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Vol. 7, No. 10

Welcome to Ute Country

"Your tombstone stands among the rest;
neglected and alone
The name and date are chiseled out
on polished, marbled stone
It reaches out to all who care
It is too late to mourn
You did not know that I'd exist
You died and I was born.
Yet each of us are cells of you
in flesh, in blood, in bone.
Our blood contracts and beats a pulse
entirely not our own.
Dear Ancestor, the place you filled
one hundred years ago
Spreads out among the ones you left
who would have loved you so.
I wonder if you lived and loved,
I wonder if you knew
That someday I would find this spot,
and come to visit you."

Dear Ancestor,
Author Unknown

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Memorial for Loya Colorow Arrum



On Deck

This month's cover photo is of Thomas M. Dunbar's headstone from the Borden-ville Cemetery off County Road 77 north of the Tarryall Reservoir. It is a peaceful place. Cemeteries are great places to go to when you need some time for contemplation; how perfect as our seasons move from the out-wardly-bound summer months toward the more reflective, withdrawn winter months.

The poem reminds us to live a life worth reflection because the energy we put forth into the Universe is shared among us all. There are many who seek to better understand the people of the past in order to shape our future. We hope you enjoy our October issue. We have plenty of history, lots of ways to live a healthier today, and some glimmers of a hopeful future.

Our Mr. Spaz has had some VERY encouraging days most recently. His appetite has recently come back with ferocity! We are delighted that his eyes are brighter, his pink nose is clear, and his fur is full and soft again. Now that he has the energy to paw through more pics, send them in! He is happy to receive them at utecountrynews-paper@gmail.com or by snail mail at POB 753, Divide, CO 80814. Please send Mr. Spaz a reason to purr!

We welcome your comments, feedback, stories of interest, critter pics, as well as criticisms. Please send to utecountrynews-paper@gmail.com or call 719-686-7393. We love to hear from you!

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

If you have any questions please contact the publishers.

Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753
Divide, CO 80814
719-686-7393
www.UTecountrynews.com
Utecountrynewspaper@gmail.com

Sales:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Bill Sinclair: 719-351-0549
Linda Karlin 719-748-3449
Flip Boettcher 719-429-3361
Bob Bradford 719-239-1889

Writers:
Karen Anderson, Linda Bjorklund, Flip Boettcher, Claudia Brownlie, Charlotte Burrous, Kelsey Comfort, CUSP, Dee DeJong, Danielle Dellinger, Carol Grieve, Kathy Hansen, Ciena Higginbotham, Humane Society of Fremont County, Celinda Reynolds Kaelin, Jessica Kerr, Mari Marques, Dave Martinek, Mary Menz, DaveRay Sigala, TCRAS, Steven Wade Veatch, Maurice Wells

Contributors:
Sherri Albertson, Renee Caldwell, Edward Jones, Anne Knowles, Deb Maresca, Kyle Sullivan, Miranda Walters

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

Publishers Emeritis:
Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

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Plein Air Art Celebration in Fairplay

by Flip Boettcher

Historic Front Street and South Park City in Fairplay took on a whole different character for the two hour Quick Draw Paint Out competition on Saturday, September 12, 2015. Twenty-three Quick Draw Plein Air artists lined Front Street to paint their favorite scenes. Visitors strolled up and down the street viewing the pictures the artists were painting, taking the artist's pictures, and talking to the artists. It was amazing to see the pictures from start to finish, in just two hours.

The artists had two hours to paint their chosen subject along Front Street or in the alley behind. They then had one hour to mat and frame their painting for the Best of Quick Draw award and the live auction that followed.



Rick Frisbie with "Down in the woods" which he painted at Bartle lakes. Frisbie won the people's choice painting. photo by Julie Bullock

The Quick Draw competition was held on the last day of the 6th Annual South Park Plein Air Arts Celebration which started September 8 with a "Meet and Greet" reception in the evening at the Coyote Creek Studio Arts sponsored by the Town of Fairplay.

Plein Air is a style of painting developed mainly in France in the mid-19th century using natural light and painting out in the open air.

The artists could choose to compete for the whole five-day Plein Air competition or pick and choose a day or two. A total of 38 artists entered the competition. Most of the artists were from Colorado, but there were two from South Dakota, one from Ohio, one from Kansas, and one from Kentucky. There were eight artists from Fairplay.

On days two, three, and four the artists headed out at 8:30 a.m. to a hosted location or a location of their choice to paint for the day, according to Julie Bullock, Special Events and Business Coordinator for the Town of Fairplay.

Sandy Newman of South Dakota said that it was a tough week. Artists had to have two framed pictures in by 4 p.m., necessitating a mini-framing studio in the back of their vehicles. The Best of Day award was presented each evening.

Newman started Plein Air painting when she and her family moved back to the Black

Hills of South Dakota in 2001. This is Newman's first time at the Fairplay competition. Her Quick Draw painting sold for \$250 at the live auction.

Kathryn Goettelman from Alma was charcoal sketching an old homestead cabin at the far west end of Front Street in South Park City. Goettelman said she had been painting her whole life, all 14 years of it. Goettelman is a student at South Park High School.

Although Goettelman participated in the Fairplay Plein Air Celebration last year, this year is her first time in the competition. Goettelman loves all art but spends most of her time studying cartooning she said.

Clare Scott was painting an old bank building in South Park City. Color challenges and inspires her Scott said. She has been painting since college but has gotten serious in the last couple of years and uses mainly pastels. This is Scott's fourth time at the Fairplay Plein Air Celebration and she has also participated in Plein Air painting in Westcliff and Grand Lake Colorado.

The "Best of Quick Draw" title and \$100 prize sponsored by South Park Pottery and Backroom Bead Shop was awarded to Holly Schroeder with her painting of and old homestead cabin entitled "Days Gone By". Judge for the Quick Draw, Deb Hamm, owner and operator of Front Street's Unrepentant Artist, said it was very hard to decide. The quality was phenomenal and it was a process of elimination. Hamm said her decision was based on something she felt peaceful with, something she would pay for, and something that stood out. Schroeder's painting sold for \$175 at the auction.

Schroeder was born and raised in Germany and spent much time in the Alps, she said. Schroeder fell in love with the Rocky Mountains on a vacation trip and moved here with her family in 1973. Schroeder lives in Littleton, Colorado.

The top selling painting in the auction was called "Back Alley" by Susan Mayfield which sold for \$325. Mayfield is an award winning artist from South Carolina and currently lives in Salida, Colorado.

The first hundred dollars that was bid on each painting in the auction was given to the artist. Then anything above that went to the Fairplay Food Bank. No information yet on the amount of money that was raised during the event. The great auctioneers were Jane Newman, South Park Middle School/High School Principal and Town of Fairplay building inspector, Gerrits Kasper.

The big evening awards and reception on day four of the competition September 11, was held at the newly finished Colorado East Bank and Trust on Main Street, Fairplay. Bullock said it was the biggest reception they have had yet for a Plein Air. This was the first chance for the public to view and purchase artwork done during the week and Bullock said that a lot of the paintings were sold on Friday evening.

"Best of Day" each day was awarded \$200. Winning artist on Wednesday at Bartle Lakes



Quick Draw Paint Out award winning painting "Days Gone By" painted by Holly Schroeder.

was Tom Lockhart with "Early Autumn Glory". Lockhart is from Canon City, Colorado. On Thursday at Bristlecone View Ranch Jennifer Reifenberg with "Aspen Impressions" won Best of Day. Reifenberg is from Castle Rock, Colorado. On Friday from various locations Best of Day was won by Paul Darrah with "Headwaters." Darrah is from Fairplay.

"Best of Show" sponsored by the Town of Fairplay was awarded to Susan Mayfield with "Late Afternoon Clouds — Park City". "Best Overall Artist" as chosen by the artists was awarded to Tom Lockhart. The People's Choice Painting was painted at Bartle Lakes entitled "Down in the Woods" by Rick Frisbie. Frisbie is from Salina, Kansas.

Bullock and many of the artists commented on how nice the weather had been during the week. The days were cool and the nights were crisp. There was plenty of sunshine and just the start of fall colors; perfect for open air painting. Everyone seemed to have had a very pleasant week.



Clare Scott painting the old red brick bank located over her left shoulder in South Park City.

Cover photo by Flip Boettcher: Kathryn Goettelman painting an old homestead cabin in South Park City at the Quick Draw Paint Out during the Fairplay Plein Air Arts Celebration.

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Grant, Colorado

by Linda Bjorklund
photos are courtesy of the Park County Local History Archives.



A Sanborn post card circa 1920s Richmond

Charles Hepburn came to Park County, like many other settlers, during the gold rush years starting in 1859. He was first involved as part-owner of a hotel in the town of Montgomery. In 1864 he sold his share of the Montgomery hotel. In 1865 Hepburn applied for a liquor license with another partner in a hotel on the west side of Kenosha Pass, the Kenosha House.

The same year Hepburn and his partner moved to a location six miles or so east of the Kenosha House and opened up a new place that they called "76 Ranch." The new location was at the confluence of Geneva Creek and the North Fork of the South Platte. The partners' log building served as a rest stop for travelers, different from a mere home in that it was subject to permit fees for a business property.

1866 was a busy year for Hepburn, as he acquired by Pre-Emption another property two miles further east, put the 76 Ranch up for sale, and married Agnes Wood, an acquaintance from New York. He brought his new wife to Colorado and they set up housekeeping at the 76 Ranch as resident managers, while Hepburn began to raise crops on the new property which became known as "Long Meadow."

In 1868 the popular general from the Civil War was running for president of the United States. Ulysses S. Grant came on a tour of Colorado in July to campaign for the office. His running mate, Schuyler Colfax, followed Grant in August, also campaigning for the office of Vice President. Grant was scheduled to visit Central City and Georgetown, then return to Denver. Schuyler brought his entourage to Park County to visit the gold producing regions.

In 1870 Hepburn opened a new post office at the 76 Ranch, naming it Grant, to honor the popular president. A later postmaster changed the name of the post office in 1936 to "Olava" supposedly after a girlfriend. But the name was changed back to Grant in 1948 and that's what it has remained.

In 1873 Hepburn filed a homestead claim on his Long Meadow ranch, which meant that they had to live on it for five years before the ownership became final. Charles and Agnes then moved there and continued farming. They filed for the final certificate in 1878.

The town of Grant gained benefits from the Denver, South Park and Pacific Rail-

road, which was completed through there in 1878. By that time there were a couple of saloons in addition to the hotel, post office, and school. Grant was a popular spot to come to via the "fish train." During fishing season you could leave Denver on Saturday morning, ride as far as Grant and spend the day

fishing for trout, then take the return train back home at 6:30 on Sunday night.

The Hepburns spent a number of years farming on their Long Meadow ranch. But that came to an abrupt halt on February 17, 1898. On that day Charles went out to the barn about 4 o'clock in the afternoon to start his evening chores. He was met by a couple of ruffians who threw a sack over his head and pushed him to the ground. They exhorted him to keep quiet or they would kill him. They proceeded to hit and kick him, then tie him up with rope and pieces of sack. They dragged him into a back stall and covered him with hay, then waited until his wife came out to look for him. As soon as she was in the barn, the men proceeded into the house to search for money. They ransacked the place, but all they found was \$1.45. The Hepburns had just gathered what

of the saloons in Grant. Combs had a bit of a history of shooting indiscriminately, but so far had kept his temper. He had recently gotten into a scuffle with one of his patrons, shooting a fellow who had pulled a knife and threatened the saloon owner. The patron survived the shot.

On this day, however, in May of 1903, Combs had endured the arguing and yelling of his wife the whole day. She persisted in the abuse and came back in the evening to argue some more. Combs pulled out the revolver that he kept behind the bar and whirled to shoot at her, hoping to scare her into leaving him alone. Instead of shooting over her head, he had hit her in the chest and the bullet exited her back. Now scared, he picked her up and carried her into their house. She sat up and was talking and making light of her injury.

Still worried, Combs telegraphed the doctor in Como. The doctor arrived the next morning by train and advised Combs to take her to Denver for treatment. Three days later she died in the hospital. Now the husband-wife feud became a murder. Combs quickly sold his saloon in Grant to James Lamping and tried to flee but was caught at a boarding house in Denver. He was tried and convicted of second-degree murder and served 10 to 11 years in the penitentiary.

James Lamping and his brother Joseph had moved to Webster, just a few miles up the road from Grant, in 1890. Jim came to Grant and was an entrepreneur, having several businesses in town, including a grocery store, drug store, saloon, liquor store, blacksmith shop and sawmill. He garnered the reputation of being frugal, eccentric, and by today's standards, a packrat. He gathered string, tying it end to end, rolling it into an ever larger ball. He saved cork from bottle caps and bottle stoppers and accumulated it into a barrel. He even saved nails, patiently straightening them out and



The post office late 1930s Source: Bob & Joann

little money they had and paid the county treasurer for taxes that they owed.

Charles never recovered from his ordeal and died in October, thought to be the oldest citizen on the Platte at that time. One of the robbers was caught and sentenced to 14 years in prison. The other was not caught in spite of a \$25 reward for his capture.

In September of 1899, another event shocked the community of Grant. A laborer, Walter Banes, brought his wife and child to town as he sought work in the area. They temporarily rented the schoolhouse to live in while school was not in session. Neighbors were concerned when they had seen no activity in the schoolhouse for a while. One of the women peeked into the window and saw all three of the Banes family members in bed. She brought two of the local men to break in. The father, mother and child were all found dead. Nearby on a school desk was a tin cup and a container with a bit of laudanum left in it.

The bodies were taken to Denver and autopsies were performed, but none of their stomachs yielded any evidence of poisoning. Robbery was suspected at first, but cash amounting to \$126

was found in a trunk in the schoolhouse. Another hundred dollars was found in Banes' clothing. A formal inquest was held and the jury came up with a verdict of suicide. Relatives and friends, however, remained suspicious. The mystery remains unsolved to this day.

A few years later, in 1902, Charles Combs owned one

locomotive, a tender, a baggage car and two coaches, went to cross the South Platte River, the rails somehow spread and caused the three cars to overturn and fall into the water.

A fire started in one of the coaches when a stove fell over, but was extinguished by one of the trainmen. As soon as the cars struck the bed of the river, passengers who were not pinned under the seats broke through the windows and climbed on top of the cars. Since the water was not very deep there, none of the passengers were in much danger of drowning. All of the 40 passengers suffered cuts and bruises, but none of their injuries would be fatal.

A special train was made up in Como and reached Grant by 5:45 p.m. The passengers were transferred to the special train and all reached Denver by 10 o'clock that evening. The incident was dubbed a "Lucky Wreck" as other train wrecks had resulted in far more disastrous ends.

Grant continues to be a small town located in the South Platte River valley. Travelers sometimes stop their cars and pull out their cameras for pictures of the Rocky Mountain sheep that come down out of the rocks to drink from the river early in the evenings.



The depot and a train in Grant early 1930s



Birds of the Ute Country Yellow-rumped Warbler, *Dendroica coronata*

by Mary Menz
photos by Mary Menz

Birds that frequent Chaffee, Fremont, Park, and Teller Counties love the variety of scrub oak, pinyon juniper, coniferous forest, and riparian areas found in this part of Colorado. In this column, you'll learn about the common — and not so common — birds of the Ute Country.

These relatively large members of the Warbler family are fondly referred to as "butter butts," referring to the brightly-colored yellow rumps on both males and females of the species. Their size (5.5 inches nose tip to tail and a 9.5-inch wing span) and plumage make them easy to distinguish from other warblers, obvious features that help to make this species a favorite of beginning birders. They are especially easy to identify during the long windows of spring and fall migration as they can be the only birds with any color remaining in an area after the other songbirds have departed for winter feeding grounds.

Though drab and less colorful than when in spring breeding plumage, the butter butt's familiar lemon yellow rump is nearly always evident. Only the Yellow-throated Warbler might be confused with the Yellow-rumped Warbler here in Ute Country; however, the Yellow-throated Warbler has much more white on its face and more yellow on its throat. Check out both species at allaboutbirds.org, the online bird guide of Cornell University's Laboratory of Ornithology. While you're there, bookmark the web page for future reference. It's a great, one-stop shop of information about bird species where you can listen to a bird's calls and songs, view breeding and migration ranges, and learn about all North American bird species.

