-night meal hastily prepared for him as "hospitality so royal a king might envy it." The next morning Adolphe sent one of his sons to accompany the good preacher for a distance to make sure he would be alright.

Another visitor, a bit more infamous, made use of the Guiraud hospitality one evening in July of 1864. The Reynolds brothers were among the original miners in Fairplay and had become acquainted with the Guiraud family.



Garro early 1900s General Store Source: Karen Denison

Without revealing their plans, Jim Reynolds spent the evening in a long conversation with Adolphe, asking such questions as what time the stagecoach left Bucksin on its way to McLaughlin's ranch, a stage stop near Como.

Soon thereafter, the brothers and their Confederate compatriots held up the stage and robbed it of the gold it was carrying. The Reynolds Gang, as it became known, was hotly pursued by a posse and only managed to bury the gold before they were caught. Two of

couldn't read or write in that language, she took over the business of ranching.

In 1879 Marie filed a water rights suit against a neighboring rancher, Nelson Halleck, after he began to divert water from Trout Creek for his own use, upstream from the Guiraud property. This became a landmark case for Colorado water rights, which are based on the right of prior appropriation—the first one to use the water has the oldest and best right to continue to use it.

A number of neighbors testified on behalf of the Guiraud family that they had begun to use the water for irrigation as early as 1862.

The Guiraud Ditch remains a familiar term in water rights usage today, having established an appropriation date of 1867, one of the oldest in South Park.

Also in 1879 Marie hired Fred Morse, a well-known engineer, to plat the town of Garro. She knew that the Denver, South Park & Pacific Railroad was in the process of laying track from Denver on its way to Leadville. The railroad angered the Town of Fairplay by diverting the track from Como through Red Hill and to 'Garos' effectively bypassing Fairplay. The track continued over Trout Creek Pass and the Rio Grande to reach Leadville.

The plat of Garro included streets named Park, East and West Broadway, Lincoln and Jefferson Avenues. Block 15 was designated as the location of the Denver & South Park Railroad Depot. The DSP&P listed Garro at milepost 104.57 with an altitude of 9,194 feet. Buildings included a combination frame depot and living quarters, a two-story section house, a coal bin, stock pens and one loading chute. The water tank was supplied from a well and the creek by a 20-foot windmill.

The town of Garro grew and soon included hotels, saloons, a livery and feed stable, a blacksmith and wagon maker, a sawmill operator, a stage stop and even an opera house. The depot was a shipping place for hay and cattle as well as a stop for passenger service.

Prosperity was not without its pitfalls, however. Speeding trains often encountered cattle on the tracks and railroad officials were sometimes slow to pay claims to ranchers for killing their stock. Marie Guiraud found a way to encourage speedier settlements. As the train began to climb a steep grade going through her land, it often became inexplicably mired down. After the railroad settled her claim, the copious amounts of mutton tallow greasing the rails on that particular grade disappeared.

The deteriorating green structure was originally owned by Robert 'Chubb' Newitt, who, in 1885, moved the store in two sections one each on a railroad flatcar from its beginning location near Trout Creek Pass. It was common for the local mercantile to also serve as the post office, so Newitt became the first postmaster and ran the store until his untimely death in 1895. His wife Ellen continued to run the store until she sold it in 1898 to Alfred S. Turner, who then became postmaster. The original pigeonholes for letters are still in the old store.

Marie Guiraud passed away in 1909, leaving a very successful ranch to her children. The ranch was sold in 1942 to the McDowell family, also ranchers. The City of Aurora acquired the property in 1985 for its water rights. It became known as the Buffalo Peaks Ranch.

Recently the ranch was leased to the Rocky Mountain Land Library, which plans to do some work on the buildings and perhaps conduct classes or events in them.

Freedom at last

by Barbara Royal, CSD, ATP®

Your soul and mine are sparks of the Divine, pure and perfect. Nothing can diminish its light – but it can be covered.

If we use the analogy of a great work of art; the artwork is a true statement of the artist's creativity, perfect in every way. Over time, however, it gathers dirt, residue, fingerprints, etc., that may impede the artwork's ability to reflect its pristine source. Similarly, our soul is an expression of the Supreme Artist. Over time, it gathers the dirt, residue and fingerprints of what it experiences during its journey.

You and I are attending this earth school to learn how to resurrect our soul. However, as humans with free will choice, most of us don't seek out the curriculum until something traumatic happens. Such is the case with Diane (pseudonym). Her story could be yours or mine – different scenario, but serving the same purpose – lessons for resurrection of the soul.

Diane grew up in the South during the depression and World War II in a household with her parents, her aunt and grandmother. Her grandmother took care of her while the other adults worked. She was raised Baptist and converted to Catholicism after she married her military-career husband. During her childhood and into her adult life, Diane felt she was always in the way; was guilt ridden; believed she was not valued or accepted, and felt she was not supported by her family. She had learned how to be and behave "appropriately" according to the standards she believed were set by the authority figures in her life. This continued into adulthood.

As a child, her escape was to go out of doors. But, as an adult, she couldn't run away from situations. She also felt she had to take a back seat to her prominent husband and others. Diane had to continue to put on an "appropriate" appearance; stuff her feelings, and not be who she was meant to be.

Diane was gradually losing her eyesight due to the effects of Sjogren's, an autoimmune disorder. In actuality, her body was experiencing several forms of autoimmune disorders and Diane had chosen alternative therapies in addition to traditional medicine to help overcome them.

An autoimmune disorder is an illness that occurs when the body tissues are attacked by its own immune system. According to my resource, "Messages from the Body" by Michael J. Lincoln, Ph.D., one of the potential

underlying emotional/mental causes of an autoimmune disorder is the feeling the person is somehow responsible for all the ills of the world and they are the cause.

Diane harbored this feeling as well, which erupted recently in an incident involving the marriage of her daughter. Diane felt she had ruined the joyous occasion of her daughter's marriage because she and her other daughter arrived late at the location of the ceremony. As a result, they were not able to help the bride get dressed, as arranged. Naturally her daughter was upset, and Diane went into her old beliefs about herself – guilt, incapable of doing things right, a total failure and on and on.

Diane is not a quitter. She had achieved progress in her physical and emotional health. Until this incident, she had reached the point where she felt and showed increased power, courage, faith, trust, self-recognition, optimism, and the ability to express herself. She was demonstrating confidence, happiness and insight.

She needed to retrieve these feelings and more. In the two Miracles of Wellness sessions following the wedding day, Diane was able to do just that.

As a reminder, Miracles of Wellness is accomplished using intention in the form of a decree, invocation of the divine and affirmative prayer. When I sit across from a person, they describe their experience, and I record it in my notes. The descriptions that follow are a summary of Diane's experiences from my notes.

During her first session, she claimed the resurrection of her victory. She had the sense the Holy Spirit was working with her to transform all the negative feelings she was having. She reported the Spirit told her to add an "s" on the last word of her decree: I AM the resurrection and the life of my victory(ies).

Following that session, Diane was able to speak with her daughter. Diane has discovered a power within her that comes from Divine Love. She has discovered that Love aids in solving problems victoriously. Diane persevered with the manifestation of her decree and the healing of old wounds.

Even with this progress, there was still something tugging at her heart. Her daughter was holding onto her anger, and Diane was allowing it to affect the healing she was seeking. Thus began our next session.



Barbara Royal

She asked me to look up the emotional/mental cause of blindness in "Messages from the Body". When I read: "There is an inability to handle all the realities of their situation. They (the person) are in effect overwhelmed, demoralized or terrified by what they experience happening around and within them. So they have to 'turn away' from it all to 'keep on trucking'", Diane had an "a-ha" moment. She realized she was allowing other people to influence her wellbeing. Looking at her history, she had allowed it all her life with family members and others.

Her decree was profoundly: I AM the resurrection and the life of my freedom! Diane reported the experience of Spirit working throughout her body; in particular her eyes. She was aware the Spirit was "assisting me with courage and determination to stay on the path I am on and be stubborn and determined. I have to do it." She was instructed to work with her hands in front of her eyes and around her head on a daily basis.

Thanks to her quest for healing her vision, Diane has the freedom to see a lot more clearly now, with the light of her soul guiding the way. She hopes others will learn from her experiences and her discoveries, which is why she is so willing to share her story. She is now able to walk with those she loves, recognizing she doesn't have to allow their issues and behaviors to affect her. She is one step closer to the resurrection of her soul and the healing of her physical eyesight.

I am so blessed to have Diane in my life. She is a student and teacher for me.

Barbara Royal is an Interfaith Certified Spiritual Director and Certified Angel Therapy Practitioner®. She is the founder of the Miracles of Wellness method, which gives clients tools to claim blessings from heaven. She may be contacted at 719-687-6823 or miraclesofwellness@gmail.com for a free initial consultation and/or session appointments, which are available by phone or in person.

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NEW EXTENDED HOURS

People helping people - the Shelf Road rescue

by David Martinek

Consider this hypothetical situation: You are a member of a local fire department or search and rescue team, and you receive an emergency call to rescue a couple who have accidentally driven their car off the edge of one our mountain roads in Teller County, careening down a steep cliff. Sound familiar? It may happen more often than most folks imagine.

The hypothetical became reality recently when Eric Szabelski, Captain of the Divide Volunteer Fire Department's Technical Rescue Team, received such a call. At around 9:20 p.m. on Friday, March 14, 2014, Mr. and Mrs. John Marsicano of Canon City drove their Subaru Outback over the edge of Shelf Road about seven miles south of Cripple Creek, near the Teller/Fremont county line. According to the "Colorado Springs Gazette" (March 16, 2014), Mr. Marsicano "was thrown from the vehicle as it tumbled off the roadway" and died of his injuries. Mrs. Marsicano was also injured and in critical condition. Their car had plummeted down the canyon wall, coming to rest 300 feet below the road surface. The woman called 911 using her cell phone, and the Divide Fire Department and other agencies received the call moments later.

When Captain Szabelski and his team arrived at the scene at about 10:30 p.m., elements of the Cripple Creek Fire Department and ambulance service were already there. Having the only certified technical rescue unit in Teller County, Divide Fire took command of the incident.

"There was some feeling of desperation initially," recalled Szabelski. "It was pitch black, cold, and windy. We couldn't see the car from the road, and we didn't know how badly the woman was injured."

The accident happened on a very narrow stretch of road bordered on one side by a rock wall and on the other side by a deep canyon. Shelf Road got its name for a reason: the incline down the canyon cliff ranged for about 30 degrees to vertical! Scrub oak and rock outcroppings littered the cliff face. In the darkness, the only lights available were from the vehicles, from flashlights, and helmet lights. But their effectiveness was limited by the terrain, and the heavy stand of trees in the area. The rescue team faced a severe challenge.

The Divide Fire unit immediately rigged a rope system to begin repelling down the canyon to the car with a litter, plus a second safety line. However, they soon learned, as the men lowered themselves down their ropes, that the ropes were not long enough. Cripple Creek EMTs and Divide Fire personnel continued down the rope anyway to try to get as close to the car as possible.

After a few moments, the men had reached the end and radioed back that they were "going off rope," abandoning their only safety line to the top. But since the car was about 50 feet further down the canyon, they decided to risk it in order to provide what aid they could to Mrs. Marsicano. According to the EMTs, she was essentially "bleeding out" and suffering from hypothermia. She needed drugs, to be kept warm, and transportation to a hospital.

While the men were repelling down the cliff face, there was some talk of attempting to get a Blackhawk helicopter from Fort Carson or a local reserve unit to effect an aerial extraction of the victims. While that idea gave the group a



false sense of comfort for a little while, the idea proved too complicated to coordinate, and too time consuming to effect.

While all this was happening, a Colorado Highway Trooper arrived along with deputies from the Teller County Sheriff's office. Around midnight, the search and rescue units from both Teller and Fremont counties arrived on the scene.

After some thinking, the short rope problem was remedied, thanks to the search and rescue teams. Repelling down the canyon wall, they found a half-way point on a rocky ledge where they could securely anchor and rig a secondary rope system. The litter was transferred to the search and rescue line, and the woman was reached with the litter.

But the process was slow and tedious. Because the men did not have a continuous rope, the team was unable to provide a long pulley system to raise the litter quickly. They were forced to reposition the pulley after raising the woman's litter about every 10 feet, then reposition the pulley again. Plus when the litter reached the rocky ledge, they had to transfer it from the search and rescue line to the Divide Fire rope line.

Fortunately, Mrs. Marsicano was finally brought to the surface a little after 1:30 a.m. and driven by ambulance to a life-flight helicopter. She was taken to Penrose Hospital in Colorado Springs and is recovering from her injuries.

Then the teams went back down the canyon to recover Mr. Marsicano's body, using the same rope systems. Szabelski reported that car parts were scattered all over the canyon wall—a car door, a tire and wheel, a bumper and trash



The Divide Volunteer Fire Department's Technical Rescue Unit is the only certified technical rescue team in Teller County. They train for situations like the Shelf Road rescue. Training photo courtesy of the Divide Volunteer Fire Department

from inside the Subaru.

The rescue effort ended when the Divide Fire team and the other units returned to their stations—around 4:30 a.m.

In total, about 50 fire, search and rescue, medical and law enforcement personnel were



Mostly unpaved, this road travels from Canon City to Cripple Creek. It was the old stage road to the gold district. It is a favorite rock climbing area. Internet file photo.

involved, the majority being unpaid volunteers. Ten to 15 men scaled the cliff.

During the entire operation, two major issues readily surfaced. First, due to the remote area, terrain, and small section of road, personnel were needed to control congestion, coordinate movements, and monitor safety. Lt. Mike Babiarz from Divide Fire coordinated the area and safety procedures. Fortunately, there were no rescue crew injuries.

Secondly, the number of people and units involved created communications troubles, mostly due (again) to the terrain, and because various units were using different radio frequencies. Ryan Kennedy from Divide Fire worked all night to coordinate communications between units.

