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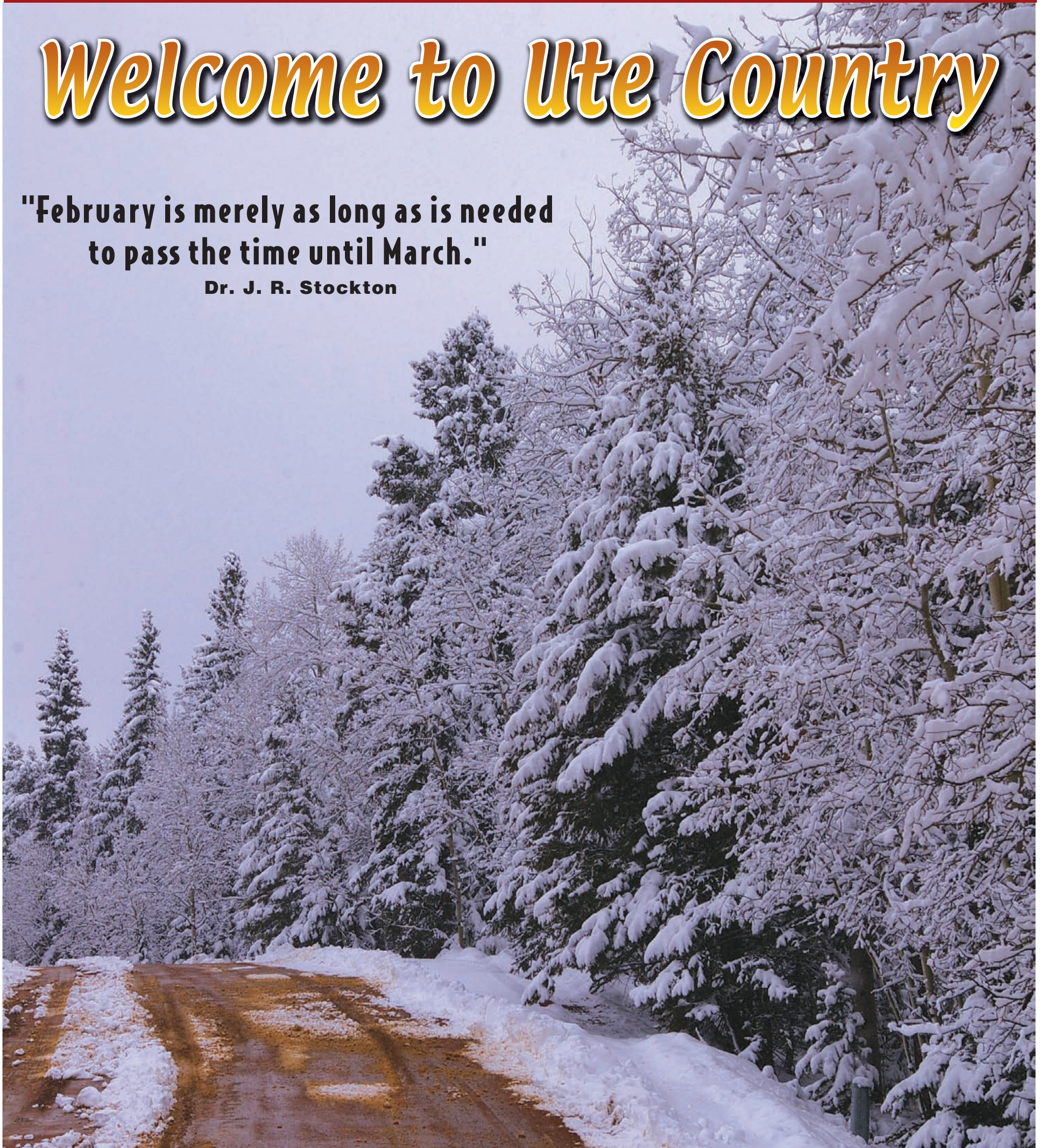
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Vol. 8, No. 2

Welcome to Ute Country

"February is merely as long as is needed
to pass the time until March."

Dr. J. R. Stockton



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Hartsel huskies II: Malie's story



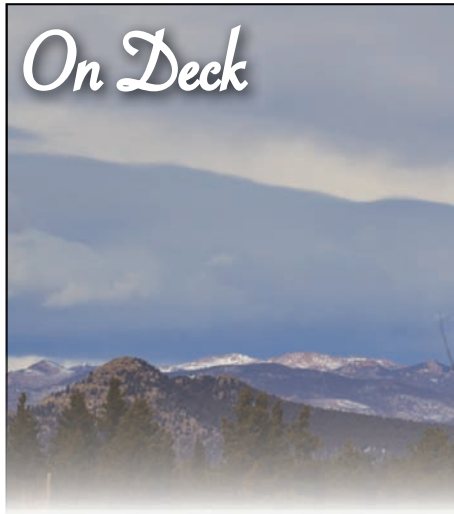
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The heavenly sound of the harp



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Just The Facts: White gold



On Deck

This month's cover was taken close to home, right after one of our wonderful Rocky Mountain snowstorms. We just love how the moisture brings out the red in the granite road (perfect for Valentine's Day!)

It is a short month, which for those of us who prefer warmer weather is a blessing in disguise. We crammed just as much as we possible could into this issue. There are pleasant surprises on each page for you to enjoy.

We are sad to learn Carol Grieve will no longer be writing for us as she is moving out of the area. Those who followed her may continue to do so via her website foodintegritynow.com We will miss you Carol and we are grateful for everything you taught us!

We want to take this time to thank you for your kind comments regarding our Mr. Spaz. There had been some ambivalence whether to run the story or not. All doubt was removed when a kind reader called to offer condolences remarked, "You HAD to let us know, we were looking each month to see if he was getting better and if you hadn't said anything we would have wondered. After all, he was part of our *Ute Country News* Family!" Thank you for your kind words!

We encourage you to send photos of your inside or outside pets for Critter Corner. Send to utecountrynewspaper@gmail.com or by snail mail at POB 753, Divide, CO 80814.

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

Thank you,
— Kathy & Jeff Hansen

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

If you have any questions please contact the publishers.

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First Class subscriptions are available for \$36 for 13 issues.



The Thymekeeper Those darn thistles!

by Mari Marques
photo by Mari Marques

The migration of the thistle

As hundreds of thousands of refugees pour into other countries from the Middle East, I would suggest that plants are very much the same as people. Plants thrive under certain conditions and when those conditions become unfriendly or uninhabitable, they move or migrate. Weeds, as we call them, are just plants, and the fact of the matter is people could not survive without them. Weeds are the pioneer plants that typically show up first in disturbed areas getting the ground ready for other plants. They are the ones that thrive under the harshest conditions and they've mastered every survival skill known to man. Wild plants show an amazing resilience to obstacles that defy explanation. They change the fastest, proliferate the most and adapt very rapidly. It seems to me if we are what we eat, I want to be a weed.

Those darn thistles

One of the most dreaded and unwelcome wild plants in the area are those darn thistles. What could they be good for anyway? We've all see the migration of the thistle seed with thousands, probably hundreds of thousands drifting in the wind looking for the perfect place to plant their feet and start to grow. We in Teller/Park County have four species of thistles that grow in the wild, there are three in Fremont County, and two in Chaffee County. Nobody likes them, nobody wants them, and nobody would know what to do with them because they don't know there is value in the plant. They only know the bad things about thistle. Like how they multiply seemingly to no end and they are pokey, quite prickly indeed.

National emblem

Ironically, the thistle is the emblem of the Nation of Scotland. How did a lowly weed become revered by a whole Nation? It's rumored that late in the summer of 1263, the King of Norway set out with a fleet of ships intent on conquering the land of the Scots. Legend has it that under the cover of darkness, the Norsemen removed their footwear in order to sneak up on the sleeping Scotsmen. Unfortunately, they snuck right into a patch of thistles and one of them stepped directly on one. I'll just bet he had harsher words than "those darn thistles". His cries of pain awakened the sleeping Scots and needless to say the thistle saved the day. It is said that the Order of the Thistle, the highest honor in Scotland, was founded in 1540 by King James V with the motto "Nemo me impune lacessit", "No-one harms me without punishment" or translated in Scots "Wha daurs meddle wi me".

Good medicine, good food

Consider this, what if that darn thistle could heal your sick liver? Or what if that thistle could provide food and water for you during a famine? Would you then have a different perspective of the thousands of thistle seeds drifting in the wind? Would you then hope they find a place to plant themselves and thrive?

Milk Thistle, most known and valued for its seed, is a supreme liver healer; however the entire plant is edible like most thistles. The young leaves are very tender and easy

to tear but like the flower, the leaves sport some mighty threatening points making it an excellent defender of itself. Precautionary measures such as thick gloves and long sleeves should be taken when harvesting but know this, you'll get poked regardless. It goes without saying these points need to be removed before attempting to ingest. The seeds should be collected before taking flight, powdered in a blender and capsulized or stirred into water to drink. The flowers can be eaten like an artichoke before it blooms. You'll notice the spines protecting the flower appear to be quite sharp but the flower itself is very delicate, much like the leaves. The roots can easily be gathered after a rainstorm and cooked into soup or stew or eaten raw. It never ceases to amaze me, when I talk about the weeds and how healthy they are, people look at me like I have three heads. I suppose I could be considered to be a little off my rocker by some standards. I do have quite a different perspective, but I'm not the only one.

Love heals

For hundreds of women in Tennessee, the thistle has become a symbol of hope and regeneration. Becca Stevens, priest and chaplain at St. Augustine's Episcopal Chapel in Nashville, has spent most of her adult life trying to help women broken by rape, forced prostitution, homelessness, addiction, and other physical and emotional trauma. Becca dreamed of a residential community called Magdalene for women wrecked by prostitution and addiction. In 1997, Stevens opened the first Magdalene House — a place where women are welcomed to stay for two years without cost and are offered a full range of services, including medical and dental care. Magdalene house helps them become self-supportive and find safe passage out of the cycles that kept them trapped in worlds where there seems to be no hope. A victim of sexual abuse herself, Becca understands that it takes time, love, and space to heal these wounds.

When it became apparent to Becca that no one would hire the women because of their past records, she came up with the idea to start an entrepreneurial enterprise that would put them to meaningful work and help sustain the Magdalene program too. Per Becca "The work needed to be something that walked hand in hand with healing body, mind, and spirit." Thistle Farms was born. Thistle Farms has afforded thousands of women a safe place to heal from the wounds of their past. They make and sell natural bath and beauty products that are sold in more than 200 retail outlets around the world. The products come wrapped in paper handmade by the women with the thistle flower.

When met with skepticism and clear disdain over her choice of names, she simply states,

"Do you not think we understand? We know what the thistle is and that's how some women are treated in the world. That's the point." There are now six Magdalene houses operating in Nashville. Thistle Farms has been featured in a number of articles published in *The New York Times*, *Huffington Post*, and has been featured on television shows like ABC World news and many others.

Per Becca, "Harvesting thistles is a way of walking in the world and choosing to love the parts of creation that others have forgotten or condemned. Thistle Farms stands for the truth that, in the end, love is the most powerful force for change in the world."

Amen to that Sister; it's what the World needs now.

For a full range of products offered by Thistle Farms see: <http://thymekeeper.com/bath-and-body/> and click on the Thistle Farms link.

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

Learning herbs with The Thymekeeper. Make your own herbal supplements.

We'll be offering this one again as the last class filled up pretty quickly. How to make capsules, pills, teas, and tinctures. When to use one method over another and where to get supplies. We'll also have hands on processing experience. Sunday February 21st from 1:30 p.m. to 3:30 p.m.

The Thymekeeper 1870 CR 31 Florissant. Class fee: \$20 per person. Pre-registration is required. Contact Mari at mugsyspad@aol.com or 719-748-3388 or 719-439-7303.

The Woodland Park Saddle Club in 1951

by David Martinek

In less than four years after their organization, the Woodland Park Saddle Club was a prominent fixture in local society in 1951. During that year, Saddle Club stories appeared in the *Woodland Park View* no less than 13 times, an exposure most non-profits would kill for today. But, considering that "The View" was a weekly eight-pager looking for news and the residents of the small town of Woodland Park were probably eager and proud to read anything pertaining to their community, the public stage was shared in large measure by the Saddle Club.

According to club history, rodeos were being held in and around Woodland Park since 1916, sponsored by the Woodland Park Rodeo Association. When that association dissolved in the 1930s, unorganized rodeos continued. The grounds for the rodeos during the association days were located in a field across from South Street. It was a fenced off lot near where city hall is today. Later, the cowboy contests were held on land east of Woodland Park belonging to a Mr. Crowley.