Subspecies and hybridization

Residents of Ute Country are fortunate to live in an area of unique bird species reproduction. We see western bird species, eastern bird species and "intergrades," or hybrids of many bird subspecies that interbreed where their breeding ranges overlap. In the case of the Yellow-rumped Warbler, we see the Audubon (western) and the Myrtle (eastern) subspecies. Butter butt hybrids emerge when the Audubon subspecies mates with the Myrtle subspecies. Adult Audubons, however, have yellow throats. Adult Myrtles do not, but both have the unique yellow rump and are identified as *Dendroica coronata*.

A berry nice diet

While populations on both coasts of the U.S. commonly feed on barberry and wax myrtle berries, Yellow-rumped Warblers in the midwest, mountain west, and boreal mid-section of Canada enjoy a healthy diet of the Rhus plant species. Rhus species include several types of sumac and poison ivy. While the berries are toxic to humans, these birds have elevated levels of bile salts, which aid in digestion of high saturated fats and waxy fruits. Of course, these warblers also eat a variety of other things like insects and seeds. In fact, warblers eat as much as 80 percent of their body weight daily their entire lives, from nestlings to adulthood and beyond, so variety is key to their survival.

In some areas, butter butts remain in their summer ranges long into the fall until the

local food supply runs out or the weather turns especially foul. By maintaining a constant level of body fat year-round, the Yellow-rumped Warbler is ready to move at any time.

Another adaptation that makes the butter butt a survivor is that its diet is not especially conducive to intruder species of birds, such as Cuckoos and Cowbirds, who often lay their eggs in the nests of songbirds for the nesting species to feed and raise. Typically the larger nestlings of the intruders crowd out and even kill the nesting bird's offspring. The Yellow-rumped Warbler's diet of toxic berries, however, is not favorable for intruder species resulting in death of the intruder instead of death of the Yellow-rumped Warbler nestling.

Project Feeder Watch

Participate in Project Feeder Watch and log your sightings of Butter Butts. Project Feeder Watch is a public program designed to monitor more than 100 species of birds — including Yellow-rumped Warblers — that winter in the U.S. There is a small fee, but the return on investment is high. Participants receive a calendar of bird counting days, a full-color poster, and a FeederWatch Handbook and Instructions, not to mention hours of free entertainment. It's a great way



The "butter butt" is barely visible in this shot of the Yellow-rumped Warbler (Myrtle subspecies). While flitting from bush to bush, however, the yellow rump is quite prominent. Cover photo: This front view of the Myrtle subspecies (male) demonstrates the lemon yellow patches on either side of the breast and on the crown.

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BLM proposal to lease Salida East to CPW

by Kyle Sullivan

The Bureau of Land Management Royal Gorge Field Office is seeking public comments on a proposal to lease the Salida East recreation area to Colorado Parks and Wildlife to reduce conflicts at the popular recreation site. CPW currently manages 16 sites along the Arkansas River under a Recreation and Public Purposes Act lease.

The proposed R&PP lease would increase the capacity of the BLM and CPW to provide additional law enforcement presence at Salida East. If the lease is approved, the BLM and CPW would be better able to collaboratively manage the area by improving facilities, reducing improper use, and providing clear regulations and adequate protections for present and future facilities.

If the lease is approved, CPW could collect day-use fees and, as required by the R&PP Act, use the fees to maintain the area. Currently, all of the developed R&PP lease sites along the Arkansas River require a day-use fee or CPW Parks Pass. Fees would be used to improve facilities in Salida East such as restrooms, changing facilities,

campgrounds, picnic sites, boat ramps, and parking areas.

The BLM is analyzing CPW's request in an environmental assessment. The BLM would like the public's help to identify what issues and concerns they think the EA should address. This scoping period will run until Nov. 2, 2015. For additional information or to submit a comment, please contact Melissa Garcia at 719-269-8724 or email comments to rgfo_comments@blm.gov with "Salida East" in the subject line.

Before including your address, phone number, e-mail address, or other personal identifying information in your comment, you should be aware that your entire comment — including your personal identifying information — may be made publicly available at any time. While you can ask us in your comment to withhold your personal identifying information from public review, we cannot guarantee that we will be able to do so. Thank you for your interest in the management of your public lands within the Royal Gorge Field Office.

Rampart Library news

by Anne Knowles

October is the perfect time to visit the library either in person or online at <http://rampartlibrarydistrict.org>, check out some good books, ebooks, audiobooks or movies, use a computer, come to a program, take a computer class, do some research or homework, meet friends or get help from a friendly librarian. If you haven't had a chance yet to come to one of our libraries in Florissant or Woodland Park, we would love to see in October. Stop in and see for yourself everything we have to offer.

There are some exciting things happening in Florissant. Storytime continues at its new time on Friday mornings at 10 a.m. Paws to Read is from 11 a.m. to 12:30 p.m. on Fridays and requires pre-registration at the Florissant Library, 719-748-3939. This program gives children who are already reading an opportunity to boost their confidence and improve their reading abilities by reading out loud to a trained therapy dog.

There is a new book discussion group at Florissant the first Wednesday of every month from 3 p.m. to 4:30 p.m. The goal of Lit Chat is personal enrichment through an informal discussion of classical literature and literary works of great and enduring beauty and power. It is led by Dr. Michael McCleary, a retired English professor from the University of Haifa in Israel. The next meeting will be at the library on Wednesday, October 7 at 3 p.m.

The Book Worms Book Club at Florissant Public Library will meet on Wednesday, October 21 at 10:30 a.m. to discuss Sue Monk Kidd's "The Invention of Wings." The Book Club at Woodland Park Library will talk about "To Kill a Mockingbird" on Tuesday, October 6 at 10:30 a.m. New members are always welcomed at both groups.

Have you heard about "the cloud" or apps but don't really understand what they are? Have you wondered about what is involved

in setting up a Facebook account and how it all works? Do you have some questions about your new iPad or other mobile device? If you answered "yes" to any of these questions, the library has just the class for you!

Introduction to Facebook will be held on Thursday, October 1 from 10:30 a.m. to noon at Florissant and Friday, October 9, 10 a.m. to noon at Woodland Park. Mobile Devices class will be held on Thursday, October 15, 10:30 a.m. to noon at Florissant and Friday, November 13, 10 a.m. to noon at Woodland Park. Florissant will also be offering Excel on Thursday, October 8, 9 a.m. to 11 a.m. and PowerPoint on Thursday, October 29, 9 a.m. to 11 a.m. Pre-registration for all computer classes is required by calling Florissant Library at 719-748-3939 or Woodland Park Library at 719-687-9281 ext. 102.

Wednesday, October 15 is going to be an action packed day at the Woodland Park Library. The AARP Driver Safety course will be held from 9 a.m. to 1 p.m. The course is designed especially for drivers aged 50 and older and may qualify you for an insurance discount. Pre-registration is required.

The Local Authors Showcase will begin at 2 p.m. on October 15. It will feature six local authors talking about their books, sharing their personal stories and how/why they started writing. This is the third showcase we have had at Woodland Park and they have all been very popular, informative and fun.

The next free online legal clinic at your library will be on Friday, October 2. Please call 719-748-3939 to register for an appointment at Florissant and 719-687-9281 ext. 103 to register at Woodland Park.

No matter what your age or interests, there is "Something for Everyone" at Florissant and Woodland Park, the two libraries in Rampart Library District! The District will be closed on October 12 for Columbus Day.

Flag Retirement Ceremony

by Maurice Wells

photo by Maurice Wells

Since most American flags are flown outside, they do wear out and need to be replaced. Flags should be respectfully retired at a formal ceremony. The Lake George Fire Department will host a special flag retirement observance on October 3, 2015 at 10 a.m. The Florissant-Lake George Veterans of Foreign Wars Post #11411 will conduct an official ceremony and the public is invited to witness and participate in this short activity.

You may bring your flag to the ceremony or to the Woodland Park Senior Center Monday through Friday between 9 a.m. and 1 p.m. by October 1 or to the Florissant Public Library during normal business hours by October 1. Flags may also be dropped off at the Lake George Fire station weekdays when the station is staffed.

New flags may be purchased at the ceremony or by contacting Bob Tyler at 719-748-1335. The VFW Post would like to thank Tim Kulin Cabinetry of Woodland



Old Glory flies above Lake George

Park and the Woodcraft store in Colorado Springs for providing particular woods that are used for this special ceremony.

Meet the new owners of Freshwater

by Flip Boettcher

photo by Flip Boettcher

There was steady turnout throughout the day, August 26, 2015, the first day of operation for new owners Steve Wilson and Betty Cain, at the Freshwater in Guffey.

The couple purchased the Freshwater on August 24, and although neither has experience running a restaurant, they are looking forward to the challenge, Wilson said. The couple has had some restaurant and alcohol training through their work with restaurant insurance inspections, Cain added.

Wilson came to Colorado 15 years ago from Southern California for "family, people and the scenery", he said. Wilson has lived in Guffey for the last five years and worked for the county in road maintenance. Wilson is no longer working for the county and plans on full time at the Freshwater.

Cain is a fifth generation Colorado native and has lived in Guffey for eight years, she said. Cain is a Commercial Liability Loss Control Consultant, doing commercial inspections for insurance companies. Cain plans on continuing the inspections and working part time at the Freshwater, she said.

Their goal at the Freshwater is to continue making it a comfortable place for locals to go and have a good time, said Wilson in an email. They also want to make the Freshwater a welcome place for "tourists, people passing by, and families to come", continued Wilson.

The building that houses the Freshwater was much smaller than today, and built in the mid-1980's. It was originally a hardware store. Through the years, there have been many owners and additions as the building changed from a general store to a bar/grill and an alcohol sales outlet with living quarters/Bed and Breakfast.

Ron Spinney, the last owner, bought the Freshwater from Chuck and Suzanne Hodges in 2010.

The couple stated that they want to keep things basically the same. Paula Milner is back cooking again and Cain's sister and



New owners of the Freshwater, Betty Cain on left and Steve Wilson in front of their establishment.

brother-in-law are here helping them out for a month, said Wilson. The couple is going to continue chicken fried steak night on Wednesdays, as well as steak night on Fridays. They would like to add BLT's and Philly sandwiches, stated Wilson.

Currently the hours are Wednesday, Thursday, and Sunday from 11 a.m. to 9 p.m. and Friday, Saturday from 11 a.m. to 10 p.m. They will be closed on Monday and Tuesday, but those hours may change for the winter season Wilson added. The Freshwater will continue to have live music said Wilson.

When this reporter visited on August 26, a couple from Alabama who had bicycled up from Canon City for the day said the burgers are great!

Wilson would like to thank everyone in the community for their support, friendship and loyalty. "We love this place and the people here are the best, we have made a lot of friends here and hope to make many more", Wilson said. Cain said in a follow up email that they bought the bar because they "love this town, the people here are family to us, and it is the best place anyone could ever want to live."

The couple is still working on their website, but their Facebook page is Freshwater, said Wilson. The Freshwater phone number is 719-689-0518.



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2nd Annual People's Choice

by Flip Boettcher
photos by Flip Boettcher

The 2nd Annual People's Choice Car, Truck, and Motorcycle show at the Rolling Thunder Cloud Café on September 5, 2015 in Guffey was a huge success, according to Geordi Walston, co-owner with her husband, Wayne.

There were 11 motorcycles, six trucks, and eight cars entered in the show. Participants came from Guffey, Florissant, Cripple Creek, Woodland Park, Canon City, Buena Vista, and even as far away as Castle Rock.

The vehicles were on display at the Café and visitors who attended the show were encouraged to vote for their favorite vehicle in each category.

The votes were tallied and trophies given out. The voting was close said Geordi. There was a tie in the car category and there had to be a run-off vote.

The winners in the truck category were Bert and Rose Turner from Florissant with a wonderfully restored 1936 Chevy pick-up truck. According to Bert, that was the last year that real

wood was used in the cab of the truck, as well as the last year for the 207 cubic inch engine.

Winners in the car category were Jerry and Paula Oreskovich from Pueblo and Guffey with their nicely restored 1946 Ford, Super Deluxe convertible. Jerry said that it is a rare car and has a Chevy engine. It also has air conditioning, power steering and power brakes,



Wayne Walston winner in the motorcycle category with his trophy and custom 2011 Honda bike.



Rose and Burt Turner, winners in the truck category with their 1936 Chevy pick-up truck. Wayne used to race

he added proudly.

A customized 2011 Honda Interstate motorcycle, owned by Wayne of the Café, was the winner in the motorcycle category. Wayne customized the motorcycle from front to back fender himself with beautiful results.

Since it was a "People's Choice" day, the Café menu featured many of their customers' favorites for the day. These included the green chili burrito and Wayne's choice for breakfast, their oak smoked beef brisket and pulled pork from Colorado's Scanga meats, as well as Wayne's famous pies. The Café is open Wednesday through Sunday from 8 a.m. to 4 p.m.

This event is becoming a tradition said Geordi, and will be held annually the first Saturday in September. Mark your calendars, next year the People's Choice Show will be September 3.



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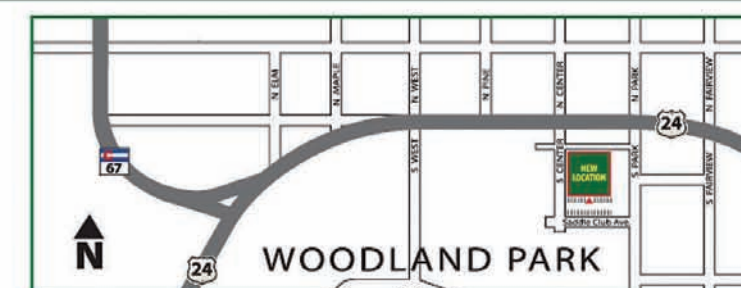
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Memorial for Loya Colorow Arrum

by Celinda Reynolds Kaelin

photos courtesy of Celinda Reynolds Kaelin
Photo on cover: Loya with the King of Uganda

Loya and I leaned heavily on our walking sticks, carefully placing our feet along the boulder-strewn trail leading down from Pikes Peak. Arm in arm, we chat about the ceremony we've just completed, our grandchildren, and our health. She has just been diagnosed with ovarian cancer, and the year ahead is going to be filled with the requisite chemo treatments. Half a dozen Ute children race around us and disappear down the trail.

"I wish I could bottle some of that energy and take a swig when I need it — like right now!" Loya laughingly observes.

When we finally reach the trailhead near the highway, we both struggle to catch our breath and shake our heads. "We're too old to be doing this anymore. There has to be a better way!"

That was 2013, and it was our last trek up Pikes Peak for the annual Ute ceremony. After a long and difficult battle, Loya Colorow Arrum succumbed to cancer on August 27, 2014. Our first ceremony on the Peak had been in 1999, and it was only Loya, her daughter Kerry, and myself. The Northern Ute Spiritual leader, Clifford Duncan, had told us about the ancient Ute Sun Dance grounds near the summit and we had eagerly explored until we found the location. I hung back a respectful distance while Loya and Kerry offered tobacco to the Spirits and then forged ahead into the center of the sacred space. When they noticed that I wasn't with them, Loya turned and motioned for me to come into the Mystery Circle too. I placed one foot inside, and a powerful wave of energy engulfed me. I fell senselessly (and unceremoniously) into the center.

"Why didn't you come to help me?" I complained as I looked around, dazed and confused. "Oh. I thought you were probably having a vision. Are you ok?" Loya laughingly asked.

"Yeah, I'm ok. I didn't think the Spirits would welcome a white person into their space, but I guess I was wrong."

"You forget that you are adopted into the Ute Nation. The Spirits made me promise that we will return every year and do ceremony here. They didn't think that they would ever see our people again, and their anguish at seeing us again was heart-breaking."

This is how and why the Northern Ute began their annual homecoming to Tava, Pikes Peak. Loya kept her promise for 15 years, and then her daughter Kerry fulfilled her commitment for the last two years when Loya could not come.