Captain Szabelski's team is well trained to assist in rescue efforts throughout Teller County. Most of their calls involve extracting people in winter who have fallen through the ice of a lake or river, for example, and in retrieving lost hikers or hunters in the back country in the summertime.

"This was the biggest and most challenging rescue we've had in a long time, especially with such a large number of people" concluded Szabelski. "We may have a similar call only once in a year or two." The captain hoped that the experience will help them work more closely with search and rescue and other fire units in the future.

Those units and personnel involved in the rescue were: the Divide Volunteer Fire Department - Technical Rescue Unit (commanded of the operation), the Cripple Creek Fire Department and Ambulance Service, Teller County Search and Rescue, Fremont County Search and Rescue, the Teller County Sheriff's Office and the Colorado Highway Patrol.

They are all people helping people—dedicated, unselfish individuals who sacrifice their own safety to help others in time of need.

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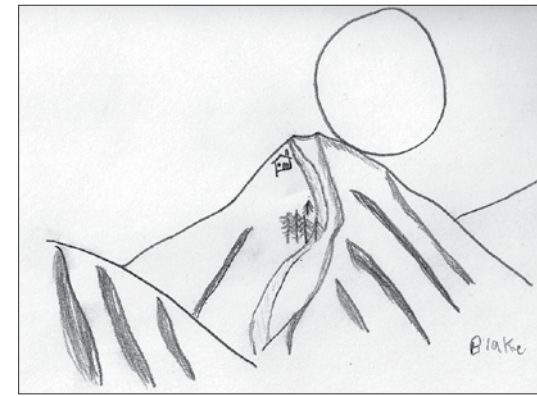
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Mountains Grow So High

Poem by Blake Reher



Artwork © Blake Reher

Mountains grow so high

Hard to believe they aren't alive

Erosion brings them back to earth

It's all apart of Earth's rebirth

Nothing stays in these shifting sands

Tectonic plates shape our lands

Coloradoans' admire their snow-capped peaks

Glad to see them; and climbing them is a treat.

April is National Poetry Month

Dream on

Haiku by Richie Martin



About the author:

Richie Martin is 13 and in seventh grade. His favorite school subject is science. His hobbies are playing the French horn and trombone, hiking outside, and going on the computer. When he finishes school he wants to be an engineer.



Vintage postcard of the Cripple Creek High School. The southern portion was built in 1897. The northern portion, containing the gymnasium and auditorium was completed in 1905. This high school was one of 17 high schools in the Cripple Creek and Victor Mining District. This postcard is part of the Pikes Peak Pebble Pup collection.

Canon City Area Recreation and Park District receives grant

by Abbie Walls

Colorado Parks and Wildlife is pleased to announce the Canon City Area Recreation and Park District as one of seven partner grant recipients.

Colorado Parks and Wildlife awarded \$150,000 to community organizations who promote hunting and angling opportunities to youth, minority and underserved populations.

The Canon City Area Recreation and Park District will receive \$18,000 from Colorado Parks and Wildlife to upgrade a current archery range and develop a program to engage youth in outdoor recreation. The Canon City Area Recreation and Park District is providing an additional \$2,000 in matching funds.

"Partners are absolutely critical to our mission as an agency," said Bob Broscheid, Director of Colorado Parks and Wildlife. "Time and financial resources are limited for everyone. When we are able to leverage all of those limited resources together in the same direction, we can all make great things happen."

The grant will allow the recreation and park district to provide archery and angling equipment to youth in the community through the Fremont County School Districts and 4-H programs. It is estimated that more than 4,000 students will be exposed to these opportunities annually, 60 percent of which are minority and underserved.

"With the grant money we will be able to purchase an additional National Archery in Schools archery kit and two National Fishing in Schools kits," said Kyle Horne, Programs Director of the Canon City Area Recreation and Park District. "The more we can expose students to these activities the better the chance of increasing their interest in hunting and angling."

Updates to the current archery range will transform it into a modern and sustainable outdoor range that can be used by both youth and adults for years to come.

"The future of hunting and fishing lies with today's youth," said Zach Holder, District Wildlife Manager for Colorado Parks and Wildlife in Canon City. "The only way to continue on these traditions is by giving kids a chance to experience it for themselves."

Local partners are also engaged in this effort including the three Fremont County School Districts, Fremont County 4-H, Canon Arrow Company, Canon Arrow Archery and the local chapter of the Rocky Mountain Elk Foundation.

"We appreciate the support of the local agencies, businesses and organizations in making this grant a reality. Their involvement makes this project not only possible, but sustainable for the foreseeable future," said Horne.

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Thymekeeper: Choices

by Mari Marques

Usually when presented with “do you want the good news or the bad news first?” you get to choose. Not this time, I’m giving you the bad news first but will give you other options!

Recent statistics show prescription drugs are now killing far more people in America than illegal drugs. It is becoming an epidemic in this country with the rise of popular pain killers and anxiety medications. According to businessinsider.com, Americans consume a whopping 80 percent of the world’s pain killers. That translates into more than 110 TONS of addictive opiates every year as reported by the BBC. Over the last decade the rise in usage of pain killers has increased over 600 percent and killed nearly 15,000 more people than Heroin and Cocaine combined.

The reality is that drugs are very toxic substances. Nutrition researcher, Bernard Rimland, of San Diego describes pharmaceutical medicine as the practice of giving patients’ “sub-lethal doses of toxic substances.” Rimland points out that the “Physician’s Desk Reference”, the leading reference book for drug information for doctors, consists mostly of warnings, side effects, adverse reactions and contraindications. If all of these pages were removed from the 3,000 page book (currently 3,250 pages), he says, you would be left with only about 150 pages describing the benefits of pharmaceutical drugs.

Another study published in the JAMA (Journal of the American Medical Association) investigated the number of adverse drug reactions over a typical year. The researchers calculated that 106,000 hospitalized patients die annually because of adverse drug reactions and that 2,216,000 other hospitalized patients have serious but nonfatal drug reactions. These figures would be far higher if the study group went beyond just hospitalized patients. These numbers are startling in the year 2014 and this particular study was published in 1998.

The good news!

The good news is we have choices. We can choose to make changes in our diet; for example cutting back on sugar intake. The sugar I am referring to is the white processed sugar, brown sugar, sucrose, fructose and high fructose corn syrup. Sugar has no nutritional benefit; it is an addictive substance and is found in nearly all processed food and drink. You may say wait a minute, that’s not good news! It is however a choice although a hard one for many people.

Understanding just how harmful sugar is on our health may help in making the decision to cut back on intake. Sugar affects every single system of the body and not in a positive way. It greatly contributes to pain and serious illnesses such as Type II Diabetes, Osteoporosis, Obesity and a host of other ailments up to and including damage to our arteries. In previous articles I have pointed out sugar is immunosuppressive to the extent that one soda can suppress the immune system by 40 percent for up to five hours.

Stevia is a good alternative sweetener worth considering. An herb of South American origin was vilified when it reached the market in

America but scientific trials firmly establish that this sweet-leaf herb has, in fact, many health benefiting plant-derived phyto-chemical compounds that help control blood sugar, cholesterol and blood pressure. Stevia has no calories and is at least 200-300 times sweeter than sugar, requiring much less than the 150 pounds of sugar consumed by the average American in a year.

In my practice as an herbalist, I have to say, advising people to limit sugar intake may be the single hardest change EVER and elicits the biggest whines and eye rolls from my clients. However, it is my job to present the facts and again, it is always a choice to be made by each individual. For more on just how detrimental sugar is on your health, visit <http://www.evolveyourwellness.com/essay/health-effects-of-sugar-on-your-body-the-bitter-truth>

Tip: When purchasing Stevia from the grocery store try to find the purest possible form as some Stevia products have fillers and are not as sweet as true Stevia.

Now for the really good news!

It isn’t always about cutting back or eliminating harmful foods. When healthy foods are introduced into the diet, the body is replenished of nutrients and many of the cravings for bad foods dissipate. Simply introducing spices to your food can make a difference in your health. Three spices that fall into the anti-inflammatory category are Turmeric, Cinnamon and Cayenne pepper.

Turmeric

Turmeric (Curcuma longa), an orange-colored spice imported from India, is in the Ginger family and has been a staple in Middle Eastern and Southeast Asian cooking for thousands of years. Move over NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) and pain killers, in addition to its many health benefits it’s known to be one of the most potent anti-inflammatories available. Turmeric is an excellent source of both iron and manganese. It is also a good source of vitamin B6, dietary fiber, and potassium. Two teaspoons of Turmeric has only 16 calories and is rated very low on the glycemic index.

Other benefits of Turmeric:

- Naturally lowers (bad) cholesterol
- Improves Liver function.
- Turmeric is an antioxidant. Epidemiological studies have linked the frequent use of Turmeric to lower rates of breast, prostate, lung and colon cancer
- Growing evidence suggests that Turmeric may afford protection against neurodegenerative diseases such as Alzheimer’s.

For more on Turmeric’s amazing health benefits and its impressive ability to inhibit Cancer cell growth, see <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=78#nutritionalprofile>

Cinnamon

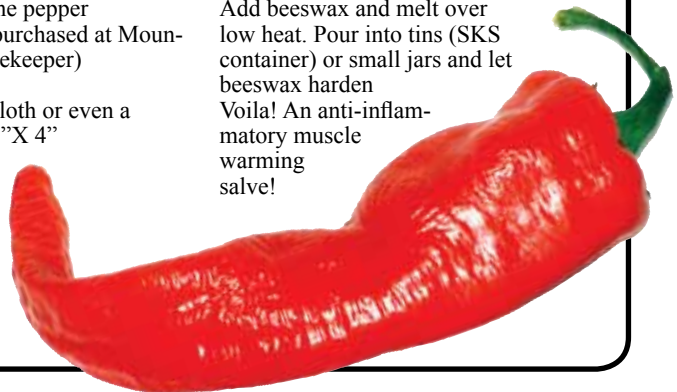
Who knew a common spice such as cinnamon found in nearly every spice cabinet in America

Super Easy Cayenne Pepper Salve

What you will need

- 1 Cup Olive Oil
- 4 Heaping tsp of Cayenne pepper
- 1 cup beeswax (can be purchased at Mountain Rose or The Thymekeeper)
- Small sauce pan
- Cheesecloth or muslin cloth or even a piece of an old sheet- 4”X 4”
- Strainer
- Candy thermometer

Heat Cayenne pepper in olive oil at low temperature 140-160 degrees for four hours
Pour through cheesecloth



and strainer and squeeze out as much oil as you can and return to the saucepan
Add beeswax and melt over low heat. Pour into tins (SKS containers) or small jars and let beeswax harden
Voila! An anti-inflammatory muscle warming salve!

could be considered one of the Worlds healthiest foods? Who can resist the warm and wonderful taste of Cinnamon? When sprinkled on high carbohydrate food, it can assist in regulating the blood sugar. It too, contains very little calories and is low on the glycemic index. In people with Type II Diabetes, consuming as little as 1 gram of cinnamon per day was found to reduce blood sugar, triglycerides and LDL cholesterol which should always be on the low end.

The potent volatile oils of cinnamon make it an excellent anti-microbial. The essential oil can be used as a natural preservative for foods such as soups and broths and is included in the commonly known “Thieves” oil. In addition to its unique essential oils, it is an excellent source of fiber and the trace mineral manganese while also a very good source of calcium.

Cinnamon is also a powerful antioxidant and traditional warming remedy. It has proven useful when taken with honey at the onset of a cold or the flu. While that other Mary would have you believe “just a spoonful of sugar helps the medicine go down”, this one would advise you to replace that non-nutritious sugar with honey!

For more on Cinnamon’s amazing health benefits, see <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=68>

Cayenne Pepper

Cayenne is famous for reducing many types of pain. It works by affecting your nervous system. Substance P is a neurotransmitter that relays information and results in what we call pain. Capsaicin, a major constituent of Cayenne, blocks substance P and therefore reduces pain. When used topically, it can relieve many different types of pain, from diabetic neuropathy, shingles, migraine headaches, back aches, as well as arthritis. If using for arthritic pain it may take up to a week or two to see results. In this case you want to use it daily to decrease chronic pain. Cayenne preparations are most appropriate for long-standing chronic conditions, not acute inflammations. Taken internally, cayenne also stimulates circulation and blood flow to the peripheral areas of the body making it an excellent remedy for cold hands and feet.

Over the past few decades, Cayenne has gained the reputation of being a wonder herb. Dr. Richard Schulze, a medical herbalist and naturopath, stated, “If you master only one herb in your life, master Cayenne pepper. It is more powerful than any other.”

Natures Nitroglycerin

Perhaps cayenne’s most amazing attribute is its ability to stop a heart attack. According to Dr. John Christopher, pioneer of herbal medicine, “In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in — if they are still breathing — I pour down them a cup of Cayenne tea (a teaspoon of Cayenne in a cup of warm water), and within minutes they are up and around.” The tincture is also effective for this purpose. When using Cayenne to stop a heart attack it is recommended to use the 90,000 HU (heat units). If the person is conscious it may be administered as a teaspoon in a cup of hot water. If unconscious, a dropper of tincture under the tongue is best. Cayenne has been shown to stop

heart attacks in as little as 30-60 seconds.

Learn more: http://www.naturalnews.com/030566_cayenne_pepper_heart_attack.html#ixzz2woOyrscP

In addition to its healing benefits, cayenne is also nutritious. It contains minerals such as zinc, selenium, calcium, and magnesium. It also contains vitamins such as Vitamin A and Vitamin C.

Cayenne may sting a bit when applied to open wounds but will very effectively stop bleeding. For this purpose I use the 40,000 HU and have had great success with even the deepest wounds.