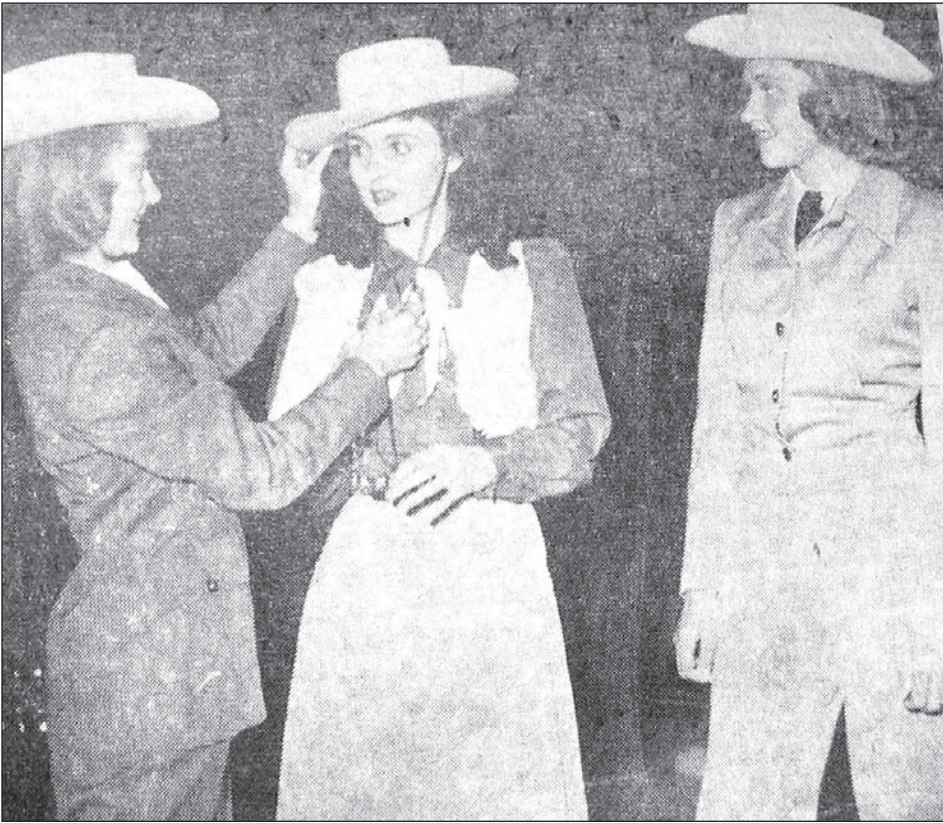
In 1947, some businessmen, wanting to advertise Woodland Park, entered a float in the Colorado Springs Rodeo Parade that summer. It was a log cabin on a flatbed truck decorated with pine branches and surrounded by pretty girls. A sign read, "Come to Woodland Park. Air conditioned by Nature." The cabin generated a lot of interest so the men decided to raffle it off and raised \$70. Coming back up the Pass to town, they had a meeting to decide what to do with the money. They decided to form a Saddle Club and sponsor rodeos; that was August 1947.

That same year, Bert Berstrom, Sr., one of the men who formed the Saddle Club, had bought five acres south of Midland Avenue butting up against the Midland Terminal grade from druggist Ira James. With the help of Alf Coulson, county commissioner, the lot was graded and leveled in a couple of weekends and the club's first rodeo held there. Unfortunately, it rained for five days prior to the event. Everyone was covered in mud and cowboys that were bucked off their broncos hit the ground and were sliding all over the place. After that, plans were made to improve the property.

In August 1949, the *Woodland Park View* ran a nice story about those plans. "A new beautiful Woodland Park Rodeo grounds is to be erected opposite the city's thoroughfare at the foot of Pikes Peak with most scenic surroundings. The Woodland Park Senior Saddle Club announced this week at their special meeting Monday night, the ten-year lease of the property south of Midland Avenue and adjoining the Midland Terminal right-of-way. The land is owned by Bert Bergstrom, who leased the area to the Saddle Club for the new rodeo grounds location. The Saddle Club, after having presented a successful Woodland Days Rodeo last month, plans to start construction of the new grounds this fall and winter and complete the plans for next summer's rodeo, which will be even more eventful than this year's."

Many people pitched in to help develop the grounds. Bergstrom later tore up the lease and donated the grounds to the Saddle Club. It became the home of the Ute Trail Stampede. Bigger and better grandstands and improvements were added in the 1950s, but by 1951 the "Stampede" and the Saddle Club were a major attraction in Woodland Park.

During the first six months of 1951, the



The reigning 1951 rodeo queen. (Woodland Park View, July 27, 1951) "Queen John Ann Brown, center, and her aides, Patsy Luther, right, and Bonnie Roberts, left, reigned over the events of the Ute Trail Stampede last weekend, and added beauty and grace to the two-day celebration. Garbed in smart western outfits, the three girls were the center of all eyes during the parade and rodeo, and at a number of appearances in Colorado Springs."

Woodland Park Saddle Club was mentioned seven times in stories in "The View." Articles ranged from announcement of plans for that year's Ute Trail Stampede to the price of admission for the rodeo (\$1.50 for adults and \$0.50 for children — same as in 1950), to insurance costs (\$3,000) and confirmation of clowns and riding acts. The Saddle Club and the local VFW also sponsored a children's rodeo that year. A cowboy ball was also planned where a rodeo queen would be crowned.

"The queen contest for the Ute Trail Stampede opened over the weekend with five lovely contestants in the running," read the June 29, 1951 issue of the *Woodland Park View*. "John Ann Brown, Bonnie Roberts, Carol Kontny, Ivallee Dilts and Carol Johnson. All either attended or are student at Woodland Park High School."

Candidates registered for a fee of \$1 and votes gathered throughout the community were counted at a penny apiece. The queen would be crowned at the Cowboy Ball scheduled for July 14th that year, about a week before the rodeo. John Ann Brown was the winner.

After sponsoring their part in a festive 4th of July celebration, along with VFW Gold Nugget Post 6051, including fireworks in the evening, the 1951 Ute Pass Stampede kicked up three weeks later with a parade down Midland Avenue at 10 a.m. followed by the rodeo beginning at 1 p.m. That year, cameramen from RKO Studios filmed the two-day event for use as background for upcoming movies.

But 1951 was not completely consumed by Saddle Club news. Other interesting events were happening in Woodland Park that year, too.

In the same issue of "The View" that recorded the Independence Day events, there

was an article describing how Bert Bergstrom was found not guilty in District Court of maintaining a gambling room in the Ute Pass Café. Judge G. Russell Miller "ordered a directed verdict of not guilty due to the fact that the state had not produced sufficient evidence to give the case to a jury." Teller County Sheriff, Rufus Jones had indeed raided Bergstrom's "back room" earlier and confiscated a bunch of gambling equipment which was stored in the sheriff's office. But according to local legend, when it came time for a trial hearing all that equipment had mysteriously disappeared and the only evidence for the state was the testimony of a *Denver Post* reporter.

In 1950, there was a nationwide effort to stamp out illegal gambling. Whether legend or fact, Bergstrom's 1951 case was not the only one to surface in Woodland Park that year.

1951 was also the year that dial telephone service came to Woodland Park. Conversion to the new system was scheduled to begin on Tuesday, June 26th at 7 a.m. In the June 21st issue of "The View" a lament of former days appeared: "the day is past when one can ring one of the local operators, call her by name and say 'Will you ring the View, Kiddo?' The personal relationship which has in the past existed between the friendly local operators and the telephone users will give way to a mechanical relationship, and if you dial a wrong number all you will get will be a mechanical razzberry!"

The Saddle Club continued to flourish but the *Woodland Park View* was not so fortunate. Towards the end of 1951, "The View" and the Cripple Creek newspaper were both purchased by the Gold Rush. The last issue was published on December 28, 1951.

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Fun things to do in Florence

by Flip Boettcher

If you are looking for something to do this winter/early spring, head to Florence, antique capital of Colorado as it has so much more to offer.

The merchants of Florence and the Florence Arts Council (FAC) will be sponsoring a Vintage Valentine's Day, February 13. Participating merchants will be offering discounts throughout the day from 10 a.m. to 5 p.m. with a Valentine's Grab Bowl.

There will be a Vintage (turn-of-the-century to 1960's attire) Fashion Show from 1 p.m. to 3 p.m. It is just for fun with no awards or prizes. Restaurants and cafes will be serving their usual wonderful cuisine all day.

Later that evening at 7 p.m., the FAC will be having an evening of Vintage Jazz at the Bell Tower Cultural Center on East 2nd Street, the home of the FAC.

The FAC is a 501(c)(3) non-profit organization which started in 2004 for the purpose of fostering artists and serving the community. The FAC acquired the Bell Tower in 2013. The Bell Tower is an old, historic Baptist church remodeled with meeting rooms, full kitchen, banquet room and performance hall which seats 115 people, for community use.

In March, the Bell Tower is presenting

“All Things Celtic”, a mixed media art show, from March 1 to March 28, with a reception on March 17, from 5 p.m. to 7 p.m. First, second and third place “People's Choice” awards will be presented.

March 12, there will be a concert at 7 p.m. at the Bell Tower featuring Willson and McKee – two voices with Celtic harp, accordion, dulcimers, bodhran, bouzouki, guitars and bagpipes. From 4 p.m. to 5 p.m., before the concert, there will be a Jig Class, free to kids of all ages.

April is Steampunk month. According to Wikipedia, steampunk is a “subgenre of science fiction and sometimes fantasy that incorporated technology and aesthetic designs inspired by 19th-century industrial steam powered machinery. Steampunk also refers to any of the artistic styles, clothing fashions, or subcultures that have developed from the aesthetics of steampunk fiction, Victorian-era fiction, art nouveau design, and films from the mid-20th century.” Steampunk month will kick-off with a “Foolish Sale” on April Fool's Day.

For more information contact the florencearts council at florencearts council@yahoo.com or visit their website www.florencearts council.com. For questions contact Peg at the Fox Den 719-784-2303.

Gynecologist joins HRRMC medical staff

Terri Rosenbaum, M.D., has joined the medical staff of Heart of the Rockies Regional Medical Center and will provide gynecology services at the HRRMC Medical Clinics, 550 W. Highway 50, Salida.

Dr. Rosenbaum is board certified by the American College of Obstetricians and Gynecologists and will offer general gynecology and gynecologic surgery.

Dr. Rosenbaum has practiced in the Boulder area since 2001 and prior to that practiced for 15 years in Hawaii. She earned her medical degree from the University of Colorado School of Medicine in Denver and completed her residency in obstetrics and gynecology at the University of Colorado. She is a fellow of the American College of Obstetrics and Gynecology.

“I am pleased to have Dr. Rosenbaum join our medical staff and relocate to Chaffee County,” said hospital CEO Bob Morasko. “Dr. Rosenbaum will provide our hospital with an experienced full-time gynecologist to better meet the healthcare needs of women in our area.”

Dr. Rosenbaum began seeing patients at the HRRMC Medical Clinics on Dec. 8. She accepts most insurance including Medicare and Colorado Medicaid. For more information or to make an appointment, call 719-530-2000.

Summit Elementary School receives \$30,000 grant

The Temple Hoyne Buell Foundation recently awarded a \$30,000 grant to Summit Elementary School in Divide to help renovate the preschool playground.

According to Katie Rexford, Principal of Summit Elementary, the playground renovation will need to occur in stages. “The main priorities for the playground will be to purchase a piece of equipment that will allow multiple students to play at one time,” she said. “The new play structure will also serve as additional shade for our students.”

The grant came together by the collaborative work of Amy Byrne with Teller Park Early Childhood Council, Jill Cochran, preschool director at Summit Elementary and the preschool team at Summit. “It is an honor to work with our preschool team. They work hard to provide the best opportunities for our students. The playground that will be created with these funds will



gist to better meet the healthcare needs of women in our area.”

Dr. Rosenbaum began seeing patients at the HRRMC Medical Clinics on Dec. 8. She accepts most insurance including Medicare and Colorado Medicaid. For more information or to make an appointment, call 719-530-2000.

serve our students for many years to come!” Rexford said. “It is exciting to think about the new safe and inviting playground that will engage the minds and bodies of our youngest learners!”

In addition to the grant received, the preschool will be working with parents to provide in-kind services to help make the dollars go further. It is the hope of the preschool staff and Summit Elementary to update the equipment, the ground cover, and the fencing of the preschool playground. Plans are to begin construction over the summer.

The Buell Foundation is a professional philanthropic organization supporting the positive development of children through grants and partnerships with other sectors of our community. The Foundation focuses primarily on the state of Colorado and concentrates its grant making on programs that benefit children.

Moving for Better Balance classes begin Feb. 15

Heart of the Rockies Regional Medical Center's Wellness Department and the Upper Arkansas Area Agency on Aging are partnering to offer “Moving for Better Balance” classes. The classes are Mondays and Wednesdays, 10 a.m. to 11 a.m., from Feb. 15 - April 27 at the Salida Pilates Studio, 300 Colo. 291, Salida.

Moving for Better Balance is an evidence-based program that helps improve leg strength, stability, balance, and cognitive function. A major goal of the program is to reduce the incidence of falls in older adults and people with Parkinson's disease. Classes

will be taught by Jon Fritz, HRRMC wellness supervisor and clinical exercise physiologist.

People of all abilities are encouraged to participate. Please wear comfortable clothing.

The program is free to seniors, age 60 and older. A \$40 deposit is required, but will be returned if a participant attends 80 percent or more of the classes. Funding is provided by the Upper Arkansas Area Agency on Aging through the Older Americans Act. Contributions to offset the program expenses are accepted.

For more information or to register, call Janice Brunner, Senior Services/ADRC Coordinator at 719-539-3341.

Will the Presidential Election affect investment outlook?

We're just a few weeks away from the first caucuses and primaries, so presidential election season is in full swing. As a voter, you may be keenly interested in the election process. But as an investor, should you be concerned?

If you take a look back, you might be somewhat encouraged over the prospects of the financial markets this year. In the last 12 presidential election years, the Dow Jones Industrial Average has been up nine times and down just three. So, election years must be good for the financial markets, right?

Not necessarily. In every year, the markets are influenced by a variety of factors: interest rates, inflation, corporate profits, geopolitical events, economic growth, even the weather. It's safe to say that 2016 will be no different. At this early stage of the year, one could say that some of these factors, such as continued low interest rates and a reasonably strong economy, might bode well for investors. But there's a lot of 2016 ahead of us and it's notoriously difficult for anybody, even so-called experts, to accurately predict the market's performance over a relatively short time, such as a year.

Still, the market's history of pretty good results in presidential election years may not be entirely random. For one thing, the White House is never the only office being contested; elections are also held for every congressional district and many seats in the Senate. Consequently, during these election years, campaigning often takes precedence over legislating. This legislative inactivity tends to be welcomed by the financial markets, which generally dislike surprises, big changes and new directions.

However, you can't really count on past

trends to provide a certain roadmap for the year ahead, in terms of the performance of the financial markets. As mentioned above, many factors influence this performance, and at this early stage in the year, we just can't predict which of these factors will take precedence.