Loya was a remarkable woman in so many ways. She had a difficult childhood, which she and her beloved brother Tony overcame. Later, while raising her five children, she attended BYU and Weber State University, receiving her bachelor's degree in 1989. She went on to work as a teacher in the Uintah County School district for over 25 years. Her school was in the heart of the Uintah/Ouray Reservation, in Roosevelt, but the patchwork of mixed white and Ute land ownership caused by the Dawes Act meant that there was no school dedicated to the Ute children. Loya and other Ute elders developed an after school program on Ute culture and traditions for these children. Whenever there was a Pow-Wow, Loya often brought these same children with her, at her own expense. After the culture program was de-funded (there are no Utes on the School Board), Loya went on to become a Ute Language Immersion teacher. The Ute Dictionary which she helped develop can still be found online at <http://www.uteed.net/ute-lang.htm>, and it is her lovely voice that is heard pronouncing the Ute words. Children were Loya's passion, and she and I offered ourselves for them at the annual Sun Dance Ceremony on Pine Ridge Reservation for 15 years. This rigorous ceremony requires four days of going without food or water, and dancing 14 hours each day under the brutal July sun — usually over 100 degrees. My unwashed hair turned oily and stringy, my skin broiled and looked like an overly ripe tomato, and my mouth felt like it was stuffed with cotton. Loya, on the other hand, always managed to look fresh, serene, and elegant — even though we were the same age.

After the reservation period, Ute traditions changed, and women were no longer allowed to Sun Dance, so we presented tobacco to Wakinya Sna Mani I of the Oglala, and were permitted to dance with his people. The Ute and the Lakota were ancient enemies, but with Loya's loving personality and diplomatic skills, the Lakota Chief soon adopted her as a Mother of their family. With that ceremony, the ancient enmity was resolved.

Early on, when her five children began to have children, Loya told me that she had an

inspired moment.

"I didn't want dozens of little ones saying 'Grandma this, or Grandma that.' No, I figured that all those little ones would make music for my ears instead, so I taught them from day one to address me as Majesty."

Her 16 grandchildren and 22 great-grandchildren did make music for her, and "Majesty" rang through the air whenever she was around. Teaching was her passion, and even her problem children loved her. She had a creative method for dealing with miscreants, too. If a child misbehaved in class, then Loya simply used the traditional Ute method of shunning. That child was sent to another teacher's classroom for a time-out, and no one was allowed to talk or even look at them. Problem child solved. I had an opportunity to meet many of her students at the Council Tree Pow-Wow one year. It was as though she were truly royalty, as now-grown students inundated her with hugs and fond remembrances.

Her work extended well beyond the classroom. She was a one-woman ambassador for the Northern Ute Nation, and worked tirelessly on behalf of her people. She rode horse back all over the Uncompahgre Plateau, helping to document ancient trails and campgrounds. Rocky Mountain National Park now includes more of the Ute history and culture, thanks to the time that she and Venita Taveapont spent consulting and visiting with the rangers there. Of course, there is also her work here at Pikes Peak.

In addition to the annual ceremony at the ancient Sun Dance grounds on the Peak, Loya attended to the ancestral spirits throughout the area. She insisted on visiting all of the ancient sites where her people had lived, prayed, and hunted. The annual visits became something of a marathon in order to accomplish this. I had a hard time keeping up with her — "We can rest when we're dead, Celinda." In Ute tradition, the Spirits of their ancestors continue to inhabit the land and are nurtured by the ceremonies conducted by their descendants. "They will usually retreat back into the earth if you try ceremony and you are not of their blood," Loya explained. This is why ancestral lands were so sacred to her — those

Spirits were hungrily waiting for their people to return to nurture them with ceremony. One of the more moving ceremonies (among so many) was the blessing of the new-found spring in Manitou Springs at Sun Water Spa. Even though she was dying of cancer, she knew that the Spirits expected this of her. (A beautiful video documentary was made of the blessing, and can be viewed/heard at the Colorado Springs' Gazette website.) As Loya spoke to the spirit of the spring in Ute, the spring would bubble and gurgle back, as though trying to communicate. A tireless worker, Loya performed similar ceremonies in numerous ancestral sites through the years, including Aspen and Glenwood Springs. In 2012, she was asked to bless the National Christmas Tree harvested on the Uncompahgre Plateau before it was sent to the White House.

Loya's classic native beauty and poise made her a natural celebrity, and she was featured in several documentaries. The University of Utah produced a video of Ute history, "We Shall Remain." In it, Loya recounts some of the angst of her Nation at their forced relocation into Utah. "We're still here in spite of genocide, in spite of being chased off the land, in spite of being moved by gunpoint and land being taken away. And the greater society not having any respect for our culture... We're still here..."

In 2008, she appeared in the video documentary, "Mystery of the Trees" (2015 Coalition of Southern Appalachian Mountain Stewards). Her generous sharing of tribal teachings provided access to other Native tribes that had previously refused to disclose the cultural significance of the modified trees. The current documentary by the Mountain Stewards is narrated by Wes Studi, and prominently features Loya explaining her beloved Ute Prayer Trees.

After Loya made her Journey to the Spirit World in 2014, my husband Harold and I donated a memorial plaque, and master stone mason, Don Crites, donated his talents to build a stone cairn at the Pikes Peak Historical Society Museum. These cairns are an ancient Ute tradition, and can be found all over their traditional territory. The heart of a chief or warrior of exceptional ability was buried at arm's depth, and a stone cairn was erected above it. Whenever anyone needed help from their Spirits, they would bring a stone and place it on the cairn. Loya Colorow Arrum was a "Warrior Woman" who fought to the end.

One Nation Walking Together My Little Sister's Dress/Sun Dance

written by DaveRay Sigala

edited by Kelsey Comfort

photo by DaveRay Sigala



My little sister always said she would never wear a dress. Of course, this was after she was old enough to dress herself and choose her own clothes. I saw pictures of her when she was a baby, always wearing a dress. But a few years ago, she decided to make a commitment to Sun Dance (Wiwanyank Wacipi). My little sister now wears a dress four days a year and when I see her prepare every year, I see she takes her commitment very seriously.

My family members always attend and participate in the yearly Sun Dance, so I grew up knowing how to behave, dress and what to do at this ceremony. I have five siblings and I am the fourth. I am the youngest male, and after me is my little sister.

A few years ago, my little sister decided that she wanted to make a commitment to dance. This is the first step in participating in the Sun Dance. My dad and mom always share everything with us, or at least when it affects all of us. This is how I learned that my little sister wanted to commit to something that is an incredibly serious and hard thing to do. I greatly admire her strength and I respect what she is trying to do, because in order for someone to want to make a commitment to Sun Dance, he or she needs a reason to dance.

My sister's reason for wanting to make this type of serious commitment was to pray for good health for my dad and grandpa. My dad has a heart problem and takes medicine. My grandpa is on oxygen, and he barely moves around. So I understood why she wanted to dance. She had to go talk to one of the dance leaders and explain why she wanted to dance. My mom and my sister went to see the dance leader; they offered tobacco to ask for help. The leader then burned the tobacco. Our people believe that the smoke from the tobacco sends messages to the Creator.

My little sister then began the next step in her commitment — preparation.

We had family friends stop by, who also participate in the dance. I walked into the house and saw my mom and a family friend measuring my little sister. I didn't really give a second thought to what was happening and went on my way.

It was only when my family and I went to Colorado the following spring that I realized my little sister was being measured for her Sun Dance dress. Our friend who was doing the measuring was making the dress for my little sister. The dress, which was red in color, wasn't really complete because it still had some pins attached to it. The dress hit just above my little sister's ankles. I remember my mom looking so happy and grateful, because she kept on saying that she couldn't sew at all.

The summer before the annual Sun Dance started our friends arrived to start preparation for the dance. I remember we were all outside my grandparents' house because it was so hot. Then it finally arrived — my sister's red, completed Sun Dance dress. Our friend carried it over on a hanger. The red dress had four, half-inch ribbons sewn to it, all located about a half-inch from the bottom of the dress and the sleeves. The colors of the four ribbons were black, red, yellow and white. The sleeves were about a quarter-length open on one side; they looked kind of like a bird flapping its wings closed.

Then came time for the third step — participation.

I remember my little sister having to go off alone and make tobacco offerings. She made these tobacco offerings to tie to the Sun Dance tree as prayers. My little sister had a shell bowl with sage burning inside of it as she made her offerings.

When it came time for my little sister to begin her participation, she began what is called "purification." She started on a Sunday with a pledge to not touch water or drink it, to not do anything harmful or hurtful to herself or anyone else and to start preparing for the upcoming four-day dance. We moved into camp and my mom and sister stayed in our little trailer. We also had tents set-up for visitors who were still coming and for relatives who were supporting my little sister. The dance began on a Thursday. During the days before, my little sister had to make her

crown of sage for her head and her bands of sage for her ankles and feet. My family and I helped her pick sage on land that my dad owns. The sage smelled so good and when we picked it, we offered tobacco for taking the sage from the earth. We were taught to never pull the sage out by the roots, so we all had scissors and only cut close to the bottom of the plant. The sage needs to regrow so that's why we never pull it out of the ground.

The crown of sage my little sister wears on her head is like medicine for her so she can keep her mind strong. The armbands of



One Nation's Executive Director, Urban Turzi (left), with Ramona Sigala, who committed to participating in Sun Dance. Photography/video is not permitted at Sun Dance, so the only photo ONWT has is this one of the young lady who participated in Sun Dance.

sage she wears are for strength for her arms, and also for the leaders to hold so they won't have to touch each other during this sacred ceremony. The ankle bands she wears are for strength for her feet because she dances from sunrise to just before sundown.

The first year my little sister participated in the Sun Dance, it was a learning experience for our family. We support her because she is doing something incredibly difficult, and she is praying for good health. That year, we were awoken by the PA system around 4:30 a.m. and I remember my little sister coming out of the trailer wearing her red dress, a turquoise shawl wrapped around her waist, and holding her sage crown and bands along with an eagle fan. The eagle fan was to be used for just that, fanning her when needed.

My little sister danced for four days, all day, without food or water. She was strong and I saw her focused in her prayers. I remember seeing my mom with tears in her eyes. I think it was hard for her to see her youngest child sacrificing so that my dad and grandpa could live longer.

Every day after my little sister returned to camp to rest, my mom would rub her feet and legs until she slept. My little sister didn't joke and kid around like she usually does, but I knew she was focusing on and respecting her commitment. She didn't wear her dress when she got back to camp; she wore her regular clothes. Her dress was put on a hanger, ready to wear the next day. Her fan, crowns and bands were put away also.

My little sister also has a Cannunpa (peace pipe). She offers tobacco in it, then it's loaded and placed along with the other dancer's pipes inside the circle while she dances. This pipe is smoked only when she has completed her four-day commitment.

The final step for my little sister is completion of her commitment. She has a few more years to go and then her four-year commitment will be complete. She will then always have to be a part of the ceremony, showing her thanks for the help she receives. When my little sister's commitment is finally complete, she will have a "give away" to show appreciation, and for the family to honor their loved ones who completed a very hard and serious commitment.

This is why my little sister wears a dress.

Publisher's note:

We are honored to print "My Little Sister's Dress/Sun Dance" an essay written by DaveRay Sigala, Sicangu Lakota, Rosebud Reservation, S.D., alongside "Memorial for Loya Colorow Arrum" written by Celinda Reynolds Kaelin, adopted by the Ute, as a genuine glimpse into how each of these cultures celebrate the Sun Dance. We see the willingness to sacrifice on a personal level as an offering to the Great Spirit in exchange for a wish that benefits those outside the dance; an intentional sending of energy for the greater good of all.



Sun Dance Ceremony on Tava



Celinda and Loya



Loya blessing the National Christmas Tree in 2012



Filming "Mystery of the Trees" 2008



Loya's memorial cairn at Pikes Peak Historical Society Museum

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Jara Johnson from CUSP, (above), sampling water quality and CUSP volunteers helping with a mine reclamation project (below).

Our problems and our solutions

Abandoned mines in the Upper South Platte Watershed

by The Coalition for the Upper South Platte

After the water quality impacts in the Animas River from the Gold King Mine this summer, more attention is being paid to the legacy of historical mining. In the Upper South Platte Watershed, which is located in central Colorado and encompasses parts of Park, Teller, Jefferson, Douglas, and Clear Creek Counties, there is a long history of mining and many abandoned mines.

The Coalition for the Upper South Platte (CUSP) has always had an interest in Colorado's mining legacy. In 2000, the CUSP strategic plan identified abandoned mines as a potential impact to water quality within the watershed. The U.S. Forest Service, the Bureau of Land Management, the Colorado Geologic Survey, and the Colorado Division of Reclamation and Mine Safety had conducted inventories of abandoned mines.

These studies were performed in the early 1980s and 1990s and found 18,000 mine features across Colorado. Since that time there has been a drastic increase in population and in demand for water resources from the watershed. To identify and address potential issues, CUSP began working on a Mine Assessment Project in 2010. Through financial support by the Colorado Water Conservation Board and the Healthy Rivers Fund, CUSP was able to identify the water quality impacts of historical mining throughout the watershed.

The primary objectives of the 2010 mine assessment project were to develop partnerships and an advisory committee that included appropriate agencies, local citizens, property owners, and other interested groups; collect all relevant background reports and literature associated with mining and water quality within the watershed; carry out site visits and inventories of abandoned mines and prominent tributaries that had experienced historical mining; collect water quality field parameters, samples for laboratory analysis, and GPS coordinates of mine features; determine property ownership and mine site boundaries; prioritize mine sites and develop a monitoring strategy to further characterize problem sites and to facilitate management and remedial decisions; compile a comprehensive document of the abandoned mine lands within the watershed including relevant historical information, past abandoned mine inventories, and recent inventory data collected during the 2010 field season.

The results of the assessment showed only a handful of mines impacting water quality in the watershed. Many of the historic mines had very little or no draining water. The water quality assessment also showed that not all mines discharge acid mine drainage (a potent pollutant), and that neutral to basic pH mine drainage dominated the Upper South Platte Watershed. Heavy metals were detected in a small number of waterways receiving mine drainage, in some cases at levels exceeding aquatic life or drinking

water standards.

The 2010 inventory also confirmed three sources of natural acid rock drainage and water-quality degradation associated with hydrothermally (with hot water) altered geologic terrain. Handcart Gulch and Geneva Creek, tributaries to the North Fork of the Upper South Platte, and the Red Amphitheater in Buckskin Gulch, a tributary to the Middle Fork of the Upper South Platte, represent natural sources of metals and water quality impacts. It is important to identify the natural background water quality conditions of a drainage to establish obtainable clean up levels for mine reclamation.

Fortunately for the Upper South Platte Watershed there are only a small number of mines that impact the water quality. Remedial actions have been taken or are in



the process for these mines. Local, state, and federal partners continue to be active within the watershed to identify potential issues and to work collaboratively to mitigate impacts. CUSP has worked with numerous partners over the past 5 years to perform small scale mine revegetation efforts and to better understand pollutant sources and characterize mine sites in the watershed. Further characterization of many of the mines originally identified in the 2010 inventory have shown that water quality impacts are minimal and in some cases a natural attenuation removes heavy metals to levels below water quality standards. Additionally, both local communities and larger water providers have initiated or completed Source Water Protection Plans. These plans help to identify potential water quality concerns and Best Management Practices or mitigation actions.

Addressing over 100 years of environmental impacts is a complex task requiring considerable time for investigation and remediation. Collaborative efforts between local, state and federal agencies with a focus on community values will slowly chip away at the legacy left by the mines that built our Colorado heritage. To learn more about abandoned mines or natural acid rock drainage in Colorado visit the Colorado Geologic Survey website at <http://coloradogeologicalsurvey.org/water/>. To learn more about the CUSP inventory visit <http://cusp.ws/mineral-assessment/>.

JA in a day

Reaching over 150 students

by Sherri Albertson

On Wednesday, September 16th, Junior Achievement (JA) of Southern Colorado along with 15 Teller County volunteers representing Woodland Park businesses and service clubs, plus community members from both Woodland Park and Cripple Creek spent the day teaching the Junior Achievement in a Day curriculum, also known as JA in a Day, to the 1st through 6th grade elementary school students at Cresson Elementary in Cripple Creek.