Tip: when using culinary herbs as medicinals, it is always best to use as fresh as possible. Herbs will lose potency once they are ground and have sat on the shelf for a couple of years. For medicinal usage I would recommend growing your own or ordering from mountainrose-herbs.com. For freshness and cost effectiveness Mountain Rose is a great resource.

Caution: When cayenne comes in contact with your mucosal membranes or eyes it will burn! Be sure to wash your hands thoroughly after touching cayenne or use gloves to apply salve or liniment. If you are using the cayenne salve on your hands, consider applying it at night and sleeping with gloves on or socks over your hands.

Most if not all of the culinary herbs in your spice cabinet have medicinal benefits. Other medicinal kitchen spices include anise seed and fennel seed. Both are antiseptic and assist with digestion. They have carminative properties that help with gas and bloating. They also help in the production of mother’s milk for nursing mothers and both are considered expectorants loosening phlegm in the case of congestion. Some, like anise and vanilla are even considered aphrodisiac! The amazing world of herbs and spices afford us many benefits which is why I truly consider them gifts of the Earth. Spice your food with purpose as well as flavor!

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

Upcoming class with The Thymekeeper

7 Herbs That Heal- 7 Herbs that can be found in Teller and Park County that heal a variety of ailments. We will discuss medicinal benefits, preparation, harvesting and storage. Afterwards we will take a short hike at Happy Meadows (weather permitting) to see at least 2 of those herbs.

Where: Florissant Grange Hall 2009 County Road 31 Florissant CO

When: Saturday May 3rd, 1 to 3 p.m.

This class is funded by donation. Everyone is welcome!

Living artifacts: Sacred Ute Trees

by Pikes Peak Historical Society

Ute Indians inhabited the Pikes Peak region for thousands of years before the invasion of Americans from the east. However, their impact on the environment was negligible, and evidence of their presence is difficult to find. Fortunately, they left thousands of culturally scarred trees, living artifacts, as silent witnesses. On Sunday, April 13, Celinda Reynolds Kaelin will talk about her journey to save these trees at the Florissant Library.

In 1873, Lieutenant E.H. Ruffner, USA, was sent on a reconnaissance of Ute country in Colorado. His official letter to the Secretary of War stated that the Ute trail to Cochetopa Pass was “well worn, and the peeled trees show that the valley has been much frequented by Indians . . .” This report on ponderosa trees (which have a life-span of over 800 years), culturally scarred by the Utes, is one of the earliest documented references found on these living artifacts.

There are two types of Ute culturally scarred trees most common to the Pikes Peak area; Medicine Trees and Prayer Trees. Medicine Trees, designated by archaeologists as “peeled bark trees,” were used for healing. Prayer Trees are not as well known among scientists, and differ markedly from the Medicine Trees, although they too are usually Ponderosa Pines. Medicine People created these by taking a sapling and bending it parallel to the ground.

This Chautauqua (free program) is presented as a public service by the Pikes Peak Historical Society at the Florissant Library at 2 p.m. on Sunday, April 13th. Admission is free and refreshments are served. For more information call 749-3562.



Flooding expected again this year

by The Coalition for the Upper South Platte

Spring is upon us! The weather is warming up and we are starting to see more signs of wildlife and plant life. As we enjoy the beauty and renewal spring brings, we also must be aware of the potential hazards from the warming temperatures. As snow begins to melt and rain begins to fall, it is important to prepare for flooding in our region.

We have had an especially wet winter this year. As we near the South Platte River Basin’s typical late-April snowpack peak, the basin has about 40 percent more snowpack than average. The Arkansas Basin, which borders the South Platte Basin to the south and encompasses Woodland Park down to Colorado Springs and the southwest of the state, has just above average snowpack. The state overall has seen above average snowpack as well, with about 115 percent of the historical median.

In our dry climate, it is always a relief to see a high snowpack as the hot months of summer approach. Depending on how the weather warms, however, a big snowpack can quickly turn into a dangerous flooding hazard. If temperatures start warming quickly, we will start to see more of the snow melting and moving downstream. One stretch of particularly warm weather can release a torrent of water as the snow melts. We typically see the highest runoff in May, but depending on weather, surges of runoff water can swell waterways in the months preceding and following May as well.

In addition to runoff, rainstorms can also cause high flowing rivers and streams in the spring. These early floods are often the result of rain falling on areas still covered in snow and bringing more moisture downhill. Major floods during the months of April and May have struck the Ute Pass corridor in the past. In May of 1947, water came rushing out of Williams Canyon and caused major damage to Highway 24, and a four-day flood in April and May 1999 wreaked havoc in Manitou Springs.

The Waldo Canyon Fire burn scar will continue to increase the risk of flooding this year and for many years to come along the Highway 24 corridor. As we witnessed last summer and fall along Ute Pass, storms producing rain on mountaintops up above can cause sudden flash flooding and mud slides below. The sparsely vegetated hillslopes in the burn scar will enable falling rain to quickly make its way down the steep mountainsides, picking up sediment and debris and spilling onto roads and into towns. The many narrow canyons above the highway

will funnel the flow, further intensifying the force at which the water is moving.

The flooding from last year also reworked many of the water channels in the Ute Pass area. Some streams carved out a new path for themselves when water overwhelmed their banks. In other areas, channels were eroded down to bedrock.

The way the water moves downstream and where it is dispersed will likely be different than what we have seen in the past because of these changes.

Flash flooding strikes suddenly, often with only minutes or seconds of notice, so it is important for each of us to be prepared and understand the risks before a flood hits. Starting now through the fall, the risk of flash flooding will be elevated throughout the region, and especially along Ute Pass below the Waldo Canyon Fire burn area.

So where do you start?

- Identify low-lying areas near your home, along routes you commonly take and where you work that may be inundated with water in the case of a flood. Plan evacuation routes and identify higher ground where you could go to escape flooding.
- Assemble an emergency kit you can easily grab in the event of flooding or another disaster. Include non-perishable food, water, extra clothing, a first aid kit, a battery-powered radio, hand-crank flashlights, and any other items you may need.
- Stay informed about possible storms. The National Weather Service issues severe weather notifications and updates that are shared on their website, on the National Oceanic and Atmospheric Administration’s (NOAA) weather radio, and broadcasted by local media. A flood advisory is issued when minor flooding is expected. A flood watch indicates flooding is possible in the designated area, so stay on alert for rapidly changing conditions. A flood warning means a flood has been reported or is imminent, so those in the area should take necessary precautions and head to higher ground immediately. The U.S. Geological Survey also

How can a foot or 2 of water cost you your life?



Water weighs 62.4 lbs. per cubic foot and typically flows downstream at 6 to 12 miles an hour.



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But the biggest factor is buoyancy. For each foot the water rises up the side of the car, the car displaces 1,500 lbs. of water. In effect, the car weighs 1,500 lbs. less for each foot the water rises.



Two feet of water will carry away most automobiles.

issues flood alerts based on the information received from local water gages. You can sign up for these alerts on their website.

- In the event of a flood, move to higher ground immediately. Never drive through, walk in, or play in floodwaters. Just 6 inches of fast-moving floodwater can knock you off your feet, and only 2 feet of water will carry your car away. Turn around and climb to higher ground if you encounter floodwaters.

There are many resources available to help you and your family prepare for flash flooding and stay informed about changing conditions.

- The National Weather Service: www.noaa.gov/pub/
- Waldo Canyon Fire Information: <http://waldo-fire.org>
- City of Colorado Springs Flood Risk Information: <http://www.springsgov.com/Page.aspx?NavID=4488>
- WeatherCall Storm Warning Service: <http://www.wcsyslp.com/cusp>
- U.S. Geological Survey Water Alert System: <http://waterdata.usgs.gov/co/nwis/current/?type=precip>
- National Oceanic and Atmospheric Administration Flood Information: <http://www.srh.noaa.gov/images/fwd/pdf/floodsandfloods.pdf>

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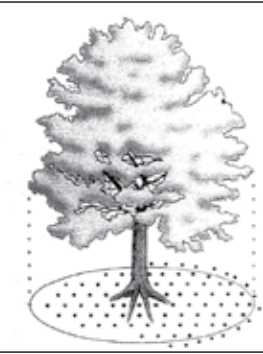
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- Increases growth of young or transplanted trees (it is not recommended to fertilize newly planted trees for the first year after planting)
- Increases winter hardiness and longevity
- Increases resistance to insects and disease
- Provides aeration to the soil around the target trees
- Trees and shrubs surrounding the target trees also receive beneficial nutrients



Herb Class with The Thymekeeper
7 Herbs That Heal

7 Herbs that can be found in Teller & Park Counties that heal a variety of ailments. We will talk about the medicinal benefits, preparation, harvesting and storage.

Afterwards, weather permitting, we will take a short hike at Happy Meadows to see at least 2 of those herbs.

Where: Florissant Grange Hall 2009 CR 31

When: Saturday May 3rd 1:00-3:00 PM

This class is funded by donation-everyone is welcome

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Rampart Library news

by Antonia Krupicka-Smith

The library is celebrating again. In April, the Florissant Branch of the Rampart Library District will be turning 10 years old! We will be celebrating on Saturday, April, 26th from 10 a.m. to noon at the Florissant Public Library.

The Florissant Public Library started out in the Florissant Grange in 1970. The lending library was populated with materials from the school which closed in 1959-60 and donations. In 1977 the Grange moved the books to a small building behind the Grange building which was used to house coal, as the collection was growing from all the donations.

In 1979-80 a Friends of the Florissant Library group was formed and a petition was brought forth for approval by the County Commissioners to have the materials be moved to the Florissant Volunteer Fire Department building and for the library to become part of the Rampart Library District. The petition was approved and the Florissant Public Library became part of the Rampart Library District on May 8th.

In 1995 the Florissant Library was moved once again to the Grange and the Rampart Library District considered closing the branch because of low usage. The Florissant community petitioned the library board to remain open and the library board agreed. From that point forward the Florissant Library has grown and the usage has steadily increased.

On May 6, 1999 the Florissant Library celebrated its 20th anniversary of being part of the Rampart Library District. In 2001 the passage of a mill levy and bond issue, provided funds to build and operate new libraries in Woodland Park and Florissant. In April 2004 the current 6,700 square foot branch opened and has been a part of the Florissant community for the last

10 years. At the celebration on April 26th, there will be family activities and refreshments.

The adult programs in April will focus on container gardens. There will be two programs at both branches in this series, the first on April 22 at 11 a.m. in Woodland Park and April 23 at 1 p.m. in Florissant, called Introduction to Container Gardening. At this program, replicated at both branches, you will learn what a container garden is, how to start container gardening, and how to decide if a container garden is good for you.

In the second program on April 29 at 11 a.m. in Woodland Park and April 30 at 1 p.m. in Florissant, you will learn how to get creative with your container garden. The presenter will provide tips on how to choose plants, how to add color, and how to make your container garden unique. All programs are aimed at adult audiences and no experience is necessary.

Other programs this April include the Woodland Park book club on April 1 at 10:30 a.m. The book "Light on Snow" by Anita Shreve will be discussed. The Florissant Book Worms will meet on April 16 at 10:30 a.m. to discuss "One Flew Over the Cuckoo's Nest" by Ken Kesey. A potluck and showing of the movie will follow.

On April 9th at 2 p.m. will be the first Local Authors Showcase with six local authors talking about their books and the writing process.

The first homeschool family specific program will be on April 17 at 2 p.m. in Woodland Park with a meet and greet and tour of the Woodland Park Library. Finally as a reminder, there are storytimes in Woodland Park on Wednesday and Thursday mornings at 10 a.m. and storytimes in Florissant on Thursday mornings at 10:30 a.m. with the themes of chocolate, chalk, chicks, and chopsticks.

CCW expands service Fairplay

by Mike Perini

Chaffee County Waste will begin serving customers in two new Colorado communities, Fairplay and Leadville, beginning in April 2014, according to company officials.

"We reviewed the number of requests that we have been receiving from residents and businesses to expand operations," said Jon Marshall, Chaffee County Waste. "It made sense for us to offer trash service pick up and recycling to these two communities beginning in April 2014."

Pickup services will be in Fairplay on Wednesdays and Leadville on Thursdays.

Free Curbside recycling services will be offered to residential customers. "We will offer a two bag recycling pick up with your trash

service," said CCW officials.

Discounts are available for senior citizens and military (retired or active) personnel.

"We have already had a number of new customers sign up and we really appreciate this early interest," Marshall said. "We offer a personal touch, competitive rates for both residential and commercial services," Marshall said. Customers also will have choices for roll-offs and dumpster service, he added.

The company is already well known for support of the Fairplay School District.

To sign up for service please contact: 719.395.6656 or apply online through the Chaffee County Waste website: <http://www.chaffecountywaste.com>

Three Young Adult Job Fairs scheduled for April

Once a rite of passage to adulthood, summer job opportunities for teens are disappearing.

Fewer than three in 10 American teenagers now hold jobs such as running cash registers, mowing lawns or busing restaurant tables from June to August. The decline has been particularly sharp since 2000, with employment for 16-to-19-year olds in Colorado currently at 26.2 percent, according to the Colorado Department of Labor and Employment.

Experts agree that lack of employment opportunities for teens and young adults often leads to a lack of knowledge and experience needed to build long-term careers. Those who don't work in their teen years may not learn the soft skills needed to be successful employees in the future.

"Employers can help," says Dr. Lance Bolton, president of the Pikes Peak Community College System. "Students need, and benefit enormously from, work opportunities. Part-time employment or internships can be life-changing

for students who know little about professional work environments. Skills related to character, self-control and work ethic naturally emerge from work opportunities in business."

To help young adults find summer employment, The Pikes Peak Workforce Center Youth Zone is seeking employers in El Paso and Teller Counties who have summer positions for young adults, 16 through 21, to attend one of three Governor's Summer Job Hunt Young Adult Job Fairs: Colorado Springs on April 3, Woodland Park on April 8 from 1 p.m. to 5 p.m., and Cripple Creek on April 30, from noon to 4 p.m.

