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April 2015

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Vol. 7, No. 4

Welcome to Ute Country

True art is characterized by an
irresistible urge in the creative artist.

Albert Einstein

PEEK INSIDE...



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South Park Area Camera Club



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A lot of bull - Part 2



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Grannys' HASH is growing the future



This month's cover photo is of the sculptures at the gate of Ike Concrete on Hwy 9 between Hwy 24 and Hwy 285. This sculpture is one of four guarding the gate. They remind us the creative spirit expresses itself in many ways. How wonderful that we have freedom to express our creativity, and how endless the opportunities. We hope you enjoy our April issue no matter how you express your creativity. There are interesting opportunities for artists, musicians, and folks who appreciate those gifted with such talents.

April is also the first full month of spring. In the mountains of Colorado, that means Mother Nature is full of surprises, from early bloomers on sunny slopes to the water-laden snowfalls. The best part is the abundant precipitation that slowly melts the next day, providing a thirst-quenching promise to protect against wildfire. Quench your thirst for knowledge by reading April's articles and let what fits for you soak in.

Many of us enjoy gardening, yet find some unanticipated challenges with high altitude. Others of us have found interesting ways to work with the conditions. Feel free to ask "Growing Ideas" a gardening question or share a gardening tip. Simply email to utecountrynewspaper@gmail.com

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Mr. Spaz has been a little under the weather, but he seems to be making a springtime rebound. He's ready to paw through some pics. Please send new ones or risk getting bored of photos of Mr. Spaz, and his brothers, Frosty, and Shadow.

Do you have comments about this issue? Perhaps you have a human interest story or some good news to share. As always, feel free to contact us via email utecountrynewspaper@gmail.com or phone 719-686-7393. Make sure we have the chance to help you get your word out!

Thank you,
— Kathy & Jeff Hansen

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



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State of the Forests

by The Coalition for the Upper South Platte

The forests and our connection to them are an important part of life in our area. You may see forests, explore them, or think of them nearly everyday, but do you know how healthy they are?

The following is an accounting of how the forests are doing in the Upper South Platte Watershed, the headwaters of the South Platte River. The 2,600-square mile Upper South Platte Watershed is in the heart of Colorado, reaching from the Continental Divide to the Front Range, and encompassing parts of Park, Teller, Douglas, Jefferson, and Clear Creek Counties.

Generally, the forests in this watershed are experiencing stress and decline due to an overall climate pattern of dryer, warmer conditions that has continued since the late 1990s. The decades prior to this period were cooler and wetter, allowing for robust tree reproduction that was unbridled by a national policy of consistent fire suppression. In large areas of the watershed, many tree stands are overcrowded, with little to no undergrowth on the forest floor, and trees are competing for limited nutrients, sunlight, and water. This competition and resultant stress on the trees leaves the forest in a less resilient state for withstanding wildfire and disease and insect outbreak. Meadows and open areas not populated by trees, which are an important part of the forest structure, are being closed in over time due to tree growth encroachment.

Significant and damaging wildfires burned in and adjacent to the watershed in 1996, 2002, 2012, and 2013. Prior to 1996, there were no significant fires for at least 100 years in this geographic area. The existing heavily stocked forest stands can be expected to experience challenging and destructive wildfires in the near and distant future.

Infestations of Spruce budworm have continued to increase over parts of the Upper South Platte Watershed, particularly in the southeast portion and adjacent south end of Rampart Range of the watershed that was impacted by the 2012 Waldo Canyon Fire. The larval stage of this native insect damages the new growth and buds of Douglas fir, Engelmann spruce and Blue spruce. Infestations of three to five years or more often result in dead trees. Some private property owners are using aerial spraying techniques or high-value individual tree spraying to protect trees. Improving habitat so the budworm's natural predators, like birds and ants, can thrive can also help reduce these outbreaks in the long-term.

Small portions in the northeast part of the watershed along the northern part of the Rampart Range are experiencing Douglas fir beetle activity. The beetles attack trees injured by fire scorch, windthrow, and root disease. Stand conditions and weather strongly influence these beetle populations. Thinning, which promotes stand vigor, is the best management approach to combat beetle impacts.

Trees bordering roads throughout the watershed continue to experience stress and mortality due to the application of magnesium chloride used to treat snow and ice-impacted roads to improve the safety of driving conditions.

The Coalition for the Upper South Platte, in cooperation with private landowners as well as local, state, and federal partners, is engaged in forest management activities including vigorous thinning both for fuels reduction and forest restoration. This work includes hand-cutting and a variety of



Before treatment (above).



After treatment using mastication, hand-cutting, and grinding resultant slash (below).

mechanical techniques in parts of subdivisions in Teller, Douglas, Park, and El Paso Counties along with large private parcels in Teller and Jefferson Counties. Large parcels under the care of the Colorado State Forest Service and Colorado Springs Utilities were mechanically thinned in 2014. More thinning and forest restoration work is planned and being implemented throughout the watershed and adjacent areas this year.

Property owners have a role as forest managers; widespread understanding of this role is an important part of forest health. Decreased fire activity statewide last year, along with cooler and wetter weather, was accompanied by a slight reduction in interest by private land owners for the robust type of tree thinning that is necessary to recover and promote healthy and resilient forest conditions. To learn more about forest health and the action you can take to improve the health of the forest on your property, visit <http://cusp.ws> or call us at 719-748-0033.

Correction

Please note that our March 2015 issue, page 15, article on the SPCFPD ambulance fund, had incorrectly named Susan Geiger as the President of the SPCFPD Auxiliary. She is actually the current Secretary of the SPCFPD Auxiliary. The current Board is as follows:

Davis Tilton - President
Bill Harper - Vice President
Aaron Mandel - Member at Large
Mike Brandt - Treasurer
Susan Geiger - Secretary

Flip Boettcher is on the fire department board of directors and also a volunteer with the fire department.

Jefferson

by Linda Bjorklund

photos from collections donated to the Park County Local History Archives

Willard Head was originally a Mormon from Nauvoo, Illinois. He came to Utah as a child and left there to become a teamster, covering routes in Nebraska and Colorado Territories. When the Denver, South Park and Pacific Railroad began to build in South Park, Head became a tie contractor in the area. He established a ranch near Jefferson Creek just ahead of the railroad, which began service in 1879.

Head donated 45 acres of land to establish a town and laid out the townsite of Jefferson. He opened a hotel in his log house, a store, livery stable and freighting office in the town nearby.

An incident was reported that year that involved the Denver, South Park and Pacific and then Colorado Governor, John Evans. The Governor and the general superintendent of the railroad were riding on the "cow catcher" in front of the engine, examining the condition of the track. From the town of Webster on the other side of Kenosha Pass the train came around the curve on top of the pass and started downhill. Suddenly the Governor spotted a small child sitting on the track just in front of them. He was able to reach over the rail as the train approached and push the child down the embankment, out of danger.

The town of Jefferson prospered and, by 1882, Head had leased his hotel building to A. R. Bishop, but retained his interest in the store. The town by this time had become a tie shipping center and there were two saw mills in the area. For entertainment the locals had organized a dancing club. The meager price of three dollars entitled a couple to eat supper and then dance all evening in the Jefferson town hall on alternate Thursday evenings. The neighboring Como string band was invited to play for some of the occasions. A floor manager ran the affairs and doubled as a fiddle player, while Willard Head played the banjo.

A decade later locals expanded their entertainment opportunities by inviting groups such as France & Fry's Comedians to town. After a street parade through town, the 15 member group would perform their shows at Willard Head's hay barn. Their show included plays, music by their traveling band, and on the last night they would have a dance.

In October of 1901, the town was shocked when the mutilated body of the railroad station agent was found near his home. A coroner's inquest was immediately convened in which the body of Uplide Vallie was examined to try to determine the cause of his death. The conclusion was that Vallie had suffered six blows to the head with a wooden cane made of hickory wood, not commonly found in the area. The cane was owned by young Charles Baker, who had worked for Vallie at his ranch.

It came out that Vallie and his hired hand had been involved in an argument over Baker's final pay. Vallie had also remonstrated with his wife, Ella, about riding to town in a wagon with the hired hand. An investigation at the Vallie home turned up blood-stained clothing belonging to Baker that had been cut up and attempts made to hide the remains.

Both Charles Baker and Ella Vallie were arrested and separately tried. Baker maintained that his clothes had been stolen and planted at the Vallie home to incriminate him. In spite of his protestations of innocence, a jury found him guilty of second degree murder and sentenced him to 35 to 60 years in prison. He served 16 years before

he was released. Ella's trial resulted in an acquittal and she went to Missouri to live with her sister. In 1907 she returned to Jefferson with a new husband who had been a ranch foreman in Missouri. The couple took possession and ran the Vallie ranch.

In 1902 Willard Head ran the saloon in Jefferson. On a Sunday night early in May that year, one of the patrons, James McMahon, had drunk himself into a frenzy, and attempted to attack Head with an uplified chair. The saloonkeeper, having been threatened by the same fellow before, simply pulled out his revolver and shot the guy. The coroner's jury again was immediately held and it didn't take them long to find that Head had acted in self-defense.

In 1906 the saloon was owned and run by Fred Litmer. Early on a Sunday morning in February, smoke was seen pouring out the roof of the building. Before anybody could get to it, the saloon was totally consumed by the fire. It was supposed that the fire started from sparks that had come from a Denver, South Park and Pacific engine.

Litmer quickly made plans to rebuild his saloon. He hired a local carpenter named Gus Carlburg to purchase a carload of lumber in Denver and bring it back to Jefferson for that purpose. Litmer borrowed money from his friends and entrusted about \$1300 to Carlburg. When the day agreed upon for

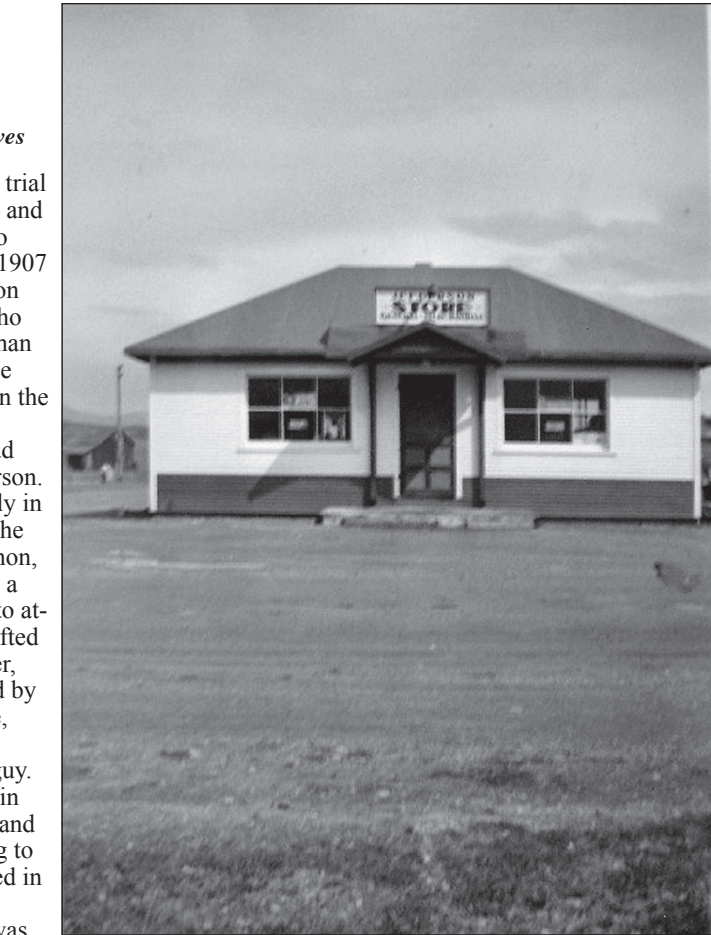


Jefferson Depot early 1900s (source: Silas & Della Wright)

Carlburg's return came and went, it was apparent that he had made off with the money.

Litmer rebuilt the saloon in spite of his loss, but came up against a new and different challenge in 1907. He had applied to the Board of County Commissioners for a renewal of his liquor license, depositing with the county the requisite \$150 fee. When the license renewal came up for consideration, the commissioners were met with a strong delegation of Jefferson residents opposing the license renewal. Litmer presented a counter petition, favoring the renewal.

After three days of consideration, the Board of Commissioners decided to not only



Jefferson Store 1934 (source: Betty J. Terry)

County Commissioners and allow the saloon to be licensed. To that end an election of town officers was held. Willard Head was elected Mayor by the 24 votes that were cast. The incorporation was later challenged when the petition signers were checked. It was found that fewer than a dozen of the signers actually owned property in Jefferson. The \$150 license fee was returned to Fred Litmer. To this day, the only incorporated towns in Park County are Fairplay and Alma.

Another theft occurred in 1909 in Jefferson. Mrs. Whitten, a resident, woke up one morning to find that her horse, saddle and bridle had been stolen during the night. She immediately called on Sheriff Packer to investigate. Suspicion was attached to one Harry Davenport, who had been working around the town. Davenport was seen purchasing supplies in Bailey and Sheriff Packer was notified. The sheriff made a flying trip into town in his auto and went the same direction the suspected thief had gone into the timber. The culprit made a hasty retreat, leaving the stolen goods behind. The horse and saddle were recovered and returned to their owner and other articles that had been recently stolen around town were identified. The thief even lost a few of his own personal effects. Sheriff Packer forwarded a complete description, confident that it wouldn't take long for a capture by other authorities.

The town of Jefferson progressed, as did the other towns in the area. Residents now had telephones and automobiles, and Jefferson had added a filling station. The Jefferson Mercantile, originally built by Willard Head, had been owned and operated for a while by William Lilley, but now was back in the Head family, having been purchased by Arch Head, son of the original builder.

The building was now a store and lunch room, packed, like most country stores, with a variety of merchandise. Early on a Monday morning in June of 1933, flames were discovered in the building. The alarm was sent over the telephone line and automobiles from neighboring ranches soon appeared bringing people who attempted to fight the fire, now raging. Their attempts, however, were only effective in saving the nearby structures, such as the filling station across the street and the warehouse adjoining the building on the west.

The source of the fire was thought to be a tank of kerosene in one of the rooms of the store. No one could say, however, what actually triggered the fire.

There is still no saloon in Jefferson. There is, however, a store and post office, a real estate office, a filling station, and several homes. The old depot now serves sandwiches, the school is used for church services, and the recreation center built in the 1930's as a gymnasium is available for groups to rent and use for large gatherings. Tourists stop on their way to nearby Jefferson Lake or Tarryall Reservoir to cast their lines hoping for fish.



Hotel in Jefferson early 1900s (source: Silas & Della Wright)



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Junior Achievement of Teller County news

by Sherri Albertson

JA of Teller County, as part of Junior Achievement of Southern Colorado, recently received the 5 Star Award of Excellence from JA USA.

This award recognizes staff and board members in JA Areas that meet JA USA's operational standards for compliance, student impact, operational efficiency, financial stability and sustainability.

Thank you to all of the JA of Teller County volunteers, businesses and supporters who made this achievement possible.

JA of Teller County would also like to recognize and thank the Cripple Creek and Victor Gold Mining Company for their recently received \$2,000 grant. We also thank the City of Woodland Park's Community Investment Fund for their \$750 grant award.

Thanks also go out to the following local

businesses who recently donated funds to support JA of Teller County.

Charis Bible College, Woodland Country Lodge, Michael Harper Real Estate, Woodland Hardware, and Open Range Construction Co.

All of the funding received will benefit students right here in Teller County and provide them with education on financial literacy, entrepreneurship and work readiness.

Volunteer with or donate to Junior Achievement and be a positive influence on the future of young people. Contact Sherri L. Albertson, Teller County Area Coordinator at 719-650-4089 or via email to sherri.albertson@ja.org for more information. The JA programs will continue at Columbine Elementary throughout the spring semester and JA in A Day will take place at Summit and Gateway Elementary schools in May.

Little Chapel Food Pantry Golf Tournament

by Ken and Judi Hesselburg

The Little Chapel Food Pantry will be having their annual benefit golf tournament on Saturday, May 30th at 8:30 a.m. at the Shining Mountain Golf Club in Woodland Park.

There will be a shotgun start, four-person scramble. There will be a 1st, 2nd, and 3rd place payout, along with special prizes for longest drive, straightest drive, closest to pin, and other fun contests. Hole-in-one could win you a new set of golf clubs. It is still only \$100 per player including golf cart and lunch. "Get "teed off" for a good cause while having a great time!

All proceeds benefit the Food Pantry and help us to provide food assistance to hundreds of families in this region.

Sponsorships are also available for your company; a great way to advertise your business. There are two levels of Hole sponsorships: \$250 Gold Sponsorship includes your logo at the hole and on marketing materials. \$500 Platinum Sponsorship includes all this PLUS a free foursome in the tournament (best value). Call 719-322-7610 or email littlechapelfoodpantry@outlook.com to reserve your spot, individual or team!

JA in A Day seeks May volunteers

by Sherri Albertson

You can help Summit and Gateway Elementary school students learn about financial literacy, work readiness, and entrepreneurship this May! Students from grades K through 5 will learn about topics ranging from community careers, job skills, basic earnings and savings, to how city's manage their money, as well as regional and national economic opportunities.

All training and classroom materials will be provided. If you'd like to learn more about becoming a classroom volunteer, please contact Sherri L. Albertson, Teller County Area Coordinator, at 719-650-4089 or via email to sherri.albertson@ja.org.

Junior Achievement of Southern Colorado is celebrating 60 years of serving students in 46 counties in southern Colorado, including the El Paso and Teller County areas.

Rampart Library District news

by Anne Knowles

Celebrate National Library Week at Woodland Park and Florissant Libraries! Visit your library either in person, through our website <http://rampartlibrarydistrict.org> or on Facebook. Come check out some movies, get a new bestseller, get help doing research, use a computer, read a newspaper, meet a friend, bring your children to storytime, enjoy displays or some artwork from local artists, attend a meeting or talk with our friendly librarians. A public library is a place of creativity, ideas and opportunity for everyone, regardless of age, social or economic status. Let us welcome you to our libraries and show you all the ways we can serve you and enrich your life. When you visit, pick up a copy of our 2014 Annual Report to the Community.

Rampart Library District will kick-off National Library Week on April 13 with a community survey to get your input on how you use the library and your priorities and preferences for future services. The survey will be available for several weeks both online through our website and in paper copy at Woodland Park and Florissant libraries. It only takes a few minutes to complete and will help us determine the best ways to meet your needs now and in the future. One lucky participant will win a Kindle. Your survey input will help us continue to fulfill our vision of "Something for Everyone". Your opinion counts, so please let us hear from you!

"One Book 4 Colorado" provides a copy of the same book to four year olds across the state each spring through public libraries, Reach Out and Read Colorado clinics, and Denver Preschool Program classrooms. Funded through private donations, the program annually gives away over 75,000 copies of the same new book for a two-week period in April. In Rampart Library District, four year

old children can receive a free book in either library from April 13-27. Please contact your local library for more information.

April storytimes at Florissant Library will feature different guests each week. The theme for the month is "Spring". On April 2, Miss Rosemary will be doing "Seeds"; April 9, Miss Polly on "Baby Animals"; April 16, Miss Julie on "Kites"; April 23, Miss Sheila on "April Showers"; April 30, Miss Nell on "Mud".

The BookWorms Book Club at Florissant Public Library will meet on Wednesday, April 15 at 10:30 a.m. to talk about the book "Not Becoming My Mother and other things she taught me along the way" by Ruth Reichl. The Book Club at Woodland Park will discuss "The Husband's Secret" by Liane Moriarty on Tuesday, April 7 at 10:30 a.m.. New members are always welcome at both libraries.

Participate in the first annual Earth Day Chalk Art Challenge at Woodland Park Public Library on Saturday, April 18 from noon to 2 p.m.. Express your creativity and show what Earth Day means to you by drawing on the sidewalks around the library. There will be crafts, activities and giveaways for the whole family.