Guided by the classroom volunteers, more than 150 students enjoyed learning about fi-

Volunteer with or donate to Junior Achievement and be a positive influence on the future of young people in Teller County. 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 with partner school, Lake George Charter and at Columbine Elementary in October 15th. We resume next year at the Cripple Creek-Victor Junior/Senior High School in January and at Summit Elementary in March and Gateway Elementary in April. With the



Cresson Elementary 4th grade students participate in an activity that teaches them what it's like to be a business owner and how money flows in and out of a business.



Junior Achievement volunteers, Teller County Commissioner Norm Steen and Officer Robert Thornburg, Cripple Creek Police Department, lead 5th grade students at Cresson Elementary in examining career groups and the skills needed for a variety of careers.



Teller County Commissioner Marc Dettenrieder and Cripple Creek City Council member, Steve Zoellner, discuss Economics for Success with 6th grade students at Cresson Elementary. This program provides practical information about personal finance and the importance of identifying education and career goals based on a student's interests.

As JA volunteers share their real-world experiences and present JA materials, they help students connect what they learn in school with what they can expect in the world of work. "I just want to say how grateful we are for the Junior Achievement program and for all of the volunteers who took the time to be here with us today," said Cresson Elementary School Principal, Miriam Mondragon. "This is one of the highlights of the school year!"

help of community volunteers, JA students develop the skills they need to experience the realities and opportunities of work and entrepreneurship in the 21st-century global marketplace. All necessary training and curriculum materials are provided. For more information or to volunteer in the classroom, contact Sherri L. Albertson at 719- 650-4089 or via email to sherri.albertson@ja.org.

Blue Moon Goodness now at King Soopers - City Market

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The Thymekeeper Botanicals of the Macabre

by Mari Marques
photo by Mari Marques

Although many plants today are considered food and remedies, some of them have a very sinister past with criminal records as long as your arm. Historically, one of the most notorious poisonous botanicals is aconite; AKA Monkshood, devil’s helmet, wolfsbane, mother-in-law’s poison.

Monkshood or devils helmet refers to the plants beautiful purple “hooded” flowers that resemble a drawn hood or helmet. All parts of this plant are extremely toxic and should be handled with care if handled at all. As gardener Nathan Greenaway learned in 2012 while tending the gardens of a sprawling estate, even the slightest contact with this plant can cause death. Although he was rushed to the hospital and doctors frantically tried to figure out what was wrong with him, it was to no avail. Nathan died five days later due to multiple organ failure. Unfortunately the original bloodwork was lost so the results were inconclusive. It was only after Nathan’s father carried out tireless research that the link to aconite became the apparent cause of death. Histopathologist Asmat Mustajab concluded it was “more likely than not” that Mr. Greenaway died after coming into contact with the deadly purple flowering plant. The poison, an alkaloid called aconitine paralyzes the nerves, lowers the blood pressure, and eventually stops the heart. The plants toxic alkaloid works so rapidly that within hours the damage was done and within a day the poison had worked its way out of the bloodstream so any further blood tests would again prove inconclusive.

Per the book *Wicked Plants* by Amy Stewart, “Other documented cases of aconite poisoning include the death of Canadian actor Andre Noble who encountered Monkshood on a hiking trip in 2004. Aconitine is so powerful that Nazi scientists found it useful for making poison bullets, ancient Greek hunters used it as arrow poison to hunt wolves, thus the name wolfsbane; and its reputation as a witch’s brew from the middle-ages got it a role in the popular *Harry Potter* series. The emperor Claudius was said to have been poisoned by his wife by aconite in a plate of mushrooms.”

I’ve found this plant growing in the wild at higher altitudes a few miles from Alma but never have attempted to harvest it, for good reason, and have never seen it growing at lower altitudes.

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Poison Hemlock

The word hemlock alone seems to have a sinister ring to it. For centuries it was one of the “go to” plants for poisonous purposes. Death from poison hemlock appears to be an easy one, albeit somewhat horrifying for the unfortunate victim. The mind stays clear as the toxin acts as a paralytic working its way from the toes up to the respiratory system resulting in death. In essence, the victim witnesses their own death with a clear mind in living color. Poison hemlock is so toxic it’s reported that a quarter inch of the root can bring on demise. Tales of campers found dead from the toxic brew circulated among herbalists when I was in herb school, however, Socrates was one of the most famous cases of Hemlock poisoning.

Being the bad plant in the carrot family, it looks deceptively like carrot or parsley and is nearly identical to the Rocky Mountain plant osha root. The difference between osha and hemlock appears to be the altitude in which they thrive. I’ve seen poison hemlock growing along Lover’s Lane in Manitou on more than one occasion but have not encountered it on higher ground as of yet. The identifying factors that separate hemlock from osha are the purple splotches on the stalk of hemlock; these splotches are sometimes referred to as Socrates blood. It also has a distinct smell or stank to be more accurate. Crush a leaf or scratch the root and you will find it smells like mouse urine or dead mice. Now, thinking like an herbalist, I would surmise that given the right dosage of poison hemlock in the hands of a qualified practitioner, (I don’t know any) perhaps poison hemlock would be an excellent remedy for spastic muscle conditions and was used historically as such. Again dosage is critical and I am quite sure there is no one out there willing to risk the circumstances of an overdose. Historically, both aconite and poison hemlock were used by the eclectics as medicine in homeopathic doses with extreme caution advised. I can think of several other plants I would use instead.

Beware! There is another hemlock; water hemlock is considered the most violently toxic plant in North America. Although the two sound similar they are very different plants. Water hemlock brings on violent convulsions, grand mal seizures and eventually death; quite the opposite nervous system response that poison hemlock presents.

Beware! There is another hemlock; water hemlock is considered the most violently toxic plant in North America. Although the two sound similar they are very different plants. Water hemlock brings on violent convulsions, grand mal seizures and eventually death; quite the opposite nervous system response that poison hemlock presents.

Death camas

Death camas thrives in meadows and mountains across the United States and as its name implies can result in death if consumed. A hiker on one of my herb walks this year took a picture of one by Blue Mountain. The entire plant consists of toxic alkaloids and although the different species may have varying levels of toxicity its best to avoid the plant altogether.

A bulbous plant with grass like leaves; it could easily be mistaken for wild onion in its pre-bloom stage. Although it grows considerably larger than wild onion, caution is advised before picking. Some signs of poisoning by death camas include frothing at the mouth, vomiting, extreme weakness,



Monkshood

irregular pulse, confusion, and dizziness. Eventually seizures, coma, and death can occur in extreme cases.

Unfortunately sheep seem drawn to this plant in the springtime when there isn’t much else to choose from for food. It’s rumored that the members of the Lewis & Clark expedition may have encountered this plant when they suffered terrible illnesses on the route through the Bitterroot Mountains. Members of the group suffered violent illness, experiencing severe diarrhea and vomiting. Doctors at the time suspected they may have mistaken death camas for its edible relative blue camas.

To experiment with any of these plants would be perilous to say the least but let’s be real. Sure there are some dangerous plants out there but the truth is, there aren’t that many. One must also take into consideration, are the plants behaving badly? It’s not like the plant got up and walked across the field with the intention of poisoning a person! Remember even innocent houseplants like the peace lily or the philodendron are considered poisonous to humans and animals. Not vilified to the same degree as their wild poisonous relatives, they do deserve their place in the lineup even if they are aesthetically pleasing and cleansing to the air. Plants don’t kill people on their own and the fact of the matter is this, there are many hazardous substances in any given household that are considerably more dangerous than plants.

Black Magic

Most people we know will never come into contact with wild poisonous plants and even if they do they aren’t likely to ingest them. However, a more common occurrence of poisoning and even scarier in my estimation is food poisoning from contaminated or tainted food. So to end on a dark note (trust me, you’ll want to be wearing black for this) activated charcoal or Black Magic as some call it, is one of the most beneficial remedies around for poisoning of any kind.

Useful in any accidental poisoning such as drugs or household chemicals, activated charcoal reduces absorption of the toxin by up to 60 percent as it binds and carries it out of the system. Having your stomach pumped to remove the toxin can only happen immediately within a half hour of the incident and does not reach beyond the stomach into the intestinal tract as activated charcoal does.

Activated charcoal AKA carbon is derived from a plant source such as the bark of the willow. The process involves first charring the material, then subjecting it to an oxidizing gas like air or steam which develops an extensive network of fine pores enhancing its power of absorption. It is 100 percent alkaline and highly electrical. Carbon’s

negative ionic charge attracts positive ionic charges (of toxins and poisons) causing them to bind to it and then escorts them out of the body via the digestive process when taken internally.

Another valuable use for activated charcoal is as a drawing agent. First Aid Herbalist, 7Song, has used activated charcoal as a poultice for wounds of all kinds but specifically wounds infected with staph infection and has successfully cleared the infection and dried up the wound. My personal experience involved a friend suffering from a wound infected with the strep bacteria. After several doctor visits, topical ointments, and internal antibiotics, the wound was rapidly becoming inflamed and weepy. I recommended she purchase the activated charcoal capsules which most health food stores carry, break them open and make a poultice. Within a matter of 24 hours the wound was showing a noticeable difference and by day three was drying and no longer inflamed and weeping. The powder can be purchased online from Starwest Botanicals. Costing approximately \$2 per ounce; won’t break the bank, and an ounce is about all you’ll need to heal a good size wound. <http://www.starwest-botanicals.com/category/charcoal-powder-activated/>

Activated charcoal is as black as black can be and it stains nearly EVERYTHING it comes into contact with, teeth being the only exception believe it or not. Nothing on the market comes close to the tooth whitening power of activated charcoal. Although it’s very scary to see your mouth full of a black substance, it’s a great way to freak out your friends this Halloween. Surprisingly, after brushing with activated charcoal, it leaves your teeth feeling glossy and smooth. It also promotes good oral health by altering the pH of the mouth as well as freshening the breath.

Other benefits include:

- Removes parasites from the body including giardia
- When used as a filter, eliminates micro-organisms and chlorine from drinking water
- Relieves symptoms of Montezuma’s Revenge

Facts

- Activated charcoal is not to be used internally over a long period of time as it binds and carries out good minerals also.
- Hippocrates used activated charcoal as a remedy for many ailments.

For more info on Activated Charcoal see: <http://naturalsociety.com/health-benefits-of-activated-charcoal-medicine-detox/>

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.

Don Crites Master stone mason and cement artist

by Celinda Reynolds Kaelin
photos courtesy of Celinda Reynolds Kaelin

Florissant is fortunate to be home to at least two master creations of cement and stone mason, Don Crites: his amazing “cave” home and a stone memorial for Loya Colorow Arrum at the Pikes Peak Historical Society Museum.

“Crites Peak,” his log cabin, cum stone cave, won an award in 2009 from the American Concrete Institute. His creative and masterful use of concrete to create a cave entrance to his log cabin is enchanting, featuring a waterfall and pond at the entrance with gold dust sparking down from the cave ceiling. A Colorado native, Crites now lives in Fredericksburg, Maryland. His pioneer family settled in the Meeker area in the 1800s, and after traveling the world for his concrete business, the spell of Colorado called Don home. He now spends summers in Florissant and winters in Maryland. Don is a wiry cowboy still, and doesn’t let his 85 years interfere with a busy work schedule as he volunteers at the Museum and helps any neighbor in need.

His latest creation is a stone memorial to the late Ute elder, Loya Colorow Arrum. An abandoned wellhead was an eyesore at the Pikes Peak Historical Society Museum until Don transformed it. He worked tirelessly for several weeks, gathering just the right color



Orb of light at the upper left of well head



Don at the Florissant Pioneer Cemetery with one of the tombstones he is repairing.



Loya’s stone cairn under construction

and size of stone to make the monument. Not satisfied with just any local stone, Don drove around the county stone hunting. He finally found what he was searching for near Cripple Creek, and forged a relationship with the Cripple Creek and Victor Gold Mine so that he could harvest some of their abandoned ore for his project. The result is a five-foot high, gold-ore stone cairn with a brass plaque that reads: “In Loving Memory: Loya Colorow Arrum, Tatanka Win, 1947-2014.”

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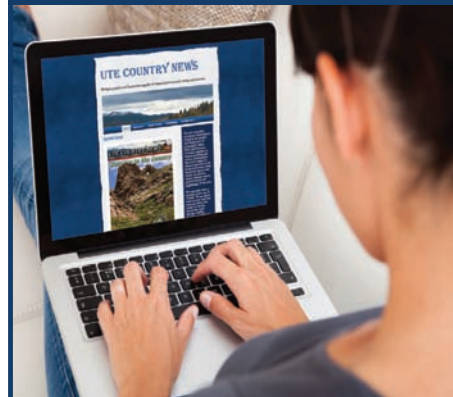
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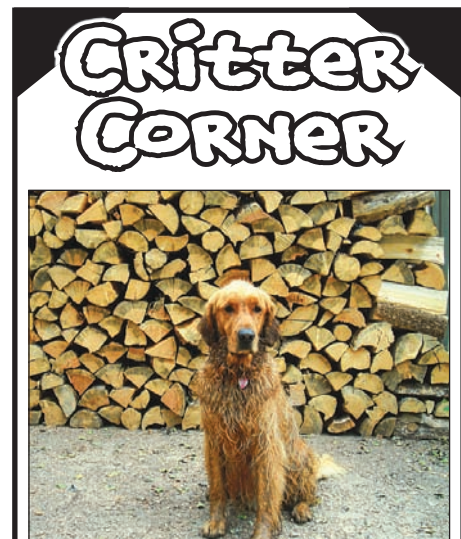
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Evaporating Souls

by Danielle Dellinger

The spirit guardian stopped in front of the forest spirit. "Will you help me?" Skylar asked. Though the guardian was speaking to the spirit, the others were part of the telepathic conversation.

The forest spirit glanced around at the seasonal guardians, and they all offered encouraging looks and nods. It looked back to Skylar, then nodded while raising its eyebrows to ask what the problem was.

"The spirit world is in trouble. I think the souls of the deceased are evaporating. The newly deceased ones appear for a split second and then vanish in a puff of smoke. On top of that, the world is darkening to an inky black. I don't know what's happening. You still have those powers I gave you, right? Maybe you can use those to help me." Skylar looked hopefully at the forest spirit.

The forest spirit glanced nervously at Spring Maiden, who shrugged.

She stepped forward, coming up next to the forest spirit. "Um, excuse me," she said to Skylar. "Mother Nature took away its powers, so we're not sure what's possible right now. It might not be able to help you after all. We just tried jump starting its powers, and something happened, that's for sure, but I have to be involved."

Skylar looked down at Spring Maiden. She could see the worry in Skylar's wolf eyes. "Then would you be willing to help, too?"

Spring Maiden looked up at the forest spirit, and it nodded while putting a hand on her shoulder. "We'll do it," she said, looking back to Skylar. "Let's go."

"Wait, guys," Summer Girl piped up. "Is there anything we can do?" She gestured to herself, Winter Child and Autumn Boy.

Skylar shrugged. "Doubtful," it replied in their minds.

"I see. We'll just meet up again when you guys

are done," Summer Girl said, looking upset.

Spring Maiden ran over and hugged her. "I'll be back soon. Promise. Take excellent care of the Guardian Flower. I'll call for you if you're actually needed."

Summer Girl smiled and hugged her companion tightly. "Good luck," she said, kissing Spring Maiden's cheek.

They then stepped back, and the two groups parted. Spring Maiden glanced behind her at Summer Girl as they walked away from each other. She felt bad that the other three weren't needed. She walked beside the forest spirit, but then eventually ended up on its back. She much preferred riding the spirit over riding Summer Girl's moose.

After some time they arrived at the portal located between two large boulders, where the forest spirit first met Skylar. As they approached the portal, they saw something odd. There was a huge male black bear sniffing around the boulders.

They stopped a few feet away and just watched the bear. Then, to everyone's surprise, he wandered into the portal and disappeared. "Where'd he go?" Spring Maiden gasped, taking a few steps forward. Both the forest spirit and Skylar stopped her with their respective hands on her shoulders. She looked up at them. "Shouldn't we follow him?"

Skylar looked nervous. "I dunno. I've never seen that before."

Spring Maiden returned her gaze to the portal. "You know, bears are sacred to Native Americans. It's believed that the Great Spirit lives through the bear. The Navajo's native name for the bear is "shash." Did you know that the biggest male black bear ever recorded was killed November 1972 in New Brunswick, Canada, and when alive would've weighed in at 1,100 pounds? So given the bear's power, maybe it can help us," she said.