There also will be an online Virtual Information Session in conjunction with these Job Fairs from on February 28 through September 30, 2014. The Virtual Information Session for young adults will be held at www.connectingcolorado.com.

There is no charge for employers to attend and participating employers get a free lunch! To reserve a booth, please call Bob Gemignani at 719.667.3829 or bobgemignani@elpasoco.com.

Spring fishing

by Jeff Tacey

It's spring time and you'll need your 2014 fishing license as of April 1st. Don't forget your second rod stamp and new 2014 Colorado fishing booklet.

The ice is getting bad on the lakes and reservoirs and the trout are ready to bite after being under ice since last November. Ice off is one of the best times to fish as the rainbows and cutthroats are getting ready to spawn. The northern pike, lake trout, and brown trout will be right behind them to (eat) steal their eggs. So the best bait at ice off is salmon eggs, Powerbait, and night crawlers.

The best lake is Elevenmile Reservoir; try down by the inlet. That is where the spawners will be concentrated to run up the South Platte River.

Next up is Rampart Reservoir, you'll need to drive up Forest Road 300 and walk in the inlet area two miles. The rainbows will be stacked in the inlet if the water is running good.

Look for Spinney Mt. Reservoir's opening day, it will be posted on the state website cpw.state.co.us. No bait at Spinney, so try Kastmasters, Little Cleos, Krocidiles, tube jigs and Rapalas. Try the Homestead inlet area at Spinney.

Last up is the Twin Lakes by Leadville, the best spot is the power plant as water is always running there. Rainbows, brown, and lake trout will be willing biters.

Check the 2014 Colorado Fishing booklet for all rules and regulations. Don't forget new line on your fishing poles and good luck.

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An Earthy Celebration

by Danielle Dellinger

Mother Nature returned to Teller County almost a month after the Lost Creek Wilderness incident. She appeared in the quiet area of Mueller State Park. Many of the spring birds had already returned, and were singing excitedly. It'd been nearly a week since Mother Nature had brought the most recent snowfall, so most of the snow had already melted. She slowly began walking, looking around at all the plant life starting to return. She knew the forest spirit would come through this area soon to help the plants gain their strength back. She sighed as she thought about their recent confrontation. There was a part of her that felt bad about cutting the spirit's time short with the young buck, but it was necessary for everyone involved, including the Winter Child. However, the whole thing had been a setup from the very beginning. Even the location of the flash flood that had separated the fawn from his mother had been her doing. Her reasoning for it was simple. She wanted to see if the spirit was of high caliber. Ultimately, she decided which spirits and guardians would keep their powers.

She walked parallel to the main road that led in and out of Mueller State Park, admiring the craftsmanship of the humans. It was so long ago that the park used to be the hunting grounds for the Ute Indians. She had always loved the respect that the Native Americans held for the earth and the animals. She'd always tried to make the conditions as favorable as she could, but she couldn't slack off and not challenge the balance of the ecosystems. It had unsettled her when more and more people began to pass through the area, especially during the Cripple Creek gold rush. In the year 1870, the first permanent settlement was created. Then 30 years later there were more than 50,000 people living in the area. You could say that she had been a bit perturbed by the sudden influx of bodies tramping through her beloved woods. That's when she decided to treat them like any other species and challenge them to adapt and survive. Though, she'd made several faults along the tectonic plates, trending north to south, inactive. In the end, everything she did would be for the best.

The warm April sun made her semi-transparent body shimmer brightly. She began walking toward Grouse Mountain, the highest point in the 5,121 acre park. The humans had created a holiday to celebrate the environment and raise awareness about conservation. Because of that, Mother Nature and the guardians and the spirits gather with most of the wildlife in the area, and celebrate the earth as well. Earth Day was first celebrated in 1970. Now, it's celebrated globally in roughly 192 countries. Her fellow creatures would be arriving at Grouse Mountain soon. She reached the popular overlook the humans used, then went down an unused path. There were many rocks and boulders there, making it perfect for a gathering. She sat on the largest boulder to wait.

The next morning, numerous animals were coming out of the trees toward Mother Nature. She smiled as they all found a place to stand. Above her, the chorus of singing and chirping crescendoed as scores of birds arrived. Many of the animals tried to find a patch of sunlight to stand in. As the sun rose higher, the air grew warmer, and the smell of pine sap grew thicker. By midday, nearly everyone had arrived and formed a large half circle around Mother Nature. She could see the rabbits who had battled Bigfoot, Haren and Felina. She spotted Arina of the coyote riders with her coyote, Nella. Nearby was the Winter Child, sitting atop his bull elk. Looking higher into the trees, she saw the tree guardian, Aphid. Then just across the way from him were the Lodgepole pine tree fairies, Treana and Ragnon. Above them sat Madam Chief and her guards. Mother Nature had always admired Madam Chief's fair leadership.

Chirping along with the many birds was the boy who had been reincarnated as a robin, and is now known as the Robin Boy. She was glad to see him doing well. Out of all these bodies, she had yet to see the forest spirit. It wouldn't be hard to miss as it towered over nearly every living thing. She sighed and folded her hands as she stood to address the congregation.

"My fellow beings, welcome. I'm glad to see so many familiar faces," she said, immediately getting everyone's attention. Everything went still. "We're here today to celebrate Earth, and our meaningful place upon it. Each of you have a role to play in your ecosystem, and I'm glad you're all doing it so well, despite the challenges I put you through. I mean well, really. But in order for you to be your best and thrive, I have to push you."

She took a moment to gaze around at them all, including those in the trees, before she spoke again. "Today, we will enjoy each other's company, and celebrate each other."

As she continued talking, she looked down the hill to her left and saw the forest spirit slowly making its way up the hill. How could something so large move so quietly and gracefully? Even when it stepped on a leaf there was no sound. The forest spirit went to the back of the group and stood, its arms folded across its chest. It didn't seem angry, or even all that sad. It just had that look on its face that said it would be keeping its distance.

She paused in her speech and silently inhaled, holding her head a little higher. "To conclude, I'm glad you're all here." She looked directly at the forest spirit. "Enjoy the time you have together." She then smiled at them all.

The noise of the birds started up first before the animals on the ground began moving about and greeting each other in their own special way. Mother Nature watched as the Winter Child and his elk turned around, going to greet the forest spirit. The spirit gave a slight respectful tilt of its head and a smile to the Winter Child, who greeted him with a grin while staying on his elk. The Winter Child seemed to say a few things to the spirit, then they both turned and started slowly walking away together. Mother Nature watched with curiosity. She wanted to make amends with the spirit before the celebration came to an end. She made her way through the animals, slowly following after the spirit and the guardian, and keeping her distance as they began to go down the hill.

The two stopped when they reached several fallen logs grouped together. Mother Nature stayed mostly behind a tree as the forest spirit looked around, then completely laid down. She couldn't quite tell what it was doing. All she could see was it pulling dirt back from the base of the pile of decayed logs. Something green began to spark and poke up from the ground. She had never actually seen the forest spirit work its powers to bring forth a new plant. Before her eyes, she watched as a baby whitestem gooseberry sprouted from the earth. The Winter Child's elk put his head down and sniffed at the new addition to the forest. The spirit smiled and stroked the soft, flimsy tendrils of the gooseberry. The plant seemed to grow a little more just from the spirit's touch.

Mother Nature smiled, completely mesmerized by what the spirit could do. She knew now, for sure, that the young buck would've been fine in the forest spirit's care. Despite that, though, she still stood by her decision to separate them. She let another few minutes pass before she stepped out from behind the tree and gracefully glided down toward the trio. It didn't take them long to all raise their heads and look at her. The forest spirit narrowed its eyes in warning while the Winter Child and his elk slowly backed up then turned to face her, both of them bowing their heads. "Please, I just want to talk," she said, holding up a flickering hand since she didn't have much of a solid form. "I would like to make things right with the forest spirit. . . Alone, please."

The Winter Child swallowed a little and looked down at the spirit, who was looking back at him. It gave a slight nod, which the Winter Child returned then looked to Mother Nature and bowed his head again. He nudged his elk in the sides, and they started back up the hill. Mother Nature only watched them go until they had passed her, then she straightened her posture and returned her attention to the forest spirit.

The spirit slowly got to its feet, never taking its eyes off of her. Mother Nature sighed as she looked down at the whitestem gooseberry. "That was the first time I've ever seen you use your powers," she said, trying to ease into things.

The spirit raised an eyebrow, giving an uncaring look. Mother Nature shook her head and clasped her hands together. "Look, I do want to apologize for what happened in Lost Creek Wilderness. I'll admit that I was pretty rough on you, but that's my job. Sure, some things could've been handled better, but it is what it is."

The forest spirit studied her a moment and then shrugged, turning mostly around to tend to the gooseberry plant.

Mother Nature rolled her eyes, wondering why creatures were ever allowed to be so stoic. "Please don't turn your back on me, Spirit," she said. The spirit reluctantly turned back around to face her.

She inhaled deeply. "I'm sorry, Spirit. I really am. Do you believe me?" It narrowed its eyes at her and shrugged again. "Is that a no?"

It was the forest spirit's turn to take a deep breath, gazing up at the sky as it did so. It then looked to Mother Nature and tried to offer a small smile. But it wasn't too sincere or convincing.

She watched the spirit for a moment, then motioned for it to follow her. The spirit rolled its eyes, but walked along behind her as she made her way over to some standing water created by melted snow. She knelt down by the water and touched the tip of her finger to the reflective surface. The spirit stood beside her, looking down at what she was doing.

The spirit didn't exactly know when the reflection on the surface of the water changed to a scene in Lost Creek Wilderness. Its eyes lit up and it smiled when it saw the young buck grazing and walking proudly through the forest. He looked to be in great condition. The forest spirit unconsciously put a hand over its heart as it watched. A minute later, the water was back to reflecting the forest around them.

Mother Nature looked up at the great forest spirit and smiled. "Feel better?"

The forest spirit looked at her and nodded slowly, the peaceful smile

still on its lips. Around the forest spirit's feet green grass was sprouting out from the earth.

Mother Nature smiled more when she saw this. She guessed the forest spirit's happiness was causing it. She took her eyes from the grass when the spirit's hand came down into view. She looked to see more clearly that it was offering its hand to her. Her shimmering form vibrated with happiness as she took the forest spirit's hand and stood up. The spirit lowered its back half down, then helped Mother Nature onto its back. She blinked a few times, rather surprised by this. She had never ridden a spirit before.

She barely had time to fully comprehend everything before the spirit took off nearly at a full gallop. She wrapped her arms around the middle of the spirit's upper torso and watched over its shoulder as they ran through the forest, circling wide around the gathering area for everyone. She could tell that almost everyone was watching them, even though they were mostly one big blur. They circled the area one more time before the forest spirit came to a stop in the spot Mother Nature had stood to give her opening remarks.

She started to slide from the spirit's back, but it put out its arm to stop her. It gestured for her to look around them. When she did she saw green plant growth. She grinned. The spirit had done that just for her. She looked up to see the forest spirit watching her with a bit of a smirk. Mother Nature chuckled and shook her head.

"I'm sorry if I ever underestimated you. It was wrong of me. You're truly an amazing spirit. It would be a real shame if you ever lost your powers for some reason. I do hope that it's never because of me."

The forest spirit's smirk turned into a genuine happy smile. It then lowered its body so she could slide off onto the ground. She beamed at everyone as her feet touched the dirt. Their fellow beings were gathering around them again. By now, the sun was just about to touch the mountain peaks in the west.

"Everyone, prepare for the dance," Mother Nature said. "I'd like each of you to think about your role in the ecosystem, then congratulate yourself on a job well done."

When the sun was halfway behind the mountain peaks, everyone grew still and watched the spirit and Mother Nature. The two glanced at each other, then the spirit reached up and began running its long finger back and forth across the length of one of its antlers. The sound it emitted resembled that of the rim of a certain glass being stroked. Soon everyone was making a noise that harmonized with the original sound. As the golden light of the sun darkened through the trees on them, their music crescendoed. When the sky turned pink, they all created a circle within a circle that started small and expanded outward. They began to run in these circles, going the same direction for now. Just as the last of the sun disappeared, they began running opposite of each other, every circle alternating its direction.

They still made music as they ran, making it as loud as they could. Mother Nature teleported into the middle of the circles. She morphed into a small version of the earth, appearing just like a satellite photo. The forest spirit clapped its hands silently together then pointed them at the sky, the clapping sound coming then, along with a shower of bright white sparks. At that, everyone stopped and watched the sparks rain down on them. The celebration was over. Everyone then parted, disappearing into the woods, and leaving Mother Nature and the forest spirit alone.

The two entities looked at each other, bowed their heads slightly toward one another, then turned and walked off in opposite directions.

The publishers of Ute Country News are happy to announce Danielle Dellinger has been accepted into Denver University's Summer Publishers Program! We FULLY support Danielle in her future endeavors. We are delighted to share Danielle has exemplified her professionalism and loyalty by scheduling her stories for Ute Country News AROUND her new class schedule, so our readers will continue to enjoy the ONLY fiction in our paper. Way to go Danielle!

Mueller State Park Naturalist Programs for April 2014

Spring is here and the sun is shining on our snow capped mountains!

Come listen to the returning birds as they sing their spring song. Enjoy the views and the peaceful, quiet setting. Join us!

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. When enjoying the outdoors, always have a map and be prepared with water, sun protection, dress in layers, and have proper footwear.

For weather updates or for more information, call Mueller State Park at 719-687-2366.

Mueller State Park is located 4-miles south of Divide on Highway 67.

Saturday, April 5th

• Program: Snowshoe Series, Session #3

Meet at Visitor Center at 10 a.m.