In collaboration with Community Partnership Family Resource Center, there will be a series of five workshops on Adult Cooking and Nutrition on Fridays from 3 to 5 p.m.. at Woodland Park Library beginning on April 17. Come learn healthy, budget-friendly recipes through these hands-on classes featuring vegetables, fruits and whole grains. Participants will receive free groceries each week to practice what they have learned at home. Preregistration for the classes on April 17, April 24, May 1, May 8 and May 15 is required by calling Kathy at 719-686-0705 or emailing her at Kathy@cteller.org.

Rampart Library District will be closed on Easter Sunday, April 5.

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Growing ideas Tips and recipes for filling raised garden beds

by Karen Anderson, Plant Lady

I learned early on in my gardening career that digging down into our hard, dry, malnourished, granite based earth to create a flower or veggie bed was NOT going to work for me. Building up and filling in made much more sense due to a lot less hard labor.

Over the past 40 years, I have experimented with different methods of “creating” nutrient rich, fertile and humus based garden soil. Basically, it has been the process, and I do mean process, of gathering up anything I could get my hands on, as long as the materials were free or reasonably priced, and were of organic quality/GMO-free. Speaking of organic, the biggest tip I can give today is KEEP adding organic matter to the soil.

In my world, gardening is much like cooking. So I don’t have particular “recipes” for building the soil. Simply think “organic matter” and mix it up: A bag of organic soil available at the local hardware store, a few five gallon buckets of llama poop, a box full of cow patties from the cow pasture down the road, a wheelbarrow full of leaves, and a few bales of straw from the feed store. Stock up on bone meal, blood meal, feather meal, kelp, sawdust, basic garden mix, compost, broken down pine needles and straw, humus from under the pine and spruce trees, leaves of almost any kind (as long as they are not diseased). Then add organic (liquid and/or dry) fertilizers and peat if you can get it, and let’s not forget nature’s fertilizer.

Scoop on poop

Based on my experience, there are a few good “rules of thumb” to follow when incorporating organic fertilizers into your veggie or flower gardens. Here in the mountains, we are blessed with many organic resources that are readily available. Ranchers, folks who have horses, and those who keep other livestock often times will gladly offer manures free for the taking. Choose conscientious sources who are good to their animals and feed them responsibly — what goes in is pretty much what comes out! This is important when amending our soil

The Garden holds joy for all who come to behold its loveliness, but for him or her who labors to create this beauty, it holds a joy which is two-fold .

Anonymous

for food production. All manures should be composted at least for a short period of time, depending on what is being used. For health and safety reasons, I suggest that you avoid using “fresh” or “green” manure. Also, you might be aware of any grubs that may be present and remove them. Here’s some basic information on different kinds of ‘poop’.

• Horse

I would suggest that it needs to be at least five years old, as it tends to be extremely weedy. If allowed to age and leach some of those weed seeds out, then you are less likely to be inundated with plants (weeds) that are not desirable in your landscape. Ideally, it should be somewhat even in moisture and fairly crumbly. But we can work with what we have and make good.

• Cow

Cows digest their food really well as they have a few stomachs to work with. So, I am not as concerned about weed seeds. I have used everything from cow patties, to obtaining truck loads from ranchers, to purchasing composted bags.

• Chicken

Extremely potent; use with caution. Too much of a good thing can lead to disaster. Amend with this fertilizer only when aged for a long period of time; five years is good, but be careful. Again, green manure can be turned into the compost pile for cooking purposes.

• Llama

Very safe to use just about any time and always free. I call them “llama beans” and they will act like time release capsules as they break down gradually and add nitrogen to the soil slowly.

• Rabbit

A little ‘stronger’ than llama and more readily available to the plants when added to the garden.

I recommend allowing the bunny poop age about three to six months before using as an amendment.

• Doggy Doo Doo

Only use when raked up with pine needles or leaves. Then use as a mulch for trees and bushes. Of course it would depend on whether you have a Great Dane or a Toy Poodle as to how much you wish to use.

• Finally, human:

I believe that human sewage compost is still available in Woodland Park. I have found it to be very well processed, however I prefer to keep this form of fertilizer limited to non-edible, ornamental gardens, trees and shrubs. (But that’s just me!) You may wish to inquire at the source as to the safety for food crops.

The world of Nature is all around you. Start building your “Garden Pantry”. Keep adding organic matter to your soil. It doesn’t have to

be rocket science, unless you want it to be.

Use your senses and your eyes start to recognize what beautiful, rich soil looks like. Your nose, use those olfactory senses, we know when something smells sour; soil can smell bad, too. Healthy soil smells fresh and earthy. Use your sense of touch. Dig into the soil with your hands. Does it fall through your fingers in a cloud of dust? Or does it form a nice, moist, fairly firm ball? The latter, of course, would be my preference. Listen; the sounds of Nature are all around you. Appreciate them as you learn to block out any distracting noises in the area. Listen to others and use your voice to share your experience and to commune with the birds, plants, and other beings residing in your garden. Always, always appreciate your accomplishments as you journey through the process of improving your soil and your sacred space.

Building the garden bed

Water the area where you intend to build your bed. This will help with loosening the dirt and any weeding that needs to be done. This will provide a good drainage base.

Build your framework for the garden bed. Sizes will vary for everyone, of course, but we’re talkin’ basics here.

Fill your bed about 2/3 full of basic garden mix. You can even put less in the bed because remember we are going to keep adding organic matter to the soil, year after year. So you want to leave enough room to do exactly that over time.

Add a good three to five inches of composted poop of your choice. Go ahead and put some bone meal in there, maybe a layer of good old fashioned compost, peat, or broken down straw. Then mix it all together. I do most of my mixing with a shovel, but a rotor tiller works just as well.

Wet the soil down, deeply, all the way to the bottom of the bed.

Cover the bed lightly with mulch. Again, I like straw that’s been out of bale and has leached out many of the weed seeds, to help keep that moisture in the soil. Sprinkle some more soil or compost or dry poop over the straw to help hold it down and also to break the straw down even more.

Allow the bed to rest for now, for a week or so. The ingredients will blend together and mellow while resting. Keep the bed moist until you are ready to plant your garden starts or seeds. Always keep your garden mulched to conserve on water.

You may want to check the Ph of your soil, even after amending. Different plants and veggies have different needs. A good source of organic nitrogen is almost always a must. Charts are available to let you know what different veggies want. What you wish to grow will determine what amendments you add to the soil.

As always, my fellow gardeners, the information that I share with you is based on the foundation of my personal experiences and the truth as I know it to be. Happy Gardening!

Karen Anderson, The Plant Lady, has been specializing in high altitude organic gardening since 1977 at an altitude of 9,000 feet, about five miles north of Florissant.

Do you have a question about high altitude gardening? Perhaps you have a gardening tip you’d like to share. Send your questions or gardening tips to utecountrynewspaper@gmail.com or call 719-686-7393.

“Plant Lady Speaks” series offered

We have had a lot of fun and shared experiences at our last couple of “Fireside Chats”. The next workshop offered in this series will be held on Saturday, April 25th, 2015, from 11a.m. to 2 p.m.

This time around, I will be sharing how to transplant some of those seedlings we planted last month into more size appropriate containers and how to care for them until which time you will transition them to the greenhouse or the garden. We will also be planting more veggie seeds indoors, such as squash, cucumbers and others for later “plug ins” outside.

This is another hands on learning opportunity with demonstrations on the “how to’s” and “don’t do’s”. I will need a minimum of five people with a maximum of 10 to participate with an offering of \$20 for facilitating and sharing this valuable information to help you in your high altitude gardening challenges. As always, directions will be provided with your call or E-mail to reserve a spot around the work table. Please call Karen at 748-3521 or E-mail plantlady speaks@gmail.com. Looking forward to another enjoyable session with Kindred Gardening Spirits!

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Ancient bristlecone tree with Gemini Peak on left and Dyer Mountain in center.

Greater South Park Area Camera Club is growing

by Bernie Nagy

The newly formed “Greater South Park Area Camera Club” has attracted members from far away. Last November, 13 charter members formed the photo club organized by Bernie Nagy, local resident, photographer, and book author. By March it had already close to 40 members with many attending its programs and events from the Front Range, Colorado Springs, Woodland Park, and Lake George.

The first outdoor photo shoot and snowshoe event was held in perfect sunny weather on March 14th, when 15 members hiked, with the guidance of Bernie Nagy, into the upper meadows of Pennsylvania mountain, photographing snowy landscapes and ancient bristlecone trees. “Fantastic hike this morning! So nice

to see everyone again. It was such a great venue!” said Wade Waltrup, Bailey resident and photographer.

There are monthly events planned for photo club members including summer wildflower trips to Crested Butte and South Park City History Days. For more info email nagybernd@yahoo.com.



Local camera club group on Pennsylvania Mountain near Fairplay.

Call for artists and craftsmen 2015 Art in the Park

Now accepting applications for the 41st Annual Art in the Park held Sunday, July 26 at the Legion Park located on Hwy 50 in the heart of Gunnison, CO.

Sponsored by the Gunnison Branch of the American Association of University Women, the event brings together diverse artists and craftsmen displaying their original works and thousands of buyers.

There is no fee for application and screening. An \$80 registration fee is due upon acceptance. Call 970-641-4230 or email aauwartinthepark@yahoo.com to request an application or more information.


CENTER OF THE KNOWN UNIVERSE

DIVIDE CHAMBER OF COMMERCE


Spotlight on the Divide Chamber

Each month we will feature up to five new or renewing members of the Divide Chamber of Commerce.

- **Hybrook Townhomes:** 719-687-6011 X21. An affordable housing community located in Divide. There are 49 townhomes with 2 or 3 bedrooms, serving the median income bracket.
- **Community Partnership Family Resource Center:** 719-686-0705. A human services agency serving Teller County families since 1992. Our vision is that “All Teller County families be self-reliant & fully functional, and making positive contributions to our Community”.
- **Mountain Top Cycling Club:** 719-689-3435. Non-profit club designed for cyclists of all kinds: Mountain, road, social, and tri or race riders. It is designed to help riders of all skill levels from beginners to seasoned pros. The meetings are informative and fun social events.
- **Ute Pass Historical Society:** 719-686-7512. Museum & Historical Park offering tours, sales of local historical photos and books, as well as historical research.
- **The Insurance Center, LLC:** 719- 687-3094. In business since 1986, representing many quality companies to meet your insurance needs. Agency is a member of Trusted Choice and an Accredited Business with the Better Business Bureau.




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Manitou Bindu classes will be migrating to our new SunWater Spa facilities when construction is completed. Until then, visit Bindu's website and Facebook page for all schedule and event updates.
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The legacy of Walter T. Foster

by the Ute Pass Historical Society

“Look around your home town. If you open your eyes, you will see many good things to paint...”

— Walter Foster

Walter Foster was a Woodland Park native and a true American 20th century entrepreneur. In his early career, he was an illustrator for the Denver Tribune and Chicago Daily News. His passion, however, was painting, and he was drawn to the seaside haven of Laguna Beach, California, where he worked with local artists. Laguna Beach was a haven for would-be artists in the 1920s, and Walter discovered that there was a need for self-help art instructional manuals.

He created his own publishing company: Walter T. Foster Publications. His initial work was published in 1928 and featured his personal art and text. “How to Draw” and other early books were written, illustrated, bound and shipped from his Laguna Beach home.

Walter’s keen sense of humor and delightfully positive outlook on life were often evident in his publications: “Learn to see in a picture its few essential lines. If you start drawing each flower you will soon be greatly confused. But if you start with larger areas then add details, one by one you will see how simple it can be...”

With the growing success of the company, Walter moved the operation to a commercial facility. Walter T. Foster Publications achieved world-wide distribution, with a variety of notable artists, instructional drawing for children, and custom packaging.

Walter Foster passed away in 1981 at the age of 90 and is fondly remembered for his warmth, dedication, and the lessons of life he incorporated into his unique instruction books.

The Legacy of Walter T. Foster exhibit will be on display through mid- May at the Woodland Park library, second floor, just outside the Colorado Room.



Weed pulling events

Success in numbers

by Dan Carlisle

Are weeds a problem in your subdivision? It’s hard to manage weeds when you neighbor(s) have weeds that seed all over your property, isn’t it? It would be more effective to control weeds as a group, rather than attack them individually by property owner. Consider inviting your neighbors to help in the effort by coordinating a weed pulling event in your subdivision. If necessary, look into hiring a weed management organization to spray all the properties at once. The fact is spring is here it’s time to start dealing with those pesky noxious weeds that are already starting to emerge.

Are you aware there is an annual event aimed at getting folks to work together to combat noxious weeds? The Colorado Weed Management Association (CWMA) hosts the event called “Pulling for Colorado.” This year’s event is July 11. Throughout the day, various activities are sponsored throughout

the state to gather people together in a concerted effort to manage weeds.

Many local agencies such as Teller-Park Conservation District, the Florissant Fossil Beds National Monument, and the Coalition for the Upper South Platte take part in such events to control weed populations. Pulling weeds isn’t necessarily fun and can be quite labor intensive, but when it’s made part of a group effort with, perhaps a picnic lunch, it can be less drudgery. Group efforts are often a very effective part of weed management. After all, great success can be achieved in numbers.

The same success can be achieved by organizing an event in your subdivision. Homeowners associations, for example, can be a good place to start. All it takes are some minimal tools: shovels, gloves, hoes or spades, and trash bags. The desire to do it and setting aside the time to do it are critical, making sure that weed pulling is done before any of the seed heads are

set. Do a survey in your neighborhood and see what weeds are the most critical to the health of your soil. Educate the people who are pulling weeds so that they pick out the right ones. This is where your local conservation district can assist you. If you need help identifying weeds, resources for the best weed management techniques, and help coordinating the effort, your conservation district may be able to help.

There are cost-sharing programs available for parcels of more than five acres. You may even want to visit the CWMA website at www.cwma.org where you can apply for small grants for the 2015 “Pulling for Colorado” program. The deadline is April 25.

Dan Carlisle is the weed management specialist for Teller-Park Conservation District. For more information, call 719-686-9405 x 104 or visit its website at www.tellerparkcd.org.

March in Tyme Steampunk and Wine

by Charlotte Burrous

Wine, music, and crafts will take center stage when the Florence Chamber of Commerce hosts its inaugural March in Tyme Steampunk and Wine from 9 a.m. to 5 p.m. April 11-12 in downtown Florence.

“It’s hard to explain what it is,” said chamber member Bruce Jensen said. “It’s Victorian Era meets the future (or) H.G. Wells meets Laurel and Hardy in Disneyland. It should be a lot of fun.”

The purpose of the two day festival is to kick off the arrival of spring by offering numerous activities, including a western town with gunfighters, horses and wagons, food, music, and a Steampunk Ball, featuring the Midnight Sun band from 7 p.m. to 1 a.m. April 11 in the Florence Elks Lodge at 131 E. Front St.

Other musical bands playing between the

gunfights in the western town throughout the weekend will be Bobby Dean and Frost Mountain Clan.

“(Saunders is) going to rent costumes for \$50 for the weekend,” said Barb Brierley, one of the organizers. “They’ll be set up at Lil’s Garden (on Petroleum and Main in Florence) the Wednesday before (the festival then move to the site during the weekend). They’re also going to do old-time photos.”

Along with numerous craft and food vendors, other activities will take place in the Florence Elks, the American Legion, and the Order of Eagles, along the 100 block of S. Petroleum and on Front Street.

The American Legion will offer kids’ crafts with Robin Hohn from the John C. Fremont Library and karaoke with local singer Julie McKissack. In conjunction, food

will be available at various vendors along the streets, as well as the Eagles.

One of the main attractions of Steampunk will be the wine from the Winery at Holy Cross Abbey, which will be available for participants to buy throughout Saturday.

“The wine will be (served) at the Elks from 9 a.m. in the morning through the ball,” Brierley said. “The vendors are going to close at 5 and the dance will start at 7 p.m., and of course the (Elks) bar will be open too.”

Admission, which includes a commemorative glass, will be \$5. Tickets for the festival is \$5 for adults, \$3 for children 5 to 18, and free for children under 4 and may be purchased at Spirit Riders at 111 E. Main St. in Florence.

For more information, call 719-431-3592 or e-mail steampunkwine@yahoo.com.



Wish upon a weed

It’s a wild wild world

by Mari Marques, Thymekeeper

I often wonder how wild plants choose where to live. Is it the location’s temperature and soil conditions that lure them? Or are there other factors involved?

This pondering takes me back to a time in my life where the word “happy” no longer existed in my vocabulary. It was a dark time of the soul for me. After a 10 year battle with cancer, my father lost the fight. My mother was bedridden with COPD and many things were falling apart in my world; my job, relationship, and just about everything in between. With a heavy heart I retreated to the safest place I knew, my garden.

Although quite overgrown with weeds due to lack of attention, I was at home in my garden and decided it would help lift my spirits. Much to my surprise, a plant of unknown species and origin made its way into my yard, specifically into my garden space and was making an attempt it seemed, to take over the whole garden! Although it had a pretty bright blue flower, it was not invited to this garden party and I was having none of it. Sage was the queen of my garden and would not be dethroned by this invasive intruder.

I rolled up my sleeves and went right to work. By this time I was a seasoned warrior on the battlefield and pretty much waged war on that plant. Determined, I pulled every one of them out and patted myself on the back for a job well done. Enter the Rocky Mountain Center for Botanical Studies.

It was right about this time I enrolled in herb school with the thought that maybe, just maybe there are alternative methods to restore and maintain health than the unsuccessful conventional methods my mother and father had been subjected to. Many of the first plants we learned about were considered weeds by most people. However, a plant is a plant to an herbalist and interestingly enough, many have medicinal value, like the so called weed that I recently eradicated from my garden.

As I perused the books on sale at school, one in particular caught my eye. The book “Flower Power” by Anne McIntyre practically jumped off the shelf at me. I opened the book and there was the bright blue flower. It was in that moment that I was formally introduced to borage.

The following words nearly sat me down and literally spoke to my heart. “As a flower essence borage is the remedy for courage and optimism. Like the cordial herb, it is excellent as a heart remedy to relieve the heavy hearted, and brighten the disheartened.” You could have knocked me over with a feather at that moment. I often say it was with blood, sweat and tears that I learned the lessons of the herbs. This was one of those.

As tears welled up in my eyes I asked myself, what have I done? With no thought at all as to why it came to my garden, I had eradicated the very plant that had come just for me. Then and there I promised to myself and the plants that it would never happen again. Herbalism has shown me the lesson of mindfulness and understanding how my actions affect others including my environment.

Teacher Paul Bergner gave further credence to the notion that plants grow where they are needed with his advice, “If you want to know what herbs you need, go out into your backyard and look around.” That is, of course, if you don’t have a perfectly groomed yard. This makes sense on many levels. Mullein, highly regarded as a good “lung” herb, is one of the first plants to come back after a fire. Not only to heal the lungs, but because it grows in close families, the roots hold damaged ground together helping to prevent further damage.

More recently, as the long winter days faded and the light began to return, I started cleaning and preparing the greenhouse for this year’s planting. As I pulled the plastic off a hoop tent that had been protecting collard greens, I noticed another plant growing, rather profusely I might add. Although I had noticed the tiny ground cover before I had not paid it much attention. I picked some and gave it to my chickens as they have been deprived of green treats all winter. A couple days later I noticed it had bloomed tiny white flowers. Excited that I could finally identify it, I ran for my magnifier and confirmed its identity as chickweed! *Stellaria media*.

No wonder the chickens liked it so much. It’s rumored that this is how chickweed got its name. I had to ask myself, how did it get here? I had been looking for it all over Teller and Park Counties with only minimal success. I spotted a small amount of mouse ear chickweed growing on a property in



Chickweeds

Hidden Forest last year but no chickweed in my vicinity. Jealous that my friends were collecting bushels of it down in Manitou in springtime, it gave rise to the question, ‘did I wish this plant into my greenhouse or was it around all along and I just didn’t notice it?’ Stranger things have happened. Perhaps it was mixed in with my purslane seeds that I planted the previous year. It does bear a resemblance to purslane, except I didn’t plant the purslane in that particular bed.