The spirit guardian and the forest spirit looked at each other. What other choice did they have?

"Do we all go in together?" Skylar asked.

"Might as well," answered Spring Maiden. She took their hands in hers, then started walking to the portal. Just before they stepped through, each of them took a nervous deep breath.

Skylar knew that the other two weren't technically supposed to cross into the spirit world, but their help was desperately needed.

"I

can hardly see anything," whispered Spring Maiden, squinting in the dimness as she tried to make out shapes. "It's so barren in here. I hardly feel any energy at all."

They walked farther in, still holding hands. The forest spirit was the first to spot the bear. It squeezed Spring Maiden's hand, then pointed over to the creature. He could be heard making grunting and snuffling noises as he trundled along.

"He seems distressed," Spring Maiden muttered.

"That makes two of us," Skylar answered gloomily.

"I'm gonna go talk to him," she said.

Just as she started forward, the bear sat down on his rear with his back to them, and with his hind legs stretched out in front of him. His front paws rested on them as he pointed his nose straight up into the air, moaning and grunting.

She swallowed, braced herself, and again started toward him. Then it was as if he heard her. He quickly looked over his shoulder at her, chuffing. She gasped and stopped when she saw his eyes. They were pupilless and pure white, and it looked as though white blood was spilling out of them. She heard the spirit and the guardian shift anxiously behind her. Working up the courage, she again walked toward him. He growled and moaned, but made no move to charge her.

"I want to help," she said when she was close. "Can you tell me where all the spirits are? Where have they gone?"

The bear let out a long and forlorn groan.

"I know, I'm sad too. Just tell me what I can do." She slowly came up beside the bear, and hesitantly reached out a hand to pet his cheek. The instant she made contact, he relaxed and stared into her eyes. Her body tensed as her mind was bombarded with images and an explanation. Unable to break the connection, her eyes rolled into the back of her head and she collapsed unconscious onto the ground.

When she came around, she saw Skylar's face first. "Did you see?" she rasped.

Skylar nodded. "Everything. This is such a mess."

The forest spirit waved a hand in front of Spring Maiden's face to get her attention so she'd explain what she saw.

Spring Maiden swallowed, and carefully sat up with a hand to her forehead. "When the Guardian Flower got yanked out as the snow dragon was coming, it hadn't had enough time to set and lock the tilt of the earth's axis. So somehow that created a drain function in the spirit world, so now all the souls are being flushed away into a dimension that's further away from us. The bear can act as a vessel for the souls to attach to

so they can be returned here."

The forest spirit blinked, looking extremely skeptical that it'd work.

"We just have to send him there, or at least his own spirit," she went on. "Plus, if it's true that the Great Spirit lives in him, then it should be no problem. Your spirit powers will help, too." She smiled up at the forest spirit.

It sighed and rolled its eyes, obviously not believing her.

"The bear can't see them, so you'll have to be his eyes," she explained. She then looked to Skylar. "You'll have to make a portal for all this to happen. I think we can do it. If we all sit in a circle and meditate, we should be able to get the job done."

"What's your job?" Skylar asked.

"To keep everything balanced. But mainly, the forest spirit. It needs me the most because it creates black now while I create color." She smiled. "Come on, have some faith, everyone. We got this."

The bear quietly huffed, looking just past the group since he couldn't see them. Skylar and the spirit exchanged doubtful glances, but then both nodded.

Spring Maiden smiled. "It'll be okay. It'll all work out. But before we do anything, I need to summon Summer Girl here so I can tell her to plant the Guardian Flower in its spot again."

They helped her to her feet, but she stumbled and toppled back into the bear, who huffed and grunted in irritation. Spring Maiden frowned and looked down at her bare feet. She sucked in a breath at what she saw. Her toes were gone and had been replaced by the tips of roots.

"It's already happening?" she moaned. "So fast?"

"What's happening?" Skylar asked quizzically. "My changing back into plant form so I can plant myself for the winter," she said, sadness in her eyes. "I don't want to leave everyone so soon."

"Are we gonna have time to fix the spirit world?" Skylar's tone had an edge to it.

She looked up and nodded. "Of course, but the exertion might make me change faster, so there's that." She sighed, running a hand through her hair in frustration. "Help me back out so I can talk to Summer Girl," she said, reaching a hand out toward the forest spirit.

When she was back in the physical world, she let out a series of whistles that sounded like a few different songbirds singing and meshed into one. She leaned against one of the boulders to wait.

Eventually Summer Girl came galloping up on her moose, who still had a bit of a limp from the incident with the snow dragon. She slid off and ran to Spring Maiden, the Guardian Flower clutched in her hands. "What's

going on?" she asked when she reached her.

"I need you to take the flower back to the spot where we'd planted it. It needs to stay there for a long while now until things even out," Spring Maiden said a bit hurriedly.

"What things?" Summer Girl asked.

"When the flower got pulled prematurely, that created a drain effect in the spirit world. So now all the souls are being sucked into a different dimension that's further away from ours. Hopefully it's not out of reach." She watched Summer Girl as she processed everything.

"Wow, so everything really is connected to everything," she mused. "That's fascinating."

Spring Maiden nodded, smiling. "It is," she agreed. "But there's something else you need to know."

Summer Girl frowned. "What's that?"

"I'm beginning to change back into my plant form so I can be planted for the winter." She pointed down at her now roots for toes.

Summer Girl's eyes grew wide when she saw them. "What does that mean for us?"

Spring Maiden shrugged. "I don't know. I've never been in this type of situation before. Maybe you can plant yourself too."

Summer Girl didn't seem to take to that idea. "I don't know if I can."

Spring Maiden smiled again. "It's okay," she said, shaking her head. "Don't worry, we'll figure out something."

Summer Girl nodded. "I hope so."

"Anyway, you need to get going. I'll see you soon. Promise." She leaned up and deeply kissed Summer Girl.

The Guardian Flower purred and cooed and wiggled happily against Summer Girl's chest.

Spring Maiden sat in a circle with Skylar, the forest spirit, and the bear. Everyone held hands and closed their eyes as the silence seemed to crescendo around them. They had to keep their minds open so Skylar could keep them connected and communicate with them. Spring Maiden had to force herself to stop focusing on how small her hand was in the bear's massive paw. Since their minds were linked, she could see that the forest spirit was now leading the bear into the other dimension. The bear's soul orb was fuzzy-looking and black. Once the bear was fully in the other dimension, he stopped and hovered there as if getting his bearings. She had no idea how they were going to gather the lost souls.

But then the ground shook as if a giant had stomped on it, and Spring Maiden knew that Summer Girl had just planted the Guardian Flower in its appropriate spot. Then, it was like the universe was beginning to spin around the bear's soul orb. She watched as stars zipped by. At least she thought they were stars. But then they started to funnel in toward the bear's orb, and she realized that they weren't stars,

they were millions of other soul orbs, and they were all being pulled into the bear's.

Beside her the bear groaned, and she tightened her hold on his paw to give him more strength and energy. Though, she could feel herself becoming lightheaded and dizzy.

"Almost there," Skylar said, confirming what they all saw as the bear began to navigate back into their dimension with the forest spirit's help.

When the bear's soul orb was finally back in the spirit world with all the lost souls, the portal to the other dimension closed with a clicking sound.

"Release them," Skylar instructed.

They all watched as the souls shot away from the bear's soul orb, and began to appear as what they used to be when they were alive. Everyone let out a breath simultaneously.

The moment that they stopped holding hands, the forest spirit, Spring Maiden, and the bear were ejected from the spirit world, and reappeared just outside of the portal between the two boulders.

The bear grunted and wandered down the hill into the forest, its eyes back to normal. Spring Maiden watched him go, then blinked tiredly, feeling a wetness on her upper lip. She lightly touched it with a finger, and pulled it back to find blood on her fingertip. She then looked down and saw that she had roots from the knees down. She closed her eyes and laid back, exhausted. She had to rest. She felt the forest spirit lie down beside her.

A week later she was sitting under a large pine tree with Summer Girl.

"I haven't figured out a way to spend the winter with you," Summer Girl was saying.

Spring Maiden nodded and looked at her companion. "It's fine," she said, smiling.

"It isn't, though. I really like being with you," She snuggled into Spring Maiden. "I feel the same way," she said, thinking. Then she had an idea. "What if we find a cave? I can plant myself, and you can cover yourself in leaves and other stuff to stay warm with me."

Summer Girl stared off into space as she mulled it over. "That could work!" she finally said, her face lighting up.

Spring Maiden grinned, and wrapped her arms tightly around Summer Girl. "Great! We'll have to find a cave soon, though, so we don't have to share it with a bear."

Summer Girl laughed and kissed Spring Maiden's temple. "Let's look in a little bit," she said, her voice low. She caressed Spring Maiden's cheek, then lightly kissed her on the lips.

The two pressed into each other, trying to become one in every way possible.

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The Mountain Top Cycling Club would like to thank all the sponsors for their donations to the 2015 Mountain Top Cycling Club Events. The Ride of Silence, May 20th was on Fox 21 News, The 2015 Experience Ride had a 30% increase over 2014 with registered riders coming in from out of state. The MTCC was able to donate over 100 bike bells at the Teller County Bike Rodeo in June. Bike the Night broke even benefitting the Teller County Senior Citizen Club that served breakfast. The Aspen Valley Mountain Bike Race brought in riders from other states and was a great experience for Woodland Park. The Ice Cream Social is free and always a hit with families. The Mountain Top Cycling Club is a 501(c)3 organization that benefits Teller County Youth Cycling and other non-profit organizations in Teller County.

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Nature Speaks The Nature of Halloween

by Dee DeJong

When I think of Halloween, chills run up my spine, my teeth tingle with the thought of all the candy that will be consumed, and my superstitions are heightened as the holiday approaches.

This month is Halloween, one of my favorite holidays. It is filled with ghosts and goblins, witches and warlocks, and all things "scary" and "spooky". However, the original roots of this holiday are built around all things nature. How many nature things can you think of?

One of the first things that come to mind is the traditional orange and black color scheme. These colors originated from a celebration of the harvest and fall, with orange representing the crops that have ripened and the black representing the end of summer or "death of a season".

Another orange colored tradition is the Jack O' Lantern. Originally, this carved vegetable with a frightening face was the turnip. This lantern, with a small candle inside to make it glow, was to scare away evil spirits. As time went on, it was replaced by the pumpkin, which is more plentiful, hopefully still scaring off evil spirits lurking in the dark.

Apples are another traditional fruit used in Halloween celebrations also representing the bounty of fruit at harvest time. Long ago, the

candy apple was given instead of candy when trick-or-treating door to door. Bobbing for apples is a common game at parties and originally was played as a fortune telling game. One version is played like this: If you bite the apple you are going to have romance and marry, putting it under your pillow would allow you to dream about your true love, if after three times no apple was bitten then the relationship was doomed.

Black cats, bats, and spiders are all symbols of Halloween and create a common feeling of dread. The bad luck associated with these creatures came from stories that the devil gave them to witches as companions. What do you believe?

When enjoying the traditions of Halloween this month, keep in mind the nature side of this holiday. Boo!

For more nature information please call 720-838-3277 or visit our website at www.guides-to-go.com.

Gateway's grant The Lion King Experience

Gateway Elementary School of Woodland Park, CO received a grant called "The Lion King Experience" which will bring a year-long curriculum to all Gateway students. According to Lauren Lehmann, Gateway's art teacher, "The Lion King Experience" is an arts-based, literacy-based curriculum beautifully designed to teach elementary school children the basics of the theater arts. It also encourages their growth in leadership and success in school.

"The grant is offered by Disney and Office Max and perfectly aligns with Gateway's L.E.A.R.N. objectives (Learn, Empower, Achieve, Respect, and Nurture) as well as our Positive Behavioral Interventions and Supports (PBIS) program," Lehmann said. "We will incorporate the lessons into our Music, Physical Education and Visual Arts classes during the year and perform 'The Lion King Kid's Edition' in May."

Gateway Principal Ashley Lawson agrees the grant is a very exciting opportunity for the students. "Ms. Lehmann is a fabulous teacher who has the wonderful ability to incorporate other disciplines into the arts," she said. "The Lion King Experience is going to give our Night of the Arts at Gateway a whole new meaning this spring!"

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Geologic wonders of South Park

by Flip Boettcher

Did you know that South Park is a rectangular, high altitude basin, 80 miles long and 50 miles wide, caused by an uplifting of rocks or mountain building which started approximately 75 million years ago and may be continuing today?

These and many other geologic facts were presented to about 60 people by geologist Dr. Donald P. McGookey during his program on the geology of South Park, September 1, 2015 at the Guffey Community Charter School. The program was arranged by the Park County Libraries and refreshments were provided by the Friends of the Guffey Library. McGookey is the author of "Geologic Wonders of South Park, Colorado".

Originally, there was one continent, Pangaea, on planet Earth. Through plate tectonics, the system which causes continental movement, the continents have moved to where we now know them. According to McGookey, continents move about four centimeters per year, or about what a thumbnail grows in a year.

Geological history is cyclical and inherently incomplete stated McGookey. According to McGookey's book, each cycle consists of long periods of sediment deposits; then there are periods of igneous activity and/or mountain building; all followed by a long period of erosion which wipes out part or all of what went on before.

On the geological time scale, we know relatively little about the "early stuff", said McGookey. But about 550 million years ago, there was a big climactic change. Prior to that, continued McGookey, there were small, crawly things with no shells, so they left little or no record.

After 550 million years ago, there were animals with calcium carbonate shells — insects, snails, clams — that left a fossil record. Then came fish, amphibians, reptiles, and dinosaurs which all have left fossil records, McGookey added. The rock record in the South Park area spans about 1,800 million years.

The beauty of South Park as we know it today was created by geology. From 70 million to 100 million years ago, all of Colorado was part of a continental depression and covered by marine waters which left thick deposits of crustaceous sediments and mud.

The sea retreating eastward may have caused an uplifting which eventually resulted in the formation of the oldest of the mountains surrounding the basin, the Mosquito Range, which forms the western side of the South Park basin. This uplifting resulted in the eastward tilting of the Mosquito Range and almost all the sedimentary rocks in South Park. This uplifting was during the Laramide episode of mountain building from about 72 million to 40 million years ago.

The continental divide, formed by repeated volcanic activity and igneous intrusions, forms the northwest and part of the north side of the South Park basin. During this same time, the Front Range was uplifted, characterized by thrust faults, or angle reverse faults, forming the west sloping northeast and east sides of the South Park basin.

The south end of the South Park basin was formed by a series of volcanic activity which built volcanoes and extruded piles of mountain forming volcanic debris. Mudflows from this volcanic activity dammed



Don McGookey during his talk on the geologic wonders of South Park at the Guffey Community Charter School.

the existing south-flowing waterways, creating a large lake in the South Park basin. Later tectonic activity caused the south-flowing drainage to divert east across the Front Range.

Then 25 million to 2 million years ago were again times of mountain building and the entire area was possibly uplifted as much as 5,000 feet. Old faults became active again and new faults were created forming the mountains that are being eroded today.

In the last 2 million years, the northwest portion of the South Park basin has been sculpted by glaciers. Glaciers work like conveyor belts, said McGookey, transporting and redistributing debris over large areas.

The beauty of South Park as we know it today was created by geology.

Of special interest to the Guffey audience, McGookey talked about the Guffey volcano. A possible re-creation of the Guffey volcano is on the cover of McGookey's book. It is based on the slopes of the remaining peaks which form the caldera of the collapsed volcano.

Guffey-town sits on very old pre-Cambrian rock and is near the center of the Guffey volcano of the Thirtynine Mile Volcanic Field. There was extensive activity in this area 38 million to 28 million years ago.

The Thirtynine Mile Volcanic Field is a large area built by four successive volcanic centers. The first center is near Antelope Mountain, five miles southwest of Guffey; the second center is Thirtynine Mile Mountain, three miles southwest of Guffey; the third and most prominent, was the Guffey center; the last center was Waugh Mountain, 13 miles southwest of Guffey.

The height of the Guffey volcano is speculative, but was probably 6,000 feet above the South Park plain before the collapse of the caldera. At this same time, the Florissant Lake beds were estimated to be 3,000 feet above sea level.