Join Mueller volunteer naturalists, Joe & Felicia Mendygal on the third in a series of three snowshoe outings. We'll go for a 3-mile loop snowshoe on the Stoner Mill trail. During this session, we'll discuss avalanche safety and how to build a snow shelter. Bring two power snacks and a lunch.

• Hike: Homestead Trail

Meet at Homestead Trailhead at 9 a.m.

Visit the Osborn Homestead to take in some views and travel back in time. Hear about what it was like to live in the mountains before modern conveniences with volunteer naturalist Rose on this 3-mile moder-

ate hike. Bring snacks.

Sunday, April 6th

• Hike: Hikers' Choice with Carole

Meet at Visitor Center at 1 p.m.

Volunteer naturalist Carole will lead a hike determined by the folks who join in.

Saturday, April 12th

• Hike: Geology Hike

Meet at Outlook Ridge Trailhead at 9:30 a.m.

Join volunteer naturalist Bob for a family fun outing hiking and exploring the geology of Outlook Ridge Trail. This is an easy 1.5-mile hike. Bring snacks.

Sunday, April 13th

• Hike: Hikers' Choice with Carole

Meet at Visitor Center at 1 p.m.

Volunteer naturalist Carole will lead a hike determined by the folks who join in.

Monday, April 14th

• Hike: Moon Rise Hike

Meet at Outlook Ridge Trailhead at 7 p.m.

Hike to Outlook Ridge (weather permitting) with volunteer naturalist Russ Frisinger on this two-mile round trip hike under the beautiful bright moon. Dress warm and bring flashlights for this special evening adventure! Please note: you will need \$7 cash for the self serve station for your parks pass to attend this hike.

Sunday, April 20th

• Hike: Hikers' Choice with Carole

Meet at Visitor Center at 1 p.m.

Volunteer naturalist Carole will lead a hike determined by the folks who join in.

Saturday, April 26th

• Hike: Geology

Meet at Outlook Ridge Trailhead at 9:30 a.m.

Join volunteer naturalist Bob. This is a moderate 2.5-mile hike. Bring snacks.

• Hike: Elk Meadow

Meet at Elk Meadow Trailhead at 10 a.m.

Savor the immense variety of trees and wildlife

as you hike Peak View/Elk Meadow with volunteer naturalist Rose. Enjoy the treasures you will find on this unique 2-mile loop trail.

Bring a snack.

• Touch Table: Speciality: Volcanics

At Visitor Center from 1 p.m. to 3 p.m.

Come join volunteer naturalist Bob and learn about the geology of the Pikes Peak area. See and touch volcanic rocks and learn to identify them.

Sunday, April 27th

Hike: Hikers' Choice with Carole

Meet at Visitor Center at 1 p.m.

Volunteer naturalist Carole will lead a hike determined by the folks who join in.

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Tunnels in Time - The 5th Annual Midland Days Symposium

by David Martinek

“A wild looking-glass trip through time” is planned for rail-fans and tunnel rats alike in the upcoming 5th Annual Midland Days Symposium, scheduled for Saturday, May 10, 2014, at the historic John Wesley Ranch in Divide.

While there have been many books and movies about folks going back in time through a time machine, the Midland Days event will instead provide a retrospective look at the 18 tunnels constructed along the Colorado Midland Railway and Midland Terminal Railroad routes. The theme, “Tunnels in Time” was chosen to highlight the amazing 19th Century feats of engineering (the tunnels) that resulted in the completion of the first standard gauge railroad to pierce the Rockies and the Continental Divide in the late 1880s, and the first standard gauge line to serve the Cripple Creek and Victor Gold District from 1893 to 1949.

Midland Days at Divide, Inc., the Teller Historic and Environmental Coalition, and the Divide Chamber of Commerce are jointly sponsoring the fifth iteration of what has become an annual event for the last four years. The symposium is a fund-raiser to support the preservation and continuing renovation of the Midland Depot at Divide, and to promote the legacy of both railroads.

During the 2014 Midland Days Symposium, plenty of historic photos will be shared, as well as the history and information about the tunnels,

their location and impact on the railroads. In addition, other programs will focus on special aspects of railroad history and operation. The day-long agenda (from 9 a.m. to 4 p.m.) will feature several presentations, interviews and conversations between author and railroad historian, Edward M. “Mel” McFarland and local historians Tom VanWormer and Art Crawford. David Martinek, Chair of the Teller Historic and Environmental Coalition and co-founder of Midland Days at Divide, Inc., will moderate the agenda and be presenting. A “special guest” presenter or two is also planned.

For those interested in attending the symposium, seating will be extremely limited so advanced reservations are recommended. Reservations at \$55.00 per person may be made on or before May 4, 2014. Walk-ins are certainly welcome on the day of the event but seating cannot be guaranteed. As has been tradition since the first symposium in 2010, those purchasing advanced reservations will also receive a limited-edition railroad print, drawn and contributed by Mel McFarland. Additional copies of the print, as well as prints from past symposiums will be available for sale. All attendance fees, print and premium sales, and contributions will be tax deductible in support of Midland Days at Divide, Inc. and the Midland Depot at Divide Preservations Project.

The Midland Days symposiums have become quite popular, attracting several guests

from out-of-state, as well as numerous local railroad enthusiasts. During each event, refreshments are served throughout the day together with lunch.

The John Wesley Ranch, host of the symposium, is operated by the First United Methodist Church in Colorado Springs, who has graciously opened their lodge facilities for the last four years. The ranch is located south of Divide at 21285 Highway 67 just before the entrance to Mueller State Park, and only a few yards from the

old Midland Terminal railroad grade. Plenty of parking is available.



There were a total of 17 tunnels dug to support the Colorado Midland Railway, beginning at the base of Ute Pass and continuing as far as Hell Gate, just west of Leadville. One tunnel was dug for the Midland Terminal Railroad; the Waters Tunnel along south Highway 67 on the way to Victor and Cripple Creek was named in honor of Jesse Higgins Waters, president and superintendent of the railroad until his death in a train accident in 1912. photo by David Martinek

Directions from Colorado Springs

U.S. 24 west up Ute Pass for 25 miles through Woodland Park to Divide. Turn left (south) on Highway 67 for three miles to the entrance of John Wesley Ranch.

Midland Days at Divide, Inc. is a Colorado non-profit corporation (incorporated in October 2013) to promote the legacy of the Colorado Midland Railway and the Midland Terminal Railroad and to support the preservation of the Midland depot at Divide.

The Teller Historic and Environmental Coalition (T.H.E. Coalition) is a 501(c)3 nonprofit corporation formed in 2000, whose mission

is to facilitate preservation of the historic, environmental, recreational and scenic assets in and around Teller County, and to broaden public awareness and understanding regarding the significance of those assets.

The Divide Chamber of Commerce, a partner of T.H.E. Coalition, is a 501(c)6 nonprofit corporation supporting and assisting local businesses in the Divide community.

For advanced reservations, interested parties may call David Martinek at 719-213-9335 or email their reservation requests to midland-days@yahoo.com. The attendance fee may be paid at the door the day of the event by check (made out to T.H.E. Coalition), cash or credit card or by check mailed in advance to Midland Days, P.O. Box 1088, Divide, CO 80814.

Honoring “Scruff”

by Christine Ford
photo by Christine Ford

It took five strong men and a hoist, but Richard Fretterd’s dream of a memorial to his late brother and mining partner, Vincent, known locally as “Scruff”, finally became a reality March 1st. As an excited group of Pikes Peak Historical Society members recorded the event for posterity, the crew installed the four foot three inch smoky quartz crystal, weighing 345 pounds, on the stained and trimmed tree stump base prepared for it at their Museum. A brass plaque with a poem is being prepared for attachment to this base.

The quartz crystal joins Richard’s other, even larger find, also donated to the Museum in Florissant, which he found just five feet away, on Vincent’s birthday. He called the location the “Holy Moses” pocket system, a series of 11 chambers collectively known as the “God Send” claim. The area has since been fully reclaimed and the chambers filled in. “These are the two largest smoky quartz crystals in North America. They make our museum a national treasure,” said Pikes Peak Historical Society President, Celinda Reynolds Kaelin.

“Now it’s finally home, right where it belongs,” said Fretterd, who could not keep the smile from his face. He said it took him six months to clean the crystal, employing a used hot tub, fish tank aerators and a tarp. He also would periodically spray it with a water gun to remove iron deposits. He was not able to take the piece whole from the pocket; a small corner was already detached; they removed it first in order to slide out the remainder, then later repaired it. “I thought at first it was coke bottle size,” said Fretterd, shaking his head in amazement. He has previously displayed the stone at shows like the annual Lake George Gem and Mineral show.

Once the stone was safely placed in the stand at the Museum, next to his 439 pound specimen, Fretterd relaxed and enjoyed the moment, reflecting on the brothers shared history. “We were inseparable,” said Fretterd. “We went through so much together.” To have the stones next to each other again, nearly as



Rich Fretterd poses with his latest donation to the Pikes Peak Historical Society Museum.

they were in nature, “has great spiritual significance,” he said.

The Pikes Peak Historical Society Museum, located at 18033 Teller County One, is open President’s Day to Memorial Day, Saturday and Sunday from 1 p.m. to 4 p.m., and Memorial Day to Labor Day Friday, Saturday, and Monday 10 a.m. to 4 p.m. and Sunday 1 p.m. to 4 p.m. Open year round, it is free to the public. It includes exhibits on the areas’ history, geology, native peoples, railroads and mountain men. The website is also a great place to visit and includes native tales as told to President Celinda Reynolds Kaelin by the Ute elders, as well as some of her excellent articles and excerpts from her books on the area’s history.

Rich Fretterd will be speaking about his mining experiences and his prominent role on the TV reality show Prospectors, shown on The Weather Channel, at the Historical Society Chautauqua on Sunday, May 11th, 2014, at the Florissant Library, 334 Circle Drive, at 2 p.m. Six lucky people will win a “Dig with Rich” at the Chautauqua on May 11th.

Prepare for health care costs in retirement

As you save and invest for retirement, consider your ultimate goals. Do you plan on traveling the world? Purchasing a vacation home? Pursuing your hobbies? People often think and plan for these costs. Yet, too often, many of us overlook what potentially could be a major expense during our retirement years: health care. By preparing for these costs, you can help yourself enjoy the retirement lifestyle you’ve envisioned.

Many of us may ignore the impact of health care costs because we just assume Medicare will pay for everything. But that’s not the case. In estimating health care costs during retirement, you may find that \$4,000 to \$6,000 per year per person for traditional medical expenses is a good starting point, although the amount varies by individual. Furthermore, this figure does not include the costs of long-term care, which can be considerable. To illustrate: The national average for home health aide services is nearly \$45,000 per year, and a private room in a nursing home is nearly \$84,000 per year, according to a recent survey by Genworth, a financial security company.

So what can you do to help cope with these costs? Here are a few suggestions:

- **Estimate your costs.** Try to estimate what your out-of-pocket health care costs might be, based on your health, your age at retirement, whatever supplemental insurance you may carry and other factors.
- **Know the key dates.** Things can change in your life, but try to identify, as closely as possible, the age at which you plan to retire. This will help you spot any coverage gaps before you become eligible for Medicare at age 65. Also, be aware of the seven-month window for enrolling in Medicare, beginning three months before your 65th birthday.
- **Review your insurance options.** Medicare-approved insurance companies offer some other

parts to Medicare, including Part D, which covers prescription drugs; Medigap, which covers gaps in Parts A and B (in-hospital expenses, doctor services, outpatient care and some preventive services); and Part C (also known as Medicare Advantage, which is designed to replace Parts A, B, Medigap and, potentially, part D). You have several options for Part D, Medigap and Medicare Advantage, each with varying coverage and costs, so choose the plans that best fit your needs. (To learn more about Medicare and supplemental insurance, go to www.medicare.gov.)

- **Develop a long-term care strategy.** To meet long-term care costs, you could self-insure or purchase insurance coverage. To learn about long-term care insurance solutions, contact your financial advisor.

- **Invest for growth and rising income.** Health care costs typically rise as you move further into retirement, so make sure that a reasonable portion of your assets is allocated to investments with the potential for both growth and rising income.

- **Think about health care directives.** If you were to become incapacitated, you might be unable to make health care decisions — and these decisions may affect not only your quality of life but also your financial situation, and that of your family. Talk to your legal advisor about establishing a health care directive, which allows you to name someone to make choices on your behalf.

Health care costs during your retirement may be unavoidable. But by anticipating these costs, you can put yourself in a position to deal with them — and that’s a healthy place to be.

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

Freedom of health choices benefit citizens and local charities

by Barbara Royal

Colorado consumers have increased access to alternative and complementary health care practitioners thanks to the passage of the Colorado Natural Health Consumer Protection Act (SB 13-215) in June, 2013.

In celebration of increased health choice options for Coloradans, the members of the Wholistic Networking Community (WNC) of the greater Ute Pass and Colorado Springs area wish to invite their neighbors to experience the benefits of a variety of holistic services; treating the whole being – mind, body and spirit.

Community Holistic Healing Days will be available on the 2nd Tuesday of each month from 10 a.m. until noon, beginning April 8, 2014 at Mountain View United Methodist Church, 1101 Rampart Range Road, Woodland Park, CO 80863.

Holistic Healing Day services will be offered by donation on a first come, first served basis. Volunteer practitioners will offer a wide selection of techniques to experience on a monthly rotation. In April, you may choose from sound healing, hands on or no touch Reiki, essential oils, hand and foot massage and chiropractic adjustments

of nerve dysfunction. Visit Facebook page WNC - Wholistic Networking Community for practitioner information.

Proceeds from your donations will be given to a different charity each quarter throughout the year. Teller County Safe Harbor will be the beneficiary of your donations this quarter. This is a Woodland Park non-profit organization that serves domestic violence and sexual assault victims by providing a temporary safe place to stay.