Although a mystery, it’s like they say, never look a gift horse in the mouth! Being nutrient dense, chickweed is a welcome addition to my garden. Rich with Vitamin A and C, the vitamins necessary for healthy skin, it’s also packed with minerals that help us build healthy skin tissue.

The plant is considered a skin tonic because it has cleansing saponins, which are phytochemicals found in certain plants that create a foam-like substance when mixed with water. Saponins are also thought to bind to cholesterol and other pathogens preventing them from being absorbed by the body, carrying them through the digestive system instead. “Nature’s cleanser” so to speak.

Many health conditions can be alleviated by simply adding nutrients to the diet for example; heart disease, risk of stroke, circulatory disorders and high cholesterol just to name a few. Chickweed is rich in magnesium, calcium and iron, as well as choline, folic acid, and zinc. For its nutrient content alone, this plant is a loaded treasure chest. The feedback I’m getting from people that have visited and nibbled on the chickweed is nothing short of amazing. When we consume wild foods it’s like a key that fits perfectly into a lock and our bodies really recognize the nutrients provided by Nature like no other. Again, I go back in time when my friends and I made wild food pesto. I woke up the next day with a feeling of euphoria that I had never experienced before.

A salad made from chickweed and dandelion greens would be a nutritional power salad. Both of these plants grow quite profusely once they get started. A chickweed vinegar infusion combined with olive oil, can be used as a salad dressing helping to unlock the minerals from the salad greens making them more readily available.

For more nutritional information on chickweed see: <http://www.kingdomplantae.net/chickweed.php>. The nutrient content is too extensive to list in this article but well worth looking into.

Chill out!

This isn’t a hot chick we’re talking about; chickweed is a refrigerant making it an excellent remedy for hot inflammatory conditions inside or out. Great for people who experience hot flashes or who work in the hot sun. Gardeners take note! A bandana dipped in water with a few drops of chickweed tincture can bring instant and lasting relief from the heat when placed on the forehead or around the neck as well as taken internally.

Chickweed can be pureed with water in the blender to serve as a poultice for burns, boils, eczema, chapped skin, diaper rash, psoriasis or any other hot inflammatory skin condition. The fresh juice can also be applied to the eyes to relieve soreness, redness and itchiness or the other end to relieve hemorrhoids! Pureed

chickweed would be an excellent nutritional boost in green smoothies and soothing for the person who suffers from heartburn. Although not recommended for the person who tends to be easily chilled or cold all the time, it would be a welcome relief to a feverish person when applied at the pulse points.

Move it!

As a lymphatic it helps to move cellular debris through our lymph system. A fresh plant vinegar would serve to double down on the lymphatic action as vinegar is also considered a lymphatic. Chickweed helps clean out and clean up cystic conditions. It can be taken as a tea for asthma, bronchitis or general chest congestion due to its expectorant action.

Or lose it!

Chickweed is known to help unlock and release toxic fat buildup such as belly fat caused by the stress hormone cortisol. It is dissolving and resolving in the case of cellulite. As a hunger suppressor paired with its ability to move things out, the tea, juice and salad have long been used in folk medicine as a treatment in weight loss or obesity. I suspect this is due to the nutrient density of chickweed, when the body is fulfilled with nutrients, cravings naturally dissipate. With today’s rate of obesity and the weight loss industry making money hand over foot with their products, I may expect to see people flocking (pun intended) to my greenhouse for this freely growing and nutritious weight loss aid.

To summarize chickweeds many actions: It is a skin tonic, refrigerant, demulcent, anti-inflammatory, lymphatic, expectorant, lowers cholesterol, mild laxative, diuretic and appetite suppressor.

Facts

- Although it has diuretic action, chickweed won’t deplete the body of minerals like pharmaceutical diuretics.
- Chickweed is best eaten fresh, tinctured in a water/alcohol combination, or made fresh into a vinegar infusion.
- Chickweed is an annual and often germinates in the fall but can germinate year-round and hangs on through the winter, flowering and setting seed in the early spring but only blooming mid-day. It is best collected in the spring and fall but if you find it in January, and you just might at lower elevations, go ahead and harvest.
- Although considered a fairly safe food, some resources caution diarrhea may result if taken too frequently.

To make a chickweed vinegar infusion, simply cut enough chickweed to fill a pint mason jar ¾ of the way full. Not too tightly packed. Cover the herb with organic apple cider vinegar and shake daily for 3-4 weeks. Strain and enjoy.

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. Mari is available for private consultation or private classes. Pre-register for “Natural Home Remedies” class to be held on April 19 from 1 p.m. to 3 p.m. Seating is limited.

Herb class with The Thymekeeper

Natural Home Remedies



Herbalist Mari Marques teaches how to make simple and inexpensive herbal concoctions at home. Learn how to relieve common ailments using kitchen herbs, make herbal cough drops, herbal first aid, personal care products and more.

When: Sunday, April 19

Where: 1870 CR 31, Florissant, CO

Time: 1:00-3:00pm

Pre-registration is required as space is limited. Email mugsyspad@aol.com to register.

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Teller Senior Coalition (TSC)
Please note: You must be a Teller County Resident and be a registered TSC client. To receive some of our services, you must also be 60 and older. Call for more information or go to www.tellerseniorcoalition.org.

Special thanks to the Cripple Creek and Victor Gold Mining Company for their financial support of the printing of this material.

A lot of bull - Part 2

by Celinda Reynolds Kaelin

Our ranch animals are sentient spirits to us, so we treat them with the respect that we accord other people. This is the true story of some of these four-legged friends who have spent time with us at our Twin Creek Ranch. A Ute medicine man told me that our house was built on his people's sacred ground, so perhaps this explains some of the unusual behavior of our livestock.

Several years after Birdie's arrival and Wee Willie's birth, we had several bouts of "Mad Cow" dis-ease. Our first incident was caused by a city woman who had obviously never seen a bull. She ambled up to their pasture in spiked heels and climbed the fence while the wind whipped her red dress in a pantomime of a bull fighter's cape. Our boys stared at her in disbelief as the flash of her camera seared their wide-open eyes. This was a little too much excitement for Alfalfa, and he decided that he should take Chinook to task for failing to ensure his safety. They locked horns, then disengaged and charged one another several more times. A great dust cloud enveloped them and safely obscured their treader from view. The earth shook with each thunder-clapping collision of their great heads. Finally, their horns would not release, so Chinook threw his massive head backwards, sending the hapless Alfalfa sailing through the air, over Chinook's back. He landed on his side, thoroughly winded, and then struggled to his feet with one empty horn-socket gushing blood. Now one-horned, he skulked off to a corner to reflect on his great disgrace.

Our next bout with Mad Cow came in the spring when an unfriendly competitor leased the adjacent pasture and moved his herd (including a bull) there without warning.



Cookie in April, 1997 (above). Chinook & Cookie (right).

Our boys were intrigued with all the commotion, and came along the fence line for a closer look. Ole 94 decided to introduce himself, and assure these young upstarts that these were his women. They talked over the fence for about half an hour before deciding that this question could only be decided with force. Fortunately, Harold and I were home and witnessed the part of the negotiations that involved rearing in the air prior to first strike. Harold grabbed a big stick and ran down to engage Ole 94 while I ran and caught up my horse. I don't believe that I've ever saddled up so quickly, and soon Tess and I were barreling down to the south pasture. We circled around the boys and came

up along the fence line between them and Ole 94. I swung my rope and yelled in the most intimidating voice that I could muster, "You bad boys! No, No!"

Meanwhile, Harold ran Ole 94 down into the willows, using his big stick like a club. Ole 94 was determined to parley with our boys, however, and circled back to the fence again and again. We danced like this for about an hour — me riding back and forth in front of the boys, swinging my rope and commanding them to be good, and Harold playing baseball with that big Hereford bull's backside. Finally, Ole 94 decided that he'd better go up the pasture and check on his own women. We used this hiatus to cut the fence wire and drive our boys up into our east pasture where the county road provided a demilitarized zone with Ole 94. Thank goodness my boys love me, or Tess and I might have become a target. My adrenalin was so high during the entire episode that it never occurred to me to be afraid. Now, however, my knees shake whenever I think about what might have happened.

Our final bout with Mad Cow was incited by our decision to replace the herd with purebred Scottish Highlanders. These shaggy, long-horned cattle are naturally adapted to our high altitude and below zero temperatures. Before we could change breeds, however, we had to sell off all of our old stock. Fortunately, we found a home for the cows at a nearby dude ranch where they were only too glad to have human-friendly livestock.

On the day of the sale, we separated the cows from the bulls before gathering them into the corral in order to load and ship. Unfortunately, however, we left our pickup truck parked out in the pasture with the bulls and the burro. While we were focused on



Birdie laughs

the running of our bulls to feed! They instantly forgot the cows and our truck was saved from any further Mad Cow dis-ease. Of course, we will always be reminded of our Angry Bulls by the large dent in my door — which now whistles as we drive along — and by the strands of Cookie's red hair firmly embedded in the front grill.

It took us a few years to change our herd to Scottish Highlanders because the bottom fell out of the cattle market before we could sell the bulls. Then, one November day, a friend happened by the ranch and saw our fine bachelor's club in the south pasture. Fate sent this rodeo cowboy who felt that our boys would make great bucking bulls. I convinced Harold that it would be a good life for them — working only eight seconds each week, then lying around chewing their cud the rest of the time. He agreed, and arranged with Mr. Rodeo to pick up Cookie, Alfalfa, and Chinook for their date with destiny.

We thought nothing of gathering them in a catch pen because they are just big pets. So on the appointed day, I simply threw an armful of hay into the corral and called the boys in. The rodeo cowboys had some difficulty with their truck, however, and couldn't load them right away. After politely waiting half an hour, our 2,800 pound behemoths simply pushed over the corral fence and headed back out to pasture. No problem. They always come back for food. But the cowboys had a



different idea, and it involved cutting horses and cattle dogs. Cookie, Alfalfa, and Chinook were a bit confused by the ruckus at first. The three of them stood side by side and watched in amazement as the cowboys mounted up and set off toward them at a lope, their cattle dogs charging in the vanguard. It didn't take long before they caught onto this cowboy

game of tag, however. I could almost hear them laugh as they raced ahead, gathered for a moment, then split in three directions as they romped across the stream and up and down the mountain for the next 10 hours.

Harold tried to help at first, but these "real" cowboys told him that he was upsetting the bulls by standing too near the corral. So with folded arms and a bemused expression, Harold backed away and watched the show. (We learned later that our neighbors up the mountain bought out their binoculars and a bag of popcorn while they sat on the porch and watched this game of Bull Team Penning.) At 4:30 in the afternoon, the school bus jolted down our dirt road and slid to an unscheduled stop so that the children might view this living history lesson. At that moment, the lead cowboy was in heated pursuit of Chinook as he splashed across Twin Creek. Just as his horse took to the water, his girth slipped, and Mr. Rodeo slid under his horse's stomach. I watched from up at the ranch house, and didn't need to hear what was said as the wet, red-faced cowboy remounted and spurred his horse on, waving his fist. I knew the air was blue.

All in all, it was quite an entertaining afternoon and we thoroughly enjoyed ourselves until the moment the cowboys almost got the bulls penned and Cookie panicked. He was all riled up by now, and charged right through the barbed wire. Harold and I moaned, as the bulls were still legally ours, and we would be financially responsible for any "rape" or other damage that might occur while they were on the loose. As you have seen, there is nothing more difficult than catching a bull.

Harold bolted the fence and ran into the corral, yelling "Stand back fellows, now I'm going to handle this my way!" Hats off and heads bowed, the cowboys moved to stand dejectedly beside their pickup. My husband deftly grabbed a handful of alfalfa and gently coaxed "Here Cookie!" With that, our one-ton, three-year-old lumbered up to Harold and snatched a mouthful of hay before ambling into the trailer with Chinook and Alfalfa close behind. Mouths open in amazement, the real cowboys now fell to the ground in spasms of exhausted laughter. Ah well, I'm sure they had fun sharing their Great Bull Roundup story on the rodeo circuit.

Or maybe they didn't. These guys seem to have exceptionally short memories. Six months later, on Easter morning, I was awakened about 1 a.m. by a voice that was unmistakably that of Chinook. "Moo-AHH!" continued on next page

This didn't seem possible, for all of our boys went to the rodeo in November. Nonetheless, when Harold went out to feed the next morning, he found that our Rodeo Bulls had become Homing Bulls, climbing through the fence into their old pasture. Birdie was only too glad to see his long-lost Alfalfa, and they were huddled together under their favorite pine tree. I called Mr. Rodeo Cowboy, and was tempted to say "Did you like those last bulls? We can sell you three more just like them!" — but I didn't. He told me that our bulls had been on the lam all week long, and that six cowboys had been chasing them all over Pikes Peak's backcountry. It seems that our big, bad bovine boys traveled at least 30 miles to get back to home pasture, tearing down every fence they encountered along the way!

Later that morning, those same rodeo cowboys showed up with their cutting horses, stock dogs, and other assorted catch gear and went to work. Unbelievably, it was almost an exact replay of the November roundup debacle. Two of them were the same cowboys! This time they chased the bulls for three days, tearing down all of our fences, our neighbor's fences, and laming three good horses. Harold finally intervened again, let the bulls settle down for one day; then simply called them into feed the next morning. Within 10 minutes they were penned, and a few minutes later they were bedded down as they awaited trailering. This time I had a talk with them, and told them to be good rodeo bulls. We were so touched that they had come home, it was hard to let them go again.

Eventually, they did manage the transition from ranch to rodeo with flying colors. As I said earlier, our bulls were big — about 2,800 pounds each. They had to be slimmed down before they even fit into a standard bucking chute. Surprisingly, it was my sweet boy, Alfalfa, that gave the cowboys a ride for their money. His first time in the chute, he went "electric" — immediately throwing his rider and then climbing into the spectator stands where he charged straight at a woman with long brown hair, wearing a cowboy hat.

As I said earlier, Alfalfa is simply a huge, testosterone-filled, wuss. He loves the role of the big, bad bull and can snort and paw and work himself into quite a state — but

it's all an act. Fortunately, I only had to remind him in a chiding voice that he was being silly, even when he bashed in the passenger door on the pick-up, and he would settle right down. But when those cowboys stuck him in a tight chute, tied a leather thong around his private parts, and then started sticking him with spurs, it was more than he could bear. Of course he bucked his rider off and dashed into the grandstand toward the first woman that looked like me. I can almost hear him frantically calling "Mommieeeeeee!" As of this day, no one has hidden him to the buzzer!

Now Cookie is a different story. He loves the cowboys and they love him. He was eventually ridden. He quickly figured out this eight-second work week, however, and refused to move a muscle once the buzzer sounded. Around the rodeos they refer to him as the "Union Bull" because he'll only work regulation hours — eight seconds; no more, no less. Forget a fancy dismount, once he's done his job he is ready for a treat and to have his horns scratched. But dear old Chinook was the smartest bull of all. He knew two-leggeds were friends and not enemies, and simply refused to buck. Period. He quickly endeared himself to the stock contractor, and is happily back out to pasture making love to 100 cows. Maybe that's why I still hear his voice echoing from the pines surrounding Twin Creek Ranch.

Those bulls were pretty fast, in more ways than one. It broke our hearts to hear Birdie braying his heart out after Alfalfa left the second time, so we later traded the last of our cows for a little chocolate-colored burro, Paco. The new owners called us in the fall to tell us that one of the heifers, Patty Cake, had dropped a little premature calf! Those bulls were only with her for three days! On the other hand, Birdie had a little difficulty adjusting to his new burro companion. Unfortunately, he



Paco with Harold.

learned all of his social skills from the bulls, and thought that one made new friends by mounting and trying to breed. This didn't sit too well with Paco, who is also a gelding, and there were some lively burro fights between them before they actually became friends.

There are a few incontrovertible rules in life, such as death and taxes. It doesn't take a genius to figure out that you can't rope a tornado, plug a volcano or soothe a tsunami. Mother Nature is not something that you control. It is wisest to work with her, not against her, and that goes for her four-leggeds, especially bulls. I've seen them turn a pole corral into toothpicks, rip out the iron sides of a stock trailer, and wind a barbed wire fence like a spool of thread. I would rather be their friend than their enemy. That's why I'll be puzzled until the day I die at the antics of those rodeo cowboys. My precious boys, however, are another matter. They sure were a lot of bull.

To view part 1 of this story, please go to www.utecountrynews.com, and see the March issue in the archives.



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Spring turkey hunting

by Jeff Tacey

Spring is slowly rolling around and the local Merriam's turkeys are getting the urge to mate. Spring turkey season is April 11th to May 24th. If you wanted to send for a draw area tag you missed the deadline which was February 12th. But you are lucky as most of the turkey hunting in Teller, Park, and El Paso Counties is OTC (over the counter). A turkey license will cost you \$24.

There are some good spots to try in the Pikes Peak region for turkeys, but scouting is the key. A lot of places I've seen turkeys in, on or near are private land. That is a big advantage if you have access to private land.

Some of the good public land areas to try are up around Rampart Reservoir in Pike National Forest. I've seen a lot of turkeys and turkey tracks in this area.

Another good area is either of the two roads going to Elevenmile Reservoir. I've seen a ton of turkeys in this area going to and from the reservoir, while ice fishing in the winter.

Also check County Road 77 going toward Tarryall Reservoir. The turkeys here hang around the river bottoms of the Tar-



Female Wild Turkey in the spring snow.

ryall and South Platte rivers.

Another local hot spot is north of Woodland Park around Manitou Lake. Check the Colorado Atlas and Gazette or Pikes Peak BLM map for private and public land areas.

Your 20, 12 or 10 gauge shotgun will work for turkey hunting. If you got a screw in/out choke tubes get the extra full turkey choke tube for a tight pattern. Use the special turkey loads made by Remington, Federal, Winchester or Hornaday.

Check the 2015 Colorado turkey brochure for all rules and regulations.

Summit takes 2nd

by Woodland Park School District

Summit Elementary School's Destination Imagination Team recently won 2nd place at the Regional Tournament. The students are heading to State Competition April 25 at the Aurora Campus in Denver to compete against teams from all over Colorado.

Pictured are "The Creative Popcorn Dragons" team managers Donna Frick and Marci Nickelsburg with Summit students Elise Drummond, Laney Clifford, Ryan Kindt, Mia Nickelsburg, and Adam Lanucha.



Adopt Me Half Pint

By Lisa Moore of TCRAS

Hi everyone! I'm Half Pint. Am I not just the cutest thing? I have beautiful, seal point markings that make my remarkable blue eyes pop. Being a senior cat, getting into a loving home soon would be wonderful. Would you like to stop by and say "hey" sometime? I would love to be your friend! Call TCRAS, the limited intake shelter in Divide, at 719-686-7707 for more information or checkout our website to see all the available animals! www.tcrascolorado.org



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John C Fremont Library's April events

April's celebrated artist is Maria Westy Bush of the agricultural area outside of Pueblo. She will display her colorful watercolor and acrylic paintings of portraits and landscapes. Join Maria for her Art Reception, Saturday, April 11th at 2 p.m.

April Story times are each Tuesday from 10 a.m. to 11 a.m. (No story time on 4/21/15). April 7, we read "Bees and Butterflies". April 14 is "One Book 4 CO" children ages 3 to 6 can pick up a FREE book! April 28 "Every Hero has a Story" will be read. We read stories, sing songs, do crafts and have a snack. Any questions, please contact Robin at 719-784-4649 ext. 2

Teens in grades 6th thru 12th grade are invited to the John C. Fremont Library to learn about the 2015 Teen Summer Reading Program. They will participate in many super activities including creating their own Super Hero and Villain. Snacks will be provided. Any questions, please contact Robin at 719-784-4649 ext. 2

Smart Cookie

This is a time for elementary and home school students to get together to socialize, learn, be creative and have a fun time at the library. It's also a great time for parents to interact and learn new ways to engage their children. For school aged kids (6-11 years old) and their parents/guardians. April 9 our topic is "Let's Count Money" with Tina Cornella 4 p.m. and April 23 is "Who are the Pollinators?" by Monica Mohr of the BLM 4 p.m.