Mudflows from the Guffey volcano

extended some 30 to 50 miles in some directions and dammed the south-flowing drainage forming the South Park Lake. The outlet from the South Park Lake became the South Platt River through the Front Range.

The base of the Guffey volcano was 10 miles north to south and 16 miles east to west. The caldera that resulted from the collapse of the Guffey volcano around 34 million years ago, measures five miles by 10 miles.

Baldy Mountain and Hammond Peak, southwest of Guffey and on the western part of the caldera, are necks, or throats of volcanoes which developed sometime after the collapse. Gold Hill, just north of Guffey, is also a volcano throat.

The Guffey volcano is not yet an accepted fact McGookey stated, but there is much evidence to support it.

Other geologic wonders of South Park include the Red Hill hogback, the Buffalo Peaks, and Reinecker Ridge.

All these South Park geologic wonders and many more are described in McGookey's book. The book is divided into two sections. First, is a geologic history and economic geology section of the South Park region. Second, is a series of South Park road logs, with mileage, along major highways and selected county roads describing the geologic features along the way.

McGookey, born and raised in Ohio, received his Bachelor's degree from Bowling Green State University, his Master's from the University of Wyoming, and his Ph.D. from the Ohio State University. He will be celebrating his 87th birthday soon.

McGookey worked for 17 years in various parts of the Rocky Mountains during his career. His interest in South Park started in 1965 when he purchased 20 acres northwest of Fairplay. The small cabin McGookey was finally able to build in 1989 has a great geologic view across a park to the center part of the Mosquito Mountain Range with the whole geologic column visible from the cabin, he said.

"Geologic Wonders of South Park, Colorado" is available at the Forest Service station in Fairplay, Bayou Salado in Hartsel, and the Florissant Fossil Beds.

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The little library that could

by Maurice Wells

photo by Maurice Wells

On Saturday, September 19, 2015 a meeting was held at the Lake George Community Center to discuss the future of the Lake George Library. Tom Eisenman, Park County Administrative Officer, addressed over 40 community members in attendance and put to rest any concerns that the library is closing. The purpose for the meeting was to update the community on the possible relocation of the facility.

When the new Lake George Charter School was built, John Eshelman purchased the old school building for his business, Quality Science Labs. Sometime after the initial purchase, Mr. Eshelman expressed an interest in buying the library property due to issues with the location of the existing well and septic. Unfortunately, resolution to his offer "fell through the cracks" and was not finalized. Recent conversations have brought the negotiations with the county to the table again.

The future of the library falls onto one of two options:

- Remain in the present location with a negotiated agreement with Mr. Eshelman for shared water and sewer.
- Relocate to the property owned by the



Lake George Library entrance

county where the former ambulance barn is located. At this location the library would be housed in a refurbished building with the possibility of expansion. Water and septic would not be an issue as these utilities are already there. Also, there was some discussion of a new Community Center as part of the relocation.

Funds from the sale of the existing library property would go directly into the new relocation project.

Additional community meetings will be held as more information is available concerning the on-going negotiations.

PPHS annual auction

The 2015 Pikes Peak Historical Society annual auction will be held on Saturday, October 17, 2015 at 2 p.m. at the Lake George Charter School gym/auditorium in Lake George, CO.

This auction is a major fundraiser for the Pikes Peak Historical Society, a non-profit organization which maintains two free museums in Florissant: PPHS Museum 18033 Teller County Road #1, open Saturdays and Sundays through October from 1 p.m. to 4 p.m. and the 'Old Teacherage' next to the school house on the Florissant Grange #420 grounds at 2009 County Road. Both museums are available by appointment; call 719-748-3861. The PPHS also provides free Chautauquas throughout the year. This organization and the events it sponsors, is run entirely by membership dues and donations. The funds generated by the annual auction supplements these funds.

A variety of items will be offered for purchase at the upcoming auction: food items, gift certificates to local stores, antiques and collectibles, and even gift certificates featuring some of the special talents of various PPHS members (example: mineral collecting trip).

The Lake George Charter School is located just a few minutes from Florissant, on the south side of Highway 24 just 2/10 mile west of the Ferrellgas propane lot. The School has ample parking and seating. But come early! Viewing begins at noon and the auction starts at 2 p.m. Drinks and a snack lunch will be available for purchase during the pre-auction walk through. For more information contact Scott Adams at 719-748-9035 or John Rakowski at 719-748-3861.



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7 pm - Homecoming Football Game vs. Harrison

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MTCC adopts 2 miles of highway

by Deb Maresca

Mountain Top Cycling Club was finally recognized by Colorado Department of Transportation's Adopt-A-Highway program. Jackie Grabbert secretary for the MTCC presented the opportunity to the club in 2013. In 2014, MTCC members cleaned the highway and now we have a sign that gives the club the recognition it deserves. Our adopt-a-highway section of road is on Hwy 67 towards Deckers the last two miles between mile markers 81 and 82 before you reach Douglas County. MTCC is a non-profit and uses their funds to be able to host cycling events in Teller County, support its youth cycling programs, and help fund other non-profits. Visit our website www.mountaintopcyclingclub.com or call Debbie 719-689-3435 for more information.



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A Mountain Seed: What I remember

by Jessica Kerr

It is October. The leaves should be rustling; the earth should be letting off its wonderful, musty odor. The clouds should be low over the mountains, possibly dusted with snow. I can see the deer's changing fur: the bright sorrel is falling out, being replaced by dusty brown. The fat bears would be raiding the garbage cans and the foxes would lope silently through the foggy alley. Fire is making its way down the mountain-sides. But this fire's glow does not destroy; it gives delight to our eyes and nourishment to the earth below. At timberline, the embers begin to spark and in a few weeks it will have reached the valleys and riparian forests. The grass will be drinking in the fire, too: the yellowness of its tissues will intensify and it will dry out, adding its voice to the song of Autumn, plucked by the fingers of the wind. The trout are slowing down, hiding under the banks of the streams and ponds; the water is too shallow anywhere else. The small ones born in February are about ready to do as their parents did; then they will spend the winter blending into the river stones. Rocks which have been buried under fast water peek above the surface. If I were to go to work, I would wear my favorite hoodie or jacket in the morning. The windows of my car may be foggy — I would

have to start warming the car up before I could drive it. The clouds hang low; the leaves reflect the bright morning sun. The wind brushes past and the leaves whisper, "Good morning." The sun sinks behind the peaks more quickly now; walks must be taken early. Fruit ripens. Down the alley from my old home, chokecherries are blushing and in my garden, my mother will be pulling up carrots and eating the small, ripe tomatoes. Pumpkin décor should already have infiltrated the aisles at the store. The plump, orange rind of these and squash lounge on the porches and sidewalks of the houses, sitting next to Indian corn. Small fairs gobble up the Palisade peaches, served with cinnamon, oats, and cream. But I am not there. I live far away, where the trees are still green, the grass is still green, and the air is rarely cool. In Oklahoma, it is still summer. The days are long and hot (but not terribly so), and my grass still grows an inch a day. The trees do not sound the least bit dry and only a peek of yellow has even started to show itself. My coworkers remark on how "cold" it was last night — only 60 degrees — I giggle to myself and walk on. There are no mountains to be my thermometer and no clouds as graceful as those that crown Mt. Princeton.

The sky is blue, but it is rarely flecked with cumulous billows as magnificent as those that decorate the Rocky Mountain skies. The greenery is beautiful, and the warmth can be nice, but I miss my mountains. The trees here will give me a fiery show in a couple of months, but I miss the deer that might lie beneath them. Cities are good for the things they have in them and the fun just down the block, but I miss my small town and the nearby hills. Since I've moved, I've kept a list in my heart of things to remember from my home. I hope it will not be long before I can return. Fall is the best. You, reader, are lucky because it comes to you early. In the mountains, seasons change more quickly and summers are shorter — you get to enjoy the comforts of fall before everyone else. While I am gone, enjoy the brisk mornings, the warm afternoons, and the cold nights. Cuddle up in your flannel sheets (I must wait to put those on, too), and drink your coffee and hot cocoa. Watch the deer walk, the bears waddle, the robins leave and the geese fly. Expect the snow and be happy when it dusts the peaks. Put some pumpkins out and collect some leaves. Don't complain of the shortening days and cooling sun. Every time you look at those mountains and breathe the high air, remember your blessing.

Strong mine storytelling

Victor's historic Strong Mine will be the center of attention on Saturday, Oct. 3. Stories at the Strong: A Day of Tall Tales & Mining History will be held at the 1899 mine site. The event is sponsored by the Victor Lowell Thomas Museum. The day will begin at 11:30 a.m. with a tour of the compressor house, surface plant, and hoist house of the Strong Mine. The tour guide will be Two Mile High Mining Co. owner Jim Watson. The one-hour tour will be followed by storytelling with some of the mining district's well-seasoned miners conjuring up memories and weaving tales about their experiences and the old days underground. The Victor Elks will have hotdogs and brats on the grill and, weather allowing, marshmallows can be roasted as fixings for smores. The cost of the event, benefiting the museum, is \$10 per person with children under 5 free. The entrance fee includes the tour and storytelling session. Lunch and smores are available at an additional cost. Tickets can be reserved on line at VictorColorado.com or purchased at the museum or at the gate the day of the event by cash only. The Strong Mine is located just off Diamond Avenue on Victor's north side. Parking is limited at the Battle Mountain and Independence Millsite Trailheads on the Old American Eagles Road. Attendees are encouraged to park in downtown Victor. A free shuttle sponsored by the Cripple Creek & Victor Gold Mining Company will provide transportation from the trailheads and from the Victor Lowell Thomas Museum to the event and back throughout the day. Wrapped in tall and grave tales of its own, the Strong Mine is a perfect location for mining history lore. The mine was blown up in the 1894 labor strike, rebuilt and then operated as a



wealthy mine for years. In recent years the mine suffered from weathering and the Watson family has restored the headframe and other structures. The most famous story about the Strong Mine has to do with its founder. The mine's 1890's owner, Sam Strong, was killed in an argument in the Newport Saloon in Cripple Creek in 1901, his shooting the result of an argument over gambling. As a result of the incident, the mayor at the time outlawed guns and gambling in Cripple Creek. In the August 23 issue of the *Colorado Springs Evening Mail*, Mayor Crane ran a decree on the front page. He publicly denounced Strong and all other gamblers for the common practice of carrying concealed weapons, saying: "I believe that in a community so well governed as Cripple Creek, where warrants are worth 100 cents on the dollar, any person who carries a gun or other dangerous weapon concealed on his person is

either a coward, a bully or an outlaw." Crane ordered that all gambling houses in Cripple Creek be closed and that "all persons carrying concealed weapons quit said practice." An old photograph that used to circulate in Cripple Creek carried a caption declaring that the photo showed Sam Strong lying dead on the floor of the Newport Saloon. The picture has appeared in several publications with a similar caption. The alleged dead man does look like Sam Strong, with his thick black mustache and dark hair. But the man doesn't have any head wounds or facial wounds, and Sam didn't actually die in the saloon. The Strong look-alike lying 'dead' in the one photo is seen standing in another...Just one tall tale from the days of the 1890's gold rush. Don't miss more tall tales, true history, and Stories at the Strong. For more information, call 719-689-5509.



Sweet clover Melilotus officinalis

by Ciena Higginbotham
artwork by Ciena Higginbotham

Sweet Clover is very common and can be found all throughout Colorado, painting roadsides bright yellow. It is an annual plant that grows between 2 to 7 feet tall. While the larger plants look somewhat bushy, the shorter plants are lanky. The stems are green and angular, though sometimes the lower stems are tinged in light red. As part of the clover family, this plant has leaves clustered in groups of three. Each leaf is oblong and hairless. They are fairly small — from ¼ to ¾ of an inch. Vivid yellow flowers adorn the tops of the stems. These flowers are arranged in what botanists call racemes (pronounced: ray-SEEMS). This comes from the classical Latin *racemus*, which means "cluster of grapes" and describes the Sweet Clover's long clusters of small, spike-like flowers. Each of the racemes are up to 6 inches long. The flowers themselves can be up to 1/3" long. They have a tendency to droop downward from the base of the cluster and then curve upwards towards the tip. Sweet Clover blooms from late spring to early fall, peaking during the summer. A colony of plants will bloom for about two months. In the fall, each flower is replaced by a small seedpod, which has a flattened beak that contains one or two tan colored seeds. The seeds spread out and will often form colonies at favorable spots. The preference is partial or full sun and moist to slightly dry conditions, though it can easily adapt itself to various soils. The plant can be found in disturbed areas, such as vacant lots, along roadsides and in weedy meadows throughout the country. But Sweet Clover didn't always grow abundantly in the United States. The plant was first brought to the country from Eurasia as a forage crop. It was used as a green manure to replenish old fields because of its ability to grow rapidly and repair the nitrogen levels in the soil. Being an invasive species, it is now found in every state in the United States and most of Canada.




Being so common, people have found that this plant can be quite useful. The fresh flowers, roots, seedpods, and fresh young leaves are edible if consumed in moderation. It has a slightly bitter taste, but was once used as a flavoring in soups. In Switzerland, it is an ingredient in the green Swiss cheese called Schabzieger. The herb is dried and ground to a powder, then worked into the cheese curd. Sweet Clover is also very useful in medicinal terms. It is an antibacterial, anticoagulant, as- tringent, laxative, carminative, and emollient. It can improve blood circulation, which is of great help in treatments of varicose veins and hemorrhoids. It is also helpful in treatments of wounds, cuts and bruises. As with any wild medicinal plant, Sweet Clover must be used with caution. The old dried leaves can contain a mold-related toxin. This is because of a reaction that can occur with a substance called coumarin. This is what gives the dried plant its warm, pleasant fragrance of freshly mown hay. But the coumarin can be converted to a powerful anticoagulant toxin dicoumarol if the plant becomes moldy. This causes an issue for livestock. Animals that feed on the moldy dried plants can suffer from Sweet Clover toxicosis, which is a bleeding disorder that can be fatal. But, if dried correctly — which isn't difficult in Colorado's typically dry climate — can still be grown as hay despite its toxic properties when moldy. It is also said that when packed with furs it acts like camphor and preserves them from moths and it makes a lovely smelling potpourri. Every time I see a bright yellow Sweet Clover flower, I think of the story behind it. How it traveled all the way from Eurasia, and how it was an important part of our history. Just one flower was all it took to spread the species throughout the nation and beyond. It is a lesson we can reflect in our own lives. As Emily Dickinson wrote in a poem, "To make a prairie it takes a clover and one bee..."

Adopt Me by the Humane Society of Fremont County

Mama

This is Mama. She is a 3 year old Staffordshire Bull Terrier or Pitbull mix. She is a happy go lucky girl who loves to go on long walks and hikes and play in the yard with a human. Mama is great on walks with other dogs of all sizes, but does not want to share living quarters with another dog, so would prefer to be an only dog. She is up to date on vaccinations and is already spayed. Her adoption fee is \$64. Mama's adoption requires a home inspection, but can be done anywhere in Colorado. Mama is at the Humane Society of Fremont County in Canon City, CO. The phone number is 719-275-0663. Email hsfcdogs@gmail.com for more information about Mama.





Spotlight on the Divide Chamber

Each month we will feature up to five new or renewing members of the Divide Chamber of Commerce. Visit our website at www.dividechamber.org.

- **Peak Vista Health Center at Divide:** 719-687-4460. Non-profit Federally qualified Health Center dedicated to providing premier medical, dental & behavioral healthcare in a collaborative setting for people of all ages.
- **Scentsy:** 719-482-5545. A safe, wickless alternative to scented candles. Also offering an expanded variety of products as a fragrance company.
- **T.H.E Coalition:** 719-686-7605. Teller Historic & Environmental Coalition, Inc. Preservation through collaboration.
- **Divide Fire Protection District:** 719-687-8773. The Divide Volunteer Fire Department provides fire, medical & rescue services to the region and offers mutual aid to the surrounding fire districts.
- **Summit Elementary School:** 719-686-2401. Pre-school through 5th grade. Mission statement is to provide a safe environment, challenge our community to meet high academic standards, and promote an appreciation for the arts.