So, instead of worrying about things you can't control, focus on those that you can. For starters, review your investment mix. Does it still properly reflect your goals, risk tolerance and time horizon? Over time, even if you haven't made many changes to your portfolio, it can become “unbalanced.” For example, if you own some stocks that have increased greatly in value over the years, these stocks may now be taking up a larger percentage of your holdings than you had intended, bringing with them a higher degree of risk. Consequently, you might want to consider selling off some of these stocks and using the proceeds to fill in other gaps in your portfolio.

On the other hand, if you think your mix of investments is not providing you with the returns you need to help make progress toward your long-term objectives, you may need to add some vehicles that can provide you with more growth potential. After all, it's 2016 now, so whatever your age, you are another year closer to retirement.

Will this year look like past presidential election years, as far as good returns from the stock market? No one can say for sure. But if you “vote” for smart investment moves, you won't be sorry.

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

HRRMC offers Oncology Nutrition & Wellness Support Group

Heart of the Rockies Regional Medical Center is offering an Oncology Nutrition & Wellness Support Group. The group will meet the third Wednesday of every month from 9-11 a.m. in the hospital's second-floor conference rooms, 1000 Rush Dr., Salida.

This support group takes a holistic approach to wellness for cancer prevention and

throughout cancer treatment and survivorship. Nutrition is the primary focus, but other topics may be discussed.

Family members and caregivers are welcome to attend. Healthy snacks will be provided. There is no cost for attending.

For more information or to register, call HRRMC Dietary Manager Tima Pina at 719-530-2293.

McGinnis Middle School students exhibit art at HRRMC

Digital photography from the eighth-grade art class at McGinnis Middle School is on display at Heart of the Rockies Regional Medical Center through March 31. The exhibit is located near the entrance to the Emergency Department and is open to the public.

Kathy McMurtry, who has taught art and photography in the Buena Vista School District for 16 years, asked her students to think about how artwork can communicate inspiration to others.

To learn about perspective and point of view, “Students used school cameras and took pictures on campus from a ‘bird's-eye’ view and a ‘worm's-eye’ view,” said McMurtry. “Each student chose two photos that showed a creative point of view, were in fo-

cus and could connect to a broad audience of viewers. Then they edited and altered them, in a free app on their tablets... The final step was to find words that complemented their photo and that would inspire others.”

One student used a wide-angle photo of railroad tracks to illustrate the quote, “Don't be a tourist, Be a traveler.” Another student paired a shot up a flagpole of an American flag billowing in the breeze with the quote, “When life puts you in a rough situation, don't say ‘Why me?’ say ‘Try me.’”

Showcasing the artwork of local children is part of the hospital's mission to create a healing environment. For more information about art exhibits at HRRMC, contact Marji Ackermann at 719-530-2217.



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Bridgewater makes impact via CASA's SEPT program

We've all seen stories in the news of children who are hurting due to difficult situations. One local woman is doing what she can to make a difference for those kids in Teller County. Sandy Bridgewater is a volunteer with Court Appointed Special Advocates of the Pikes Peak Region (CASA).

Bridgewater retired to Teller County in 2012 after teaching for 36 years in Dallas, Texas. After settling in, she found she had some time on her hands and wanted to get to know her community better. She started by joining the Teller County Kiwanis Club and, soon after, heard a presentation about CASA empowering volunteers to advocate for abused and neglected children in Teller County.

"I thought to myself, 'I can do that! I am comfortable with kids and I'm comfortable in a school setting. I think this is a great fit,'" said Bridgewater.

Three years later, Bridgewater says she loves her work with CASA. "I've enjoyed the satisfaction of knowing I helped someone. Sometimes they are few and far between but there can be happy endings," says Bridgewater. In her first advocate role, Bridgewater was part of team that helped a young boy get adopted into what Bridgewater called an "ideal family situation." She said, "I was able to focus on a family and provide information to the court and that information lead to a happy ending," said Bridgewater.

In addition to her court appointed special advocate role, Bridgewater also supervises visits between children and their parents as part of the Supervised Exchange and Parenting Program or SEPT. This program provides a safe place for children to spend time with their parents in situations where there is family conflict. In some cases, volunteers protect children from witnessing parental disputes during the exchange of children from one parent to another. In other cases, volunteers monitor visits between children and a parent. In both cases, volunteers document their observations and provide them to the court.

"The SEPT program is an excellent opportunity for volunteers with busy lives but



Sandy Bridgewater, Volunteer and Angela Komer, Case Supervisor of CASA.

who want to make a difference in our community," says Berkeley Davis, Teller County Programs Coordinator. "The schedule is very flexible. We supervise visits in the evenings and on Sunday afternoons in Divide and Cripple Creek. We can work with each volunteer's availability."

Bridgewater agrees. "Driving through, you'd never guess at the number of kids here who are hungry and the abuse that takes place. But if you live in a little town, you need to contribute in some way. If we don't, our problems will never get better," says Bridgewater.

CASA of the Pikes Peak Region is currently recruiting volunteers for the Teller County SEPT program. Training begins March 30. If you are interested, please call Kelly Peterschmidt at 719-447-9898, ext. 1033.

More dining choices in Florence

by Charlotte Burrous
photos by Charlotte Burrous

Residents have two more choices for restaurants to dine in Florence. In January, Jim and Donna Steele along with their daughters, Ashley Villagrana, Holly Steele, and Kelsey Steele opened Steele Smokin' BBQ at 401 E. Main St.

In the meantime, Tom Bruno and his wife, Elsa, are in the process of renovating the former Main Street Grille and converting it to Papa's Pizza and Ice Cream at 132 E. Main St. in Florence.

Steele Smokin', which opened in January, will offer smoked meats to include Texas brisket, Carolina pork and Memphis rib, as well as special sausage links. Along with the barbecue, side dishes, soft drinks and a full bar will be available for its customers.

Donna noted the restaurant serves smoked meats, which consist of smoking the meat for up to 18 hours. It also means that their supply is limited and the restaurant may occasionally run out of meat.

"Our motto is 'real wood, real smoke, real flavor,'" Jim said. "It's 100 percent all wood."

His interest in barbecuing began as a teenager. He loved it so much that he barbecued as often as he could to hone his skills. It continued to be a big part of his life, as well. After hosting barbecue parties at his home, his friends requested he cook barbecues for their parties. Thus a hobby turned into a career.

Steele Smokin' offers lunch and dinner and is open from 11 a.m. to 8 p.m. Sunday, Tuesday through Thursday, from 11 a.m. to 9 p.m. Friday and Saturday, and closed Monday. For more information or take-out orders, call 719-784-7500.

In the meantime, Papa's will offer a plethora of pizza and ice cream. He also plans to add Mexican food in about six months.

"It's a family (owned restaurant)," Bruno said.

Bruno said he looks forward to opening



Donna and Jim Steele of Steele Smokin' BBQ.

Papa's, first with a walk up window, where customers will order pizza or ice cream. Then as the project moves along, he will offer inside seating, as well.

He noted he and his wife are strong Christians with values for their restaurant and family being community, hope and industry.

"Our décor is going to be a very clean Steampunk," said Bruno, who co-wrote a book about Steampunk with Rob Story, titled "Zotikes," which means full of life. Currently, it's only available in e-book form on amazon.com, but he plans to publish it and have it on display in the case at Papa's. Papa's will be open for lunch and dinner, as well.



Tom Bruno is converting the old Main Street Grille into Papa's Pizza and Ice Cream.

Ice fishing trips

by Jeff Tacey
photo by Jeff Tacey

Since winter will be here for at least two more months let's take an ice fishing trip to north-central Colorado. There's great ice fishing in this part of the state. I recommend an overnight trip or two because of the distance.

First up near Walden is Lake John. At 556 acres there are rainbow, brown and cutthroat trout. They grow fast in this big and weed rich lake; 15 to 20 inch fish are common. Use small Ratsois or Scudbugs with wax worms to catch trout.

Nearby is Delaney Butte Lakes, North (163 acres), South (150 acres) and East (67 acres). There's brown, rainbow, cutthroat and brook trout in all these waters. No bait can be used here as these are gold medal waters so try small ice flies.

North of Granby is Granby Reservoir (4000 acres), Grand Lake (500 acres) and Shadow Mountain Reservoir (1800 acres). All three lakes have rainbow, brown, cutthroat and lake trout. Kokanee salmon are



also present. Anglers come to Granby for the big lake trout; 20 to 40 pound lake trout are possible. Snowmobiles are allowed at Granby. You'll need one if targeting the lake trout. Use large tube jigs with sucker meat. Bounce them off the bottom in the mud in water 50 -120 feet deep. For the other trout stay shallower and use wax worms, Power Bait, meal worms with Marmoskas, Genz Glow worms or Shrimpos.

Check the 2015 Colorado Fishing guide for all rules and regulations. It is good till April 1st when you will also need your new license. Make sure you have our extra rod stamp.



Mammoth

by Jenna Salvat

My body completely furry
To protect me from the flurry.
The flakes dance about my face
As the cold gives me a freezing embrace.
The cold, although it may be bold,
Tells me the stories of the old.
The quiet whistling of the wind
Unveils the mysteries deep within.

Editor's note: The partial remains of a Columbian mammoth was found in the glacial gravels at the Florissant Fossil Beds National Monument.



Meet the author

Jenna Salvat is a member of the Pikes Peak Pebble Pups where she is an Earth Science Scholar and program leader. Jenna is deeply interested in the Earth sciences, archaeology, and poetry. She is in the 9th grade at Coronado High School in Colorado Springs.

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HILLTOP'S BEEF VALUE BUNDLE 30 Lbs. Lean Ground Beef 6 Lbs. Round Steak 15 Lbs. Boneless Chuck Roast 7 Lbs. Boneless Short Ribs 6 Lbs. Lean Stew Meat 6 Lbs. Rib Steaks 6 Lbs. T-Bone Steaks 6 Lbs. Cube Steaks 12 Lbs. Boneless Rump Roast Total Weight 100 Lbs. \$6.09 Per Lb. \$609.00 Approximate Total	PLENTY OF PORK BUNDLE 3 Lbs. Pork Chops 4 Lbs. Bulk Sausage 4 Lbs. Country Style Spareribs 4 Lbs. Pork Steaks 5 Lbs. Ground Or Cubed Pork Total Weight 24 Lbs. \$3.35 Per Lb. \$80.40 Approximate Total	HOME COOKIN' BUNDLE 3 Lbs. Pork Chops 3 Lbs. Hilltop's Italian Sausage 4 Lbs. Sirloin Steaks 6 Lbs. Boneless Chuck Roast 3 Lbs. Cube Steaks 5 Lbs. Lean Ground Beef 5 Lbs. Grade A Fryers Total Weight 29 Lbs. \$4.96 Per Lb. \$143.84 Approximate Total

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Every drop counts

by The Coalition for the Upper South Platte

There's a reason Coloradans say, "If you don't like the weather, wait five minutes." It's not uncommon to have snow falling at your house and see clear skies and sunshine across the street. Precipitation is very localized, varying by storm, topography, and season. Understanding where rain, hail, and snow are falling and how much precipitation we receive is important for all of us. Scientists use this information to better understand weather patterns, communities use precipitation data to help prepare for significant weather events, and for many local residents understanding precipitation is important for their livelihoods.

In July 1997, heavy localized rain in Fort Collins, Colorado caused a devastating flash flood. The downpour dumped over a foot of rain in western Fort Collins over the course of two days. The concentrated rainfall swelled normally shallow Spring Creek, drowning five people as the flood swept them from their homes. Damages to the city were estimated in excess of \$200 million. In response to this unexpected event, the Community Collaborative Rain, Hail and Snow Network (CoCoRaHS) was born in 1998.

CoCoRaHS started in Fort Collins with a small network of volunteers collecting information about the precipitation that fell in their backyard. The ranks of volunteers quickly grew as people intuitively saw the value of collecting precipitation measurements from more locations. CoCoRaHS now has thousands of volunteers across the nation collecting and submitting their precipitation data. The nonprofit, community-based, high-density network of individual and family volunteers take daily measurements of rain, hail, and snow in their backyards.

Volunteers of all ages and backgrounds, including families, are welcome and encouraged to participate in CoCoRaHS. Volunteers are trained either online or at a local training session to install and properly use their measurements instruments, high quality rain gauges and hail pads. These trainings ensure observers know how to collect accurate and consistent data that can be used with confidence by scientists and residents. Taken together, daily measurements from thousands of volunteers give us a much better picture of how much precipitation is falling and where storms are producing rain, hail, and snow. Without this network of citizen scientists, residents and researchers only get a loose approximation of precipitation from reporting stations that are more spread out and far fewer in number.

Once trained and ready to start contributing their data, observers take a few minutes each day to enter observations from their backyard into the CoCoRaHS website (<http://www.cocorahs.org>). Once entered, volunteers, the public, and researchers can immediately see the observations in both map and table form. If significant weather events are reported, these will go to the National Weather Service in real time to help forecasters.

By joining the CoCoRaHS Network, you will have the opportunity to help your community and learn more about weather conditions. In addition to the training, volunteers periodically receive newsletters with current weather trends and information on how researchers and managers are using CoCoRaHS



A precipitation gauge,
photo courtesy of CoCoRaHS

data. You will become part of a community of people interested in weather and helping their neighbors through doing hands on science with demonstrable value. Taking measurements can be fun, and also helps volunteers become more in tune with the climate of their local area. CoCoRaHS also offers resources for classrooms and student observers.

Help your community by becoming a CoCoRaHS volunteer. Volunteers can sign up at www.cocorahs.org. You can also contact the Coalition for the Upper South Platte (CUSP) at 719-748-0033 or culp@uppersouthplatte.org for local information about CoCoRaHS and signing up, or the CoCoRaHS Headquarters at Colorado State University 1371 Campus Delivery Fort Collins, CO 80523.