Family Movie Night

"Big Hero 6" will be shown April 4 at 3 p.m. Baymax, is a lovable, personal companion robot, who forms a special bond with robotics prodigy Hiro Hamada. When a devastating turn of events catapults them into the midst of a dangerous plot unfolding in the streets of San Fransokyo, Hiro turns to Baymax and his diverse group of friends — adrenaline junky Go Go Tomago, neatrix Wasabi, chemistry whiz Honey Lemon and fanboy Fred — who transform into a band of unlikely heroes. FREE popcorn, bring your own drink. Rated PG

One Book 4 CO

John C. Fremont Library District is promoting early literacy by giving a free new

book to every family with children ages 3 to 6 years old as part of One Book 4 Colorado. One Book 4 Colorado is a statewide initiative to support family reading at home and instill a love of learning in Colorado youngsters.

Families can stop by the library on Tuesday, April 14th, 10 a.m. to 4 p.m. or Saturday, April 18th, 10 a.m. to 1:45 p.m. to pick up your free book. There will be a special story time to celebrate One Book 4 Colorado on Tuesday, April 14th, at 10 a.m. For more information about One Book 4 Colorado, visit <http://www.onebook4colorado.org/>.

We have three programs in April. First is "Tracking yesterday through geocaching" with Dorothy Cool on April 9 at 6 p.m. Travel back in time with this hands-on geocaching tour. Local historian, Dorothy Cool, will take us out into the field to show and explain the basics of geocaching using the library's geocaching kit. She will also discuss the history that is attached to the area where the caches are hidden. This program will be for novices and experts alike.

Next, on April 14 is "Realities of retirement when planning for income" at 7 p.m. Retail Services Manager, Tina Cornella, and Wealth Management Advisor Julie Falletta of Sunflower Bank, will discuss how retirement brings change to all facets of life, including investing. They will share how effective retirement income planning must take into account the many challenges that may arise during decades of living in retirement.

"Basic bicycle maintenance" is the topic for April 16 at 7 p.m. Join Eric Hatfield, the owner of Outspokin Bike Rentals in Florence, as he guides us through the basics of bicycle maintenance. Eric will show us how to change a bike tire, oil the chain, and clean the brake cables. Ask about the bicycle repair kit available at the library until May 13th.

The Mother's Day Silent Auction will be held April 20 at 2 p.m. The Friends of the Library begin their annual Mother's Day silent auction and a kids' gift shop on April 20 at 10 a.m. Place your bids on auction items by May 4th at 2 p.m. Proceeds will go towards library services.

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

Guide to living gluten free

by Chaffee County Extension

There's been a lot of buzz about gluten free lifestyles, but what does going gluten free really mean for your health and meal planning efforts? Do you have questions about going gluten-free? Are you looking for some new recipes? Concerned about the nutritional effect of gluten-free diets? On Monday, April 13 from 10 a.m. to noon, Chaffee County Extension will be offering a Guide to Living Gluten Free class. This class will cover definitions of gluten, celiac disease, wheat allergy and gluten sensitivity, grains that contain gluten as well as hidden sources of gluten, nutritional considerations of a gluten-free diet, how to prevent cross contamination and the basics of gluten-free baking. While we won't be doing any actual baking, you can expect a variety of gluten free treats to sample and new recipes to take home!

The class instructor will be Lois Illick from the CSU Pueblo County Extension Office assisted by Christy Fitzpatrick, Chaffee County Extension. The class will be held at the Chaffee County Fairgrounds, 10165 County Road 120, Salida, CO. The cost of the class is \$10 and pre-registration is required no later than April 8. Checks should be made to Extension Activity Fund.

For more information, contact the Chaffee County Extension Office at 719-539-6447 or email Christy Fitzpatrick at Christy.Fitzpatrick@colostate.edu. For disability accommodations, please notify the Extension office at 719-539-6447 at least five business days prior to the event.

Colorado State University Extension programs are available to all without discrimination.

Old World Graffiti along the Arkansas River

In a remote corner of SE Colorado are canyons whose walls sport a variety of petroglyphs. Many are of a type found elsewhere in the American Southwest while others are more unusual. Who made them? What do they say?

The Pikes Peak Historical Society invites you to join Jeanne Gripp as she talks about the unique markings left by a mysterious people in the canyons along the Arkansas River and its tributaries located in southeastern Colorado. Jeanne is a freelance writer, sculptural artist, and explorer of the arcane. Jeanne, a Colorado native, has had a lifelong interest in Western history and Rock Art found through-out the Americas.

"Who were the first Europeans to set foot in America? Spaniards? Celts? Perhaps Phoenicians or other Explorers from the Mediterranean? While history books still say it was Columbus who discovered the

Americas, evidence is mounting to the contrary. Petroglyphs have been found in many areas of Colorado that cannot be attributed to the Native Peoples who lived here when the Spaniards first arrived. The Equinox solar alignment found near the petroglyphs in SE Colorado points towards Old World Travelers."

The Pikes Peak Historical Society invites you to learn more about these curious inscriptions and the people who made them with Jeanne Gripp on Sunday, April 12, at their monthly Chautauqua (free program), at 2 p.m. at the Florissant Library. The Library is located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free, and refreshments are served. Seating is limited. For more information, call 719-748-8259 or 719-748-3861.



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6 Lbs. Sirloin Steaks	4 Lbs. Pork Cutlets	3 Lbs. Cube Steaks
6 Lbs. Lean Stew Meat	5 Lbs. Ground Or Cubed Pork	5 Lbs. Lean Ground Beef
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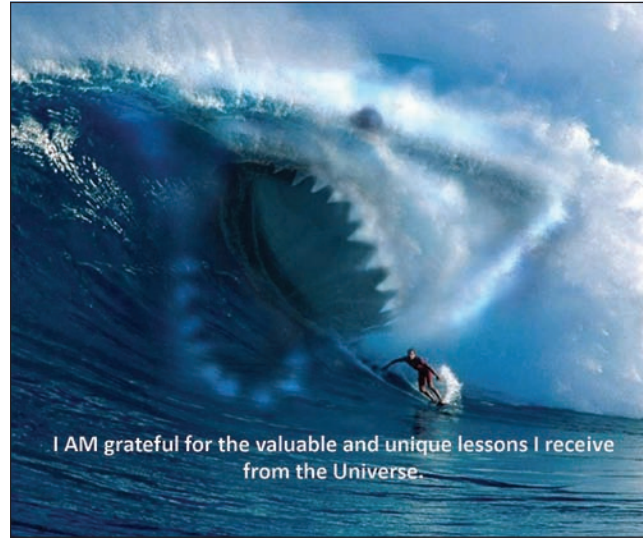
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Spiritual Redirection

by Barbara Royal, Interfaith Certified Spiritual Director

Spiritual Redirection is for those of you who are willing to step outside the traditional box of your formal belief system to grow your Soul — your divine spiritual nature. Spiritual Redirection may come in story form, lesson form or in any gentle way the Spirit nudges me to communicate with you. In these writings, I will use the many names for God. Because we all have different beliefs, please feel free to use the term by which you know the Divine. Please use your discernment to determine what is true or not for you. Now, let us begin.



real than fear. Fear is a trick the small part of us, the little 'i', uses to keep us imprisoned.

The Universe is all loving and would never send lessons that are fear based or harmful — it is only our perspective (our old programming) and our little 'i' that has us experience things out of fear.

We all have free will and can choose how we experience our lessons. In parting, I ask you to reflect on how your lessons are received. Are you surfing the wave with grace and confidence or dodging the perceived illusion of fear (the shark)? The choice of how you take the ride is yours to make.

Barbara Royal is an Interfaith Certified Spiritual Director and Certified Angel Therapy Practitioner®. She is the owner of Barbara Royal's Spiritual Life Coaching and creator of Bio Spiritual Transformation a scientific method for clients to change their minds and their lives. She may be contacted at 719-687-6823 or miraclesofwellness@gmail.com for a free initial consultation and/or session appointments. To learn more about Barbara and her work, visit her Facebook page, Barbara Royal's Spiritual Life Coaching. To read daily decrees, visit her personal Facebook page.

I post decrees and images daily on my personal Facebook page as lessons and motivation for personal change and spiritual growth. This image and decree opened the door for interesting comments from the people who saw it.

The first person to comment suggested the image was intended to foster fear. It is interesting how we all have different perspectives of the same thing. Mine, as I said in my decree, was gratitude for the valuable and unique lessons from the Universe. Here are a few more comments with different perspectives.

"The shark can also represent the past. Keep moving forward! The past has nothing for you."

"I see this as surfing the wave with grace and confidence as you move away from fear and into the present moment."

"Right on time."

"Wow"

"Don't look back, whatever you do, don't look back!! Phew!!!"

I want to dwell on the topic of fear for a moment. Many of you are familiar with the acronym for FEAR — False Evidence Appearing Real. That is exactly what the shark-wave in the picture is — false evidence, and is no more

BLM's new appointments to Front Range Resource Advisory Council

by Kyle Sullivan

The Bureau of Land Management announced new appointments or reappointments of members to Colorado's citizen-based Front Range Resource Advisory Council (RAC), which advises the Bureau of Land Management on public land issues. The RACs are composed of members with diverse interests and backgrounds.

"By working with federal, state, local and tribal governments, as well as leaders from industry and the conservation community, the BLM's Resource Advisory Council exemplify (ies) the Department's collaborative approach to public land issues," said Interior Secretary Sally Jewell. "I want to welcome our newly appointed RAC members and salute them for their commitment to public service. Their counsel will well serve the BLM as we work to ensure the health and productivity of America's public lands."

The RACs, composed of citizens chosen for their expertise in natural resource issues, help the BLM carry out its nation-wide stewardship of 245 million acres — the largest land portfolio of any federal agency. The BLM has established 28 RACs across the West, where most BLM-managed land is located.

Each RAC consists of 10 to 15 members who represent stakeholder interests in public land management, such as conservationists, outdoor recreationists, ranchers, industry officials, tribal leaders, state and local government officers, academics, and others.

The BLM, an agency of the Interior Department, is responsible for managing these various uses — such as outdoor recreation, livestock grazing, mineral development, and energy production — while conserving the land's natural, historical, and cultural resources.

Below are the newly appointed or newly re-appointed members of the Front Range RAC:

• **Dean Sandoval of Cañon City**, dentist and avid outdoor recreationist, representing public-at-large, appointed to his second three-year term.

• **Julie Mach of Salida**, Conservation Manager at Colorado Mountain Club, representing environmental organizations, appointed to her first three-year term.

• **Brett Ackerman of Colorado Springs**, Deputy Regional Manager with Colorado Parks and Wildlife, representing State Government, appointed to serve the remainder of Al Trujillo's term.

• **Arthur Koepsell of Westminster**, Environmental Data Analyst with the Colorado Oil and Gas Conservation Commission, representing State Agencies, appointed to his first three-year term.

• **Diana Leiker of Superior**, Senior Environmental Planner with Tri-State Generation and Transmission Association, Inc., representing Transportation or Rights-of-way, appointed to her first three-year term.

• **Scott Braden of Denver**, Wilderness Advocate for Conservation Colorado, representing Environmental Organizations, appointed to his first three-year term.

For more information about the Front Range RAC, please visit http://www.blm.gov/co/st/en/BLM_Resources/racs/rrac.html.

Adult Writers Group relocates

by Maurice Wells

The Adult Writers Group has moved the meeting location to the Florissant Library. Sandi Summer, group coordinator, felt the change was necessary as many members needed a more centralized location. Summer is appreciative of the space that was provided by the Lake George Library and extends her thanks to librarian, Kim Plutt.

The group meets at 10 a.m. on the 1st and 3rd Saturday of each month. For additional information Summer may be contacted at 719-748-8012 or summersandi25@yahoo.com.

Time for some financial "Spring Cleaning"

Springtime has arrived; the time when many people spruce up their homes, yards and other parts of their surroundings. This year, why not extend that practice a little further to give your financial and investment environment a good "spring cleaning"?

Here are a few suggestions for doing just that:

• **Reduce duplication.** If you've ever worked to "de-clutter" your home, you may have discovered a lot of extraneous items. Did you really need three blenders? Did you have more remote control devices than you did televisions? As you look through your investment portfolio, you might also find some duplication, perhaps in the form of multiple stocks of companies in the same industry. You might want to consider whether you'd be better off by reducing this concentration and using the proceeds to broaden your investment mix to create new potential for growth, income or a combination of both.

• **Repair your "roof."** As part of your exterior spring-cleaning efforts, you might examine your roof to determine if you need to repair or replace any torn or missing shingles. After all, a strong roof is essential to protecting your home. Your financial foundation needs protection, too. Review your life and disability insurance to ensure they are still adequate to meet your family's needs. You also might want to consult with a financial professional for ways of dealing with the potentially devastating costs of an extended nursing home stay or another type of long-term care.

• **Plant some "seeds."** Spring is a good time for re-seeding parts of your lawn that may be bare. Once you've planted the seeds, of course, you'll need to water and fertilize them to encourage growth. As

you look over your financial landscape, you may also find areas that are somewhat barren. For example, you might be adequately funding your own retirement goals through your employer-sponsored retirement plan and other investments, but are you putting away enough money for your children's college education? If not, you might need to "plant some seeds" for potential growth by investing in a college savings account, such as a 529 plan. You may need to continually "nourish" your plan by contributing money each year.

• **Update your "furnishings."** When you bought and arranged your home's furnishings, they might have been perfectly suited for your needs. But now, many years later, your situation may be quite different. Perhaps you've said goodbye to grown children who have struck out on their own, so you might want to make new uses for old rooms. Maybe your old "stuff" just isn't as comfortable as it was before, or the layout of your furniture isn't as efficient. Whatever the case, it may well be time to update your environment. The same thing can happen with your financial "house." To reflect changes in your family situation, employment, economic circumstances, retirement goals and other factors, you will need to periodically review your financial strategy and your investment portfolio, then make adjustments as needed.

Tidying up your living space may help improve your overall outlook on life. The same might be said of a financial spring cleaning and you won't even need a mop.

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

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This thought experiment provides a good way to consider what a mining engineer does. Of course, he or she, is not designing a building but a surface mine.

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Production blasts are carefully engineered to only fracture the rock.

A revitalizing revolution: Grannys' HASH is growing the future

by Kathy Hansen
photos by Jeff Hansen

There is quite a revolution afoot; it affects your food, clothing, fuel, and future. Jodee Weaver and Karen Kimmi are working together to turn around the stigma related to hemp. They are driven by their genuine compassion for helping people, and unwilling to turn their backs on a plant that holds so much potential for a healthier quality of life on so many levels. They are the owners of “Grannys’ High Altitude Super Hemp, LLC” or “Grannys’ H.A.S.H. for short. They opened their doors to the public March 21, 2015, about a year after they bought the building they’ve come to call “Grannys” because the building was erected in 1939, and they are old enough to be grandparents (once you experience their energizing enthusiasm, you’ll be drawn to their ageless wisdom). It was some time earlier that they opened their hearts and minds to the healing properties of Cannabis sativa. Once aware, they decided their goal is sharing what they learned with the general public, grow organic hemp to make extract, and provide seeds or clones for farmers.

Jodee and Karen were friends before they

both became paramedics. They were astonished by the number of "calls" they went out on where people had accidentally overdosed on prescription narcotics. These were people who were following doctor's orders in an unsuccessful attempt to manage painful conditions. Is the potential for overdose a common side effect of narcotics? Karen and Jodee understood the potential dangers of these prescriptions, and began to wonder if there was another way.

The problems associated with prescription medications was about to hit even closer to home, with both of Jodee's parents afflicted with the painful and deforming effects of rheumatoid arthritis, and Karen's mother battling cancer, and her son with debilitating migraines. These women watched doctors diagnose and prescribe, while their loved ones continued to suffer because the pharmaceuticals simply did not resolve the pain, reduce the inflammation, or cure the cancer. They knew there had to be another way; the search for an alternative began, powered by their love and compassion for their family.

A small, dark glass jar with a green and white label sits on a light-colored wooden surface. The label features the brand name 'GRANN'S' in a bold, serif font, with 'HEMP SEED OIL' written below it. A small illustration of a hemp plant is also visible on the label. The jar is partially filled with a dark liquid, presumably the seed oil. The background is a plain, light-colored wall.

shared with the public by spinning a web of lies. (See the book “The Emperor Wears No Cloths” authored by Jack Herer for a more in depth story.)

When Colorado passed Amendment 64 in November of 2012, the wording used was “Cannabis” without specifying “sativa” or “indica”, or any other species within the family. What is the difference?

There are three main varieties of Cannabis sativa grown today and they have different properties, active ingredients, and different methods of cultivation. All parts of the hemp plant are valuable so the entire plant can be cultivated from root to seed, using both genders for abundant seed production.

The psychoactive ingredient that produces the "high" effect from marijuana is Tetrahydrocannabinol or THC. The THC is found primarily in the buds of the female plant.



*Jodee Weaver, Darien Kinni and Karen Kinni on the steps of their new store (above).
Karen's sons , Gavin (right) and Spencer show it is a true family endeavor (below).*

Once the female plant becomes fertilized, the energy of the plant goes into seed production instead of THC production, so marijuana farmers prefer female plants over males and hope to grow dense buds.

Since THC can counter-act some of the positive effects of Cannabinoids, hemp farmers prefer a very low THC content. In fact, hemp products legally must have less than one percent THC (Grannys' strives for .3 percent or less). In other words, hemp cannot get you high any more that water can get you drunk.

Cannabis sativa has many different helpful compounds. The Cannabinoids are the chemicals that mimic endocannabinoids, chemicals our bodies naturally produce to assist with communication between our cells. The better the cells are able to communicate with each other, the healthier we are and when this communication is hampered, symptoms and diseases result. There is so much more to learn about what this incredible plant has to offer as there are at least 80 different Cannabinoids found in cannabis, each with its own purpose. Let's take a look at a few of them.

Tetrahydrocannabinolic Acid (THCa)

Early indications show this chemical has anti-proliferative and anti-inflammatory abilities, showing potential as a cancer inhibitor. It helps control seizures due to its anti-spasmodic properties. There are also anti-inflammatory effects relieving arthritic joints as well as painful endometriosis. A energizing effect has been reported by some.

Cannabinol (CBN)

CBN is an analgesic three times stronger than aspirin, but its primary effects are as anti-epileptic, anti-spasmodic, and relief of intraocular pressure (glaucoma). New research indicates it could be used as a sedative for patients in pain, and also used as an anti-depressant.

Cannabidiol (CBD)

This molecule is also found in Flax and Azaleas. It seems to be successful in treating mood and anxiety disorders, ADD, inflammation, diabetes, cancer, Alzheimer's, anti-nausea, and could be used as a sedative.

Tetrahydrocannabinol (THC)

Many people enduring chemotherapy experience nausea, vomiting, or general lack of appetite, which THC can help to remedy.

continued on next page



It s time to dispel the fear and provide facts.”

Karen Kinni

Karen and Jodee are excited to find many manufacturers are already seeking them out because it is difficult to find an organic source of the extract which can be added to soaps, body lotions, shampoos, massage oils, body wash, and bath bombs. Come in to see their complete selection.

There are 130 Cannabis growers registered with the Department of Agriculture. Granny H.A.S.H. is the only retail grower. In addition to producing a high CBD content extract, they would like to produce seeds and clones for future hemp farmers; after all, their slogan is "Growing the future". Jodee now has the opportunity to develop from a hobby gardener into a professional operation, playing Mozart to keep the plants on a light vibration.