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Midwife Maren Fuller

What is a midwife and why you would want one

by Kathy Hansen
photo by Jeff Hansen

Childbirth is a natural process. Women have been having babies for centuries. Easy-schmeasy; get pregnant and nine months later you have a baby, the most natural process in the world. Right?

Not always. According to Maren Fuller, about 80 percent of pregnant women can have a normal vaginal birth. When complications arise and cannot be remedied quickly enough, the next step is typically Caesarean-Section (C-Section); a surgical method to remove the baby via incision through mother's abdomen and uterus. Any surgery comes with increased risks, opening doors for possibilities of infection, blood clots, respiratory failure, heart attack, and many more.

The World Health Organization recommends countries limit the rate of C-Sections to no more than 10 to 15 percent of deliveries, targeting 4.5 percent as "optimal". The rate of C-Section for the USA in 2012 was 32 percent; more than twice the recommendation. Does that surprise you? It should because most complications can be screened for and predicted. Read on.

There is a wonderful article entitled, "The US is the only developed nation with a rising maternity mortality rate." It can be found on the website: http://www.huffingtonpost.com/2014/05/19/us-maternal-mortality-rate_n_5340648.html

The article raises important questions for anyone in the USA, especially those of childbearing age interested in becoming parents; males and females alike. It is a reflection of the general health of the citizens of the USA, noting poor nutrition, the presence of pre-existing health conditions before pregnancy, and health care access, especially pre-natal care, and more.

What is prenatal care?

According to Medicinenet.com, "Health care that a pregnant woman receives from an obstetrician or a midwife. Services needed include dietary and lifestyle advice, weighing to ensure proper weight gain, and examination for problems of pregnancy such as edema and preeclampsia."

That makes sense; a pregnant woman would want to be aware of the many ways her body is changing and how diet and lifestyle impact those changes. It also makes sense to monitor progress and assure changes are within appropriate limits; knowing what "normal" is within an ever-changing physical structure could surely be helpful.

Did you know the word "obstetric" is Latin for midwife? It is derived from "obstare" which means "to stand before" as in standing before the pregnant woman to receive the newborn.

Did you know the word "midwife" has Anglo Saxon roots, "mid" means "with" and "wyf" means "woman"; together it means "to stand with the woman".

When a pregnant woman sees her obstetrician for the first time, she is likely to be eight to 12 weeks into the pregnancy. The average visit lasts five to seven minutes with the doctor. The nurse probably took some vitals beforehand and might follow up after the doc exits. The pregnant woman goes in alone; extended family is not expected to attend.

Conversely, many women who are contem-

plating motherhood may consult with a midwife PRIOR to conception, or soon after the positive result from the in-home pregnancy test. When the woman meets with a midwife, the meetings are typically from 30 minutes up to 90 minutes. The midwife ensures all the vitals are checked, weight is monitored, and if you are Maren Fuller, you have your checklist of over 50 items to be reviewed over the course of the pregnancy. There is time to engage with the expectant mother in order to develop a care plan for the pregnancy, and time to educate about and discuss the interesting changes going on within her body.

There is also opportunity to meet the partner and possibly existing children who also have concerns about the changing family constellation. In some situations, extended family wants to be involved, perhaps even have a role in some way. This has been important throughout history; it's a process that has simply fallen to the wayside, especially in the USA. What used to be a showering of support (emotional, educational, physical presence, sharing experience, etc.) for a mother-to-be has become a showering of blankets, onesies and pacifiers.

Choosing a midwife opens the opportunity for extended family support in a way not offered by typical obstetricians. Maren is aware of the research showing that partners also experience hormonal changes, as well as the research suggesting it is the birth of the first child that often becomes a tipping point for marriages, leading to divorce. This is often because the first child is a first for the partner, too! Does becoming a "dad" mean I will become like my dad? Maren can discuss with each couple their expectations of each other during the pregnancy, during the birthing process, and especially once the child is born. Engaging the partner in the care plan helps to open communication, create realistic and clear expectations, which leads to follow-through, trust, and a deepening of intimacy in relationship.

Maren relies on research. There are many myths associated with pregnancy, childbirth, and neonatal care. It is important in her role as educator that she has the facts, but not just the facts. Maren prefers to understand how the facts are connected and what the implications are.

Welcoming new life, empowering families, and building community.

One example of how research impacts her practice is the finding that fetal monitoring every 30 minutes is effective and sufficient as opposed to hooking up the equipment to constantly monitor the fetus. It is very natural for the baby to increase movements as the birthing process begins. Baby is likely to twist and turn, move forward, sideways, and stretch out the limbs as it works its way into the world. These natural movements can cause minor changes in heart rate that will return quickly to normal once baby settles. Consider the difference between Maren calmly checking every 30 minutes 'just to see' verses a monitor on the wall that beeps every time there is a change. When the monitor alarms the change aloud, all the eyes in the room move to the monitor as



though mesmerized. Mother-to-be, nurses, and doctors begin to watch the monitor and the monitor becomes their focus and directs the next step, as opposed to other signs of distress or better yet, signs of return to regular that could be observed by looking at mom.

Another example of research and its implications is a little more complex, but certainly worth pursuing, especially in these days of over-prescribing antibiotics. In many hospitals, newborn babies are given an antibiotic ointment for their eyes because in those situations where the expectant mother has contracted gonorrhea, there is a high risk of blindness for the infant who would pass through the gonorrheal infected birth canal. The ointment comes at a cost of \$4. It is less expensive to administer the ointment to EVERY newborn, than it is to test each expectant mother for gonorrhea. This is just one example of how hospitals and insurance companies develop "safe practices".

What does that mean for newborns of expectant mothers who have NOT contracted gonorrhea because they AND their partner maintained fidelity during the pregnancy? It means their newborn was given an antibiotic they didn't need. There was no choice involved on the parents' part; it's hospital policy, a normal procedure. The policy and procedure are in place to protect the hospital from an expensive, but rare occurrence.

When parents want to have more choice, more involvement, more of a voice, they might consider working with a midwife for a home-birth. Some of the benefits of home birth include having the same provider for every appointment and for your birth; being surrounded by the people you choose to include and the things that make you comfortable to achieve the birth you desire; freedom to eat, drink, and move around when and how you wish; you will not be separate from your baby; and lower rates of medical intervention. Most impor-

tantly, you will have a choice for considerations for water birth, delayed cord clamping, and medications/interventions for your baby.

Maren does not believe everyone should have a home birth; only those appropriate for home birth. Each woman is unique and should be considered individually. In fact, Maren recognizes each family constellation is unique and should be respected. Maren encourages the Lesbian, Gay, Bisexual, and Transgender community to consider her services. Maren does not pass judgement, but fosters each couple's exploration of options to choose what fits each family. "I have no rosy ideas that everyone should

have a home birth."

Maren works very diligently to assure the necessary factors have been thoroughly considered for any home birth. Regular testing and screening are in place to assure the pregnancy is low-risk and that mother-to-be has maintained good health. Maren typically orders an ultrasound at about 20 weeks to assure the expectant mom is a good candidate for home birth. Maren has an assistant with her, a professional birth assistant who has also been trained as a doula (providing emotional, physical, and social support during labor, birthing, and post-partum).

Many parents-to-be wonder about the mess an in-home birth may bring. Straight from Maren's handout, "Most of the time, any "mess" that may occur during labor and birth is contained and cleaned up by the midwife and assistants so quickly and easily that you may not even notice. We work hard to protect your home and furniture so that when we leave, your home is back to normal."

Midwife crisis

What happens when a complication arises during childbirth? Maren is experienced, qualified, and equipped to deal with most every complication that may arise. "I carry all monitoring equipment for mother and baby, medications to control and stop hemorrhage in the mother, Oxygen, IV equipment & fluids, newborn resuscitation equipment, and a pulse oximetry unit. I also carry many homeopathics, and essential oils to aid in pain relief, emotional balance, and other birth complications."

Maren is also aware of those warning signs that say we need to transport NOW! In those rare events, Maren is en route with mom and baby, and then once at the hospital moves from being in the primary care position to primary support position for both

continued on next page

Maren Fuller

continued from previous page

mother and baby. Afterward, the mother typically returns to Maren for post-partum care for herself as well as for baby. Why?

Post-partum care

The *Washington Post* printed an article entitled, "US lags behind other wealthy nations on infant mortality" as found <http://www.washingtonpost.com/news/wonkblog/wp/2014/09/29/our-infant-mortality-rate-is-a-national-embarrassment/>

The article discusses how the infant mortality rate varies greatly within the USA, and how the numbers increase as mother's income and education go down. It seems the lack of post-partum care and support may be the primary factor.

One of the most meaningful roles of the midwife is the aftercare or post-partum care offered to mother and child. The typical obstetrician will discharge mom and baby after 36 hours and have the first follow-up visit with mom and baby after six weeks, primarily because insurance stops paying the OB after six weeks. Compare that to Maren's schedule: Maren sees mom and baby at *their home* within 24 hours of birth, again at 72 hours after birth, then in one week, again in two weeks. The next appointments are at Maren's office at four weeks and six weeks after birth. Think of the convenience of having the midwife come to you: the opportunity to focus mostly on baby those first few weeks; no need to take baby out-of-doors into a germ-ridden environment where sick people go; and no need for unnecessary medications simply because of somebody's policy based on cost-effectiveness as opposed to best beneficial practices.

Another important aspect of post-partum care are the screenings, not just physical screenings for mom and baby, but also screenings to include partners who may have become depressed.

An optional post-partum care plan could include breast feeding. Did you know that breast feeding rates plummet rapidly between two days after birth and six weeks after? Research suggests lack of support as the primary reason for this decline. For those women who would like to breast feed, a care plan can be developed, which includes a great deal of education based on research. There are many "bumps" along that road that can easily be remedied and Maren is there to guide, offer suggestions, and listen to reports of changes, concerns or answer questions.

Maren reminds us that the USA as a culture seems to lack in supporting new families. It is common for a new mom in the USA to receive six weeks off from work; whether she gets paid depends on the company she works for, typically it is unpaid. In most European countries and Canada, six months paid leave is the norm. With light in her eyes and determination in her voice Maren said, "I am incredibly passionate about increasing access to home birth services for ALL women." Those services include the support after the child is born, as the parents are entering their new role of complete responsibility for their bundle of joy.

She went on to say she has organized free groups for new parents to attend. She invites guest speakers on various topics including infant feeding, baby yoga, and finding child care. Each presentation lasts about 10 minutes, followed by questions and answers and an opportunity to meet and greet each other. Maren has found that typically about 15 to 20 minutes into the group there is a brave soul who asks the first question, such as, "Is it normal that I still have pain in my labia?" The silence has finally been broken as Maren thanks the asker for the question, provides the answer educating the audience about the topic, and moves onto the next question. It is Maren's dream for "Every mom and new family to have a community of people and professionals to give support they need and DESERVE for the early parenting experience." Everyone needs to be fiscally responsible.

Becoming new parents (or parents again) will make an impact on your budget, no doubt. When you are weighing whether it is an obstetrician or midwife who welcomes your new family member into our world, you will also need to consider the cost. Maren accepts CSHP+ and it is best to call her directly regarding which other insurance plans she takes. Please be sure to let Maren know if you are on Medicaid as she offers a "serious discount". Repeating a statement from earlier Maren said, "I am incredibly passionate about increasing access to home birth services for ALL women."

Maren serves Chaffee, Fremont, Park, and Teller Counties. She offers a free consultation and free New Moms Class, see page 34 and ad on page 24. For more information visit www.CommunityMidwiferyCO.com or call 719-761-7541 or email communitymidwiferyco@gmail.com.

MTCC at Aspen Valley Ranch

by Deb Maresca

photo by Magnuson Photography

August 29th the Mountain Top Cycling Club hosted its inaugural mountain bike race at Aspen Valley Ranch. MTCC has hosted a road bike event for the last four years, with a 30 percent increase in 2015. The club has both mountain and road bike riders and it wanted to become more diversified by offering both types of cycling events. The Monday night Bier Werks rides have shown an impressive increase in the mountain biking community. Deborah Maresca had gotten permission from Julie Snyder at Aspen Valley Ranch to build the trail and host the event. The Aspen Valley Ranch is a privately owned foundation with the Gordon Foundation and Pike Peak Community Foundation. The race course would benefit Aspen Valley visitors that like to hike or bike the trail when the ranch is open to the public. Visitors just need to go to the Welcome Center, sign the waiver, and wear the green wrist band. This was a win-win for Aspen Valley and Mountain Top Cycling Club. David Kriegshauser set up the design and with the help of Paul Magnuson and friends, the course at Aspen Valley Ranch was completed in early August, with overwhelming reviews of how great it is.

The Aspen Valley Mountain bike race



was sponsored by Dr. James Wiley of Ute Pass Family Chiropractic. His daughter and friends were on site to help put the medals on the winners. A 10 ft. by 10 ft. banner proudly displayed the 2015 Title, Summit and Alpine level sponsors of the MTCC. Lunch was served by Serrano's Mexican Restaurant and Austin Wiley, Dr. Wiley's younger brother donated from Spangalang Brewery which is a new place up in Denver, a keg of beer for everyone to enjoy after the race.

The event was a great success, bringing in 52 registered riders from Aurora, Lakewood, Breckenridge, Bayfield, Boulder, Arizona, and Texas. It was great for local cyclists from Woodland Park to take pride in something local that they could enjoy

in their own backyard. Brian Gallant stated, "I am in the best shape of my life, just because I trained for this particular race thanks to MTCC." The cyclists were nothing but complimentary about the race, the course, and the after party.

Katie Compton, a Pro CX race for Trek Factory Racing took first place for the Women's Pro Category. Hector Riveros took the Men's Pro Category. There were eight racers in the Men's Pro category making for an exciting day of racing.

Colorado Spring Race director Andy Yarding was in attendance that day as well, checking out the course. If we can bring more mountain bike racing to Woodland Park it would be a great opportunity for the community. If Colorado Spring race series included Aspen Valley Ranch the proceeds would be benefitting Colorado Springs but the traffic and economic opportunity would be there for Woodland Park, and that is a good thing. MTCC is looking forward to hosting another great Mountain bike race again in 2016 if the funds allow.

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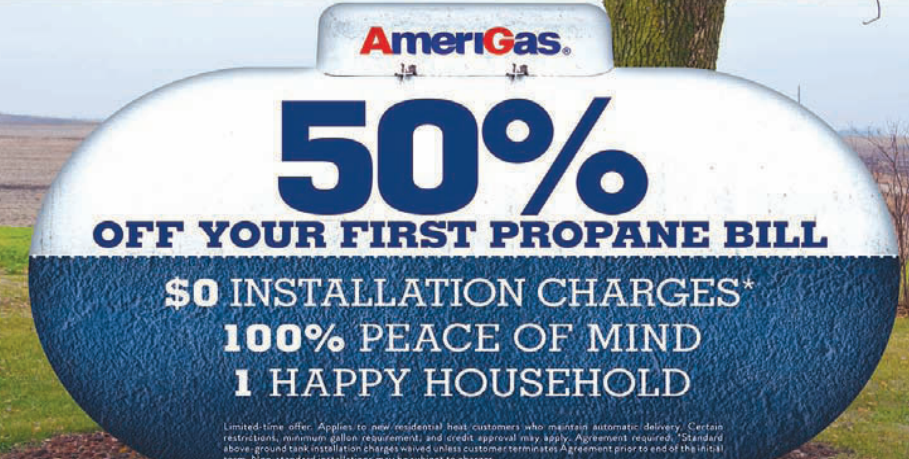
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John 3:16

The Regale of France Henry VIII's lost ruby

by Steven Wade Veatch

Glittering jewels, precious metals, and religious relics ranging from a spine from the Crown of Thorns to a twig from the Burning Bush, and sundry relics of saints were important to all medieval monarchs as physical symbols of power, pomp, and religious expression. King Henry VIII (1491-1547) of England had one of these venerable objects — a ruby.

A ruby (Al₂O₃) is a gemstone and a variety of the mineral corundum (aluminum oxide). It's one of the hardest minerals on Earth (9.0 on the Mohs mineral hardness scale of 10) and ranges in color from pink to blood-red. Traces of the element chromium cause the red color to bloom in rubies. The Latin word for red, *ruber* is the basis for its name. The other variety of gem-quality corundum is sapphire. The ruby is extremely rare and considered the king of the gemstones with its magnificent color and exceptional brilliance.