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Early Blue Violet: *Viola adunca*

by Ciena Higginbotham
artwork by Ciena Higginbotham

Roses are red, violets are blue... The most common species of violet found in Colorado is the Early Blue Violet. As the name implies, this violet is a vibrant blue but can also vary to purple. Violets are low perennial herbs with basal or alternate leaves in the shape of a heart. The plants form in clumps with leafy stems up to 8 inches high, each leaf growing 2 slender stipules. A stipule (pronounced *stip-yool*) is a small outgrowth on the base of a leaf.

The violets bend at their stems and are up to ¾ inch across. These flowers have 3 spreading lower petals with 2 backward bending upper petals and a spur at the base of each flower. The spur is a hollow spike at the back of the flower that contains nectar. This inspired the violet's Latin name, *Viola adunca*. 'Adunca' means 'hooked' and thus it is also known as the Hookspur Violet.

Some violets can survive in rocky places, but the Early Blue Violets thrive in shady, moist soils in areas like meadows, woodlands, and around streams. They are very hardy plants and in the garden they tend to take care of themselves. They bloom from May to July. The flowers are usually sterile, but violets have underground ovaries and stamens that are pollinated by ants. This process makes the plant cleistogamous. Violets grow 3-sided fruit capsules that shoot seed out explosively.

It is commonly known that violet is a popular fragrance and has many uses in cosmetics, but not everyone knows the violet's many uses — some of which are in the kitchen. All violets are edible and have many health benefits. They are richer in vitamin A than spinach and just ¼ cup violets are equal to the amount of vitamin C in four oranges. Flowers are a pretty edible garnish (fresh or candied) and as flavoring for vinegar, syrup, jams and preserves. The leaves are tender and sweet, making it an excellent trail nibble and cooked, used as potherb and thickener. Violets are even cultivated in the gardens of Europe as food. In the southern part of the United States, violets are also called "wild okra" because of their use as a thickener.

Not only are violets a healthy meal, but



they also have many medicinal uses as well. Violets contain salicylic acid, an element similar to aspirin. Crushed violets can be applied to the back of the neck to soothe a headache. It is a cooling herb to any high temperature of the body, internally or externally. The flowers also have a significant amount of rutin, a compound that strengthens capillary blood vessels. This is critical for your circulatory health. Violet plants have a laxative effect, though it is said to be stronger in yellow-flowered species. They have been used to make teas for treating bronchitis and asthma; gargles for relieving sore throats and coughs; and poultices for treating bruises, rashes and eczema. In poison victims, violet roots were sometimes used to induce vomiting. It is also crushed and spread on hard lumps such as tumors and cancerous neoplasms to soften them.

The Bog Violet, *Viola nephrophylla*, is also found in the area. This plant is also low spreading, but it has kidney-shaped leaves. This is only one of many violets. Violets have a large family tree of some 400 species. They are among the best-known wild plants with characteristically scented and colored flowers. The plant is so popular that four states adopted violet as state flower: Illinois, New Jersey, Rhode Island, and Wisconsin. Violets were popular in the Victorian Era as gifts. In the 'language of flowers' they silently spoke to the receiver, saying that the giver's thoughts were occupied with love — the perfect gift to express your feelings for someone special!

Buena Vista Drug now offering drive-thru service

Ever needed to pick up your medications but felt too sick to get out of your car, walk through the store, and stand in line at the checkout? Now you don't have to. Buena Vista Drug now offers a drive-thru service so you can just get your prescriptions and go! Buena Vista Drug, located at 403 US 24 South, has been serving BV and the surrounding areas for over 50 years with an emphasis on customer service and their latest addition proves it. Besides serving all your pharmaceutical needs, they also carry a nice selection of personal care items, greeting cards, candles and other gifts. Drive-thru service is available during their regular business hours: Monday-Friday 8:30 a.m. to 6 p.m., and Saturdays from 9 a.m. to 1 p.m. For more information call 719-395-2481. Shopping in your pajamas is not just for Walmart anymore!

Chocolate lovers walk

by Charlotte Burrows

Valentine's Day conjures up images of chocolate and music.

This year, these two will be provided when the Cañon City Music and Blossom Festival hosts its 14th Annual Chocolate Lovers Walk from 11 a.m. to 3 p.m. Feb. 13 in downtown Cañon City.

"This year's theme is 'Chocolate Lights Up My Life,'" said a press release.

For the second year in a row, Dave and Lynda Lambert, of Cañon Signature Mortgage, will sponsor the chocolate bars from "The Chocolate Therapist" in Littleton. The chocolate bars will be part of the purchase price of \$15 each. But participants will have an opportunity to win \$150, \$75 or \$25 cash. In addition, several \$20 gift certificates for local restaurants will be available.

"This year, we are trying to encourage people to stay downtown to shop and eat after the walk is done," said Chocolate Lovers Walk Chairwoman Ann Guill. "I would love to see (people dress up and) wear something sparkly."

The walk kicks off behind Ann's Serenity Day Spa at 1101 Main St., where participants will receive wristbands as a way for merchants to differentiate those who have purchased tickets. During the day, the merchants between Third and 15th streets along with businesses on side streets will offer a plethora of homemade chocolate to tucktoeholders.

As part of the day, the committee will pre-



sent a prize for the Best Decorated Presentation and the Best Design Chocolate. Music also will be playing in the various venues and transportation up and down Main Street will be available by the Golden Age Shuttle.

Guill also invited participants to go on the Internet then click on the QR code on the Chocolate Lovers Walk Facebook page then take pictures of the chocolate which merchants offer at each shop. At the end of the event, the committee will present a prize to the person taking the best picture. As the tradition goes, the students at East Fremont Elementary School will decorate the bags to be used for the Chocolate Lovers Walk. Tickets are \$15 per person and may be purchased at the Chamber of Commerce at 403 Royal Gorge Blvd., Vintage Revival on Main Street, Tailored West, 224 Main St. and Touch of Love, 1201 S. Ninth St.

CRIPPLE CREEK'S ICE SCULPTURES MELT AT 32°F...

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So you're planning to be in Cripple Creek, Colorado for the City's marvelous Ice Festival on February 13 & 14, or on February 20 & 21! That's terrific!

You'll see amazing ice sculptures with beautiful form. Some will tower overhead. Some will have slides built right into them for your children's entertainment! But if the temperature starts to rise, at 32°F, the ice will start to melt. That's not very hot.

Gold melts at 1948°F. That's very hot!

If you are interested in the melting point of gold (something else Cripple Creek is known for!), join us at the Cripple Creek & Victor Gold Mining Company's Visitor Center where we will be celebrating the Ice Festival with an

ongoing program on gold refining. Generally, you'll learn how gold is mined responsibly; and specifically, how gold is extracted from the rock at Colorado's largest, modern, industrial gold mining operation. With large format photos, a repeating multi-media slide show, and video clips, you'll understand how gold is removed from a process solution, heated to extreme temperatures, and poured into molds forming a doré (golden) button that can weigh up to 60 pounds, and at today's gold price is, worth about \$646,000!

Since you'll be enjoying the Ice Festival anyway, stop by the CC&V's Visitors Center at 371 Bennett Avenue, Cripple Creek, Colorado (In the B.P.O.E, Elks Building), between 10 am and 4 pm on Saturday and Sunday, February 13 &

For additional information, please contact:
Brad Poulson, Communications Specialist
Cripple Creek & Victor Gold Mining Company
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Hartsel huskies rescues revisited part II Malie’s story

by Kathy Hansen
photos by Jeff Hansen

During the winter of 2009-2010 an investigation found close to 50 Malamute Husky mixes and Alaskan Sled dogs in deplorable conditions, on the verge of starvation near Hartsel, CO. Due to efforts of the Park County Animal Control, Pet Animal Care Facilities Act (PACFA), and several surrounding animal shelters, these animals were relocated, nursed back to health, and set up for adoption. This is the second follow up story.

Carla Braddy had been teaching middle school history and just happened to be home during Christmas Break when she saw the news report about the Hartsel Huskies. The report absolutely shocked her, so she called Park County Animal Control, who informed her some had been taken in at the Humane Society of Fremont County. After a call to them, she learned she could help out that day as they had taken in as many as their facility could hold and there were many tasks at hand.

Carla felt this was perfect timing and an opportunity for her to reach out. Her husband, Bernie was off hunting. Their son, Trent had begun his college courses, and their daughter, Jadea as a normal teenager was much more interested in developing her peer group than spending time with Mom. Carla had not realized she had become a bit lonely; she had some compassion to give, and no outlet.

“There is something special about people who have children and/or pets; there is a compassion that you can see in their eyes! Not everybody has it. People who have children or pets develop this compassion and they really ARE different from people who don’t,” states Carla, as she defends this compelling need to reach out.

Could the series of events that transpired next be considered a miracle? The Oxford Dictionary provides three definitions for miracle: First, “A surprising and welcome event that is not explicable by natural or scientific laws and is therefore considered to be the work of a divine agency.” Second, “A highly improbable or extraordinary event,

development, or accomplishment that brings very welcome consequences,” and third, “An amazing product or achievement, or an outstanding example of something.”

For those of you who have not had hunters in your family or circle of friends, you may need to understand something very important: Once the hunt begins, the only focus is to successfully and respectfully fill the tag. While there is ample communication planning the location, approach, range, and expectations prior to the hunt, during the hunt silence is expected. This vow of silence is taken seriously.

Carla had many years of experience understanding the hunter’s code. Bernie had recently set out for his hunt; Carla didn’t expect to hear from him for a few days. When the call came from Bernie the very morning she was about to see the Hartsel Huskies, she thought this was peculiar, and immediately answered his call.

There is something special about people who have children and/or pets; there is a compassion that you can see in their eyes!

Carla Braddy

“Is everything alright? Did you fill the tag already?” inquired Carla.

Bernie couldn’t really explain why he called. He just felt very strongly he needed to call, so figured it was the best way to wrangle this unsettling feeling. He was fine, so checking in with Carla on the home front was next. She shared her enthusiasm about going to see the Hartsel Huskies and was a little surprised at his response of, “You don’t need a dog!”

The comment caught her off-guard. She halted. “Really? Hmm.”

Carla’s focus has been refueled as she began

her mission to help with these animals who came from deplorable conditions. She was amazed when she arrived to see so many people coming to volunteer! Now she was part of something much bigger than she anticipated; all of these people had compassion like she had and were ready, willing, and able to help!

She looked over her shoulder to see her father there. He was equally surprised to see her. She was even more surprised at his comment, “You don’t need a dog!”

She halted again. This time, hearing that same phrase, her response was clearer, ‘Who are you to tell me whether I need a dog or not?’ The spark of motivation became a flame of determination.

Carla began helping with the kennels and walking dogs. Her heart pouring compassion for these innocent creatures, so close to starvation, many didn’t have the strength to stand. Those that did used every ounce of energy to reach out to the hearts of those caring for them.

Carla saw many reaching out, but there was one just a little different; she stood out in the way she jumped up on the cage to get Carla’s attention. Even Carla’s friends Gladie and Randy Miller noticed Mali’s specific attempts to reach Carla’s sight. Finally, eye contact was made between the two souls and the relationship began. This 32 pound female, just over a year old and perhaps part coyote, instinctually drew in Carla’s gaze long enough to connect to the compassion in her heart, and jumped right in!

Carla’s initial plan was to foster Mali, but she realized she wasn’t ever going to be able to give Mali up to another person. There is an adoption fee that Carla had not planned on. It just so happened that a recent PTO bonus was exactly the amount of the adoption fee! Carla committed to providing Mali a forever home.

The very next day, Carla picked up Mali



and brought Mali to her new forever home. Mali is very skittish, shy, and cautious. After a short introduction to the floorplan, Mali began to explore and relax a bit. Carla had been advised to offer small amounts of food to help Mali’s

tummy adapt again to food with minimal disruption. Carla made the commitment to a raw food diet, and began feeding only very small portions about five times per day. Hilltop Market in Cañon City has been happy to procure the chicken Carla grinds for food. Mali seemed to easily adapt to her new digs.

Something happened next, that never happened again. Bernie had just returned home from his hunting trip. Mali slinked up on Carla’s lap as if to become one with her. When Bernie came in, he saw Mali nestled just as snug as could be in Carla’s lap. Bernie’s heart opened at the sight of the two of them, and immediately acquiesced to the tender new soul in their family.

Carla was surprised that Mali crawled into her lap, yet never expected that behavior again as Carla very quickly tuned into Mali’s temperament. Seeing Mali’s skittish behavior relayed volumes to Carla about how Mali had been treated in the past, and thereby opening every reserve of compassion available for Mali to sip in as tolerated, just like she had to learn to eat again.

The next spring brought an opportunity for Mali to bond with Bernie as he needed weeks to recover from a surgery. Surely, the presence of a man who had limited capacity

of movement, offering treats several times a day over the course of weeks would create a bond. While their expectations were not reached, there was a bit less skittishness. In response, even more empathy poured forth toward Mali from the family, surrounding this new member with love and acceptance.

The tenderness and understanding required to heal such deep wounds gave Mali an opportunity to become a magnificent creature. As the cycle of life has it, all of that unconditional love has been returned to Carla (and her family), filling her in ways unimaginable. Mali and Carla began a healing journey together that soon encompassed the entire family.

Even though Bernie works for the Department of Corrections, Carla had not really given much thought to law enforcement and animal abuse. She followed the case for some time and she was angry.

She was angry from the first vet visit when she learned 32 pound Mali was pregnant; termination was the only option. She was angry about each of the over 40 teeth Mali had to have removed. The last vet, who was unaware of Mali’s beginnings, wondered what trauma would have caused the bottom teeth to crumble, and if that same trauma caused her loss of hearing.

About six months prior to our interview Carla wrote and sent a letter to Mali’s prior owner. She felt she had to give Mali a voice and report the consequences of how Mali’s life began. She felt it was important to make it known.

When we scheduled the interview I asked Carla if she had come to a place of forgiveness. Her response at that time was, “I have to think about that.”