*A variety of items made from hemp
are available.*

What can that future be? There are now 23 states (plus the District of Columbia) which have legalized marijuana in some form, 4 of the 23 have legal medicinal and recreational use laws. Last month Capitol Hill found three senators on a bipartisan push to at decriminalize at least the medical use of marijuana supported by Rep. Senator Rand Paul-KY, Dem. Cory Booker-NJ, and Dem. Kirsten Gillibrand-NY. Paul was quoted as saying, “We don’t want doctors to be punished for simply trying to help people”. Another act of compassion!

There are many benefits beyond the medical or recreational uses. Let's take a moment to review the benefits of farming hemp and how its parts can be used.

Farming hemp is environmentally friendly for many reasons. First, it requires only 10 to 13 inches of water in its short approximately 120 day growing cycle. Cannabis can endure a germination soil temperature as low as 42-46 F and it germinates in about a week, and grows 8 to 15 feet. It can be planted closely together to shade out weeds. It requires no pesticide. It does not compete for best farmland.

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- **Seeds**

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Critter Corner

Publisher's note: Mr. Spaz complained of having nothing to do because nobody sent him a photo for Critter Corner. He now threatens to run pictures of himself and his brothers until he gets some submissions.



Frosty



Shadow and Mr. Spaz

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

Birthday Absence

by Danielle Dellinger

Kye lived on a ranch a couple miles from Johnson Village, a community so small that at the last census poll in 2010 it had a population of 246. The town's economy was mainly supported by tourism, particularly from whitewater rafting on the Arkansas River. Kye had gone rafting a couple times, but fast-moving water and a flimsy boat didn't quite do it for her. She worked at the only small lodge in town, but also helped her father out on the ranch, herding cows from pasture to pasture. She wasn't your typical country gal. She was more of a rocker chick; her red hair cropped short into a pixie cut with the tips frosted black, and had a full tattoo sleeve of Japanese influence on one arm. People gave her some not-so-friendly looks whenever she dressed in her style and showed off her ink. She wanted to tell them that she wasn't a bad person for having tattoos; it was how she chose to express herself. But she also knew that she didn't owe anyone an explanation.

Her beautiful yellow rooster, Chanticleer, crowed his wake-up call at the delightful time of 4:30 in the morning. She felt more lethargic than usual as she slid open her sleep-crusted eyes. She sighed heavily, turning her head to look at the calendar. Ah, that was why getting out of bed was becoming a great feat in itself; her birthday was in a week, the last week of April. As she thought about how she would be 25, a quarter of a century old, her head started to spin a bit. She grumbled to herself and pulled the blankets over her head. Chanticleer crowed again. A few minutes later, Kye forced herself to get up and get ready for the day.

When she got out of the shower, wrapped up in her fleece robe, she met her dad in the hallway.

"We gotta move the cows this morning, so be saddled up in an hour," he said, his voice deep and calm. She could listen to him talk all day.

"Okay. Is it your turn to make breakfast today, Dad?" she asked.

He smiled gently, nodding. "Want your favorite?"

"Of course!" she grinned.

He patted her shoulder lightly, then moved

passed her to go to the kitchen.

Kye went back to her room and got dressed.

After breakfast, which included her favorite of scrambled eggs atop French toast glazed with maple syrup, she made her way out to the barn. She got out her quarterhorse from his stall and began to saddle him up. Eventually she hoisted herself up onto his back, settling into her seat. Like they always did, they cantered a few times around the barn as a warmup. Her dad soon came out, bringing along their two border collies, and got ready to go. They both hoped that the herding would go smoothly, but oftentimes their hopes were trampled.

They rode out swiftly to the pasture and began to funnel the cattle toward the gate of the new pasture. As the sun peeked over the horizon it blinded them, making seeing the herd difficult. Kye used one hand to shield her eyes while the other gripped the leather reins tightly. She trusted her horse to do his job without a problem. She used the pressure of her legs and knees to guide him in the direction she wanted to go. Things were going smoothly until a couple cows with their calves broke free from the herd and began straying away.

Kye whistled loudly for one of the dogs, then took off at a fast gallop toward the cows. She and the dog caught up to them and cut off their escape. Kye went one way while the dog went the other way, and together they brought the cows back to the herd. Her dad was on the other side of the herd near the back, and he waved his hat at her as a sign of praise. She grinned and waved back at him.

Finally, the cattle were through the gate to the new pasture. Kye shut the gate and locked it with the chain. Her father sat on his horse, watching and smiling. "Nice job today, Kye. You're a natural at this."

"Thanks," she said, mounting her horse.

"I guess I inherited some skills from the best," she winked and grinned at her dad.

"I'll race ya back," he challenged.

Kye barely had a chance to respond before he was already galloping away as fast as he could. "Hey!" she shouted, nudging her horse and clicking her tongue to get him going.

She caught up to her dad, but he pulled away at the last moment and made it back to the barn before her. When she got there he was laughing triumphantly, trotting his horse in circles. Kye rolled her eyes and looked behind her to see the dogs just arriving and panting hard with their tongues lolling out of the sides of their mouths. "Maybe next time, kiddo," her dad chuckled.

"Definitely next time," she replied, pulling back her sleeve to look at her watch.

Her dad came up beside her. "Get yourself to the lodge, I'll take care of the horses," he said, smiling kindly at her.

She looked up at him. "You sure? He can be a bit fussy," she said, patting her horse's neck.

"You were too when you were a baby. I think I can handle him if I handled you."

Kye rolled her eyes again. "Gee, thanks, Dad," she replied, in a playful sassy manner.

He chuckled again and leaned over to kiss her cheek. She kissed him in return, then dismounted.

"See you tonight," she called over her shoulder as she jogged away, whistling for the dogs to follow her.

"Have a good day, sweetie!" he called back.

The next few days were hectic for Kye at the lodge because the tourist season had begun to pick up speed. This allowed her the perfect excuse to not think about her approaching birthday. She'd never really done anything big or extravagant, but she felt that she should for this one, because you only turn 25 once, supposedly.

When she got home from work three days before her birthday, the house was empty. But her dad had left a note saying that he was out repairing fences. Kye changed into more comfortable clothes, then started making dinner since it was her turn. Nothing too fancy. When she had to let it sit and cook, she went out to do her chores which were, feeding the horses, chickens, and dogs, then cleaning the stalls while the horses ate. She finished all of that before her dad got back. He finally came into the house just as she was serving the food onto the plates.

"Supper's ready," she said, glancing at him as he walked by to go down the hall to the bathroom to wash up.

"Be there in a minute," he replied, sounding tired.

She made him a nice cup of coffee to go with his dinner, which she set on the table then sat down to wait. He soon joined her and sat down heavily with a groan. He quietly thanked her and started eating.

For a while they ate in silence,

until her dad cleared his throat and looked at her. "So your birthday is soon. Any plans yet?"

She swallowed her food hard, glancing at him. "Uh, no. I dunno what to do."

"Hopefully something special and fun. Want to invite anyone?"

She shrugged, playing with her food. "I would, but people always complain about driving all the way out here. It's not like the distance is shorter for me when they invite me to do things in Colorado Springs."

Her dad nodded along as she spoke. "I understand," he said when she'd finished. "That still shouldn't stop you from doing what you want to do; it is your birthday, after all."

Kye was quiet, thinking through some things. "Do you think mom will show up this time?" she asked softly, after a few minutes.

Her dad went still, pausing mid chew. He slowly inhaled then exhaled, becoming reanimated afterward as he went back to chewing and getting another forkful ready.

Kye looked up at him. "Dad. Do you?"

"Honey, I know what that note said when she left all those years ago. But you have to understand that she wasn't one to keep her word most of the time, she did only when it inconvenienced her," he said, his tone measured and calm. He gazed across the room at a picture on the fireplace mantel, seeming to retreat into his thoughts and memories.

She followed his gaze to the picture, looking at it for a moment before looking back down at her food. She stood up suddenly and carried her plate to the trashcan, scraping the remains into it. Her father watched her take her plate to the sink.

"Honey," he started sadly, if not a bit desperately. "It's her loss if she doesn't show."

But Kye had already disappeared into the hall, trudging to her room.

When her father came to her room, he found her sitting on the bed looking out the window. She could hardly see anything outside because the moonlight was faint that night. He slowly walked in and sat on the edge of the bed near her, putting a big hand on her knee.

"Sweetheart, you know I would do anything for you, give you everything you want. I would bring your mother back if I were able to," he said quietly. "But I don't want your special day to be all about her. I want it to be about you celebrating how far you've come in life, how you've grown into an amazing young woman."

Kye shook her head. "I haven't come that far. I'm living in the same house I grew up in. I should be out on my own, but I haven't saved up enough money to do that, and jobs are scarce in all these small towns. I'm stuck here."

Her dad slowly inhaled, chewing on his lower lip as he looked down. "I'm sorry

you feel that way. But for what it's worth, I enjoy having you here, and helping me on the ranch. It means a lot to me, because, you know, I'm not young anymore. I have to rely on help from others more and more."

Kye quickly looked at him. "I'm sorry. I didn't mean it like that," she said hurriedly.

He looked up at her and smiled gently. "I know you didn't. I know you're frustrated, with a lot of things," he added, chuckling.

"But don't shame yourself for where you are in life right now. It's your life, and only you can live it. It's okay if you go at your own pace." He patted her knee, then got up and leaned over, planting a kiss on her forehead before he turned and walked out.

Kye smiled a little as she watched him go. She laid down and stared at the ceiling, thinking things over. Sleep soon found her.

The next morning, she got up at sunrise and went out to the barn. She saddled up her horse and started out on a morning ride. As she rode out to the middle of one of the empty pastures, she heard the screech of a bald eagle come from a dead tree a few yards away. The bird isn't actually bald, but the name comes from an old meaning of "white headed." She stopped her horse, watching the eagle take flight and soar up into the air. When he got up high enough, he stayed in mostly one spot, riding the thermal convection currents. She knew that there was a lake nearby that had fish for the eagle, which was its main prey. As she turned her horse around, she heard the eagle screech again. It made her grin for some reason, and she nudged her horse into a gallop back toward home. As they flew over the land, she figured out exactly what she wanted to do for her birthday.

Her birthday was finally here. Her dad had made her her favorite breakfast. She had dressed in a plaid skirt outfit with Victorian high heels. She paced on the front porch as she waited for her few close friends to arrive. When they finally pulled up to the house, she ran down to meet them, telling them that it meant a lot that they had made the long trip for her. After the greeting, they got in Kye's truck and headed out on the road to go to a tattoo parlor. All of them were getting tattoos that day.

Her friends each got angel wings, a sword, and a whale for their tattoos. To help come to terms with her mother's absence, Kye got a tattoo of a bald eagle with the wings outstretched and the word "mom" going down its back. She knew that her

mom was out there on the wind somewhere.

The sun was just setting when they pulled back up in front of the house. As they walked in, Kye's dad shouted, "Surprise!" He stood behind a large birthday cake that had a Koi fish image on it. She grinned and went over to him, hugging him tightly and happily.

"Thank you," she whispered, looking at the cake and the 25 individual candles.

"Anything for my kiddo," he replied, squeezing her. "Now blow out all those candles before they burn down the house."

She giggled and leaned down, blowing hard and fast. She blew out the candles in two breaths. Her dad patted her on the back, then started cutting the cake.

Everyone sat at the table and chatted merrily as they ate. While her friends went and brought in their overnight bags and took them to her room, Kye stood with her dad at the sink helping him with the dishes.

"What tattoo did you get?" he asked, looking at her and smiling.

She held out her forearm with the tattoo.

He stared at it for a long time, then looked up into his daughter's eyes. Her lips quirked up in a half smile as she gazed back at him. He then abruptly walked away without a word, and she frowned, watching him go over to the table by the front door and grab a small envelope. He came back to her and held it out.

"This came to you. From her . . ." was all he said, before walking away down the hall.

Kye stared at the envelope in her hand for a few minutes. She almost threw it in the trash. But then she opened it and pulled out a note and a necklace with half a heart charm dangling from it.

The note read:
Not together, but never separated. ~Mom
Her half of the heart had "daughter" etched into it.

She put the necklace on, wishing that one day the wind would bring her mother back home.

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"Tour Teller" Part 2

by David Martinek

In January 2015, a new mobile application for the iPhone was introduced by the Heritage Tourism Committee of the Teller Historic and Environmental Coalition ("T.H.E. Coalition"). The "Tour Teller" multi-media app presents a series of seven driving tours throughout Teller County charting the rich history and culture of the region. Following that early launch, in April the Android version of the app will be available so that all smartphones will be able to download it, for free.

In celebration of both versions of the application, T.H.E. Coalition is sponsoring a formal launch party and fund-raiser on Saturday, May 2, at the Crystola Bar and Grill from 11 a.m. until 2 p.m. The public is invited.

For a small five dollar donation, participants may partake of an unlimited Taco Bar for lunch and bid on items contributed by the estate of Doris "Dee" Breitenfeld. There will also be a cash bar. The formal launch and the app are both respectfully dedicated to the memory of Dee Breitenfeld whose passion for preserving our heritage inspired all who are involved.

To honor her contribution and inspiration a formal ribbon cutting will also be held at noon during the event to commemorate the starting point of the very first driving tour, which begins at Crystola and extends along the gravel road leading to the Junction House (Old Crystola Road - County Road 21).

The Breitenfeld collection includes prints and paintings, books and historical memorabilia, as well as other selected items, acquired by Dee throughout her life in Teller County. Both



Home page of the "Tour Teller" app.

a silent and live auction are planned. The proceeds will be used to finance the cost of creating the app and other heritage tourism initiatives in the future.

The "Tour Teller" app was made possible thanks to the generous financial and in-kind support of several local benefactors and municipalities. Both versions were designed by NeoTrek, Inc. and are intended to provide both a virtual and active resource for tourists interested in the heritage of Teller County and the region.

For more information about the "Tour Teller" mobile app or the Teller Historic and Environmental Coalition, go to www.thecoalitionco.org.



Pictured (R to L) are several (but not all) members of T.H.E. Coalition's Heritage Tourism Committee: David Martinek (T.H.E. Coalition Chair), Marion Vance (chair of the Heritage Tourism Committee), Michelle Rozell (manager of the Cripple Creek Heritage Center), Dee Breitenfeld, Karla Schweitzer (Ute Pass Historic Society) and Lisa Lee (president of the Divide Chamber of Commerce). File photo from T.H.E. Coalition

Pikes Peak region's iconic rocks

by Steven Wade Veatch

Steamboat Rock and Balanced Rock are well-known tourist attractions in the heart of the Garden of the Gods. These iconic rocks were once privately owned, but today they are part of Colorado Springs' famous city park.

Steamboat Rock once had steps carved into the rock that went to its top. Tourists eagerly climbed up to the observatory to view the beautiful geological wonders.

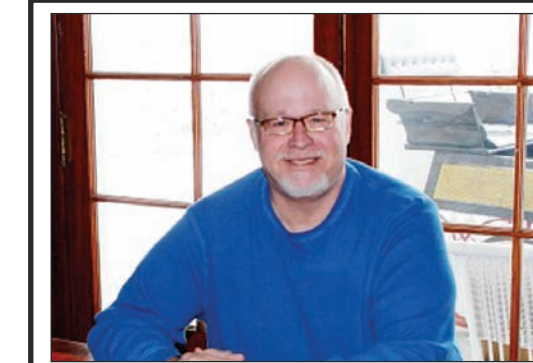
Balanced Rock, the 700-ton attraction, has — for millions years — withstood the inexorable forces of nature, including wind, cycles of freezing and thawing, earthquakes, and relentless erosion. Both scenic rocks are eroded sections of the Fountain Formation, a sandstone composed of unsorted sand and pebbles of many sizes that were washed down from the Ancestral Rocky Mountains.

The Fountain Formation began to form long before the dinosaurs roamed Colorado. A rapid mountain uplift, known as the Colorado Orogeny, began 300 million years ago that produced an ancestral range of Rocky Mountains. Rain and intense thunderstorms produced torrents of water with enough energy to move rock, ranging in size from tiny grains to large clasts. These eroded sediments — from the Ancestral Rockies nearby to the west — piled up at the base of these ancient mountains as gravels and formed the Fountain Formation. This rock unit, up to 4,500 feet thick, has a deep red color from the chemical alteration of iron minerals. The rock fragments in the Fountain Formation are angular indicating the fragments were not deposited far from their source.

A number of the Garden of the God's landmarks, including Steamboat Rock and Balanced Rock, were shaped by erosion. Erosion continues today.

the 1890s, selling them each for 25 cents. Photo from the collection of S.W. Veatch."

Figure 2 "This view of Steamboat Rock, on a postcard, was taken about 40 years later than the image in figure 1. Few changes are noted in the physical condition of Steamboat rock. A sign read, "Steamboat Rock Observatory. Use of the telescopes free to visitors. All welcome." Photo from the collection of S.W. Veatch.



About the author

Steven Veatch is a writer and geoscientist. His family came to the Cripple Creek and Victor Gold Mining District in the early 1890s where they mined for almost more than three decades. The other side of his family mined in the Caribou District in Boulder County, Colorado. Veatch lives next to the Florissant Fossil Beds National Monument.



Figure 1

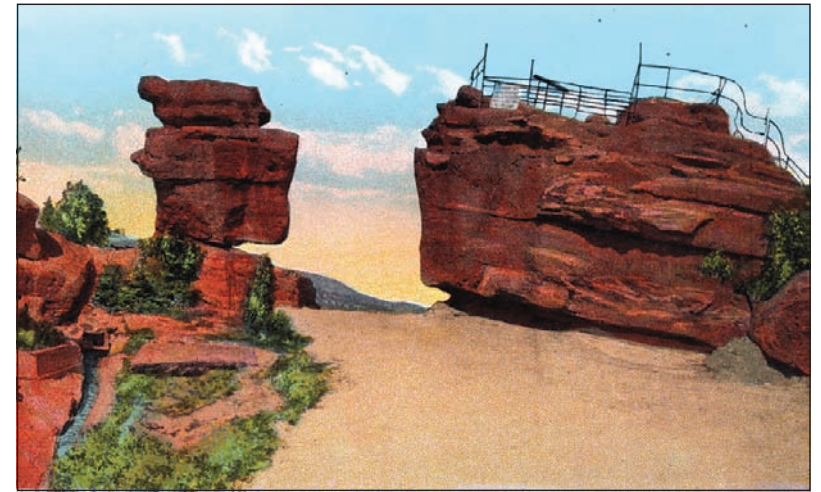


Figure 2

Two Figures

Figure 1 "Early photograph of tourists visiting Balanced Rock (R) and Steamboat Rock (L). In this undated photo a man is enjoying the natural beauty of the area with three female companions in a horse-drawn buggy. Curt Goerke, a 14-year-old entrepreneur, began taking photos of tourists in front of the rocks in

Large Easter crowds expected at The Sanctuary

by Charis

Make plans to attend two special Easter weekend events at The Sanctuary in Woodland Park, Colorado. Guests will enjoy powerful praise, worship, and a message from the president/founder of Charis Bible College, Andrew Wommack.

On April 3, Charis will host a Good Friday Celebration that will begin at 7 p.m. The event will feature live worship music performed by Daniel Amstutz and the Charis Bible College Worship Team, as well as special guests: Dove Award winners Don and Wendy Francisco, and Dove Award winner and Gospel Music Hall of Fame vocalist Matthew Ward.

Don Francisco is known around the world for his ballads, each written from the perspective of Biblical characters, who find themselves surprised by God's grace. His best-known song, "He's Alive", was written from the Apostle Peter's point of view just after the crucifixion of Jesus. Don's wife, Wendy, is well known for her animation, GoD and DoG, a YouTube hit with nearly four million views.

Matthew Ward, from the 70's band, 2nd Chapter of Acts, was inducted into the Gospel Music Hall of Fame in 1999. His songs, "To The King" and "I Will Worship You" each held the number one position on the Christian music charts.