Members of the Wholistic Networking Community are from all walks of life who embrace a healthy lifestyle and desire a peaceful, natural world. You are invited to meet area practitioners and learn about holistic wellness at their regular monthly meetings held on the third Tuesday of each month from 11 a.m. to 12:30 p.m. at the Rampart Public Library, Woodland Park, CO.

For more information about the Wholistic Networking Community and monthly Holistic Healing Days visit WNC - Wholistic Networking Community on Facebook or email wholisticnetworkingcommunity@gmail.com.

9Health Fair coming to Guffey on April 19

A 9Health Fair will be held on Saturday, April 19 from 8 a.m. to noon at the Guffey Community Charter School, 1459 Main Street, Guffey. Several free and low-cost health screenings will be available:

Blood Cell Count Screening\$15
Colon Cancer Screening Kit\$20
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PSA Screening (Men)\$25

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Only one small needle is needed for all blood screenings, 12-hour fasting for all except diabetics.

You can register online and pay for services with a credit or debit card at www.9HealthFair.org/indafair, choose Guffey and click on “You

can register online.” On-site registration will be available the day of the fair. Only cash or checks will be accepted as payment on the day of the fair.

All fair participants must be at least 18 years of age. Blood cannot be drawn on anyone under 18, even with parental consent. Children under the age of 18 will not be permitted in the blood draw area. On-site childcare will be provided for children while adults are having blood drawn.

The leadership team is currently recruiting volunteers for the 9Health Fair. If you are interested, please email Linda Parrish at roomers@msn.com with your name, address and phone number. Please let her know if you want to volunteer for a medical or non-medical position.

9Health Fair is Colorado’s largest non-profit health fair program whose sole mission is to advance health awareness and provide people with the tools they need to take responsibility for their own health at an affordable price. If you would like to learn more about 9Health Fair, please go to www.9HealthFair.org.

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May 2

Castle Rock Recreation Center

May 3

Platte Canyon High School

May 17

Waterstone Community Church, Littleton

Go to 9HealthFair.org
or call 303-698-4455
(toll free 800-332-3078)



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MTCC bike club member wins lottery slot

“Ride the Rockies” is a bicycle tour covering nearly 500 miles through mountainous parts of Colorado during six days in June. The tour is limited to 2,000 riders, but they typically get up to 4,000 applicants — so they use a lottery registration process to keep things fair.

Mountain Top Cycling Club member Timothy Edwards registered for his first time and won a position in the tour.

Each day the bicyclists ride from one host town to the next host town where sleeping accommodations are in tents, school gymnasiums or hotels, B&B's, etc.

This year the tour starts in Boulder and pedals to other host towns Winter Park, Steamboat Springs, Avon, and Breckenridge; then finishes by riding under the Welcome Arch in Golden. The participants will ride 473 miles and encounter 28,265 feet of elevation gain.

“Wow, I got in. (gulp). The tour is 473 miles and very serious mountain passes — I’m scared to death”, quipped Edwards of Florissant. “I better say some prayers and crank some miles in the saddle,” adds Edwards.

While lubing-up his old and heavy bike, Edwards decided it’s time to get a new, lightweight bike so he went to Paul Magnusson at Team Teleycycle in Woodland Park for advice. Paul recommended a Specialized Roubaix (Rew-bay), which is designed for better comfort on rough pavement; and it is very light weight carbon fiber technology. Edwards says he loves the new bike’s smooth ride, responsiveness and comfort.

Not new to athletics, Edwards bought his first bicycle at age 10 with money he saved by mowing lawns in his neighborhood. Later in life he rode the bike to work and to college every day.

At age 40 he took up running and quickly became a Pikes Peak Marathon Doubler with a perfect streak for 10 years. He expanded to other “Fourteener” mountains for training when



Photo of Timothy on bicycle (wearing MTCC jersey) by Greg Lent.

Pikes Peak is crowded and has summited half of the “14ers in Colorado with more on his list each summer.

Edwards owns a small business that MTCC approached to be a club sponsor. After seeing what the Club does to promote bicycling in the community, Edwards joined the club in addition to sponsoring.

He also signed up for the Club’s Experience Ride on June 21, where riders can choose a variety of distance options up to 106 miles.

“I think the MTCC is doing an amazing job of promoting bicycling in our community and I am particularly impressed with their goals to establish youth bicycling programs. When I was 10, my bike was my best friend. It gave me a sense of adventure and freedom,” says Edwards.

“Now in my late 50’s I am thinking about the ‘bucket list’. Most of the things I want to do for fun are athletic, so I intend to do them while my body is able. I decided to make 2014 a big year for sanctioned bicycling events, but I calculated my chances of getting-in to Ride the Rockies were only about 30 percent. Luck-of-the-draw: I got in, so now I better get off the couch and lose the pot belly,” quips Edwards.

Local prospector shows new record topaz

by Christine Ford

A Woodland Park prospector and a Sedona gemologist set the gem and mineral world to talking at the recent Tucson Gem and Mineral Show. Richard Fretterd displayed some of his rare apricot-peach colored topaz crystal specimens from his “Angus Dei Tribute Pocket”. The biggest one, cut and faceted without computer assistance by gemologist Stephen Kotlowski of Sedona, is the largest faceted topaz from Colorado by three times.

The finished stone, called “The Agnus Dei Tribute Topaz”, weighs 1,345.15 carats or just over half a pound. Fretterd says Agnus Dei is a Biblical reference to John 1:29, and is “a tribute to the Lamb of God.” It originally came out of the pocket at just over 1.5 pounds, or 3,634 carats, according to Kotlowski. That’s a 37 percent recovery from the original topaz, he said. The crystal is now a very deep oval shape and took Kotlowski about 120 to 140 hours of labor to complete. It is finished to the highest possible polish and meets the criteria for a competition type stone, where judging is typically done using a 10x loupe. It has a total of 275 facets.

Only the most experienced of gemologists could create this type of faceting by hand and eye or “on the fly” as Kotlowski described it, without assistance from GemCad or any other preset computer design. He has been faceting colored stones since he was a teenager and has done it professionally since the early 1980’s. He received his Graduate Gemologist degree, in residence at GIA in New York in 1984 and received “Certified Supreme Master Cutter” status from the American Society of Gem Cutters in 1989. He has also won numerous awards, including several AGTA Spectrum “Cutting Edge” awards.



Richard Fretterd’s display at the Tucson Gem and Mineral Show.

The Tucson show was the Tribute gems’ first public appearance. It created a sensation, and is even being considered for acquisition by the Smithsonian, according to Fretterd, who said he would prefer to see it stay in Colorado, perhaps at the Denver Museum of Nature and Science. Fretterd recently donated a 345 pound smoky quartz from the Lake George/Florissant area to the Pikes Peak Historical Society Museum in Florissant, in memory of his late brother Vincent, joining a 439 pound smoky he donated some years previously. Fretterd is deeply spiritual and shows it by his generous nature, including his willingness to support local venues. He hopes to see the Pikes Peak Historical Society museum expanded to include a gem and mineral “Hall” of local specimens.

Kotlowski surprised Fretterd at the Tucson show by bringing another specimen of Rich’s which he was not expecting to be ready. The “Angel” is 171.77 carats and the reflection of the facets when viewed face on with the narrow end up resembles an angel. Turned in certain lights, it appears the angel moves its wings. Kotlowski took the original 450 carat rough crystal and created a custom blunted triangle from it. It is also apricot-peach in color and from the same pocket in El Paso County. It just goes to show, says Fretterd, that “the U.S. has wonderful minerals, too.” “And gems!” added Kotlowski.

Currant Creek Pioneer Cemetery

by Flip Boettcher
photo by Flip Boettcher

The Currant Creek Pioneer Cemetery (CCPC) sits nestled under the evergreens on an open, gently sloping hillside above Currant Creek northwest of Guffey on private property. In this cemetery lie some of the oldest pioneers in the area, the Lloyds, the Benders, the Hammonds, the Beerys and some of their relatives.

Colorado Hwy 9 now passes east of the cemetery and Currant Creek, but when Captain William Bainbridge White had the freight/post office stop at Kester in 1877, the stage road went west of the cemetery and creek. The stage road ran through the middle of White’s 120 acre homestead, which he proofed up in 1882. That homestead property contained the CCPC.

On a beautiful fall afternoon in November, with permission from the owner who wishes to remain anonymous, Amy Unger, Preservation Planner for the Park County Office of Historical Preservation; Erica Duvic, Projects and Grant Manager for the South Park National Heritage Area (SPNHA) and the Office of Historical Preservation; Sara Edinberg, volunteer SPNHA; Guffey residents Jo Beckwith and Betty Royse and the author were allowed to visit the CCPC.

The Park County Archives website lists only 11 grave sites in the CCPC. Our group found 13 sites with possible one or two more sites that are marked with broken but unknown headstones. There could possibly be two more sites on the north end that look to be marked with large rocks but they are unknown. So possibly, there are 15 to 17 people buried there.

The grave sites on the north end are the oldest sites, and the more recent sites are on the south end, which appear to be grouped in three family groups with two of the groups related. The Lloyd family group on the north is surrounded by an old wooden fence with square nails holding it together.

The first person buried there was William Albert Lloyd, 1878 -1879, who was also the youngest buried there. He was the son of William Charles Lloyd, 1832 – 1929, who was the oldest and strangely, the last buried there.

Connected on the north side of the Lloyd family group, appears to be another old broken down fence. Inside are two large rocks and they could possibly be two older sites, according to Unger. Perhaps these are the sites of Wm. C. Lloyd or his wife’s (Jane Eleanor Prichart) parents, or maybe a relative of Capt. White.

The middle family group holds Beerys with two marked headstones and possibly one or two marked but unknown sites with broken off headstones. The two marked sites are also children and are the second and third buried in the CCPC. James C. Beery, 1870 – 1881 aged 11 years and Julia A. Beery, 1875 – 1881 aged six years, son and daughter of William Harrison Beery.

The third family group includes the Hammonds and the Benders enclosed within two wrought iron fences. This family group homesteaded the land along Currant Creek from near the Currant Creek Pass southeast along the old stage road for about two miles according to records.

The pioneers came to Colorado seeking their fortunes in the mines. South Park drew ranchers as well as miners because of the vast, open spaces, and lush grasses. Ranching began in South Park in the 1860 when Sam Hartsel arrived and brought cattle to the area. With the open range these ranches were widespread, measured in square miles.

With the advent of the 1862 Homestead Act, more and more compact parcels were homesteaded and fenced off as well as staked off mining claims. The ranches were still fairly large though. It is said in a Flume article dated April 27, 1882, “Wm. H. Beery, an old timer in Park county is modest in his desires and only occupies about ten thousand acres of the public domain, his fence being run so as to enclose the entire northwestern slope of Thirty-Nine-Mile mountain.”

Johannes “John” Bender, born 1837 in Germany, immigrated to Wisconsin in 1842, and arrived in Gilpin County, Colorado Territory in 1859, seeking his fortune. After returning to Wisconsin to marry Annie Hammond, he returned to Colorado in 1869. The Benders started building and homesteading their



Martin/Bender family plot at the Currant Creek Pioneer Cemetery looking west with Black Mountain in the background.

property on Currant Creek. The Bender’s third child, Hannah Elizabeth, was born in Kester in 1874.

William Harrison Beery, born 1838 in Ohio, left his family farm in 1860 and traveled by wagon to Summit County, Colorado, where he mined for a year, according to an account he wrote after his wife died in 1909 in Cripple Creek. Beery must have been somewhat successful, because a September 3, 1885 Flume article states that Beery was visiting over in St. Elmo to look after his mining interests there.

Beery arrived in the Currant Creek area in the late 1870’s. In 1881 he lost his son and daughter, both buried in the CCPC. Two Flume articles, September 8 and September 15, 1881 relay the account. The September 8 article recounts that James C. Beery, the oldest at 11 years, had died of diphtheria. The September 15 article informed that Julia A. Beery, the third oldest at six years, had died of spinal meningitis, while the second child, Leslie L. Beery, eight years, had been afflicted with a nervous disorder. The youngest, just one year, Frank, is reported as recovering. “Such a series of afflictions as have befallen this family are seldom recorded”, stated the article.

Beery had a homestead at the head of Currant Creek in 1890 and is listed as a stock raiser in the 1880 census. Beery died in 1909 and is buried in the Cripple Creek Cemetery.

William C. Lloyd, born in 1832 in New York, arrived in Saguache, Colorado Territory in 1870 and was a watchmaker in Canon City in 1880, according to the census. Lloyd must have been in the Currant Creek area as he buried a one year old son in the CCPC in 1879. Lloyd proofed his homestead on Baldy Mountain southwest of Guffey in 1890.

More Hammonds arrived and homesteaded property along Currant Creek in the 1880’s and 1890’s and Kester, a ghost town on Hwy 9 northwest of Guffey, really grew up. There were so many Hammonds in the area it was sometimes called Hammond. Kester, the Scottish form of Christopher, may have come from Job Kester Sweet, who was the first postmaster of Kester. The post office then moved down to Capt. White’s in 1877.

The Kester post office/freight office moved around depending on who was the postmaster. Annie Bender’s oldest grandchildren (in a 1978 account) remember Annie handling incoming and out-going mail.

John Bender, Wm. Beery, H.H. Hammond, Capt. White, and Wm. Lloyd were all prominent ranchers in the area and connected with the South Park Cattle Growers Association and mentioned in many old Flume articles.

In one of the CCPC Bender family plots is matriarch Hannah Hammond, born in England in 1820, who passed away in 1897 at the age of 77 years. She is buried beside her grandson by marriage Henry H. Taylor who died in 1894 at 34 years.

Hannah’s daughter, Annie Bender, 66 years died in 1910 and Annie’s husband John Bender who died of cancer at 63 years in 1902 are next in the plot.