Along came Byron

When we came to the interview we were greeted by Byron, who was rescued by Carla’s son, Trent four years ago. Byron is a German Shepherd-Border Collie mix. He was quite the barker when Trent first brought him home, but has since calmed down perhaps because it is ineffective with Mali.

Byron and Mali have formed quite the relationship. Byron is a brave boy; he is very social and loves to meet people. In this way, Byron can test people for Mali; she has a chance to witness how humans outside her pack treat Byron.

Mali could watch from inside as Byron came to sniff us, lick us, and get a head pat. As we approached the door, Mali retreated and Byron eagerly saw us to the living room.

There was no convincing Byron we had already bathed; the face-licking was complimentary! As Mali saw us safely interacting, she very slowly approached, only to retreat several times before actually reaching us. How incredible to have Byron licking one hand as Mali ever-so-gently gets close enough to smell, then gingerly touches our skin, only to back-up to make sure all is safe. Byron shows Mali just what she is missing by licking that hand, too; assuring Mali these are ‘Byron approved and safe’. What a phenomenal experience to be a part of this interaction!

Byron has a special awareness of his pack;



Carla with Mali and Byron.

one might venture to say an intuition about family. A few years ago Carla and Bernie began to build their own home, so were living in their fifth-wheel camper during the summer of construction. Carla was heading out for a day trip. Bernie and Trent followed her out in the pick-up with Byron bringing up the rear. Somehow Mali had separated from the family.

Once Bernie and Trent were aware Byron was there but Mali was missing, they began to look for her. Several hours past and they realized this was a problem, so Bernie called Carla as she is the closest to Mali and had the best chance of Mali coming to her.

Carla joined the search for hours to no avail. Tensions rose as the sun began to kiss the horizon. Carla called her neighbors and everyone began searching.

Bernie, Trent, Carla, and Byron crossed the highway as Bernie employed his tracking skills.

Byron soon figured out what Bernie was doing. Nose to the ground, he sniffed for any scent. One can only wonder if Byron knew the futility in calling out Mali’s name, given Mali cannot hear. Byron knew she could smell so at the appropriate bush decided to leave Mali a “pee-mail” message they were searching for her. They circled the area as the sun syphoned the last of its light from the landscape; they realized it was time to head back.

Carla was devastated by the thought she had lost her Mali. Life without Mali was unfathomable.

Bernie looked in the eyes of his life partner of close to three decades, and Trent saw the depth of his mother’s despair, inciting the pair to make one more round as Carla stayed home just in case Mali found her way. Byron came along. Once they crossed the highway again, they went on foot.

It turns out Mali had gotten Byron’s “pee-mail” at the bush!

She wasn’t willing to get into a vehicle with Bernie, Trent, and Byron, but Mali was willing to follow close behind. Bernie was sure to drive very slowly so as not to lose her again. Byron kept a watchful eye on her and was honored to announce the arrival as they pulled into the driveway.

The family re-united in a celebration of gratitude!

Mali has stayed close to home since; always keeping a close eye on her companion, Byron, who delights in the opportunity to be Mali’s ears and first-hand tester of those humans outside the family. The pair continues

to develop their relationship. Mali has never jumped up on any object or piece of furniture since the day she did so to catch Carla’s attention.

Trent graduated from CMC where he studied Outdoor Leadership Recreation and is now managing the ski lift at Ski Cooper in Leadville.

Jadea graduated from Ft. Lewis College last May with a BA in Sociology. She is currently in Durango working at Mild to Wild Rafting as she seeks a career helping others.

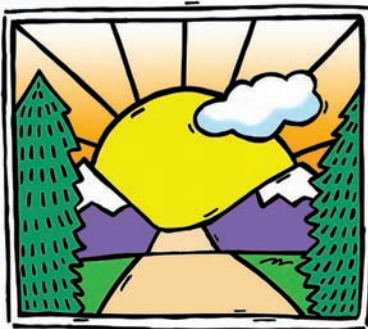
Bernie continues to work for Department of Corrections and enjoys the hunting season.

Carla is now an assistant to JoAnn Grenard of Home Town Real Estate and enjoying her new career. “I love my job! Every day is something new here.” She also loves their new home with Mali at her side as she reads, meditates, or knits.

As for the forgiveness, Carla stated, “I forgive him for what he did and let go of the anger. I came to realize what is important is that Mali has come into our lives. I didn’t realize how lonely I was and now I have this incredible companion who loves me unconditionally. She taught me I have compassion!” The tears that flow from her eyes punctuate the beautiful smile from her soul.

Is this story a miracle? I leave it up to the reader to decide. I would have to say the unconditional love that is shared within this family is equalled to the compassion that is also shared among them to such an abundant extent that it flows through their neighborhood, community, and all throughout Ute Country.

Since Una’s story in December 2015, the first of the ‘Hartsel Husky Rescues Revisited’ series more have come forward. If you have rescued a Hartsel Husky and would like to share their story, please contact us at utecountrynewspaper@gmail.com or call 719-686-7393.



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The Legend of Carl Mangert

Brave spirit rising

by David Martinek

Foreword: In October 2010, one of the featured articles in the Ute County News for that issue was entitled 'The Legend of Carl Mangert.' It was a fictional account of a legend I heard when I first moved to Teller County about an old WWII soldier who claimed his life was saved by a group of mule deer when he became lost and disoriented in a 'white out' during a snow storm. The story was set in Teller County. Once published, the tale resonated with several readers. It was published again as a reprise story in the November issue last year. Sometime after the 2010 appearance, a friend, Dee Breitenfeld, asked if I would consider writing a follow up story — perhaps giving some background to the character I had created. I thought about it, and looked back on my own life and the places I have been, the people I have known, and 'The Legend of Carl Mangert: Brave spirit rising' is the result. The first Carl Mangert story was about preserving and respecting nature. This second series, in four installments culminating in May for Memorial Day, is about bravery, loyalty and undying friendship. The story may be fiction, but the meanings within are very real.

They found him slumped over a bench outside his cabin just south of Divide near where the old Midland Terminal Railroad right-of-way runs on the west side of Highway 67. The late September morning sun shone down on him in that spot among the trees. A few peanut shells were scattered on the ground around his feet and next to

him was a half empty cup of coffee. Perhaps he had just been sitting outside admiring the golden aspen, catching some sun and fresh air, and feeding the squirrels. The peanuts were all gone and so was Carl Mangert.

It had been less than a year since my interview with him about his miraculous episode with the mule deer in the woods during a snow storm. I remembered sitting with him on the porch of his cabin while he related his story about how he got lost in a snowy white out and fell asleep only to wake up with deer sitting all around him. He told of his coming to Teller County, Colorado, after being discharged from the Army at the close of World War II, about his landing on Omaha Beach during the Normandy invasion, and about his reverence for nature.

As I sat in the rear of the funeral home watching a few people arrive to pay their respects, I promised myself that I would write that story someday soon and tell everyone about this man's extraordinary experiences. Unknown to me, there was yet another story waiting — one of untold bravery, of undying friendship, war, and of the circumstances which had influenced Carl to come to Colorado.

Lying in his bronze government-issue coffin, the folded American flag resting in the cover well, it was the same Carl I had talked with as we sat on his porch a few months ago. The battered old fatigue field coat he had worn then was replaced by a World War II Army dress uniform, the Eisenhower jacket, faded somewhat by time, which hung loosely on his body. The olive brown jacket had no ribbons, brass or nametags, just a rank insignia and unit patch on his right shoulder sleeve, a Big Red One — the patch of the U.S. Army's 1st Infantry Division. The regulation tan shirt and black tie seemed too big for him. I noticed he had held the rank of Corporal. The scarlet heart tattoo I had seen during my interview peaked out from underneath his left sleeve, and the battle scar on his neck was barely visible. The county coroner had listed his death as due to 'natural causes,' — in other words, old age. As well as anyone appears when they are dead and all painted up to look natural, he seemed to be asleep.

Only five or six people I knew sat around me as the pastor from the Little Chapel of the Hills Church in Divide said some nice words and read some scripture. But in the front row were two people that I didn't know, a thin woman who looked to be about 60 and a much older man. Her father?

There wasn't much the pastor could say about Carl because



there wasn't much that he knew. I knew very little more. Throughout the nearly 60 years Carl had lived in Teller County, since 1946, he had kept to himself. He surely must have associated with others on some level, I thought. The funeral director found his military records among his belongings, his old uniform, and a few personal papers, his parents' death certificates and some letters. A small group of my friends and I helped gathered a community fund to pay for the funeral and graveside expenses that the VA wouldn't cover. While he lived, Carl Mangert was virtually anonymous, and he was going to be buried that way, too. Or so I thought.

After the pastor finished, he called for others to come up to the lectern and speak. No one came, so I rose to say what little I knew of Carl, and how I had met him recently. I briefly mentioned our interview but didn't really elaborate about his story of the deer in a snow storm. I just said that I was writing an article about Carl soon that would hopefully be a fitting memorial to his life and times in Colorado.

The Aspen leaves had turned a brilliant yellow and gold that fall. I could hear them rustling in the breeze outside the windows of the chapel when the old man sitting next to the thin woman in the front row stood up and came to the lectern, as I sat down. He was frail but proud, and walked with some difficulty. I imagined that he was certainly in his late 80s at least, if not older. He wore his white hair cut short above a face that was lined and weathered. He hunched over at the lectern, using it for support, and looked over at the woman he'd been sitting with, as if asking for moral strength I suppose, and began to speak.

"Hello everyone, my name is Russell Kontanski," he announced with a weak but clear voice, tinged with an unmistakable New England accent. "Carl and I grew up in Massachusetts. We were in the Army together in World War II, and we both fought in the Normandy invasion of France in 1944."

To be continued next month...



Eisenhower Army Jacket (internet file)



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Wild Places Animal Rescue

by Flip Boettcher

Perched high on the east-northeast side of Castle Mountain at 9,000 feet on the edge of the old Guffey volcanic field northeast of the town of Guffey off County Road 71, sits the Wild Places Animal Rescue owned and operated by Kelly McConnell and her partner Nicholas Russo.

McConnell, originally from New York, founded the 501(c)(3) non-profit corporation in October, 2012, as an equine rescue, but has expanded and now accepts horses, goats, and dogs. Currently, Wild Places cares for four horses, (two of which are blind), three goats and four dogs, which is their maximum for now. Russo, from Connecticut, came for a volunteer day at Wild Places a year and a half ago and stayed.

Running an animal rescue takes an incredible amount of dedication, love of animals, and a lot of hard, physical work, but said McConnell, it's very rewarding and satisfying.

These animals have nowhere else to go and they are not really adoptable. It's a retirement place for them, said Russo. The animals, usually older, can have multiple medical and psychological problems from old age, neglect, injuries, abandonment, and abuse.

Wild Places is located on 74 acres with a 30 acre fenced pasture, an enclosed acre with a barn, and a pet cemetery. The newest arrival to Wild Places four months ago is an approximately 40 year old mare with severe arthritis, but she still seems to get around pretty well.

McConnell's first rescue, a neglected mare named "Hopalong" resides in the pet cemetery along with an old abused dog named "Bubba" and a mother goat. All have beautiful engraved headstones. The mother goat died leaving twin babies whom McConnell and Russo raised in the house, bottle feeding them every two hours, said McConnell.

Wild Places is totally run on donations,

grants, fundraisers, volunteer work, and their own labor. Like all non-profits, Wild Places is always in need of funds. Wild Places likes to sponsor one large and one small fundraiser a year, said McConnell. Wild Places also



Hopalong before - courtesy of Wild Places Animal Rescue.

Kelly McConnell on the left and Guffey resident Bill O'Connell, horse massage/Reiki therapist on the right, next is Hopalong.

has volunteer days with a potluck for the workers and recently received a grant from the Price Foundation.

Wild Places' latest fundraising endeavor was at the Burrowing Owl in Colorado Springs the end of January. It was hosted by the Colorado Springs Vegan and Vegetarian Group who sponsor a monthly benefit called "Drinks for a Cause", featuring a different non-profit each month who get to talk about their organization and raise some money.

Expenses at Wild Places are high, spending approximately \$15,000 in 2015 with 68 percent going to feed, 22 percent to the veterinarian and 10 percent to miscellaneous items, according to McConnell. That only includes the horses and goats. The couple pays all the dog expenses, she added.

To help support the animal rescue, Mc-



Hopalong before. photo by Kelly McConnell.

Connell has a full time job, working mostly from home. Russo does odd jobs around the Guffey area as well as just becoming a newly schooled, certified and licensed farrier, building his horse shoeing business. Russo said he also spends a lot of time hand digging up the ever persistent loco weed which is so devastating to some animals. The couple wants to keep the pastures as natural as possible and don't want to use chemicals to eradicate the troublesome plant, he added.

Rescue animals usually come to Wild Places via word of mouth or their website, www.wildplacesrescue.org, said Russo. If the animals are adopt-

able, they try to adopt them out first before they take them in, he added.

When McConnell, who had always wanted to have an animal rescue, first found the property, there was no fencing or barn, just the house, she said. McConnell would like to eventually expand Wild Places into a full time rescue and be able to take in more rescue animals.

Wild Places is always looking for funding and donations and has a growing wish list, including a grant writer; a webmaster for their website, \$10,000 to get water plumbed in from the well near the house to the barn; fencing and hay; tack; volunteers for many tasks including grooming; and a backhoe. Check their website for a more extensive list.

For more information, to volunteer, or donate, visit the Wild Places website or call 970-275-0605.