On Easter Sunday, the sunrise worship service will begin at 7 a.m. In addition to the above named artists, this special celebration will include music performed by an Easter Brass Ensemble.

The Sanctuary is located at 800 Gospel Truth Way in Woodland Park. For those who cannot make it to campus, both events will be live-streamed. Visit charisbiblecollege.org.

If you are looking for a place to celebrate Jesus's life, death, and resurrection this Easter season, come gather with Andrew Wommack and the Charis Bible College family for these two uplifting times of praise and worship. Both services are free and open to the public.

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— source: CDOT Problem ID report

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Handouts harm, don't help, wildlife

by Jennifer Churchill

Colorado Parks and Wildlife wants to remind people that the best way to help hungry animals is to let them find their next meal on their own.

"People may mean well, but those who feed deer do more harm than good," said Scott Murdoch, a Colorado Parks and Wildlife officer in Conifer.

A law passed in 1992 makes it illegal to feed big game animals. This includes deer, elk, pronghorn, mountain goats, bighorn sheep, mountain lions and bears. Feeding wildlife is bad for the animals and dangerous for people, for a number of different reasons.

In the wild, deer and elk naturally spread out when grazing or browsing for food. Artificial feeding encourages them to crowd together making it easier to spread disease throughout a herd. Also, artificial concentrations of deer in neighborhoods results in increased vehicle collisions and conflicts with dogs harassing deer.

Deer are the primary prey of mountain lions and large gatherings of deer can attract lions into neighborhoods, putting people, livestock and pets at risk. The mountain lions are also then put in danger because it may become necessary to kill them if they become a threat to human health and safety.

"Every winter, officer's deal with



In Colorado, it is illegal to feed big game animals.

numerous pets and livestock that get killed by mountain lions because homeowners are feeding deer; deer do just fine without the public's help," says Murdoch.

Wild animals have complex digestive systems and their natural diet is difficult to duplicate. Food from human sources can also lead to malnutrition, a disruption in natural migration patterns and death.

To report incidents of feeding or other illegal wildlife activity contact a local Colorado Parks and Wildlife officer. If you wish to remain anonymous, contact Operation Game Thief at 877-265-6648. Rewards may be offered if the information leads to a citation.



Seeking our own immensity

by Patricia J. Turner

One weekend in Santa Barbara California I was hosting Angaangak Angakkorsuaq, Kalaallit Eskimo Shaman of Greenland through The Sacred Earth Foundation, and I remember telling a friend how incredibly moved I was by his loving power and healing abilities. Then, with tears in my eyes, said, "I just wish I had something to bring to the table". My friend looked at me with amazement and said, "You made all this possible by organizing this whole event Pati". There was no part of my heart and soul that felt this was of much importance in the situation. Yet I have come to realize that we all have something to bring to the table.

Now after so many years in which many have learned from our indigenous brothers and sisters, sharing in initiations, ceremony, sweat lodges and vision quests, I have reached the conclusion, as others have that "I am enough". This was the opening of my spirit and the beginning of a six month program of initiations offered to women. My first group of women was composed of seven incredible, strong and spiritual beings.

On the 5th of May 2012, it was a time of a powerful full moon. My initiates and I had planned to welcome Grand-mother Moon as she rose into the sky. We walked out onto my deck and the sky was

so soaked in with clouds that it seemed impossible to hope to have any view of her moonrise. Together with my beautiful sisters we began to sing to her and to pray that we might welcome her rise. In one of those magical moments when you clearly recognize a collective power, the dark clouds moved away and there was Grand-mother Moon in all her splendor embracing our glorious circle. Into our gathering she came bestowing her holy gifts to each of us. Her mission complete, she retired and closed her mystical opening to us. What an incredible way to see the doubt created by western culture just dissipate like melting ice. I looked at all the women and said, "Keep and treasure this moment. Believe in your own immensity and in our connections to each other and to all that is."

When we believe we can, when we believe we are heard, we are! If we believe we are not heard, we are not. No longer do I doubt that "I am enough" to offer the wisdom that has been passed on to me. This path has been the most joyful of my life and initiations are my calling.

Patricia J. Turner is the founder of The Sacred Earth Foundation. To contact the author pati@sacredearthfound.org or http://www.sacredearthfound.org

Parenting class Teaches how to get results you want

by Chaffee County Early Childhood Council

The class "Creating Effective Behavior Plans" shows how to create behavior work plans that are effective! Inappropriate or disruptive behavior is a common strife for parents, childcare providers, and teachers. Knowing how to create and properly utilize behavior plans can improve the learning opportunities of the children in our care. Behavior Plans Are a useful tool and a proven strategic approach for modifying behavior; serve to teach and reinforce positive behaviors; and are a way to note progress and success.

In the workshop, participants will understand the function of a child's behavior and how we as adults can respond to increase positive learning and relationships. Registration is requested by noon Friday April 17th. Call 719-221-5114 or email JPryor@cecec.org for more information.

The workshop is led by Katherine Bair, LCSW and is on Saturday April 25 from 9:30 a.m. to 3 p.m. at 113 North Court Street in Buena Vista, Colorado.

Priority is given to participants serving Chaffee, Fremont, Custer, Teller and Park Counties.

Music scholarship

Salida Concerts Inc., producers of the Salida Aspen Concerts series, is offering two \$1,000 scholarships this summer to deserving music students or music teachers in Chaffee County. Public and private school students graduating high school this year are eligible to compete along with college students in a music program. The deadline to apply is May 1.

The scholarship application may be downloaded from the website: SalidaAspen-Concerts.org.

Follow this link: <http://www.salidaaspen-concerts.org/EndUserFiles/48481.pdf>

Salida Aspen Concerts feature musicians in Salida each summer from the Aspen Music Festival and School. Scholarship winners will be announced on stage during one of the six Saturday concerts planned for this season, July 11 through Aug. 15, at Salida High School Auditorium.

For further information, contact nonprofit Salida Concerts Inc., P.O. Box 13, Salida, CO 81201, or call Jean Hanfelt in Salida at 719-539-6467.

Woodland Park School District
'Elevate Your Education'

Kindergarten Round-Up Preschool Registration

WHAT: Annual Kindergarten Round-Up and Preschool Registration for Columbine, Gateway, Summit Elementary schools

WHEN: Tuesday, April 14 from 4:30 – 6:30 p.m.

WHERE: at each elementary school

- ➔ Register your child in the school s/he will attend in the fall according to the boundaries for each school.
- ➔ Children who will be five years of age on or before Oct. 1 are eligible to enter kindergarten in the fall.
- ➔ Please bring your child's birth certificate, immunization records, social security number, and emergency contact information to the school for Round-Up.
- ➔ School staff members will be available to meet parents and answer questions.

We are urging parents to bring their prospective kindergarten child to Round-Up, no childcare will be available for younger siblings.

If you need more information or have questions regarding boundaries, please call: Columbine at 686-2300, Gateway at 686-2051, or Summit at 686-2401.

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The Psychic Corner

Are you "Intuitive" or "Psychic" and is there a difference?

by Claudia Brownlie

The words "psychic" and "intuitive" are often used synonymously. To me, they are not the same thing, so let me explain the subtle, but important distinctions between the two.

I believe we are all born intuitive. With few exceptions, we are all sensitive and receptive to information and perhaps visions coming to us from beyond our everyday three-dimensional world. Most people have moments of awareness of this, while others seem to be oblivious to this wonderful "tool" within them. A handful of us are lead to investigate the inherent power of intuition, and to develop and fine-tune it, like myself.

Psychic work is anything that involves sensitivity to non-physical or supernatural nature. In psychic work, extra-sensory (beyond the senses) methods are used to gain insight to people, events or situations that would otherwise not be available to the normal range of senses: sight, taste, hearing, touch, smell.

As a psychic I must decipher the information I receive that surrounds my client. In order to convey the images, feelings, sounds, etc. I perceive while doing a client's reading, I must bring it forth, translate it if you will, in a way that will make sense to them. I read my client's energy field (aura) which contains their thoughts, feelings, concerns, wishes, fears, etc. Thus, true psychic work involves both extra-sensory and sensory organs.

On the flip side, one's intuition tends to come through as a flash of insight that usually makes sense to the person. Some call it a "hunch." The flash is like a "hit" and zips into the mind in a millisecond. It can be a hit like an idea, a feeling of "yes, it's OK," or advantageous, to proceed with the project" (or whatever else you may be contemplating to do), or a feeling of apprehension, fear, the "don't do it!" feeling, etc. Hopefully we heed the intuitive feeling and act on it accordingly. Think of your wonderful intuition as a back-up system. Have you ever thought, "Damn! I should have listened to myself!" Well, I believe all of us, at one time or another, have looked back and realized we'd gotten a valuable intuitive hunch but discredited it. The saying that fits here is "Hindsight is golden!"

Think of your intuition as a spiritual safety net that grows clearer and is more easily heeded the more it is honored and followed. It's an innate, inner "tool" that urges us to creatively manifest our most fulfilling and meaningful life, goals, dreams, and all that is good and beautiful. If you feel that your intuitive "power" is languishing or you'd like to take it to a higher level, try this: Offer words of gratitude after every intuitive insight you receive; this will assist your subconscious mind to become more open and receptive. Think of your intuition as a muscle — the more you flex it and practice being mindful of it, the more obvious and stronger it will grow.

Also, an ethical psychic must be in control of turning on or off their psychic senses. I tell my clients that "Claudia basically steps aside and acts as a conduit, allowing the information to come forth for your reading." A true psychic advisor must have the ability

to connect to a person or issue at hand and quiet their own senses so as not to muddy what wants to come through for the client. Depending upon the psychic's specific gifts, in one way or another they're open and very receptive to visions, impressions, and feelings, and perhaps even dialogues with a deceased person. All of this comes through in much the same way as things transpire in everyday situations.

I believe we are all born intuitive. With few exceptions, we are all sensitive and receptive to information and perhaps visions coming to us from beyond our everyday three-dimensional world.

How can you develop your intuition?

As I've shared, intuition is your own voice of higher consciousness, your own divine spirit talking to you and it's not coming from your logical mind. Albert Einstein said, "The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will; the solution comes to you and you don't know how or why. The truly valuable thing is the intuition."

So, let me offer some key factors to help you hone your intuitive abilities to assist you in making better decisions for your life.

Listen to your inner voice

Intuition is usually very accurate information coming from your spirit. The messages can come to you via actual words, seeing a clear image (vision) of some sort, or often just a strong, deep inner knowing. As I shared, an intuitive "hit" may communicate with you in the form of: a hunch; a feeling of one sort or another; a clear insight, what we call an "Aha!" moment; or maybe a distinct bodily sensation. When you fail to follow your hunches and gut feelings, talk to your intuition. Tell it that it did a fine job of providing useful information. If you ignored what was coming through, then say to yourself, "Yes, it would have been wiser for me to follow through with the intuitive course of action I was sensing, but this time I didn't." Then, let your intuition know that you still want the input and you'll work towards being more open and receptive to it. Be thankful that you are aware of it.

Embrace your intuition

Intuition is not something outside of yourself — it is your own higher perspective. It has infinite capacity to search for, and find, creative solutions for your challenges and your life. Allow yourself to invite more of your intuition into your life (remember...be consciously thankful for it). By embracing your intuition, you set the energy to bring

more positive outcomes into your life.

Follow your intuitive hunches

This might be a bit uncomfortable at first, so start out small. Develop your intuitive muscles like this: When you get an intuitive idea, decide to take action. It doesn't have to be a huge life-changing action; take one small, comfortable step in the direction of your intuitive guidance. You want to learn to create a bond of trust between your logical self and your intuitive self. With practice, as times goes by you'll find yourself being more aware and receptive to your intuition.

A simple example of how to do this could be: While driving your car, you might get the feeling you should immediately change lanes; if so, then heed the hunch and get into that other lane (as long as it's traffic-safe to do so). On a grander scale, let's say you're contemplating whether or not to accept a new job offer, but every time you wrestle with the "should I or shouldn't I" thoughts, maybe a nagging feeling of "don't do it!" keeps coming over you. Thus, don't accept the offer. In cases such as this, where more hinges on the ultimate outcome, trust that your intuition is correct and heed what it is so strongly trying to tell you. Practice and learn to listen to whatever impressions your intuition sends you, as your goal is to create a bond of trust between your logical self and your intuitive self.

Ask Intuition Based Questions

An effective way to develop stronger intuition for greater clarity and insight is by asking questions that will lead you toward positive solutions. When you feel you are tuned-in to your intuitive self, ask clearly formed questions that allow clear answers. For example, you might ask, "What should I do concerning the difficulty I'm having communicating with my friend/spouse/child?" Or this: "What is the next step I could take that would bring me new insight and direction to find a profession that will fill me with purpose and passion?"

In conclusion, intuition is infinitely inventive and can bring insight you hadn't considered. Intuition can lead you to new paths and possibilities and likely will come from a variety of sources including hunches, feelings, words, coincidences, or even physical sensations. Don't try to control the "how's"; be open to however you perceive or sense the intuitive information. Know that it truly is your higher perspective and guidance.

*See you next month!
With love, light & blessings*

Claudia Brownlie is a Woodland Park, Colorado-based Professional Psychic Intuitive Consultant and certified Life Coach, serving clients locally and world-wide. In-person, telephone, and Skype video chat appointments are available. Claudia also provides classes and lectures, and offers psychic reading services tailored for corporate events and private parties. For more information please call her international office number: (505) 819-3309. Or visit her website: ClaudiaBrownlie.com.

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Easter Service
Community Fellowship of Christians

† **HOLY THURSDAY, APRIL 2**
Maundy Service..... 6:00 pm

† **EASTER SUNDAY, APRIL 5**
Sunrise Service 7:00 am
Breakfast..... 9:15 am
Sunday Bible Study following breakfast
Easter morning Worship Service..... 10:30 am
Celebrating the Resurrection

Community Fellowship of Christians
39633 Hwy. 24 • Lake George

Time to schedule your spraying

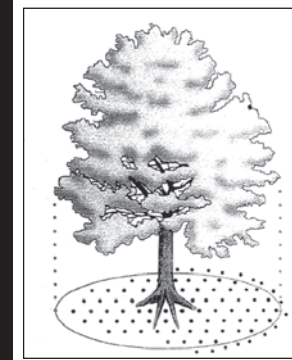
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- Mountain Pine Beetle
- Spruce / Fir Beetle
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Organic vs. Non-GMO, Non-GMO project verified

by Carol Grieve



Perhaps you have noticed that there are many more products on the market today that contain the label “Non-GMO” or “Non-GMO Project Verified”. While this may seem exciting to see and is certainly a sign of our times, it is important to understand just what exactly those labels mean.

The “Non-GMO Project Verified” label means that a product doesn’t contain genetically modified (GMO) ingredients (or technically less than 0.9% GMOs). This is good but there is more to the story. Even though a product may not contain GMOs, it still can contain other ingredients that you many not want to consume. This certification does not tell the whole story on what is in the product, how it was produced or even where it came from.

When a product simply says “Non-GMO” please understand that we have no way of knowing whether this is true. The “non-GMO” label claim is unregulated. Essentially anyone can say that their product is non-GMO, because the FDA has not set any standards to regulate the use of this claim on a label. Keep in mind, this is not to be confused with the “Non-GMO Project Verified” label, as they have a process for verifying whether products are non-GMO, and I feel that their label can be trusted for the most part.

On the other hand, we have the label, “Certified Organic.” Given a choice between the two labels, I will always choose organic. The “Certified Organic” label also means that it is also non-GMO. USDA certified organic regulations prohibit any genetically modified (GMO) ingredients. This label means that 95-100 percent of the ingredients are organic. Please note that there is a small chance that up to 5 percent of non-organic ingredients can go into the product. Also keep in mind, there are some loop holes that you need to be aware of — this is why I recommend you look for 100 percent Certified Organic or a “Non-GMO Project Verified” label. The best is if a product has both!

Organic crops cannot be grown with synthetic pesticides, and contain much lower pesticide residues overall. Organic regulations prohibit certain toxic pesticides from being used on crops, but there are no special restrictions for non-GMO crops. So, non-GMO crops can be grown the same as other conventional crops and can still be laden with toxic pesticide residue.

The most widely-used herbicide on the planet, Glyphosate (Roundup), is prohibited on organic crops. Non-GMO crops such as wheat can be pre-harvested with glyphosate. This herbicide is a toxin that can accumulate in your body the more you are exposed to it. It has been linked to kidney disease, breast cancer, and some birth defects. According to Dr. Stephanie Seneff, a senior research scientist at MIT, glyphosate is largely responsible for the escalating incidence of autoimmune and other neurological disorders that we are experiencing. There are many non-GMO products on the market that contain wheat and seem healthy — but they could be laced with glyphosate.

Organic ingredients aren’t processed with toxic hexane. Most conventional oils (canola, soybean, corn) are extracted with the neurotoxin hexane and some residue has been shown to remain in these oils. Hexane is also used in the processing of many soy ingredients like soy protein and textured vegetable protein. The Cornucopia Institute[®] has found residues in some of these ingredients. My question is why isn’t anyone studying how “safe” it is to have this neurotoxin in our food? Industrial exposure has been linked to brain tumors and nerve damage. The FDA does not set a maximum residue level for hexane, and no one knows for sure how much residue is being consumed by the American public. There’s nothing prohibiting these ingredients in non-GMO products, but hexane-processed ingredients are banned from products with the USDA Organic Seal.

Organic meat isn’t produced with growth-promoting drugs, like ractopamine. Packaged non-GMO foods may contain meat that has been raised on growth-promoting steroids and drugs. What is Ractopamine? Ractopamine is a beta agonist drug that increases protein synthesis, thereby making the animal more muscular. This reduces the fat content of the meat and increases the profit

per animal. The drug, which is also used in asthma medication, was initially recruited for use in livestock when researchers discovered that it made mice more muscular. This is disconcerting when you consider that the drug label warns: “Not for use in humans,” and “individuals with cardiovascular disease should exercise special caution to avoid exposure.”

Ractopamine is banned from food production in at least 160 countries around the world, including countries across Europe, Russia, mainland China and Republic of China (Taiwan), due to its suspected health effects. Since 1998, more than 1,700 people have reportedly been “poisoned” from eating pigs fed the drug. If imported meat is found to contain traces of the drug, it is turned away, while fines and imprisonment result for its use in banned countries.

Organic animals aren’t fattened up with growth-promoting antibiotics. The overuse of growth-promoting antibiotics is creating superbugs that could threaten the entire human population. Antibiotics have been used for years, not just to fight infection, but to fatten up farm animals. This use is polluting our environment, water, and food supply.

Organic crops are prohibited from being fertilized with sewage sludge. Conventional non-GMO crops can be treated with biosolids which is literally the treated waste that’s flushed down the toilet, and waste from hospitals and industry. This waste can be contaminated with such things as heavy metals, endocrine disruptors, pathogens, pharmaceuticals, pesticides, and dioxins — it’s basically a toxic chemical soup! It has been shown that some of these contaminants are absorbed into (or remain as residue on) the crops that we eat. These residues have proven deadly to cattle that have grazed on crops fertilized with biosolids, and it certainly isn’t something we should be eating.

This is not to say that the organic label is perfect. There are definitely some pitfalls that you need to be aware of, like hidden MSG. Although MSG is prohibited in organic food, they can use other forms of glutamic acid such as Yeast Extract, Autolyzed Yeast Extract, Hydrolyzed Soy Protein, and Textured Proteins. These are excitotoxins which can greatly influence how much you eat and can have a negative effect on your brain. For more information on excitotoxins, I recommend Dr. Russell Blaylock’s book, “Excitotoxins, The Taste that Kills.”

Another issue with organics is that they allow Carrageenan. According to research conducted by The Cornucopia Institute[®], animal studies show that “food-grade carrageenan causes gastrointestinal inflammation and higher rates of intestinal lesions, ulcerations, and even malignant tumors”. Food grade “undegraded” carrageenan is contaminated with “degraded” carrageenan (the kind that’s not considered “food grade”). The World Health Organization’s International Agency for Research on Cancer, and the National Research Council of the United States have both determined that carrageenan is a carcinogen.