In the second Bender family plot are Annie and John’s son, Martin, 1869-1904, 35 years and his two daughters Josephine, 1901-1904, three years, and Myrtle, 1898-1904, six years. All three died of scarlet fever according to records. There is a spot for Martin’s wife, Inez Myrtle “Dolly” Rogers Bender who survived the scarlet fever, but she died and is buried in Canon City.

The two other grave sites in the CCPC belong to the Lloyds. Jane E., wife of Wm. C., 1847-1907 and Margaret E., 1886 – 1901.

Since this is a work in progress with a lot more research to be done, the account is incomplete. If anyone has any information, memories or pictures of this area please contact flip@ghvalley.net.

How your non-profit can benefit

The Ute Pass Chamber Players invite local nonprofit organizations to apply to be the beneficiary of the Second Annual Benefit Concert, which will be performed on November 9, 2014. To be eligible, organizations are asked to submit a 400-word narrative which includes the organizational mission, the essential community needs met by the organization, and for what purpose the concert proceeds will be used. Please also list a point of contact. The narrative is due by May 1, 2014, and should be sent to the UPCC Board at youngip@q.com. If you have questions, please contact Barb Riley-Cunningham at 748-3344.

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Teller County isn’t seeing a big jump in sales prices, so it’s important to price your home correctly for the current market conditions. Things are changing rapidly, and it’s good to look at the last sixty days for comparables. If your home is on the market and you’re not seeing buyer activity or an offer, it’s time to look at a price reduction now so it’s priced properly for the upcoming season.

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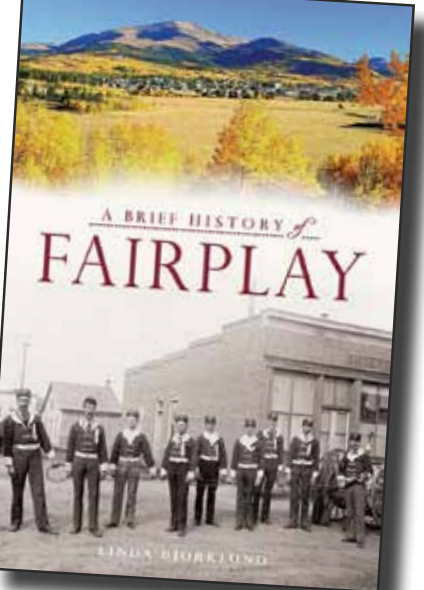

Discover the unique history of Fairplay

A Brief History of Fairplay

by Linda Bjorklund

Explore Fairplay from the beginning with local historian Linda Bjorklund as she traces the town's story through Spanish settlers, early American government, Union-Confederate tensions and modern developments.

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

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PIKES PEAK REGIONAL MEDICAL CAMPUS

Lake George Charter School craft sale

by Maurice Wells
photo by Maurice Wells

The Lake George Charter School will provide local crafters and artisans the opportunity to present their creations to the public on Saturday, April 19 from 9 a.m. to 2 p.m. in the school gymnasium. Booth spaces are \$10 and tables will not be provided. To reserve your space call 748-3911 or stop by the school Monday through Thursday.

This is an excellent opportunity to gain exposure in the community and help a worthy cause. The event is sponsored by the Lion's Pride PTO and the proceeds will go to support school activities.



Lake George Charter School

Rocky Mountain Wildflowers Field Guide

Book takes some of the mystery out of identifying wildflowers

by Bernie Nagy, South Park author/photographer

Soon it will be wildflower viewing time and my wife, Linda and I just published a concise guide book to help identify flowers that outdoor enthusiasts are likely to see along trails and meadows throughout the Colorado Rockies.

After we co-published our second award-winning coffee-table book, "South Park, Colorado: Nature's Paradise" in 2012, that included photographs and common names of over 100 wildflowers in South Park, we began receiving many requests for a smaller book on wildflowers to take on trails. "Rocky Mountains Wildflowers Field Guide" fulfills those requests.

The guide was several years in the making with photographs taken throughout the Rocky Mountain region of Colorado over four summers. Linda did the research, writing and identification of the wildflowers while I provided the photographs and layout and design of the book. Photographing flowers can be a daunting task. Often I had to lie on the ground or get with my camera under a flower to get the image I wanted. Some are so tiny that it requires getting to be face to face with the flower.

Also many flowers, like yellow sunflowers, are so similar that notes had to be made of leaf shape, arrangement, number and shape of petals, etc.

The wildflowers images in the guide were taken from the Rocky Mountain National Park to the Mosquito Range and from Crested Butte to the Southern San Juan Mountain Range and feature the most common plus some uncommon wildflowers found along trails and roadsides. There are also many pretty wildflowers that are considered invasive and noxious weeds in Colorado. From the thousands of plants in the Rockies, over 225 are featured in the book.

Linda grouped the wildflowers according to color so that one can quickly find and identified an unfamiliar flower. She included also illustrations featuring details of flower parts, arrangements and leaf parts to help clarify some terms.

This year though, nine community members have self-nominated for the four open positions, thus requiring an election. One of the candidates, Jim Cain, has withdrawn his name from the election for personal reasons. Any of the candidates can withdraw at any time before the election, according to the DEO.

For this year's regular special district election, the board of directors has named Toussaint, Nemer & Coaty, the district's legal council, to handle the elections. TNC has named Rhonda Davis, from their office, as the DEO for the upcoming district elections.

There are four open positions on the board of five. Three of the open seats are for four-year terms and one open seat is for a two-year term.

The field guide became a labor of love for us and we are sometimes surprised that we are still married after working together so closely on projects in which we often have different points of view.

Each wildflower in the guide is shown with a clear color photo and information on the plant including its common, family and scientific names. The front of the book has sketches of leaves and other plant parts to further help identify them. Flowers are grouped by color with sections in white, red/pink, blue/purple and green. Each flower is also identified as to the mountain zone where it grows in, from the foothills (5000 to 8000 feet) to alpine zones (above 11,500 feet). There is even a handy "ruler" in the back of the book for measuring the size, height, etc. of blossoms.

This year, for the fifth consecutive year, I was voted best photographer and best author in Park County and Linda, in addition to her own work, illustrated a watercolor motivational book, "If You Tell Me, I Can Fly". We love Colorado and are so happy that we can share information about its natural beauty through our photographs and writing.

"Rocky Mountain Wildflowers Field Guide" is a pocket-sized book for all nature enthusiasts who want to learn and identify wildflowers throughout Colorado's Rocky Mountain Region. The handy, 224-page soft cover, 4"x6" guide fits easily in a shirt or back pocket and is well worth the price of \$11.95 and makes a wonderful gift. It is available at www.highcountrysartworks.com with free shipping and at stores throughout Park County and other regions.

For more information on the book, visit www.rockymountainwildflowers.com or call Linda at 719-687-9999.

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How to be a good steward to your forest

by Don and Donna Doty

Being a good steward to your forest involves a healthy tree care program. Providing correct tree care for your trees should involve tree fertilization, tree pruning, thinning of overcrowded stands, and the eradication of any dead standing trees. The final stage would be to replant multiple new species of trees.

The goal to a healthy forest is to reduce stress on the trees. Stress for a tree comes from an aged forest, overcrowding, drought, hardscape, construction damages, insects, and diseases to name a few. All of these elements invite the beetles and other destructive insect to your trees. Let me discuss the different methods of relieving stress though a solid forest management program. Timberline Spraying & Service offers a complete line of forest management services that will be discussed below. Let's examine the basic phases of your forest management program.

Tree Fertilization

An often overlooked tree care service is tree fertilization. Many homeowners don't realize the need to have tree fertilization done because trees in the forest seem to grow without tree fertilization. However, an arborist can explain that there are significant differences in the growing environment between forest trees and landscape trees. There are several tree fertilization techniques available to an arborist to make sure your trees remain as healthy as possible.

Having a tree care service apply tree fertilizer to your landscape trees and shrubs is one of the best tree maintenance services to provide for the care of trees and shrubs. Tree diseases, insect pests, and dead or broken tree branches are obvious signs that a landscape tree or shrub is in need of care. A tree's need for tree fertilizer is a less obvious requirement, but is a very important tree maintenance practice that will encourage tree health.

Seeing forest trees thrive without fertilization gives the impression that tree fertilization isn't necessary to maintain tree health. There are, however, two major environmental differences with the growing conditions between forest trees and landscape trees. Forest trees derive nutrients from the natural decay of organic matter, such as tree leaves and tree branches. This natural cycle is interrupted in a maintained landscape when we rake up leaves and remove fallen tree branches. Secondly, in many cases most, if not all, organic matter is removed from urban soils during the home construction process. The lack of naturally derived nutrients in urban soils and harsh environmental conditions puts landscape trees and shrubs under stress, which increases the importance of a tree fertilizer program.

Implementing a tree fertilizer program will usually improve the appearance of trees and shrubs, as well as help the trees and shrubs recover from attacks by insect pests. Healthy trees can withstand tree diseases better than stressed trees and will also be less susceptible to decline if subjected to drought. Fertilizing trees after tree trimming will also help speed the growth of callus tissue to cover the tree wounds.

The most common method used to fertilize trees is soil injection of tree fertilizer, under the tree canopy. Soil injection of tree fertilizer is often referred to as deep-root fertilization. The delivery system to apply the tree fertilizer consists of a soil probe that distributes the tree fertilizer laterally at a depth of six to 10 inches below ground level. This tree fertilization

method often results in the greatest amount of fertilizer being supplied to the tree or shrub.

If the arborist from the tree service utilizes a grid pattern to distribute the tree fertilizer then it is likely that the entire root zone under the canopy of tree will be saturated with tree fertilizer. Some arborists may utilize the same equipment to apply tree fertilizer, but will only do one or two rings of fertilization under the canopy of the tree. Both methods of tree fertilization put the tree fertilizer where it is needed, which is below the root zone of grass roots.

A second benefit of a tree fertilizer program using the deep-root fertilization method is that some soil aeration will also take place because the tree fertilizer is applied under high pressure.

The final results of having your trees deep root fertilized is seeing the vibrant color come back into your trees, (especially Aspens and Blue Spruce) as well as having a healthier, faster growing tree.

Preventative Tree Spraying

With the ever increasing potential of having your signature trees infested by one of the forest bark borers i.e. Mountain Pine Beetle, IPS Beetle, Spruce Beetle, Fir Beetle, and now the Western Spruce Budworm. The best prevention is to have your valuable trees sprayed by a licensed commercial applicator. The best time to have your trees sprayed is in April, May and June before the emergence of these beetles.

There are many keys to correctly spraying a tree. The first is to use a pesticide that is effective to the "target pest". Reading and obeying the label instruction, using the maximum amount pesticide per label rating, agitating the tank thoroughly, spraying to the top of the tree is critical, coating the tree with a heavy application. When all of these factors are done professionally the application will result in success-



Cleaning the forest floor under the trees provides many benefits.

fully preventing that tree from being attacked.

One of the most misconceived pieces of information is that we are spraying your trees with a repellent. It is not true; we are using a highly effective pesticide. When a beetle ingests the bark of a pesticide sprayed tree it will die, resulting in the preservation of that tree. We

have been spraying and saving trees in Colorado from these bark borers for over 10 years.

Tree Removal

An arborist usually starts a tree service or works for a tree service to save trees, not remove trees. Nonetheless, trees have a lifespan and tree removal will eventually be necessary. Tree removal, especially removal of large trees, is best handled by an arborist that is experienced and carries the proper liability insurance.

Most tree service companies are equipped with the proper equipment and professional arborists to safely remove trees. This is often the best time to find a local tree removal service. Depending on the size and location of the tree, tree removal can be quite dangerous and requires skills, equipment, and experience that most do-it-yourself homeowners do not possess. If you have a large tree to remove, hiring a professional tree removal service to do the work is almost certainly your best option.

To have a tree removed is a big decision. Many times an arborist or tree service com-



Most arborists and tree companies would rather save trees than remove trees, but the fact is that trees are living organisms and at some point a tree will die and tree removal will be necessary.

pany would prefer to save the tree instead of removing it. However there are times those trees must be removed and there are going to be costs associated with it.

Some factors to consider would be: When is the best time of year? Is the tree near power lines? Is the tree in a hard to reach location? Has the tree fallen on a building or vehicle? How big is the tree?

Pruning of dead limbs can be done any time of year. When thinning of live green trees, the best time to cut is after the beetles have flown which is late summer. The ideal time to cut green trees is in the late fall and throughout the winter until spring (there may be birds nesting or small creatures using the tree as shelter during springtime).

When a tree removal services comes to give you an estimate, they will take these factors into consideration. If a tree is in a precarious spot, more skill will be required by the tree service company. They may also need to bring in special equipment like a bucket truck, skid steer, or crane.

Some times when a tree is in a real tight spot, a tree climber will ascend the tree and take it apart piece by piece, slowly lowering each piece to the ground.

So how much does it cost to have a tree removed? There is no easy answer because each situation is going to be unique. Plus, if you would like all the debris cleaned up and hauled away and the stump removed, there can be additional charges for these services.



Fertilization. There are several tree fertilization techniques available to an arborist to make sure your trees remain as healthy as possible.

Tree Pruning

There are many reasons to have your trees pruned. It may be necessary to cut trees away from a house, clear trees from signs, remove lower tree branches, or cut trees back from driveways. If the canopy, or crown of the tree, has excessive branches, an arborist can remove tree branches from the interior of the tree canopy. Tree thinning allows the wind to blow through the tree canopy and can reduce the chance that the tree will be damaged in a storm.

Cleaning of the forest floor of fire fuels is critical to a healthy forest. Opening the canopy between trees will offer sunlight to the forest floor. Once that sunlight is available you may be surprised to see the new growth that could occur, even the possibility of natural wildflowers. You could now plant natural grass seed to assist in any erosion control issues you may have. So many good things occur by cleaning the forest floor. The racking of pine needles is not only good fire wiring around the perimeter of your home, but also for healthier growth of the forest.