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The heavenly sound of the harp

Maryanne Rozzi can teach you to play

by Kathy Hansen
photos by Jeff Hansen

Have you ever heard someone play the harp? We had an opportunity to hear Maryanne Rozzi play and it was quite the experience. Perhaps you’ve heard the concert grand pedal harp strings play a classical arrangement or maybe you’ve heard the Celtic or lever harp pluck out an arpeggio. The sound is amazing. The plucking of each harp string releases a harmonic resonance for all the strings ahead of it, which creates a sound like no other instrument can; the closest may be the sound of a harpsichord, a predecessor to the piano. The major difference is the harpsichord string is plucked and the piano key is hammered; the plucked string seems to offer a fuller vibration. The sound seems to surround everything in the room, even when you hear a recording. The music takes on a life of its own as it moves through the room, dancing and flitting about, lifting your spirits and cleansing your soul as it progresses. Maryanne played *The Starkness of Winter* composed by Lisa Lynne on both her pedal harp and her Celtic harp so we could hear the difference. She played each harp masterfully! The sound was very similar between the two harps, and they looked very similar. The design of the instrument is something to behold. A wooden frame holds the strings within. The “C” strings are red and the “F” strings are black. The purpose of the pedals is to change the strings to either the sharp or flat position (accidentals). Likewise the levers on the Celtic harp also play accidentals, but only the flat when moved. The left hand plays the treble clef and the right plays the bass. Can you imagine playing a harp? Sitting behind this beautiful instrument, embracing it with your arms and tickling the strings between your hands could be quite the experience. Imagine making the strings come alive from within the carefully crafted wooden frame. Musician and instrument become one as they create a melody that moves you to a lighter place. There is a grace about the arms, strength about the shoulders, and

The harp is not only lovely to listen to; it warms the heart and soul of anyone who plays it. It is an extension of your entire being.

Her comprehension of music theory gives Maryanne the expertise to teach to the student who wishes to read music or to the student who wants to play by ear. A little desire to learn is really all any student needs. Maryanne finds teaching rewarding whether she is teaching a curious child or an adult with the time to pursue a new interest. It also makes no difference whether the student has a background in music. She begins with basic techniques, articulation (hand positioning), scales, and arpeggios. The student’s connection to

the music will move the lessons from there and Maryanne’s expertise will offer direction. The student is free to explore any musical style that interests them, from Classical, to Celtic, Jazz or New Age, or any other style. There is something very unique about Maryanne’s approach to teaching music and that is how to learn to improvise. In most cases, music students are taught to play the notes on the page or the piece as it was composed. When they play a wrong note, the instructor often directs them to stop and start again, after practicing the measure a few times. Maryanne believes this rigid method creates stage-fright and promotes anxiety, while preventing a creative flow. She went on to explain, “Although written music offers songs and techniques, I feel strongly that there is no right or wrong note. If a person is reading music and plays a note that isn’t written, improvisation prevails and the musician uses that unwritten note as a pathway to the ones on the page. In this respect, it is an invaluable tool within the music, allowing the musician to play through those so-called mistakes, or continue the momentum of the song if he or she gets lost, allowing time to get back to the written page without interruption... No one listening is the wiser.” What a wonderful way to honor all the notes! What a fun way to learn a new instrument or even music as a language. Maryanne truly sees teaching as a connection with the student and the music. Her students continue to inspire her to play and explore. The harp is a wonderful choice for those who wish to play solo as no accompanist is required. For those who enjoy singing or playing with other instruments, the harp becomes a heavenly voice to harmonize. What about the cost? Maryanne is aware of programs for students who are interested in renting harps on a month-to-month basis. There is a wide range of affordable rentals available. Contact Maryanne directly for more information. What about those callouses? Yes, the callouses will develop with practice. Maryanne suggests for the beginner or for those who haven’t played in a while to play for only 10 to 15 minutes two or three times per day. “If you sit down to the harp EVERY DAY, even if it’s for a very short time, and run through some scales or warm-ups, arpeggios, or a song you like, just to keep the callouses, then you don’t have to go through the building up time all over again,” is Maryanne’s recommendation. If you are interested in listening to harp music, you can google harp music. For a little more direction You-Tube has Yolanda Kondo-



Maryann demonstrates her skills on a Celtic harp.

nassis for Classical, or try Deborah Henson-Conant’s arrangement of Beethoven’s “Für Elise” as it is delightful! If you like Celtic music give a listen to Kim Robertson, Paul Baker, Laurie Riley, Lisa Lynne, or Hilary Stagg. To hear jazz genre try Lori Andrews, Michael Coldin, or Jakez Francois.

If you are interested in learning to play the harp give Maryanne Rozzi a call at 719-838-0279 or email solarozzi@yahoo.com and you can learn more about Maryanne through the Salida Chamber of Commerce’s website: www.salidachamber.org. If you are interested in asking Maryanne to provide background music at your event coming up, contact her for availability. She has performed at Art Walk and Farmer’s Market in Salida, at the Mount Princeton Pavilion, and provided background music for Plein Air Art Celebration Reception in Fairplay last September.

Harps We Love

by Henry Kendall

The harp we love hath a royal burst!
Its strings are mighty forest trees;
And branches, swaying to and fro,
Are fingers sounding symphonies.

The harp we love hath a solemn sound!
And rocks amongst the shallow seas
Are strings from which the rolling waves
Draw forth their stirring harmonies.

The harp we love hath a low sweet voice!
Its strings are in the bosom deep,
And Love will press those hidden chords
When all the baser passions sleep.

Special thanks to WRF-Marilyn for finding this poem.



Growing Ideas

Houseplant makeovers

by Karen Anderson *The Plant Lady*

“I came to live in the glory of Love and the light of Beauty. What I say now with one Heart will be said tomorrow by thousands of Hearts

Kahlil Gibran

February Greetings to our Friends of the Community.

Houseplant makeovers

Plants are more than just nice to have around the house. They have ‘jobs’. They are ‘Nature’s Air Filters’. By growing and maintaining the health of houseplants, you are actually cleaning the air that surrounds you in your environment. Germs and fumes and dust -Oh My! The natural filtration process within plant life can remove up to 87 percent of VOCs (volatile organic compounds) from the air according to NASA research and considering the EPA has been known to rank indoor pollution as a public health threat, you may want to think about welcoming a few more foliage type plants into your home. I understand that your common Spider or Airplane Plant is one of the best to clean the air. Another good pick is the easy-care Snake Plant or Sanseveria. Of course, all kinds of plants will help as filters as well as emitting moisture into our dry winter surroundings. In order to keep those plants happy and healthy, so they can do their job, as well as providing visual delight, it is important to plan a spa day (or more) to really nurture your plants. This could include anything from a quick ‘haircut’ to ‘major surgery’.

February is a good month for me to turn my attention to the many houseplants who have been ‘in line’ for a well-deserved make-over. My set-up for this treatment is a permanent one, as I am always working with the plants in one way or another. But you can create a temporary space dedicated to the task of tending to your house plants that will help efficiency and keep the mess confined to that area. I’ll throw a few tips for you to consider, hopefully making the process easier and more enjoyable. Set up a card table or the like over a small tarp or an old plastic tablecloth that covers the floor space where you have plenty of room to work. Cover the table with a plastic cloth as well. Gather up the materials you feel you need for the tasks at hand. My “houseplant pantry” is stocked with Organic potting soil, perlite, vermiculite, sand for cactus blends, various sizes of rocks for drainage and decorating, root tone, coffee filters for placing in the bottom of planters to keep the soil in the pots, a variety of mosses for mulching, charcoal for filtering and removing sour soil odors, Gnats Away (an organic gnat killer to treat the eggs that seem to infiltrate all potting soils), a water bottle mister, safer soap, and a number of other things as well. You get the idea. It’s much

like preparing to cook and gathering all the goods you need in one place to bake a cake! Other tools and implements which can be helpful include a 5 gallon bucket to mix soils, elevated to table height by another 5 gallon bucket, and a big metal spoon to stir and keep the soil loose as I work along. Paper cups are handy to scoop the soil with and they are pliable enough to form a funnel when you need to get into those tight spaces around plants. Use kitchen utensils such as old butter knives for loosening root bound plants from their pots and forks for gently aerating tight plant soil, and spoons work well for “little diggings” around other plants when transplanting. Clean planters of different sizes are good to have on hand, so you are ready to transition right size plants to right size pots. I know this sound like a lot to do, but preparation is the most important thing when tackling almost any task. Remember, you can adjust and adapt this technique to whatever works for you. Now that you have created the ‘spa space’ for your plants, gather up a few you feel need ‘make-overs’ the most and start with them. Make sure they are completely hydrated to lessen the shock of a transplant. Oh and by the way, I always like to let the plants know a day or two ahead of time, so they know my good intentions for them, especially if there is a major surgery coming up. It’s just what I do. If your plant is root bound, run a butter knife around the inside edges of the pot and tap around the bottom and sides to help easier removal. Maybe massage the roots gently with your hands or use the fork to carefully poke around the root system. Have a larger planter ready with a coffee filter and some soil in the bottom and place the plant in its new home. Add soil, pushing down and around the root system to where it is compact, but not too ‘tight’. Water thoroughly, trim back any unpleasant looking, leggy or sick foliage, offer a “Bless You” and allow to rest in a warm but not sunny place for a few days. A misting or gentle shower is nice too. These are super basic instructions and there are many different plants specific needs, but all plants appreciate some love and attention. If you are not ready, able or willing to go to these extremes, there are a few quick ways to nurture and care for your houseplants until you can do the big chores.

• Always make sure you plants are sufficiently watered (even if that’s all you do!) but try not to water in same place time after time. Roots become exposed as well as the plant not taking up hydration efficiently.

• Turn your plants around once in a while. They are always headed toward the light and you will be amazed when you turn their ‘best faces’ forward. Growth will be more balanced as well.

• A blow dryer set on low temperature is a great way to get the dust off your plants so they can breathe again.

• A good trim makes a huge difference in the looks and the health of any plant. If it’s brown...cut it down. Use clean, sharp scissors and please compost if not diseased.

Spider plant



• You can top off some plants with new potting soil. If they really are in need of a transplant and it’s not in the plan right away, a bit of new, nutrient rich soil will help tremendously. If there is not room for more dirt, then make sure you feed with a 20-20-20-plant food every time you water. If the nutrients are not in the soil, then amendments are vital.

• Keep an eye out for insect infestations as its better to catch those right away. My biggest problem is with mealy bugs... the ones that are white, icky, and sticky. I keep a spray bottle full of straight rubbing alcohol at the ready, so if I discover them, usually in the crotch of a jade plant for example, I spot spray, but never in direct sun. This needs to be repeated periodically. You may want to move infected plants to an ‘isolation ward’ to avoid affecting healthy ones. If you have other insects you may need to use other methods.

• Love them and appreciate their lives!

In response to a reader’s inquiry about my opinion on the difference of buying organic seed versus seed that doesn’t specify, I will share what I know to be true. I will encourage all responsible and conscientious Earth Keepers to purchase or obtain ORGANIC seeds. We may need to buy more packages though, due to a low percentage of germination. Hopefully, reputable seed companies will be able to improve upon that in the future.

Non GMO seeds as well as organic seed packages are clearly marked these days but unfortunately for us, are more expensive. Also, as I understand it, many vegetable crop seeds were never genetically modified in the first place, but now are marked as Non GMO and ‘marked up’ in price. So, I believe that in order to get us all back on the right track, we need to plant our crops with Non GMO, Organically produced seed.

We do the best we can and continue our education regarding these very important matters, so that we can do even better in the future. Truth and knowledge will always benefit the Earth and human kind.

You may want to do a little more research by visiting the many websites available ‘out there’. I’m still learning too.

If you are interested in adding more plants to your family, Happy Houseplants are always available for ‘adoption’ at Mountain Naturals in Woodland Park or you may call me at 719-748-3521 to inquire about other options.

In addition, I will have fresh Valentine’s Plant Arrangements (Give the gift that keeps on Living!) for purchase at both locations along with heart inspired blessing beads and other gift ideas for Valentine’s Day giving.

Wishing you all well this month and keep spreading the Love!

Jaime Holmes named hospital TRAC STAR

Heart of the Rockies Regional Medical Center named Salida resident, Jaime Holmes its TRAC STAR of the fourth quarter at a hospital ceremony on Jan. 25. TRAC STAR is an acronym for the core values that guide HRRMC employee performance: teamwork, recognition, attitude, customer service, safety, talent, accountability and respect. Holmes joined HRRMC’s Patient Financial Services staff in 2009. She became an assistant in Human Resources in 2013 and was promoted to Human Resources coordinator in 2014. According to the employee who nominated Holmes for the award, “Jaime displays her HR talents every day in how she helps and teaches others around her...On occasion, we have had employees come to HR to discuss policies or processes that they may not agree with, and every time Jaime is able to respond to the employee’s concerns with tact, grace, and respect. I know, I for one, really appreciate how she responds to handling conflicts, and it really makes it easier to come to her with concerns.” Hospital CEO Bob Morasko presented

Holmes with a \$200 gift check, a fleece jacket with the hospital’s TRAC logo, and a certificate to be professionally photographed. A plaque with her photo will be displayed in the hospital café. Morasko also acknowledged the two other finalists for the quarterly award, Education’s Debbie Eggleston, RN, MSN, and HRRMC Medical Clinic’s Monica Hutson.

Eggleston, a Howard resident, joined the hospital staff in 1983 and worked for many years as a registered nurse in the Emergency Department before transferring to the Education Department. In December 2015, she completed her Master of Science in Nursing with a focus of Nursing Education at Regis University and received the Award for Nursing Excellence during her pinning ceremony.

Hutson, who lives in Salida, has worked at HRRMC since 2013 and is part of the front-line staff in the hospital’s Specialty Clinic. “Monica is always friendly and welcoming to our patients,” wrote her nominator. Patients frequently commend her strong customer-service skills in handwritten notes and the hospital’s comment cards.



HRRMC employees can nominate any of their colleagues for the TRAC STAR award. Members of the hospital’s Communications Team review all nominations, and then cast individual ballots to determine the three finalists and the winner. All finalists are eligible to be named TRAC STAR of the Year.