The use of the words “Natural Flavors” is also of concern. These are not so “natural”, as they are created in a lab, may contain addicting chemicals and up to 100 secret ingredients[®].

Given all this information, I still believe buying organic is the first choice! Again, it is not perfect but I think it is the best we have for now.

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

¹<http://naturalsociety.com/dr-stephanie-senneff-mit-scientist-explains-synergistic-effect-aluminum-glyphosate-poisoning-cause-skyrocketing-autism/>
²http://www.cornucopia.org/hexane-guides/nvo_hexane_report.pdf
³<http://www.cornucopia.org/wp-content/uploads/2013/02/Carrageenan-Report1.pdf>
⁴<http://www.cnn.com/2015/01/14/health/feat-natural-flavors-explained/>

Carol is offering classes at Mountain Naturals in Woodland Park on Saturdays from 3 p.m. to 4 p.m. Pre-register in person at Mountain Naturals or email carol@foodintegritynow.org

April classes

4 “Fats Do Not Make You Fat – Fueling your Brain and Creating Mental Clarity”
11 “Juices, Smoothies, and Nut Milks on the Go – You Don’t need a Juicer”
Date TBA for the class on “GMOs, Glyphosate & the Leaky Gut Connection” will be repeated every 4 weeks.

Habitat for Humanity

by Flip Boettcher

photo by Mary Curtis

Since last fall Guffey resident Bill Betz’s goal has been to get Habitat for Humanity (HFH) into Park County. Betz’s persistent efforts are finally starting to pay off, he stated. Last September, Betz emailed the Guffey community over Guffey Shares (the community’s email grapevine) stating he wanted to help folks in our community with housing.

HFH is a non-profit organization which helps low income people build new housing, and remodel or repair existing dwellings. HFH can even help with fence maintenance, added Betz. HFH also helps veterans looking for these programs.

In doing research, Betz found that HFH affiliates in Woodland Park and Canon City did not have Park County in their areas and he was put in touch with Jody Berger, administrative coordinator with HFH International.

Park County cannot have an HFH organization of its own because its population is too low, but Berger stated that Park County could become an affiliate of either Woodland Park or Canon City.

Betz has been in contact with Jenny Vincent, Canon City HFH (HFHCC) director. In a September community email, Betz said that Vincent had already been talking to her board about helping outlying communities such as Guffey and invited Betz to speak to their board of directors.

The HFHC board of directors accepted Park County as an HFH affiliate in late September, 2014. Each affiliated organization supports each other in improving their communities, stated Betz.

Betz is currently one of seven board members of the HFHCC.

The HFHCC was started in the 1990’s, said Betz and they have built several houses in Fremont County, with three bedrooms usually being the minimum size.

HFH is supported by volunteers, donations, fundraisers and donated or lower cost building materials, stated Betz. Lowe’s and Home Depot both donate or give materials at lower cost. Betz added that Home Depot has \$80 million to support veterans and he hopes to get some of those funds.

Another way to get donations for HFH is to sign up with the MarGas propane company in Canon City. MarGas will donate a portion of its sales to HFHCC from Canon City residents who sign up.

Other programs which Betz is trying to get HFHCC signed up with include: City Market’s Shares Program, Go Fund Me Program, and the Colorado Give Days in December for non-profits.

New technology for health

In an effort to provide the best care possible for the community, Dr. Bill Koppari of Life Source Chiropractic recently introduced the Insight Subluxation Station the newest technology available for the chiropractic profession into their family wellness membership practice in Woodland Park, CO.

This technology is used to assist in the detection of subluxations by measuring physiological activity. Subluxation is the term used to describe an abnormal position/ movement of the spinal vertebrae which disturbs communication within the central nervous system, causing decreased human potential and function. The Subluxation Station features two different, painless and non-invasive tests that help characterize this abnormal activity surrounding the spine.

“Often times, subluxations do not create pain or discomfort until they have progressed to an advanced stage,” says Dr. Bill. “The Subluxation Station helps me to accurately identify these problems before they become symptomatic.” As a result, your chiropractor can prepare a specific care program based on each patient’s test results.

Dr. Koppari received extensive hands-on training at a recent four-day chiropractic program and was one of the first classes to complete training in this technology. “At the program, I was provided with scientific research that proves having a subluxation-free spine and nervous system is an essential component of optimum health. Our vision and mission is to serve this community by promoting spinal health and wellness,” maintains Dr. Koppari.

Anyone wishing to receive a computerized spinal screening can contact Life Source Chiropractic at 719-686-5599 to arrange for an appointment or request more information about chiropractic and the technology.

HFHCC has its ReSTORE located on South 8th Street in Canon City, according to Betz. Building supplies and materials are donated to the store and HFH sells them. Betz stated he had gotten several good buys at the ReSTORE. In the last two months the store has sold \$10,000 worth of donated items for its building fund, Betz added.

A favorite fundraiser for the building fund is the sale of the two Vermont Teddy Bears made special for HFH. One is a large construction-type worker bear with a hard hat and a lunch box. The other bear is a smaller, cuddly bear with “hug me” and a heart t-shirt. The bears are available at the ReSTORE or one can also get an order form at the ReSTORE. The bears are shipped directly by the Vermont Teddy Bear Company.

As a HFHCC affiliate, everyone in Park County is eligible: Bailey, Grant, Jefferson, Como, Fairplay, Hartsel, Guffey and Lake George. What Betz really needs is these Park County towns to form small groups and make contacts with lower income people who need housing in their local areas and pass that information on to HFHCC.

Someone who needs help with housing has to fill out a request to HFH and qualify. There could be several requests at one time said Betz, but the board looks at them all and decides on a point system who will have a house built for them.



Bill Betz with the two Habitat for Humanity Vermont Teddy Bears at the holiday craft bazaar last holiday season at the Bull Moose Restaurant and Bar.

The applicant needs to provide the property on which the house is to be built. The applicant will have an interest free, lower cost mortgage to pay and the property will have a first and second mortgage on it held by HFH.

Betz stated that it would be great if more people from Park County went to the Canon City meetings. There also need to be people to volunteer to help do paper work and build

homes, remodel and repair existing dwellings in Fremont and Park Counties. This will benefit both counties stressed Betz, not just one or the other. People can also donate property, lots and parcels to HFH, he added.

In the end said Betz, it’s all about people helping people which makes you feel better. For more information call Betz at: 719-689-2153 or email him: hessbetz@msn.com.

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Woodmen & Rangewood. 268-9988

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Pearls of Wisdom

by Shari Billger

Easter, the most important and oldest festival of the Christian Church, celebrating the resurrection of Jesus Christ and held (in the Western Church) between March 21 and April 25, on the first Sunday after the first full moon following the northern spring equinox. In honor of the resurrection of Jesus, may my poem give you comfort, solace, hope, trust, peace and grace.

Sacred Tear Drops

Silent footfalls upon nature's carpet.

He steals through the night to his sacred place.

The smoke rises in prayer for those

who are in need today and everyday.

His friends gather round the fire,

friends that only he can see.

A gift from God, that sight to see,

granted to one whose mission was clear.

Through unconditional love, faith, hope and charity,

all will gain passage into the higher realms.

Eons of development are the face he wears –

eons spent with God.

Diligently he prays, day and night, for you and me.

His gifts are many, his faults are few.

My heart sings a sacred melody

each time I say his name –

Joshua, Yeshua, Jesus the Christ, Our beloved one!

Wishing Well

by Charlotte Burrous

photos by Charlotte Burrous

She's been collecting jewelry for most of her life. It's no wonder Twila Jackson turned her hobby into a career.

Recently, she opened Wishing Well Fine Jewelry & Collectibles at 115 E. Main St. in Florence, where she offers a variety of jewelry, gifts and collectibles.

"I feature local artists," she said. "They have some beautiful things in here, (which) are on consignment."

When they moved to Pueblo West from southwest Colorado, she and her husband, Neal Jackson, looked around the area and discovered Florence, with which they fell in love.

"My husband and I leased (another store)," she said. "We saw this place come open and we moved over here in January. I always wanted to own a jewelry store."

But she also has a partner named Barbara McWain, who helps with rent. In return, Jackson sells the collectibles for her.

Opening a jewelry store became feasible while living in the Cortez area when her husband bought out a Navajo trader.

"I had a fascination for Indian jewelry



Twila Jackson displays samples of jewelry in her store in Florence.



Collectibles line a shelf in Wishing Well Fine Jewelry & Collectibles at 115 E. Main St. in Florence.

from the time I was a little girl," she said. "We grew up on the prairies of Colorado. My dad would take us out and we would find arrowheads, broken pottery shards, and various things like that. It just kind of working on my imagination and I read a lot of Zane Grey (books) in those days as a kid. He wakes up the imagination, especially for kids."

Along the way, she saved her money to purchase jewelry whenever she could.

"It just got so big, I started calling it a collection because it went on for years," Jackson said. "Then I got my first sparkly and I like those too. My husband helped me out with sparklies. A lot of it is for sale."

Wishing Well Fine Jewelry & Collectibles is located at 115 E. Main St., Ste. 1 in Florence and is open from 11 a.m. to 5 p.m. Tuesday through Saturday for the winter and from 9 a.m. to 6 p.m. seven days a week for the summer. The telephone number is 719-766-1501.

Ute Pass Chamber Players seek beneficiary

The Ute Pass Chamber Players invite local nonprofit organizations to apply to be the beneficiary of the Annual Benefit Concert, which will be performed on September 27, 2015.

To be eligible, organizations are asked to submit a 400-word narrative to include the organization's mission, the essential community needs met by the organization, and for what purpose the concert proceeds will be used. Please also list a point of contact.

The narrative is due by April 24, 2015, and should be sent to the UPCP Board at youngip@q.com. Recently streamlined benefit concert guidelines are also available at that address, or by calling 719-686-1798 for more information. The selection of the beneficiary will be announced at the May 31, 2015 Ute Pass Chamber Players season finale concert.

~OUT AND ABOUT~

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

BUENA VISTA

7 Comprehensive Plan. Public meetings, open houses and surveys about the future. Learn how you can let city planners know your vision of the future of BV. Your opinions matter. For more information call 719-395-8643 or email bvaaa@buenvistaco.gov

11 The 9HealthFair returns to Buena Vista High School from 7 a.m. to 11 a.m. Register in advance online at www.9HealthFair.org or on the day of the fair at the BV school.

19 The Alpine Orchestra presents "Out of This World!" The 45-piece community orchestra, conducted by Beth Steele, will perform a concert consisting of "other-worldly" tunes, composed by John Williams, Gustav Holst, and others, depicting deep space, magic, and fantasy that will musically transport you to worlds beyond our own. In Buena Vista, at Clear View Community Church, 457 Rodeo Road, at 3 p.m. All concerts are free and family friendly. *Donations are accepted to defray expenses.

CASCADE

Save the Date: Tickets available for the 2015 Marigreen Pines Tour on July 11 & 12, 2015. Call 719-686-7512.

CANON CITY

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

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

COALDALE

26 The new Wolfs Head Lodge owned by Lila and John, formerly of Rise and Shine Bakery, invites everyone to their open house on Sunday, April 26, from 3 p.m. to 5 p.m. at 66 Wolfs Head Drive in Coal Dale. Call 719-207-3790 for directions and come enjoy a chance to win one of Lila's fruit pies; a short, 10-minute class every half hour on making pizzelles, cooking pastry cream, tying a fly and gong meditation. Free appetizers and beverages. See www.Wolfsheadlodge.com

COLORADO SPRINGS

13 Pikes Peak Posse of the Westerners invites you to attend "The Cash Creek Miners and the Lake County War" by Gayle Gresham at 6 p.m. Gayle Gresham presents the history of the "Cash Creek" (Cache Creek)

mining camp near Granite and the miners' connections to the Lake County War that culminated in the lynching of Judge Elias Dyer in 1875. Gayle Gresham is a writer, researcher and historian. Her great-great-grandfather was one of the "Cash Creek" miners. The program is held at Colorado Springs Masonic Hall, 1130 Panorama Dr, Colorado Springs, Colorado. Additional information: Program format is in a casual, catered dinner setting at a cost of \$17. Reservations are suggested by Friday prior, 10 a.m. Guests are welcome! Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history. For more information call 719-473-0330 (Ask for Bob DeWitt) or email: posse@dewittenterprises.com

14 Fund Raising Event for Evergreen Cemetery Benevolent Society from 5 p.m. to 9 p.m. at Bristol Brewing Company, 1604 S. Cascade Avenue. Free event is open to the public. Bristol Brewery will donate \$1 to Evergreen Cemetery Benevolent Society to help support their mission to preserve and protect the heritage of Evergreen Cemetery in Colorado Springs.

CRIPPLE CREEK

6, 13, 20, 27 Chat with friends over a cup of coffee, or network with businesspeople at the CC&V Coffee Club every Monday, at 10 a.m. at the CC&V Gold Mining Company Visitor Center, 371 E. Bennett Avenue, in Cripple Creek. Free Wi-Fi will be provided as you sit and visit with others and get the latest community news, or mining information. Refreshment donations will be given to the Aspen Mine Center. Contact the CC&V Visitor Center at 719-689-2341 for more information.

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

29 Community Job Fair, Aspen Mine Center, 166 east Bennett Ave Cripple Creek, Wednesday April 29th 11 a.m. to 3 p.m. See more on this page.

DIVIDE

11 Local Geology: We have some of the most amazing geology on the planet and many features are found almost nowhere else. Discover it all by joining former U of MD Earth Sciences instructor Paul Combs for the 5th iteration of the "Geology of Teller County" course. This updated version of the course includes a 2014 discovery by Colorado College. Classes meet on five Saturday mornings in the Mueller State Park Visitors' Center auditorium from 9 a.m. to noon, April 11 to May 9, plus a field trip on May 16. Minimal walking; handicapped OKAY. No tests, just fun and information. Learn about our gold & silver, gems,

fossils, faults, volcanoes, glaciers, and why we don't look like Kansas. Learn where to dig for your own treasures. Good info for science teachers, students and rock hounds. Cost: \$80 covers course fees and park admission. Call: 719-686-0488 for info & registration. DO NOT call Mueller State Park.

13 & 27 Divide Little Chapel on the Hill Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com.

19 Russ' Place. 420 Party on the Patio. Food & drink specials, door prizes. 719-687-5599.

FLORENCE

Ongoing. John C. Fremont Library – There is LOTS to do in April, see page 13.

11 & 12 March in Tyme Steampunk & Wine in downtown Florence from 9 a.m. to 5 p.m. See page 8 for more information.

FLORISSANT

2, 9, 16, 23, 30 Open mic night at the Thunderbird Inn. Starts at 7 p.m. Call 719-748-3968 for more info.

FLORISSANT FOSSIL BEDS

Florissant Fossil Beds National Monument is open 8 a.m. to 6 p.m. daily. The entrance fee for the park is \$3.00 per adult (16 years or older) or free with one of the many federal land passes. For more information please call the Monument at 719-748-3253 ext. 122 or 202 or visit our website at www.nps.gov/fflo.

FOUR MILE PET

VACCINATION CLINIC
28 Four Mile Emergency Services offering pet vaccinations from 9 a.m. to 1 p.m. on Teller County Road 11, Call Lynne 719-294-7108 or email FourMiles@gmail.com for more information.

FLORISSANT GRANGE

2, 9, 16, 23, 30 Jam Night - Every Thursday all year the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck.

7, 14, 21, 28 Yoga Classes: Tuesdays at 9 a.m. for all ages and 10:30 a.m. Yoga for Seniors. Thursdays Yoga for all ages at 9 a.m. Donations accepted, everyone welcome. Call Debbie for more info: 719-748-3678.

10 High Altitude Gardening part II, from 6 p.m. to 9 p.m. Don't miss the second class. If you missed the first, there will be a short overview and we have handouts. For more information call 719-748-5004.

18 April means the 7th Annual Chili Cook-off and Entertainment Event, from noon to 3 p.m. Chili Lovers, this is for you. Join us and have a bowl of chili, corn bread, cole slaw and a drink, all for a suggested donation of \$7. Chili cooks enter your chili for just \$10 which goes toward the winners prizes: \$100 for 1st Place, \$75 for second, \$50 for 3rd and \$25 for people's choice. Pie Bakers, donate a pie for our Pie Silent Auction and have fun watching your pie bring in great donations for the Florissant Grange. If you are interested in judging the chili entries or need more information call 719-748-5004.

Save the date, May 29. Tickets are \$25 and on sale for the Chuck Pyle Dinner Concert at the Florissant Grange. Call 719-748-5004 to reserve your seat and purchase a ticket.

FLORISSANT LIBRARY

3 Free Legal Clinic from 2 p.m. to 5 p.m. at the Florissant Library, by computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Please pre-register by calling 719-748-3939 for Florissant.

18 Adult Writers Group meets first and third Saturday of each month, meeting at the Florissant Library at 10 a.m. see page 15. Contact Sandi Sumner 719-748-8012 or Sumner-Sandi25@yahoo.com

PIKES PEAK

HISTORICAL SOCIETY
12 Old World Graffiti Along Arkansas
continued on page 31

First Annual Mule Deer Conservation event a sellout

by Rose Long

The newly formed Woodland Park Chapter of the Mule Deer Foundation (MDF) held its First Annual Fundraising Banquet on March 14th at the Shining Mountain Golf Course in Woodland Park. The sold out event included a trophy display, vendors, raffles and games, and live and silent auctions. Colorado Parks and Wildlife District Wildlife Manager, Tim Kroening, gave a presentation on mule deer in Teller County and explained the threats locally to the species. Chapter Chairman, Rose Long said "The event was a huge success and the feedback we received from attendees was overwhelmingly great. We are looking forward to our chapter expanding and continuing to grow."

The Woodland Park Chapter of the Mule Deer Foundation is a local group of volunteers that are working to raise money that will be spent locally to provide and conserve habitat for mule deer and other wildlife species throughout Teller, Park, and northwest Douglas Counties. Mule deer are the only big game species in North America that are on the decline. The decline to mule deer has been identified by wildlife agencies as highway mortality, habitat loss



Chapter Co-Chairman Larry Long accepting donation check for \$1000 from CBA Chairman Mike Yeary



Banquet Attendees

from wildfire, disease, overgrazing, winter die-off, over predation and competition with elk and whitetail deer.

The Woodland Park Chapter is working to minimize the threats to this species through fundraising and local projects. Mike Yeary, Chairman of the Colorado Bowhunters Association (CBA), presented a check on behalf of the CBA for \$1000 to the Chapter at the March 14th event. The CBA also became a Conservation Partner and will continue to support the chapter and the mission of the MDF. The monies raised at the March 14th event are already being put to work to improve habitat locally. On May 22nd and 23rd, the Woodland Park Chapter with work with the Colorado State Forest Service, and Colorado Parks and Wildlife to clear then pile slash on James Mark Jones State Wildlife Area near Fairplay. Additionally, the group will be purchasing a log arch and donating it to Colorado Parks and Wildlife for use in managing habitat.

The MDF is one of the most efficient, highest ranked non-profit organizations in America, making sure the largest percentage possible of net revenue goes toward on-the-ground projects and mission accomplishment. Our growth and success comes from new members and donors who want to make a difference. Learn more at <http://www.muledeer.org/>



CPW DWM Tim Kroening

Gold Bar Theater revival

by Sonja Oliver

On Saturday, April 18 at 7 p.m., the public is invited to a special musical event at the historic Gold Bar Theater featuring entertainers from throughout the area. The Gold Bar Theater is located at 123 North Third St. inside the Imperial Hotel and Restaurant.

The Gold Bar Theater is fondly remembered for the melodrama plays produced by Wayne and Dorothy Mackin which brought so many visitors to Cripple Creek and gave numerous actors their first break.