Louis VII (1120-1180) became the first King of France to visit England when he made a pilgrimage in 1179 to St. Thomas Becket's shrine at Canterbury. He spent the night there, and made several offerings, including the "Regale," considered the finest gem in Europe, for St. Thomas's intercession and help in the recovery of his son from illness. Period clerics said its blood-red color commemorated the blood of Thomas Beckett, the martyr, whose shrine held the stone. A Bohemian ambassador in 1446 described the ruby as "a carbuncle [ruby] that shines at night, half the size of a hen's egg." A traveling Venetian wrote about the gem in 1500, that the "ruby, not larger than a thumbnail . . . is fixed at the right of the altar. The church is somewhat dark, and particularly in the spot where the shrine is placed, and when we went to see it the sun was near setting and the weather cloudy; nevertheless I saw the ruby as if I had it in my hand. They say it was given by a king of France."

While descriptions of the size of the ruby do not match, there is no question this gem was exceptional in size and beauty. By the time Henry VIII dissolved monasteries in England (between 1536 and 1541) he became aware of the gemstone and longed to possess its radiant beauty. In 1540, Henry VIII ordered the shrine demolished. From that rubble, the ruby mysteriously appeared in the king's Royal Treasury.

Formal portrait Edward VI (1537-1553) in his early teens. Edward was King of England from 1547 until his death at the age of 15. He is the son of Henry VIII and Jane Seymour. Image public domain



View of a ruby in its natural state. Note the crystal habit of terminated tabular hexagonal prisms. Used with permission, Wilensky Fine Minerals.

A rare document describes the event, the "Royal Commission for the destruction of shrines, under Dr. John Layton and a strong military guard, arrived at Canterbury to carry out the work of sacrilege. The spoil of jewels and gold of the shrine were carried off in two coffers on the shoulders of eight men, while 26 carts were employed to remove the accumulated offerings to God and St. Thomas, and the noted Regale of France was mounted in Henry's thumb ring."



Henry VIII, The king can be seen sporting several jewels in this 1531 painting. Henry prized the French Regale, a ruby fashioned into a cabochon. It remained in Henry's private collection until he died at the age of 55 in 1547. Image public domain.

The gem was buried with Henry, especially George IV (1762-1830). Notes and Queries (1863) reports that "With respect to the large carbuncle of diamond [ruby] given by Louis VII, which is said to have been worn by King Henry VIII in his thumb-ring, it was probably buried with him . . . George IV, when Prince Regent, having ordered the tomb of Henry [VIII] to be opened, and the coffin searched for some ring, which he supposed were still to be found therein . . . Nothing however, was found expect some large bones."



Formal portrait Edward VI (1537-1553) in his early teens. Edward was King of England from 1547 until his death at the age of 15. He is the son of Henry VIII and Jane Seymour. Image public domain

Since the Regale became widely known in 1179, it has been coveted by many people. It was last seen being worn by the Henry VIII of England. Since then the march of time has continued on and years have become centuries — cloaking the ruby with the dark veil of the past. The ultimate fate of Henry's favorite gem remains unknown.

Adopt Me Emily

by Teller County Regional Animal Shelter



Hey, I'm Emily, or just Em for short. Being brought to the shelter has been a little stressful for me, but it hasn't stopped me from wanting to explore and make new adventures for myself. I would benefit from a healthy diet and a chance to move around and exercise daily. I must say though, I am a very pretty girl with my lynx point markings and blue eyes. Would you like to stop by and say hello? You might just fall in love and take me home. Find me at TCRAS in Divide at 308 Weaverville Road. If you have any questions about me just call TCRAS at 719-686-7707. To see every-one check out www.tcraxcolorado.org.

~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.

continued from page 29

in October! There is a lot of work left to do on Lovell Gulch near Woodland Park. Last month, our hard-working volunteers built a lot of realigned trail considering how small the crew was. Please help finish building a section of new trail to bypass the erosion on the far eastern end of the loop. The results will be a more sustainable and friendlier trail for hikers, trail-runners, and mountain bikers alike. Please sign up for October 17 beginning at 8 a.m. at cme.org/stewardship. No experience is needed — we will provide all the tools and training you will need. Non-CMC members are welcome. Contact Tom Mowle at tomowle@yahoo.com or 719-216-3932 if you have any questions.

MELTING THE ICE IN THE HEART OF MAN

20 Wholistic Networking Community's feature presentation for October is "Melting the Ice in the Heart of Man" by Patricia Turner, the Founder of Tierra Sagrada, The Sacred Earth Foundation, a 501(c)(3) non-profit dedicated to the conservation of indigenous cultures and their wisdom. The program is from 11 a.m. to 12:30 p.m. at the Rampart Public Library, 218 E. Midland Ave. After nearly 20 years of absorbing their teachings, she now leads initiations for men, women and youth and offers sacred sweat lodges on her land. In our world, plagued by depression and spiritual vacuum, the remembrance of the universe that is within us and without us can bring soul stirring joy back into our lives. Our reconnection with Mother Earth, through ceremony and ancient wisdom, can heal the doubts that keep us from our greatest immensity. You are invited to join us on Tuesday as through ceremony and wisdom teachings, Pati promises to "melt your heart!" "Wholistic" in our name includes all, both seekers and practitioners, who pursue conscious living, a

healthy lifestyle and desire a peaceful, natural world. Be sure to mark your calendars for our regular meetings on the third Tuesday of every month. For more information about the Wholistic Networking Community or to RSVP, telephone 719-963-4405.

MOUNTAIN TOP CYCLING CLUB

4 MTCC will be hosting the 4th Annual Ice Cream Social Ride Sunday October 4th. Sign in (Free) will start at 12:30 p.m. and the ride will start at 1 p.m. We will meet at Mountain Scoops Ice Cream Shop in Woodland Park, (next to the Movie Theaters). Everyone that rides or volunteers will receive a free Ice Cream cone. Helmets are required and a signed waiver from parents will be needed. Children must have a signed waiver and accompanied by an adult. The route will be west on Centennial Trail in Woodland Park. Everyone can ride as far as they feel comfortable and then turn around and start riding back. Mountain Top Cycling Club will have volunteers along the route.

6 MTCC will start with a social gathering at 6 p.m. at the new Jimmy John's Gourmet sandwiches located at 407 E. Grace Ave, Woodland Park. The MTCC meeting will start at 7 p.m. Our guest speaker will be Russ Hanson with the Colorado Parks and Wildlife. Mr. Hanson is the regional Trails Coordinator and will be talking about trails in the area and the State Trails Grant Program. Updates from the club's recent activities will be reported. Door prizes are always a hit along with the chance to socialize with other area cyclists. MTCC meetings are always open to the public.

NEW MOM'S GROUP

6 New Moms' Group. Join us for this fun and educational gathering of new parents on the first Tuesday of every month. We will discuss topics

such as infant sleep, infant feeding, postpartum adjustment or physical development and have lots of time for socializing and meeting other parents. This group is provided free of charge and is open to all parents of babies under age 1. Held at The Yoga Room, 321 W. Henrietta Ave, Suite 1A, Woodland Park. For more info, visit: www.CommunityMidwiferyCO.com or visit www.CommunityMidwiferyCO.com. Learn more about Maren on page 26.

PROSPERING IN A MULTIDIMENSIONAL WORLD

5 Join us from noon to 4 p.m. We are pleased to announce that Jorge Luis Delgado, internationally recognized as an authority on Inca philosophy, spirituality and tradition, will be in Woodland Park on October 5. He has frequently been featured in various episodes of History Channel's "Ancient Aliens" documentaries, airing since 2010 and is recognized as a Peruvian elder, author, chacarana and shaman. He comes to Colorado to share the wisdom of his Inca Elders that helps us to fully live, love and express in this new day as Children of the Sun! For more information and his bio, go to www.divineadventures.org. Cost is \$30 pre-register with Potluck Lunch by calling Gay 719-963-4405. Spend an intimate afternoon with Jorge Luis Delgado to explore the current energetic shifts, elevate our vibratory frequencies through initiations and practices and receive wisdom from our Star Brothers.

RAMPART LIBRARY

See schedule on page 6.
2 Free Legal Clinic from 2 p.m. to 5 p.m. A free legal clinic for parties who have no attorney, will be featured 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. **COMPUTER CLASSES** — Registration is required call 719-687-9281 x102 7 Woodland Park Wednesday from 10 a.m. to noon.
9 Intro to Facebook Friday from 10 a.m. to noon.
15 Computer Basics Thursday from 10 a.m. to 11:30 a.m.
21 Publisher Wednesday from 10 a.m. to noon.
15 Local Authors Showcase at 2 p.m. To learn more contact jerniedj@rampartlibrarydistrict.org or call 719-687-9281x103. Woodland Park Public Library is located at 218 E. Midland Ave. Call 719-687-9281.

REFUSE TO BE A VICTIM

3 Certified NRA instructor, Jerry Fritz will present "Refuse to be a Victim" class at the Church of the Nazarene from 9 a.m. to noon. Call 719-930-2823 or email jerryfritz@44-40fast.com for more information.

TEEN CENTER

We invite you to come to the Teen Center; a fun, safe place for kids!
5 Redbox/Netflix Movie w/ free popcorn & Drink 3:30 p.m.
7, 21 & 28 Sloppy Joe Special \$1 for a Sloppy Joe Sandwich and a glass of lemonade!
9 Spirit Day: Panther Pride Day at the TC. Wear your school colors to show support. Go Panthers!
14 Halloween Snack & Craft 3:30 p.m.
8 No School — Teen Center open from noon to 6 p.m.
15, 16 & 19 Teen Center Open from noon to 6 p.m.
15 Adopt-A-Spot Around Memorial Park Clean Up and Recycling at 3:30 p.m. KAC*
16 Candy Bar Bingo at 4:30 p.m. Come win some candy playing

Bingo!
19 Make posters for Red Ribbon Week Contest
15 Girls Scrapbooking Fun. Come document the fun happenings at the Teen Center! Free from 4 p.m. to 5 p.m.
22 TAB Meeting. If you're on the Board, please attend. 4 p.m. to 5 p.m. KAC* *KAC — Kids Are Community Crew. Look for information to sign up and help your community while earning points towards rewards! Teens need to be registered at the Teen Center to participate.
26 SCARY Movie Day. We'll have a scary movies on all afternoon with Bloody Popcorn to snack on! 3:30 p.m.
30 Teen Center Halloween Party - Monster Mash - Wear your costume! You must be signed up to attend. Look for the sign-up sheet on the table. \$2

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.

TELLER-PARK CONSERVANCY DISTRICT

10 Free movie "Droughtland" see ad on page 17.

UTE PASS HISTORICAL SOCIETY

3 Ute Pass Historical Society will celebrate the completion of the Memorial Garden at History Park, Saturday, Oct 3, at 10:30 a.m. The Garden was made possible by donations and the dedication of many UPHS volunteers. It has engraved stones placed in memory of past volunteers who contributed to the preservation and protection the region's historical heritage. History Park is located at 231 E. Henrietta Avenue in Woodland Park (next to the Woodland Park Library). For more information, call UPHS at:

719-686-7512 or check our website at: utepasshistoricalsociety.org.

WP WRITERS GROUP

1 & 15 Are you interested in writing/publishing commercial fiction and nonfiction? We are starting a Woodland Park writers group. All published and non-published authors are welcome. We will discuss relevant topics such as plot, POV, hooks, character development, and the general business of writing/publishing. We will play with improv writing. Polish your craft to get published. Meetings are at the WP Library, 218 E. Midland Avenue, Woodland Park, CO 80866 in the Small Meeting Room the 1st and 3rd Thursday from 6 p.m. - 8 p.m. For more info call 719-377-1546 or email kat@katwells.com.

WP SENIOR CENTER

PANCAKE BREAKFAST
Pancake Breakfast at the Woodland Park Senior Center, 312 N. Center Street, Saturday, October 17, 8 am to 11 am. Join us for a fresh cooked, all you can eat, breakfast of fluffy pancakes, scrambled eggs, sausage, the best biscuits and gravy around, and a seasonal treat. We guarantee to get your Saturday off to a great start! Your home town seniors will be flipping the pancakes and serving them up with juice and coffee or hot tea for only \$2. Kids 6 and under eat for \$2. This open to the public fundraising event helps to support the programs and activities of the Woodland Park Senior Center.

VICTOR

3 Strong Mine in Victor Center of Storytelling Event see page 24 for more information.
31 Ute Trail Muzzle Loaders: shoot and meetings the last Saturday of each month at Victor. For information call 719-684-7780.

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Apple Day

by Charlotte Burrous
photos courtesy of Penrose Chamber of Commerce

After growing a bountiful crop, it's time to celebrate.

This year, the 80th Annual Apple Day theme will be 'Apple Day Throughout the Decades'. The festival kicks off with the Penrose Volunteer Fire Department serving a pancake breakfast at 7 a.m. Oct. 3 at 207 Broadway in downtown Penrose. At the same time, participants will enter their famous pies with registration between 7:30 a.m. and 8 a.m. in the Wells Fargo Commu-

nity Room at 210 Broadway.

"The county commissioners will be judging again," said Penrose Chamber office manager Misty Dawn Scoles. "We'll announce (the winners) right after the parade."

In the meantime, the annual fun run will start at 8 a.m. on the Penrose health trail near the Penrose Elementary School at 100 Illinois Ave. During the day, numerous activities will feature vendors between 9 a.m. and 4 p.m. along with an antique car show, a parade, a



Al Kaly Shriners participate in 2013 Apple Day Parade in downtown Penrose.

car show, a craft fair, a bake sale and silent auction. At 10:30 a.m., the Apple Day Pre-Parade will provide floats from kindergarten through fifth grades, along with animals and various entries, followed by the Apple Day Parade at 11 a.m., featuring Al Kaly Shriners, school bands, horses and more.

When the parade is complete, the Penrose Senior Center will serve pulled pork sandwiches along with baked beans and potato

salad. At noon, Kirkwood Presbyterian Church will offer its traditional lasagna and chicken noodle soup.

In the meantime, local musicians Greg Moody and Julie McKissack, of Colorado Country Music Association, will play a variety of songs between 12:30 p.m. and 3 p.m. at the booth in front of the Penrose Senior Center. In conjunction, Atomic Fireballs Band will perform its own brand of music between 12:30 p.m. and 3 p.m. then again for the dance from 8 p.m. to midnight in the VFW at 402 Broadway.

Sponsored by Penrose Chamber of Commerce since 1999, the idea of Apple Day began in the fall of 1935 when Penrose School decided to host a Rural Invitational Softball Tournament in October. The school also decided to invite visitors to play in the tournament, as well as watch it.

During a PTA meeting, former superintendent of schools, R.A. Peterson encouraged the members to expand the festivities by centering the event around apples and by giving prizes to visitors. That's when one of the board members suggested handing out free apple pie slices, which has since become a tradition during the annual Apple Day festivities.

To advertise it, the Penrose Press announced the first Apple Day to be Oct. 5, 1935, with 15 softball teams competing for the championship of the Fremont County School League. In addition, "horseshoe pitchers matched skills with the ancient game known as 'barnyard golf,'" said the archives at the Royal Gorge Regional Museum & Local History Center. During the day, visitors also enjoyed a potluck picnic, topped off with apple pie and cider and listened to several individuals speaking on economic and political subjects, said the Penrose Chamber website. As the event continued into the evening, Penrose resident E.A. Stone led the Prison Orchestra with music for the dance, sponsored by the PTA.

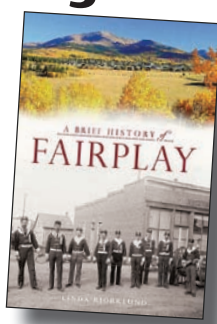
The course of the festivities has not always run smoothly though. In 1982, Apple Day almost died due to a lack of interest; however, after a meeting was called, the community decided to continue the annual event, which has been successful. Shortly thereafter, the Penrose Chamber of Commerce took over the event. For more information, check the Penrose Chamber of Commerce website.

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.



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Apple Day Royalty wave to the crowd during 2013 Apple Day Parade in Penrose.

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