10 Fun Facts about the harp

From <http://blog.oup.com/2015/02/fun-facts-harp>

1. The harp is one of the oldest instruments in the world. It dates back to around 3000 B.C. and was first depicted on the sides of ancient Egyptian tombs and in Mesopotamian culture.
2. Nowhere is there a larger variety of harps than in Africa. The harp has a place in the traditions of nearly 150 African peoples.
3. The word “harpa” was first used around the year 600 and is a generic term for stringed instruments. The verb harp means to talk on and on about one subject similar to a harpist plucking the same string over and over.
4. With a range of one to 90 strings per instrument, the harp can be classified into two main categories: the frame harp and the open harp.
5. A modern harpist plays using only the first four fingers on each hand. They pluck the strings near the middle of the harp using the pads of their fingers. Irish harpists use their fingernails to pluck the wire strings.
6. The rapid succession of musical notes played on a harp is called “arpeggio” and the sweeping motion of the hands across the strings is termed “glissando”.
7. Once an aristocratic instrument played for royalty, harpists were challenged with being able to evoke three distinct emotions from their audience: tears, laughter, and sleep.
8. The harp has been Ireland’s national symbol since the 13th century.
9. The popular Irish beer, Guinness, also features a harp as its symbol.
10. In the 20th century, historians and harp aficionados garnered wide-spread interest in reviving the harp and in 1990; the Historical Harp Society was founded and based in North America.

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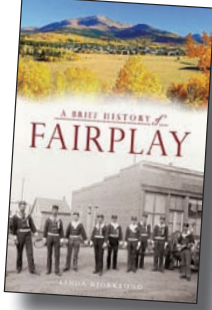
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"I want to take you someplace special," Bale said.

"For what?" Bethanie asked, looking up at him from reading the newspaper as she enjoyed her morning coffee.

"Valentine's Day. What do you think?" Bale smiled at her.

"You know, Kye says that Valentine's Day is just a commercial holiday that greedy corporations made up to wring consumers dry even more than they already do," she said.

"Well, that may be, but I want to take you on a nice date. You deserve it. Of course, it won't be the only day that I take you on a date to show you just how much you're appreciated."

Bethanie adjusted her wig self-consciously. It hadn't been that long since she'd told Kye she was trans, and she had yet to go out in public dressed as her true self, as a woman. She'd been too afraid to. It was around only Kye and Bale that she dressed as a woman.

"I don't know," she said nervously, setting the paper down and neatly folding it up.

"What'd you have in mind?"

"I was thinking of getting tickets to ride the Royal Gorge train, where we can have an elaborate meal in the observation dome."

Bethanie stared at him. She hadn't felt this giddy about being with someone in decades. "That does sound nice..." she admitted, absentmindedly smoothing down the center crease of the newspaper.

Bale grinned. "Good. Because I already got the tickets."

Bethanie chuckled, shaking her head. "You rascal, you." She got up and went to him, leaning down and giving him a gentle kiss.

That night, Bethanie stood outside of Kye's room, out of sight. She wrung her hands together anxiously. She took in a deep breath, then finally stepped into view and knocked on the doorframe.

"Honey, can I talk to you?" she asked.

Kye looked up from her book. "Yeah. What's up?"

Bethanie slowly walked into the room, standing in the middle of the floor as she tried to get her words together in a coherent sentence.

"Could you teach me how to do my makeup?" she eventually asked.

Kye blinked, then smiled. "Why? You got a hot date coming up?"

Bethanie smiled shyly and looked off to the side. "Y-yeah. This Sunday."

"Mom, Valentine's Day is this Sunday. Where's he taking you?" she asked, grinning.

"For a date on the Royal Gorge train." Kye's eyes widened. "Damn, Mom. That's amazing. Lucky you."

Bethanie smirked at her daughter. "Thanks, sweetheart. Thanks for being so supportive of me, and of me and Bale. I know it's been a big change, but you've handled it with such grace."

Kye smirked. "No problem, Mom."

"So, can you help me with my makeup?"

"I'm not good at that sort of thing, but my manager at the lodge is. She really knows how to make her eyes pop. What if I had her come by Sunday morning to help you get ready?"

Bethanie bit her lip and lowered her gaze to the ground. "I don't know..." She doesn't know that I'm trans."

Kye shook her head. "Mom, she's a kind, understanding lady. She won't judge."

"Have you told her about me?"

It was Kye's turn to look off to the side. "Well, a little. I just mentioned that you were going through a transition, but I didn't say what kind."

"Okay. Well," Bethanie exhaled, "have her stop by Sunday morning."

Kye nodded. "I will."

Bethanie bid her daughter goodnight, then left to her room, softly shutting the door behind her. She could feel the fear gripping her chest, the panic twisting her gut. Her mind swirled with every "What if" thought it could think of.

What if Kye's manager disapproved of who she was?

What if Kye got fired?

What if they got run out of town?

What if Kye was attacked for having a transwoman for a parent?

What if she herself was attacked?

What if their home and ranch were set on fire?

What if she lost her job on the other ranch?

What if Bale left her?

What if? What if? What if?

Bethanie dropped to her knees, pantsing as the panic attack immobilized her. She couldn't breathe. She broke out in a cold sweat, her body shaking uncontrollably. She finally managed to shut her eyes, focusing inward to slow her heart and breathing. Several agonizingly long minutes later Bethanie got up and went to her bed, lying down. She trusted Kye's judgment. She knew Kye wouldn't bring someone around who might pose a threat to them. But people were unpredictable.

The next morning, Bethanie slowly made her way out to the kitchen for breakfast. Her whole body ached. The panic attack had drained everything out of her like a leech sucking its victim dry. She'd slept in

Bale raised his eyebrows in surprise, then shrugged. "I dunno. I just do. You're smart, kind, giving, beautiful; I really could go on and on."

She squeezed Bale's hand, blushing. "Thanks, but that's not necessary. I was just curious."

"Why do you like me?" he asked.

"For all the same reasons you listed about me," she chuckled.

"Oh, good. We must be compatible, then," he smiled.

"We must be." She gazed into his eyes for a long while. "I can't wait until Sunday. Kye's manager is coming over to help me get ready. I want to look my best for you." She thought of telling him about her anxiety attack, but she didn't want to worry him.

"Bethanie, you always look stunning to me, no matter what you're wearing."

Bethanie quickly looked around to make sure they were alone, then leaned in and gave Bale a deep kiss. He was truly giving her heart new life. They reluctantly pulled apart when they heard their coworker, Sandra, pulling up behind them. Bale smiled at Bethanie, said he would see her tomorrow, then hopped out of the truck to go talk with Sandra. Bethanie watched them in the rearview mirror, and felt a pang of jealousy that Sandra could openly dress as a woman. She sighed and looked back at her lunch. Soon, she reminded herself. Soon she could be just like every other woman.

Sunday morning finally arrived, and before Bethanie knew what was happening, Kye was inviting her manager into the house.

"Hi, Cynthia. My mom feels most comfortable doing this at the table," Kye explained.

Bethanie anxiously watched Cynthia as Kye used female pronouns, even though Bethanie was sitting at the table in overalls and without a wig on, looking very much like a man. But she could see that Cynthia instantly understood and accepted it.

She came over with a messenger bag-sized makeup kit, and promptly set it on the table near Bethanie. She opened it and revealed a rainbow of colors and a collection of tools almost as big as a surgical instrument set. She pulled out a large mirror, unfolded its legs from behind it, and propped it up in front of Bethanie.

Kye came over and sat down on the other side of Bethanie.

"Wow. This is way more than I expected," Bethanie admitted, fidgeting in her seat.

"It's not scary. I promise," Cynthia said, her eyes narrowed as she critically studied the shape of Bethanie's eyes. She hummed slightly, turned to her kit, and picked out three eye shadow colors and a tube of mascara.

Next she selected brushes for the eye shadow. Finally she picked out a foundation color, and a blush that would complement it. She then got right in Bethanie's face and went to work. She handled Bethanie's face with care, and gently gave instructions.

Kye soon reached out and held her mom's hand. She watched Bethanie close her eyes and chew at her lip.

An hour later, Bethanie's makeup was done. Her eyes had perfect eyeliner wings, a mix of blue, purple, and green eye shadow, and enough mascara to make her eyelashes look lush but not overwhelming.

"Go put on your outfit, Mom. We have a surprise for you when you return," Kye said.

Bethanie smiled, and left for her bedroom. She paused at the bathroom and looked in the mirror. Cynthia had done a fantastic job. She'd give her that. She certainly looked and felt like a woman right then. She went and got dressed in a nice ruby-colored blouse with silver buttons, and some slacks. She finished the outfit off with some comfortable flats and her auburn wig. She came back out to the kitchen, and gasped when she saw Kye and Cynthia holding up a nice winter coat. They helped her put it on, and it fit just right.

"Thank you, guys. Really, from the bottom of my heart, thank you."

Kye smirked. "You're welcome, Mom. It looks good on you." She went to her and hugged her tightly. "Have fun on your date."

Bethanie squeezed her daughter. "Thanks, sweetheart. I'll see you tomorrow. We're staying the night in Cañon City. You sure you can handle all the chores?"

Kye stepped back, nodding. "I'm sure. See you tomorrow."

Bethanie smiled, and looked out the window in time to see Bale parking out front. She kissed Kye's head, waved at Cynthia, then hurried out the door.

Kye and Cynthia stood at the window and watched Bale hand over a teddy bear wrapped around a present. But Bethanie shook her head, and must have said that she'd open it later. They then kissed, and drove away.

A few hours later they were sitting at their table aboard the Royal Gorge train. Bethanie had already been handed a rose by their waiter. She took Bale's hand that was resting on the table and held it firmly.

"Thank you for this," she said. "I greatly appreciate it. I never dreamed of being on a date like this."

Bale smiled and lifted their hands, kissing Bethanie's knuckles.

Bethanie giggled and blushed, shyly looking down. She started to read the pamphlet they'd been given that explained the history of the Royal Gorge Railroad. It's run by a successful family that has a history of running trains. It was first established in 1879. The Royal Gorge train carries over 100,000 passengers each year. The same family also ran the Georgetown Loop Railroad for 32 years until 2004, which carried over 2 million passengers before they focused on building the Royal Gorge line.

"You can't ignore me forever," Bale piped up, chuckling.

Bethanie blinked and lifted her gaze to Bale. "Sorry," she blushed. "I didn't mean to."

Bale shook his head, smirking, and kissed her knuckles again.

A moment later, the train lurched forward, and they were soon trundling down the track into the canyon. Bethanie looked up through the dome, hoping to spot a bald eagle, or even a blue heron. But soon she started watching the rocks for any form of life, and finally she saw a herd of bighorn sheep. She was amazed at how agile they were walking on the steep canyon wall. Her eyes were soon drawn to the clouds languidly drifting overhead. Finally, their first course was set on the table.

The food smelled wonderful, and tasted even better. When they were done eating they held hands and gazed out the window in silence, enjoying everything in the moment.

Two hours later they pulled back into the platform and got off, making their way to the car and then to the motel. Bethanie instantly shrugged out of her coat once they were in their room. No sooner had she set her coat on the back of a chair, she felt Bale's arms wrap around her from behind as he kissed her neck. She felt her breath leave her. His touches sent fire through her core. She abruptly turned in his arms and kissed him deeply, both hands on either side of his face as she held him there. He kissed her back with a fiery passion.

He suddenly pulled back and looked her in the eyes. "Bethanie, I know we've been dating for only few months, but I just have to say this. I love you, and everything you are," he said softly.

She stared. It had been so long since she'd heard that from someone who wasn't Kye.

"I love you, too, Bale, for the exact same reasons," she replied, kissing him with all the love she had to give. He'd given her heart new life and new love.

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Birds of the Ute Country Mountain Chickadee: *Poecile gambeli*

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.

Chicka d-ee, Chicka d-ee d-ee d-ee. That familiar, buzzy call telling you its name makes the Mountain Chickadee one of the most loved feeder birds in Ute Country and beyond. Dependable and friendly, the Mountain Chickadee is also one of the easiest birds to mimic and call in to your feeders. Feeeeeeeeeee, beeeeeeeeee. Fee bee fee bay! Listen to it the calls and songs at www.allaboutbirds.org. Then try to lure these little birds in to your yard with the help of your children or grandchildren; or, practice your bird songs on a walk in the woods this winter when it may be a little easier to see the little flock when it curiously comes to find you.

The Mountain Chickadee is primarily a “fetch and cache bird” that often travels in mixed flocks of nuthatches, pine siskins, and juncos. Its tiny body will swoop in to the feeder, quickly grab a seed, and then fly off to eat it in peace (or cache it for later). Taking its turn among other birds is just one example of the accommodating chickadee.

The thin, white “eyebrow” distinguishes the Mountain Chickadee from other chickadees. The Mountain Chickadee will travel with Black-capped Chickadees in some parts of Ute Country. Keep an eye out for which one you're seeing in your yard!

A year-round home in the mountains

Mountain Chickadees, and the various other chickadee species such as the Black-capped Chickadee, don't migrate to warmer climates in the fall, though they will travel to slightly different elevations. Mountain Chickadees are common from 7,000 feet to tree-line, but will move around in search of easy to find food sources, like seeds from evergreens, at any elevation in that range. They may be common at one location for several months and then move to another location for the duration of the year.

One reason that these tiny birds can remain in Ute Country during the winter is because they are adapted to use nocturnal hypothermia year-round. In fact, reports indicate that nocturnal energy saved from this type of induced hypothermia ranges from 7 percent to 50 percent, meaning that daily energy expenditures are reduced overall. Small birds have higher basal metabolic rates than larger birds and, in turn, require



more constant energy sources. When it looks like these little birds are eating all day, it's because they are — they are eating to create reserves to last them during the night. This, combined with the nocturnal hypothermia gets them through temps that can range as much as 50 degrees or more in a day.

Perhaps its high energy needs are a one reason that the chickadee makes use of found fur in its nests.