With its new direction, the theater will play host to a variety of entertainment styles such as Americana, Folk and Western Music, Cowboy Poetry, Puppetry, Magic, Ventriloquism, Cabaret, Dance, Skits. They intend to encourage the creativity of budding as well as established artists who share their talents and fulfill audience expectations of a town reminiscent of Colorado's historic past.

Soon, the theater will be open for Open Mic Nights, Local Talent Nights, and then, beginning this summer, special guests. Musicians and entertainers of all varieties are invited to call Gold Bar Theater manager,

Sonja Oliver, at 719-748-1399, for inquiries regarding possible performances.

With the revival of the theater, business owners and entrepreneurs, Gary and Wini Ledford, have again increased their stakes in Cripple Creek. Their approach to excellence has brought to the city restoration of the Imperial Hotel, transformation of the High School into Carr Manor, a Bed and Breakfast, the Midland Depot Restaurant and, most recently, the Monte Carlo Emporium.

The Emporium opened during the Cripple Creek Ice Festival and is a multi-faceted retail business with an emphasis on select art, antiques, home decor and unique gift items. The Ledford's are currently placing the final touches to additional venues within the Emporium to include an old-fashioned soda fountain, ice cream parlor, espresso cafe and Bobbi B's hamburger cafe.

For information regarding the Gold Bar Theater, Imperial Hotel, Midland Depot Restaurant and Monte Carlo Emporium call 719-689-2561 or go to <http://imperialhotelrestaurant.com/>

April 13 - 26, 2015

NAPAGold Filters On Sale

There's never been a better time to get with the Program! Our NAPA Filters Program keeps you running and saves you money at every turn. Complete filter coverage. Reliable delivery. And a preventative maintenance survey.


Get up to speed with this exceptional program, now during our NAPAGold Filter Sale. When you see how much mileage it will deliver all year long, you'll be glad you got on-board. What more could you want?

10th Anniversary Open House

Please Join Us for Our Open House and Lunch on **Friday, April 17, 2015**

WOODLAND PARK AUTO PARTS, INC. • 719-686-0938
300 S. LAUREL (NEXT TO PIZZA HUT) WOODLAND PARK

Spend \$25 or more, Get 20% Off Your Purchase!
 Does not apply to sale items.



Free to the Public

Food Education Classes

Class Instructor: Carol Grievé, Food Educator, Health and Wellness Coach

Sat., March 21: GMOs, Glyphosate (RoundUp) and the Leaky Gut Connection

Sat., March 28: The Economics of Eating Organic-Baby Steps Can Work!

Sat., April 4: Fats Do Not Make You Fat-Fueling Your Brain and Creating Mental Clarity


Sat., April 11: Juices, Smoothies and Nut Milks on the GO-You Don't need a Juicer!

All Classes are on Saturdays from 3:00pm to 4:00pm at
Mountain Naturals
 790 Red Feather Lane
 Woodland Park, CO


www.foodintegritynow.org


Sign Up for Classes at Mountain Naturals or email carol@foodintegritynow.org

Classes Sponsored by:
Mountain Naturals





Space is Limited!





Join the TAKE 'N' BAKE Revolution™

FREE

Thick 'N' Cheesy Homemade Bread

With the purchase of any Large Gourmet Delite® Pizza and a 2-Liter Soft Drink at regular menu price.

Papa Murphy's.

Limited time offer. Limit 3. Not valid with other offers. Valid only at participating locations. Coupons cannot be sold, transferred or duplicated. Expires 4/30/15

\$12

Family Size \$2 more

Create Your Own Pizza

Create your own Pizza on our Original Crust, up to 5 Classic toppings. Additional charge for Gourmet toppings.

Papa Murphy's.

Limited time offer. Limit 3. Not valid with other offers. Valid only at participating locations. Coupons cannot be sold, transferred or duplicated. Expires 4/30/15

PUEBLO/HWY 50 • 1617 Hwy 50 W, next to Albertsons • 719-595-0444 • Store #06058

COLO SPRINGS/S ACADEMY • 2460 S Academy Blvd, Academy & Astrozon • 719-392-7222 • Store #06045

PUEBLO/S PRAIRIE • 840 S Prairie Ave, next to Fairgrounds • 719-561-3999 • Store #06047

COLO SPRINGS/N CIRCLE • 1203 N Circle Dr, next to Safeway • 719-637-9777 • Store #06058

COLO SPRINGS/N POWERS • 2888 N Powers Blvd, next to Safeway • 719-597-7222 • Store #06022

COLO SPRINGS/DUBLIN • 1708 Dublin Blvd, Dublin & Academy • 719-598-8383 • Store #06006

WOODLAND PARK • 300 U.S. 24, Main Street U.S. 24 • 719-686-9776 • Store #06073



Protecting pets from coyotes

by Michael Seraphin



Colorado Parks and Wildlife warns that coyotes are wild predators that should be treated with caution.

Colorado Parks and Wildlife reminds people to take precautions to protect pets from wildlife. Recently, coyotes attacked two small dogs. In one case, the dog died. The other dog survived, but its owner incurred several hundred dollars in vet bills.

Colorado Parks and Wildlife warns that coyotes are wild predators that should be treated with caution, but there are measures people can take to decrease the odds of an attack.

The coyote (*Canis latrans*) is a member of the dog family. It resembles a small German shepherd with the exception of the long snout and bushy, black-tipped tail. Coyotes are extremely adaptable and resourceful, and can survive on whatever food is available. They prey on rabbits, mice, birds and other small animals, as well as deer and occasionally bighorn sheep.

In urban areas, coyotes are known to attack small cats and dogs, particularly pets allowed to roam free or left out overnight. A typical coyote weighs between 20 and 50 pounds, and can easily outmatch a smaller pet.

"Coyotes are adaptable predators found in most open habitats, including city neighborhoods, open space, parks and trails," said District Wildlife Manager, Aaron Flohrs. "They are tolerant of human activities, and adapt and adjust rapidly to changes in their environment."

People with pets should keep them on a leash when walking. While at home, do not allow pets to roam freely. Even pets in enclosed yards run the risk of predation. People should feed their pets inside in an effort to keep pet food from attracting coyotes and other wildlife.

Remind children not to approach or feed any wildlife. While attacks on humans are extremely rare, people should still take precautions.

you see them near your home.

- Cleanup food attractants such as dog food, garbage and spilled seed beneath birdfeeders.
- Use yard lights with motion detectors; appearance of the sudden light may frighten coyotes away.

Protecting Pets and Children

- Keep pets in fenced areas or kennels; remember split rail fences and invisible fences will not keep your pet safe from predators. Pet kennels and runs should have a fully-enclosed roof.
- Provide human supervision while outdoors, even in your own backyard.
- Do not allow pets (or children) to run loose in areas where there is coyote activity. Keep pets on leash or leave the area when you see a coyote. Most urban areas have leash laws requiring dogs to be under control.
- Coyotes and foxes are thought to be responsible for many cat disappearances in residential neighborhoods.
- Although rare, coyotes could potentially injure people. Teach your family not to approach wildlife and never feed wildlife.
- Treat the presence of a coyote as an unfamiliar and potentially threatening dog.

Coyote Encounters

- Rural coyotes are wary of humans and avoid people whenever possible. Urban coyotes seem to be more comfortable around humans.
- Overtly aggressive behavior toward people is not normal and should be reported.
- Never feed or attempt to "tame" a coyote.
- Do not turn your back or run from a coyote.
- If approached or followed by a coyote, make loud noises, yell and make yourself look big.
- If the coyote approaches to an uncomfortably close distance, throw rocks or other objects.

Report encounters with aggressive coyotes in the Pikes Peak Region to Colorado Parks and Wildlife at 719-227-5200.

Tips to remember

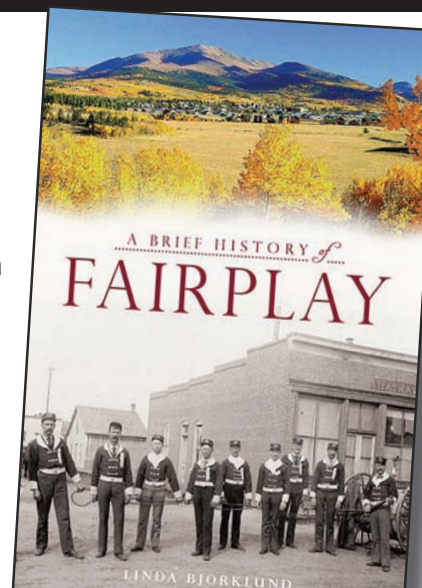
Discouraging Coyotes Near Homes

- Frighten coyotes with loud noises; use unnatural odors (such as ammonia) to clean trashcans.
- Yell and throw things at coyotes whenever

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.

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

continued from page 29

River a Chautauqua (free program) at 2 p.m. at the Florissant Library. Please see page 13 for more information. The Pikes Peak Historical Society Museum is located in Florissant at 18033 Teller County Road #1, across from the Florissant Post Office. For more information call 719-748-8259.

TRANSPLANTING SEEDLINGS

25 Paradise Gardens from 11 a.m. to 2 p.m. Pre-registration required. Call Karen 719-748-3521 or email PlantLadySpeaks@gmail.com. Please "Growing Ideas" see page 6 for registration information.

GUFFEY

11 The9Health Fair in Guffey at the Guffey Community Charter School, 1459 Main Street Saturday, April 11, 8 a.m. to noon. Various life-saving professional health screenings will be available at a nominal cost. For a complete listing, please go to 9HealthFair.org or call 800-332-3078 for more information. By registering online you can pay with a credit card, avoid registration lines at the fair and receive your electronic results online. Walk-ins are welcome. Anyone 18 or older may participate.

HARTSEL

Ongoing: Homemaker Referral Program: Do you know of someone who provides quality homemaker service in your community? Park County Senior Coalition is collecting contact information for qualified homemakers in an effort to provide a list to local clients. If you have a referral to share, please call 719-836-4295 with a name and contact number.

4 Hartsel Community Center is again hosting their annual Easter Egg Hunt. The Easter bunny is coming to the Hartsel Community Center on Saturday, April 4th. The activities start at 11 a.m. There will be our annual Easter egg hunt outdoors, storytelling, and Mr. McGregor once again trying to catch Peter Cottontail. Come join us.

14 Free transportation to seniors 60 and over to Wal-Mart shopping and lunch in Woodland Park. Trip originates in Hartsel. Must call and reserve a seat with Park County Senior Coalition at 719-836-4295.

LAKE GEORGE

11 Lake George Charter School hosts Science Fun Day at 1 p.m. Call 719-687-0178 for more info.

15 Park County Senior Coalition potluck at the Lake George Senior Center (yellow metal building by maintenance shop on north side of Hwy 24). We meet the 3rd Wed at noon. Table service and coffee/tea furnished. Call Carol for more information at 719-689-5950.

18 Craft Sale to benefit the Lake George Charter School from 9 a.m. to 3 p.m. Booth space only \$25, plus a donation to silent auction. Seeking crafters, creators, consultants, and vendors. Reserve space by calling 719-748-3911 or stop by the school 38874 Hwy 24, Lake George, or call Cori 719-687-0178. Concessions provided. Student Council will provide set up assistance. Sponsored by LGCS Lion's Pride PTO.

21 Pebble Pups meet at 6 p.m. at Florissant Museum.

30 Science Fair at 6:30 p.m. at Lake George Charter School.

OLD COLORADO CITY

9 RESULTS Community Event from 6 p.m. to 8 p.m. at Old Colorado City Library, 2418 W. Pikes Peak Ave. Do you want better opportunities for your children? Want to stand up and really do something for the most vulnerable? Ever thought about being an activist but don't know how? Join us for an exciting evening led by Kristy Martino, U.S. Poverty Grassroots Organizer, where you can learn how to fight poverty effectively. We'll learn a lot about U.S. poverty, gain some new activism skills, and even take action together! Come participate in the conversation, get inspired, and learn how you can play an important role in ending poverty. RESULTS is a grassroots advocacy organization with over 35 years of success experience helping people build the political will to end poverty. This event is free and open to the public. Please reach out to kmartino@results.org directly if you have any questions or concerns.

10 "EUREKA, Surprises from our Collections Department" at 11 a.m. at Old Colorado City History Center, 1 South 24th Street. Have you ever wondered what is stored in the basement of the Old Colorado History Center — the area referred to as the Collections Department. Recent reorganization has caused the society to uncover some hidden treasures. Diane Karlson, local museum professional and OCHS volunteer, will present some of our finds on Friday, April 10, 2015. Doors open at 10:30 a.m. Please remember that seating is limited due to fire codes. Light refreshments will be served. Members attend for free and non-members pay \$5.

Salida

2, May 7 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions are the first Thursday of each month at Salida Community Center, 305 F Street, from 7 a.m. to 9 a.m. Call Elaine Alleman for more information 719-539-3351.

10 Calling All Artists! Deadline for art entries is Friday, April 10, for the "Valley Visions" Annual All-Salida Art Exhibition presented by Salida Council for the Arts. The show will open with a Gala Grand Opening Reception and People's Choice Awards on Friday, May 1. The show will run from May 1 to May 31. We will have room for 40 entries this year. Download entry forms from www.salidacouncilforthearts.org

11 The fifth annual Walden fundraiser "Passport to the Caribbean: Escape with Walden" will be held on Saturday, April 11, from 5:30 p.m. to 9:30 p.m. at the St. Joseph Parish center gymnasium in Salida. The tropical evening will featured music by the Woodmen Rain Marimba Ensemble, island cuisine, cash bar, dancing and silent and live auctions. Special auction items include a week in a vacation home on Cape Cod, three nights in a luxurious home in Taos with \$200 restaurant gift certificates and several museums passes, a live Maine lobster dinner for eight, one Monarch season pass, Monarch dog sled ride for two, two half-day raft-

ing in Browns Canyon, two Browns Canyon Adventure Park passes, pastel portrait of your dog, and many more items. Tickets are available online at www.waldenchambermusic.org or by calling 719-395-2097.

12 Tough Girls. The Salida Recreation Department will hold a clinic for high school female athletes called Tough Girls. Clinic will take place at Chisholm Park (324 Hunt Street) from 1p.m. to 4 p.m. This program will be led by local athletes, Jere Thomas and Janie Hayes. It is designed to focus on the mental aspect of training, for sports and for life. Training topics will cover mental toughness and resiliency, and building tolerance for adversity. Cost is \$10 and there will be a 15 person limit. Please pre-register at the Salida Hot Springs Aquatic Center. For more information, contact 719-539-5703.

13 Guide to living gluten free. This class is offered by CSU Extension. Pre-registration is required by 4/8/15. See page 13 for more information.

18 The Alpine Orchestra presents "Out of This World!" The 45-piece community orchestra, conducted by Beth Steele, will perform a concert consisting of "other-worldly" tunes, composed by John Williams, Gustav Holst, and others, depicting deep space, magic, and fantasy that will musically transport you to worlds beyond our own. Saturday, April 18, in Salida, at the Steam Plant Theater, 220 W. Sackett Ave., at 7:30 p.m. All concerts are free and family friendly. Donations are accepted to defray expenses.

25 Introducing the HRRMC Health Fair from 6:30 a.m. to noon at the hospital's main campus. This is the first year the hospital is sponsoring its own health fair instead of hosting a 9Health Fair in Salida. The HRRMC Health Fair will offer several basic low-cost screenings and additional free screenings. Low-cost screenings include blood chemistry (\$30), prostate-specific antigen (PSA) (\$25), blood type (\$15), hemoglobin A1C (\$25), blood count (\$15), and screenings for vitamin D (\$40) and iron (\$10). Anyone 18 and older may participate in the screenings. Pre-register online at www.hrrmc.com with Visa, MasterCard or Discover by clicking on the Health Fair Registration button on the home page. If you want to skip the Health Fair lines, early-draw appointments are available at the hospital April 13 through 17 and April 20 through 24, between 6 a.m. and 9 a.m. Those who take advantage of the early-draw appointment will receive an additional 20 percent off the already discounted HRRMC Health Fair prices above. You may schedule an early-draw appointment at the Masonic Temple preregistration or click the "early-draw time slot" on the online registration form and receive a scheduling call back. For more information, go to www.hrrmc.com or call Jon Fritz at 719-530-2057.

WOODLAND PARK

3 Free Legal Clinic from 2 p.m. to 5 p.m. by computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues,

and civil protection orders. Please pre-register by calling (719) 687-9281 ext.103 for Woodland Park. ALL FREE!

11 Farmer's Market, Second Sat of each month Oct through May inside Ute Pass Cultural Center from 7 a.m. to 1 p.m. SNAP welcomed. For more information call (719) 689-3133 or 648-7286 or email: info@WPFarmersmarket.com

14 Holistic Healing Day, from 10 a.m. to noon. Dedicated, caring 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 touch and no-touch Reiki, psychic guidance, chakra balancing, essential oils, tuning fork sound healing, dowsing and Tarot. Practitioner information can be found at Facebook page WNC - Wholistic Networking Community. Venue: Mountain View United Methodist Church, 1101 Rampart Range Rd., Woodland Park. FMI: Shari Billger - 719-748-3412, shari1551@aol.com

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

20 Elevation Networking from 6:15 p.m. to 7:30 p.m. at Kenpo Karate in Gold Hill South. All vendors welcome. Come, socialize, network and get the exposure you need. Call Thom 719-930-6365 for more information.

21 Wholistic Networking Community invites you to meet area practitioners and learn about wholistic wellness on April 21 from 11 a.m. to 12:30 p.m. at the Rampart Public Library. Our speaker for April 21 is Lee Willoughby, who serves at the helm of The Harvest Center, a non-profit organization promoting a healthy and sustainable lifestyle in Teller County by educating people in nutrition, health, organic agricultural arts and high-altitude food production. In his workshop, "Organic Food Is Better For Us & For Gaia" Lee will share the importance of the holistic approach to our health and the health of our planet. For more information about the Wholistic Networking Community or to RSVP, telephone 719-963-4405.

25 "WOW: Wonderful Opportunities in Woodland Park" Teller County Expo to benefit Habitat for Humanity from 10 a.m. to 3 p.m. at the WP Library (not a library sponsored program). Free and open to the public. Featuring independent distributors offering various programs and services. Call Joy for vendor information 719-963-3996.

25 "WOW: Wonderful Opportunities in Woodland Park" Teller County Expo to benefit Habitat for Humanity from 10 a.m. to 3 p.m. at the WP Library (not a library sponsored program). Free and open to the public. Featuring independent distributors offering various programs and services. Call Joy for vendor information 719-963-3996.

29 TAB Meeting: If you're on the Board, please attend. After school hours: 3 p.m. to 6 p.m. No school hours: noon to 6 p.m. Youth in Grades 6-12 are welcome! Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

After school hours: 3 p.m. to 6 p.m. No school hours: noon to 6 p.m. Youth in Grades 6-12 are welcome! Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

TEEN CENTER

We invite you to come to the Teen Center; a fun, safe place for kids! 1, 8, 15, 22, & 29 Slice of Pizza Special - \$06 for a slice of pizza / \$1 for a slice and a soda.

2 Cooking Matters Demo. Learn what the free workshop is all about. Learn to cook and go home every week with free groceries to make for your families.

3 Easter Project: Blown Easter Eggs at 3:30 p.m.

9, 16, 23, & 30 Cooking Matters Workshop: You MUST complete paperwork to attend.

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~ UTE COUNTRY BUSINESS ~

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Photos / Slides / Negatives / Panoramic Film
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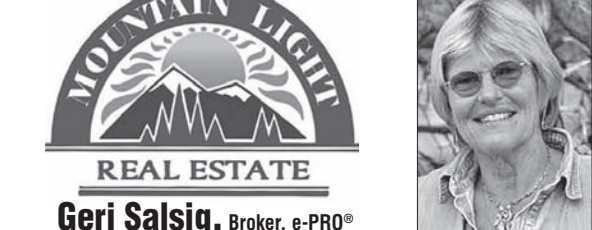
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