Timberline Spraying offers these services to assist in the stewardship of your forest: deep root fertilization, preventative spraying, master pruning, pole sawing of lower dead limbs, boom truck pruning for the higher more difficult limbs, tree felling, chipping, and slash hauling. All of these services are available for any size mitigation or fire wiring project you may have. We have a large staff of enthusiastic men that are ready to assist in your forest management programs.

If you are living in a HOA or POA and would like to have a brief presentation of the current affairs of our forest please contact me and I would be happy to do a presentation for your committee or residents. I perform a number of these brief updates for many communities throughout Park and Teller Counties.

If you have questions, please call Timberline Spraying 719-687-6811 or email me at mpinebeetle@aol.com



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~OUT AND ABOUT~

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

Anatomy of a First Aid Kit

by Janet Bennett, Teller County Search and Rescue

You should always keep a first aid kit in your home and in your car. Find the location of a first aid kit at your work. Whether you buy a kit or you put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health care provider may suggest.

Check the kit regularly. Include a flashlight in the kit and make sure the batteries work. Check expiration dates and replace any out of date contents.

See sidebar for contents. Help promote Teller County Search & Rescue and support the Teller County Regional Animal Shelter at the same time. Until April 8, you can place your vote for "Pa Kettle for Mayor of Divide. Go to terracolorado.com and vote for Pa Kettle. Votes are \$1 each and you can vote as often as you'd like. Thanks for your support!

The American Red Cross recommends that all first aid kits for a family of four include:

- 2 absorbent compress dressings
- 25 adhesive bandages
- 1 adhesive cloth tape
- 5 antibiotic ointment packets
- 2 packets of aspirin
- 1 space blanket
- 1 breathing barrier
- 1 instant cold compress
- 2 pair of non-latex gloves
- 2 hydrocortisone ointment packets
- scissors
- roller bandages
- 5 sterile gauze pads
- oral thermometer
- 2 triangular bandages
- tweezers
- first aid instruction booklet.

CRIPPLE CREEK

25 Commodities Food Distribution at Aspen Mine Center 9 a.m. to 2 p.m. Call 689-3584 for more information.

30 The Aspen Mine Center is hosting a Community Job Fair for Youth and Adult. It is being given by The Pikes Peak Work Force Center and The School to Work Alliance program.

The hours are noon to 4 p.m. Pre-register with the workforce would expedite entry. HOLIDAY time! The second event is Disability Awareness Training in the conference room. It will discuss ADA laws, Etiquette; see the Person not the disability, presented by Division of Vocation Rehab, Woodland Park Chamber, and Southern Teller Economic Coalition, from 1 p.m. to 3 p.m. Certificate upon completion. The Aspen Mine Center is located at 166 East Bennett Avenue, Cripple Creek CO. Call 689-3584 for more information.

DIVIDE

14 Divide Little Chapel on the Hill - Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610.

28 Divide Little Chapel on the Hill - Food Pantry Distribu-

tion 4:30 p.m. - 6:30 p.m. For more info 719-322-7610.

FAIRPLAY'S SOUTH PARK SENIOR CENTER

9 South Park Senior Board meeting at 9 a.m. Every Wednesday, except holidays, lunch at South Park Senior Center, 6th and Hathaway, 11:30 a.m. to 12:30 p.m., \$6.00 per person, need not be a senior. Thrift Shop is open 10 a.m. to 2:30 p.m., Mon thru Sat. Bargains for all ages. Phone during thrift shop hours, 10 a.m. to 2:30 p.m., is 719-836-1555.

FLORISSANT FOSSIL BEDS

5 Fossil Demonstration Lab, 1 p.m. to 3 p.m., yurt tent in picnic area near Visitor Center Join Dr. Bob Carnein (volunteer geologist) in the fossil demonstration lab, examine fossils through a microscope and see fossils being discovered. For additional information visit the park's website at www.nps.gov/flfo or call at (719) 748-3253.

FLORISSANT GRANGE

5 The Annual Easter Party and Open House is coming April 5th from 1 p.m. to 3 p.m. The Easter Bunny will make his annual visit and we will have free pictures with him for everyone. Crafts and activities for the kids and if the weather is good to us, we will have our Easter Egg Hunt. Call 748-0358 for more information.

19 The Second of two "High Altitude Gardening" classes will be April 19th from 8:30 a.m. to noon. We will start a little early to review the first class. This is another fundraising event. Please join us to learn about how to garden in our area. Don't miss this class. For more information call 748-0358. Suggested donation \$7.00.

Save the date: May 3 for "Herb Class with the Thymekeeper: 7 Herbs that Heal" from 1 p.m. to 3 p.m. This class will discuss 7 herbs that can be found in Teller & Park Counties that heal a variety of ailments. We will talk about the medicinal benefits, preparation, harvesting and storage. Afterwards, weather permitting, we will take a short hike at Happy Meadows to see at least two of those herbs. The class is funded by donation. Everyone is welcome!

Jam Night - Every Thursday all year the Grange Hall is open from 6:00 to 9:00 pm 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.

FOUR MILE EMERGENCY SERVICES

26 Four Mile Emergency Services Pet Shot Clinic from 10 a.m. to 2 p.m. at Four Mile Station on Teller 11. More info go to

to volunteer, contact Sherri L. Albertson at (719) 650-4089 or sherri.albertson@ja.org. For more information on JA visit southerncolorado.ja.org.

UTE PASS HISTORICAL SOCIETY

The Ute Pass Historical Society's 2014 Historical Photo Calendar is now clearance priced at \$8 (originally \$15). Calendars are available in our Gift Shop at 231 E. Henrietta Avenue, Woodland Park, or on line at utepasshistorical-society.org. Please contact us at 719-686-7512 or uphs@peakinter.net with questions.

WOODLAND PARK COMMUNITY CHURCH

5 The Mountain Eire Irish Dancers will be performing a feature-length show Saturday, April 5th, "Irish at Heart, a Mountain Eire Production" will take place at the Woodland Park Community Church at 6:30 p.m. General seating and all tickets \$5. Email mountaineire@yahoo.com or call Mickie Richardson at 686-1325 to reserve your tickets.

DINOSAUR RESOURCE CENTER

12 Easter Puppet show from 1:30 p.m. to 2:30 p.m. Here comes Peter Cottontail hopping down the bunny trail all the way to DRC to join Cathy Kelsay from Fantasy Forest Entertainment for a "hoppy" afternoon of stories and songs about bunnies, chicks and eggs. "Hop" to see you there!

GUFFEY

Shout out - Looking for Classic Cars for First Annual Guffey Car Show-Off. Please contact Wade at: 719-689-2044 or McGuire at: 719-479-2298 for placement and information.

HARTSEL

19 The Hartsel Community Center is again sponsoring an Easter egg hunt. It will take place at the Community Center. The "hunt" will start at 11 a.m., Saturday April 19th. There will be activities for the children, story time and Easter treats. Hope to see you there.

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.

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 meet the community to meet people while helping out their community.

OLD COLORADO CITY

11 Baseball in Colorado Springs - batter up! 11 a.m. Presented by: Roger P. Hadix, author of a book by the same name. This baseball historian also plays in the Labor Day Old Tyme Baseball game at Rockledge Ranch each year. The program covers the history of baseball played in the Pikes Peak Region from 1874 to the present day and includes both non-professional and professional baseball. Members - free, Non-Members - \$5 Door open at 10:30 a.m.

26 & 27 The Old Colorado City Historical Society's Second Annual Used Book and Treasure Sale from 11 a.m. to 4:00 p.m. Don't miss out on this popular event that benefits the society. Cook books, children's books, history books, fiction and non-fiction - all gently used. We are located at 1 South 24th Street, Colorado Springs. Please call 719-636-1225 or visit www.occchs.org

TELLER COUNTY - JUNIOR ACHEIVEMENT

4 Junior Achievement of Southern Colorado - Teller County is happy to announce that community volunteers will be in the schools on April 4th at Summit Elementary. For more information on the school programs or

to 1 p.m., at the Woodland Park Senior Citizens Center. Potluck! Please bring a dish, or rolls, chips... or make a small donation. RSVP to Karen.

12 Field Trips! Serenity Springs Wildlife Center at 9:30 a.m. Transportation provided by PPRH, the Woodland Park Senior Center & The Teller Senior Coalition. Discounted entry fee \$7.50, Dutch Lunch-restaurant TBA. For another \$25 you can pet the lion cubs. We can accommodate 23 attendees. Refuge for leopards, tigers, lions, cougars and other large cat breeds. Please contact Karen Earley, PPRH Senior Circle program coordinator, at 719-686-5802 or karenearley@pprh.net to make a reservation.

WHOLISTIC NETWORKING COMMUNITY

8 Holistic Healing Day is April 8. Please join us from 10 a.m. to noon. Practitioners from the Wholistic Networking Community invite you to experience the benefits of holistic services on a first come, first served donation basis. You may choose from sound healing, hands on or no touch Reiki, essential oils, foot massage and chiropractic adjustments of nerves dysfunction. Teller County Safe Harbor, a Woodland Park non-profit will be the beneficiary of your donations. Venue: Mountain View United Methodist Church, 1101 Rampart Range

Rd., Woodland Park. For more information call Barbara Royal 719-687-6823.

15 The Wholistic Networking Community invites you to meet area practitioners and learn about holistic wellness from 11-12:30 at the Rampart Public Library, Woodland Park. Mark your calendars for our regular meetings on the third Tuesday of every month at Rampart Range Library. Join Adriana Wichman to learn how foods, skin, and hair products play a role in how we can age gracefully. For more information about the Wholistic Networking Community or to RSVP, contact Barbara Royal at 719-687-6823 or miraclesofwellness@gmail.com.

Free, ongoing study group of the Ascended Masters' teachings of spiritual laws. The universe in which we live is governed by non-human laws. This is your opportunity to learn how to meet life's challenges with ease and achieve harmony within yourself and all creation. For more information contact Barbara Royal, Interfaith Certified Spiritual Director at 719-687-6823.

VICTOR

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

Fun things in Florissant April 26th

Florissant's Library

The fun in Florissant begins at the Florissant Library's 10th Anniversary celebration from 10 a.m. to noon. There will be family activities and refreshments. There may be a few surprises. Please turn to page 10 for more history regarding the connection between the Florissant Library and the Florissant Grange.

Florissant Grange chili cook-off and entertainment

How about lunch at the Florissant Grange's Chili Cook-off and Pie Auction? April is Grange Month and to celebrate we always have our Chili Cook Off and Entertainment Event from noon to 3 p.m. This is always one of the most fun events at the Grange. So cook your best Chili and enter it in our contest today!! There are Cash prizes for 1st, 2nd and 3rd place Chili and we always have a prize for the People's Choice Chili. Enjoy tasting all the Chili and have a bowl of your favorite as you vote for People's Choice Chili. A Bowl of Chili, corn bread, cole slaw and a drink are all available for a suggested donation of \$5.00. Bake your best PIE and donate it to the Grange for our Silent Pie Auction fundraiser. This is always a big hit and some of the Pies have been known to be auctioned off for \$40 or more. The bidding is great fun for the bidders and for the bakers to watch the pies disappear. Best of all, stay and listen to some of the best entertainment in Teller County and surrounding areas. We have a wonderful surprise this year so don't miss this Great event. Call 748-0358 to enter your chili, bake your pie or volunteer to judge.

LIFE SOURCE CHIROPRACTIC
5 & 19 Presenting "The Secrets of the Ultra Healthy" as it relates to chiropractic health and wellness is "a transformation, a renewing of one's mind." You are welcome to attend; it is presented on the 1st and 3rd Saturday of each month @ 10:30 a.m. at 212 S. Chestnut, in Woodland Park, CO. It's free but the community must RSVP to 719-686-5599.

FARMER'S MARKET
12 Inside Ute Pass Cultural Center from 9 a.m. to 1 p.m., Seasonal Harvest: fruit & vegetables, eggs, cheese, jams, mustard, meats, dried beans, bread & pastries, salsa, pasta, alpaca yarn & knits, soaps, hot soup, tinctures, wood products, skin care, hot food & drink. Located at 210 E. Midland Avenue, Woodland Park. For more information call (719) 689 3133 or 648 7286 email: tcfma@q.com.

PROSPECT HOME CARE & HOSPICE
28 Prospect's Johnny Jump Up Plant Sale! Sign up starts at various locations April 28th with delivery to locations on May 20th. Call Janet 687-0549 for information. Sponsored by Prospect Home Care & Hospice jlaraeu@prospecthch.org

SENIOR CITIZENS CLUB
22 Catered Meal and Address by Mayor Dave Turley. Please make your reservation by calling Pamela 719-339-0954.

SENIOR CIRCLE PROGRAM BY PPRH

8 "Can You Hear Me Now?" Audioprologist presentation on Hearing from 11:45 a.m.

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Geology of Teller County

Do you know that Woodland Park sits inside an enormous fault or that Teller County has produced more gold than the California and Alaska gold rushes combined? Or that the South Platte River once flowed through Divide and Woodland Park? Teller County enjoys some of the most exciting geology on the planet and some features are found nowhere else! Discover more by joining former U of MD instructor Paul Combs for his "Geology of Teller County" course on five Saturday mornings: April 26 - May 24, with a field trip on June 7. Classes meet in the Mountain View Methodist Church, 1101 Rampart Range Road, from 9 a.m. to noon. No tests, just fun and info. Learn about our gold & silver, gems, fossils, faults, volcanoes, glaciers, and why those mountains look that way. This class is great for science teachers, students and rockhounds. Fee: \$80. Call: (719) 686-0488 for info & registration.

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