Fur-lined nests

Many species of birds use found objects in their nests. These found objects might include snippets of yarn, bailing twine, plastic

bags, and mammal hair or fur. Chickadees, in general, prefer to create a blanket of sorts to cover their eggs in the nest. The blanket is woven from horse, deer, or elk hair the bird finds in wire fencing. Hair and fur is also found in mammal scat like that of the coyote, or even from owl pellets. The hair from prey that isn't digested by its predator is recycled by the chickadee into a “plug” or nest cover.

The nest cover provides extra camouflage for the nest and its contents, as well as provides insulation from variable spring weather conditions. The chickadee's eggs are also extremely fragile, so it's also thought that the extra cushioning of a fur nest cover provides extra protection from the parent bird's weight.



Tips for attracting Mountain Chickadees to your property

- Mount nest boxes at least 4 feet off the ground (the higher, the better), with entrance holes no bigger than 1 1/8 inches. These little busybodies prefer a nest entrance no bigger than themselves.
- Provide black oil sunflower seeds at your feeding stations. They are a favorite of chickadees.
- Make sure there are suitable perches available near your feeders. Trees, bushes, fence rails, and forage areas are perfect in the feeder landscape.
- Got dog hair? After brushing Fido, leave his hair in the yard for chickadees to pick up and use for nest lining. Just make sure it hasn't been recently treated with flea and tick preventatives.

About Naturalist William Gambel

The Mountain Chickadee (*Poecile gambeli*) is named for William Gambel (1823-1849), who first collected and brought the species east with him after a trip to the untamed west to collect specimens for fellow naturalist Thomas Nuttall.

William Gambel was a western explorer who specialized in collecting plants and birds on his treks throughout Colorado, New Mexico, Utah, and California. He served as assistant to Thomas Nuttall (1786-1859) who, with John Bradbury, retraced the expedition of Lewis & Clark in 1809. All of these 19th century naturalists had a thirst for all things wild — plants, animals, birds, geology, and more.

Mary Menz is a naturalist and master birder who lives in Ute Country at 9,000'. She first became enamored with nature as a child living in Idaho, where the expedition of Meriwether Lewis and William Clark was studied at an early age. You can reach her at SnowberryBlossom@gmail.com.



Just The Facts White gold

by James Hagadorn

Snowmaking, once relegated to hills frequented by lowland landlubbers, has become one of Colorado's key economic catalysts. Along the way, we were the proving ground for a secret ingredient now used in snowmaking worldwide.

Our watershed moment was the winter of '76-'77, when there was not a fluff of snow on most mountain slopes, not even by the time the Grinch arrived. For perspective, Steamboat's season lasted less than a month and a half, compared to the four and a half months it's regularly open today. The situation was the same all over the west, and repeated itself again in the winter of '80-'81.

Hands were wrung. Snow was hauled in by garbage bag. Snow dances were performed. The Governors scowled, declaring it a disaster. But the effect was the same: tourists and locals who'd bought ski passes and planned trips cancelled. Employees and employers whose livelihood hinged on travel and winter life were devastated.

Despite the fact that ski areas like Golden's Magic Mountain and Colorado Springs' “Ski Broadmoor” had been making snow since 1958-1959, it took these two brutally dry and unpredictable winters for Colorado to get onboard with what the Midwest and Northeast had been doing for decades. After that, we never looked back.

The purpose of snowmaking is to allow the industry to reliably predict when their winter terrain will be open. An early-season base not only helps preserve naturally falling snow, but with the assistance of Snowcats and related snow-dozers, it helps patch protected or high-traffic areas that wouldn't normally accumulate sufficient snow. Most snowmaking starts in October or November, with an eye toward having a base built up by Thanksgiving. This is the industry's key target date because most direct and indirect ski/snowboard revenue comes from out-of-state visitors, and they want to plan their trips for holidays and the like.

Fortunately, Colorado adopted snowmaking long after the first garden hose, spray nozzle, and paint compressor was tested at

Mohawk Mountain Connecticut in 1949. Thus we benefitted from and later fed into the evolution of snowmaking technology and strategy.



Fundamentally, snow is produced by blowing highly pressurized air and water out of a ‘cannon’ or ‘gun’ when it's cold. The science behind manipulating water, air, and microclimate to engineer snow is a topic in and of itself.

But making snow isn't just physics and engineering. It's chemistry and biology, too. That's because to make snowflakes, a nucleus is needed. In the sky, the nucleus might be a bit of windblown dust or silica that gets heaved up into the freezing cold clouds. But to make snowflakes down near the ground, and to do it in relatively ‘warm’ temperatures (i.e., above ~17°), water droplets need a really good nucleus to trigger crystallization. Most of the naturally occurring nuclei in our waters only catalyze snowflake growth below 17°. Enter good luck. Some geneticists discovered that a non-toxic bacterium native to most plant leaves, flowers, and vegetables help tiny ice crystals to form. They produced these bacteria en masse, freeze-dried them, and sent them to Colorado. Our very own Copper Mountain tested them out, making snow under warmer temperatures than usual.

Before we knew it, nearly every resort



Fundamentally, snow is produced by blowing highly pressurized air and water out of a ‘cannon’ or ‘gun’ when it's cold. The results are shown left.

was injecting this dried bacterial powder into their snowmaking water supply to act as nucleating agents. These nucleating agents are key when temperatures are relatively high (about 27°) because they permit droplets to freeze quickly, during the limited ‘hang time’ they have when falling from a snow-gun's nozzle to the ground. Many resorts also use a surfactant in their snow-water, which is a substance that reduces the surface tension of water (the property that makes water ‘bead up’ in a dome-like shape

when you fill a glass to its brim). The surfactant allows droplets to break apart more easily and be smaller. Smaller droplets have a larger surface area relative to their volume and thus freeze more quickly, during their travel time from snow gun to the ground.

Snowmaking takes sophisticated equipment, savvy and fit operators, tons of advance planning, and Mother Nature's cold, dry, still air to pull it all off. Our snowmaking comes at a high cost (tens of millions each year), has risks, and directly and indirectly impacts the environment.



Snowmaking takes sophisticated equipment and savvy, fit operators. jwhagadorn@dmns.org

Yet per unit of energy, water, or investment dollar, it brings a tremendous payback to the state, in terms of predictability, safety, and fun. That's why every major Colorado ski area makes snow, except for Monarch Mountain (it sits on the continental divide), Ski Cooper (home of the 10th Mountain Division) and Silverton Mountain (our highest and steepest terrain).

James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science. Suggestions & comments welcome at jwhagadorn@dmns.org

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A Mountain Seed: An old, sunken horse trailer

by Jessica Kerr

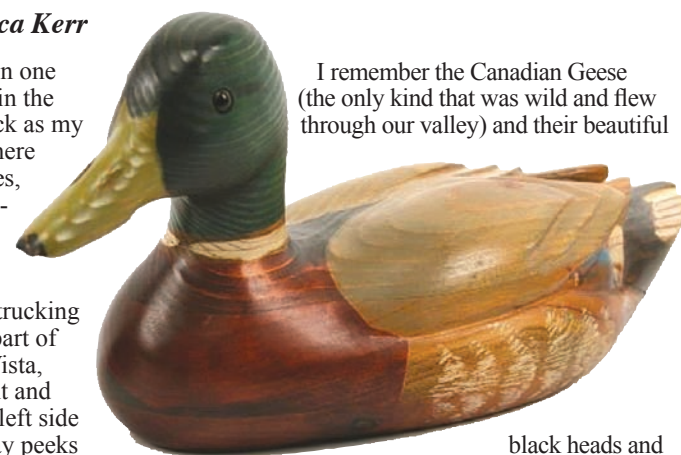
The South Yard has been one of my favorite places in the whole world for as far back as my memory reaches. It was there that I learned to ride horses, shoot a slingshot and shotgun, drive a four-wheeler, and explore independently. When I was small, my dad's excavating and trucking company owned a small part of the land south of Buena Vista, where all of his equipment and tools were stored. On the left side of Highway 24, a driveway peeks out of a stand of tall cottonwood trees. There is a very old cabin hidden on the left and on the right is a tack room just as old. Next to it is a tall barn — half of it burned down in a fire before I was born. Inside the circle of buildings is a large corral where my childhood horses were kept.

Down the road is the Yard itself. Shadows in my mind say there were long, low buildings which housed tools, trucks, and equipment. A large swath of blacktop contrasts with the light brown of the dirt. Keep going and there is an end to the mesa. A steep, dirt road travels deep into a wide ravine which the Arkansas River's waters have carved. In this ravine are two ponds and the greatest area is covered in swamp: coarse, golden grass and cattails. This is where my brother and I hunted waterfowl. I never did any of the hunting myself, but I had the special job of scout. I remember the deep cold, the early mornings, the sunrise coming up over the southern Mosquito Range. My boots were too big and the snow was deep, but I never noticed how cold I was. We trekked down the hill, over the frozen slough, and to the abandoned horse trailer.

Our blind was this trailer; the top had been cut off years before and it was so sunken into the muck that it probably wouldn't ever be moved. But it was perfect to sit in and watch for ducks: the wind was blocked, we could only see the skies, and it was somewhat warm. The decoys sat in the middle of the cold pond whose edges were laced with ice. My brother said that the plastic ducks were to attract other fowl to the water so he would have a better shot at them when they flew over.

I think this was one of the only times my brother actually sat still for longer than a minute. For long spans of time, we sat. It felt like an hour, two hours, five. Some days that's all we did: sit. However, when a V of geese or ducks flew over, Mike would take shots and often bring one down. His aim was always true; they never suffered.

I remember the Canadian Geese (the only kind that was wild and flew through our valley) and their beautiful



black heads and white cheeks. I think of the mallards have. Wood ducks were always the hardest to hunt because they are very smart and very quick. Once there was a pheasant. I didn't go on that trip, but Mike came home with a pheasant. These beautiful birds aren't as common on our elevation, especially in the winter. I think I still have one of its long tailfeathers. There were always deer. Sometimes we saw coyotes, foxes, and rabbits. There were plenty of tracks. I even saw a bald eagle once. That was one of my favorite parts about growing up and living in the mountains: my eyes never thirsted for wildlife or beauty. We would sit in that old horse trailer and stare at all which was around us and it would seep deeply into our souls.

The pocket-warmers in my hands kept them warm and after the hunt we would take pictures with Mike's game and then we would go inside. Hot cocoa, cold milk, and delicious vegetables always accompanied our meals.

I never was and am not much for duck or goose meat. I remember the gamey taste of the first duck breast I ate and the metal shot I had to pick through. It was good but I prefer my brother's deer and elk.

Living in Oklahoma now, I recognize how blessed I am to have grown up in the mountains. My favorite memories are out in the woods, down in a ravine, on top of a mountain, or deep in the snow. The photo album of my mind and heart is full of pictures of deer, elk, horses, cattle, ducks, geese, coyotes, cottontails, jackrabbits, snakes, mountain lions, bears, towering trees, and gargantuan peaks.

The experience of hunting with my brother stays with me both because I love my brother and my mountains, but also because I learned bottomless respect for the animals we harvested and grew a deep appreciation for them. Always. The memory of sitting in an old, sunken horse trailer on top of a frozen marshland taught me an even deeper reverence of my mountains and their inhabitants.



Nature Speaks Cure for cabin fever

by Dee DeJong



Skywatchers have a rare opportunity to view five bright planets in the morning sky. Illustration by Andrew Fazekas, SkySafari

A unique event is occurring the first week of this month that gives us a chance to get up and get out to enjoy nature...the alignment of five planets in the southeast sky.

The only equipment needed is a hot cup of your favorite beverage, a coat, hat and gloves. For the best viewing, wake up 30 to 60 minutes before the sun rises and look along the horizon to the southeast. Mercury, Venus, Saturn, Mars and Jupiter should all be shining

bright and visible with the naked eye.

The study of the planets, stars, and galaxies have always fascinated me and remind me of how beautiful and vast our Universe is. Take a moment to enjoy the morning sky, embrace the quiet and be glad that we have places surrounding us where there are no lights, not a lot of people, and we can just 'be'.

It's cold, it's early but it's spectacular! See you out there!

Women in our past

by Linda Bjorklund

Women started coming to the Rocky Mountain West shortly after gold was discovered in Colorado in 1859. Some of them came with their husbands or families to start new homes. Others came for their own personal reasons. Stories have emerged of those whose escapades make us laugh, cry, or shake our heads in disbelief.

Some of the most famous were those who ran bordellos in the late 1870s. For instance, two of the well-known madams in early Denver were Mattie Silks and Kate Fulton. They were both successful in their respective houses of ill-repute, but were unfortunate to have fallen in love with the same man, Cortez Thompson. Their jealousies took a turn for the worst one day when they found themselves on the same Denver street, both somewhat the worse for having imbibed large quantities of liquor. They both carried loaded guns, so when they encountered one another, the weapons were drawn. They simultaneously shot at each other, but, in their combined inebriated states, both missed their respective targets. The object of their affections was, however, nicked in the neck by one of the random bullets flying in the air.

Mattie ended up marrying her dear Cort and she was thereafter rewarded by having to bail him out of a number of predicaments caused by his gambling, drinking and confidence games. Mattie was otherwise fairly successful in her business, making substantial sums of money until Denver began to crack down on the occupants of the Red Light District. Eventually her infamous "House of Mirrors" was sold to the Denver Buddhist Church.

A little closer to home in the mountains, a well-dressed woman with several trunks full of flashy dresses, stepped off the Denver and Rio Grande train in Buena Vista in 1886. She made her way to the hotel, where she registered as "Lizzie Spurgeon." She immediately began asking around about lots for sale in town. She settled on one on the north side of Main Street. Shortly thereafter a one-story brick house was built there, which she called a "Palace of Joy."

The magpie continued to call out its greeting of Come in Boys, while it hopped around the cage on its one leg.

There were accommodations for four girls besides herself, and she employed a cook and a piano player as well. Lizzie's house became an immediate success with local patrons. So much so that she incurred the wrath of another local madam, Belle Brown.

Belle appeared to be a vindictive sort and she finally found a way to harass her competition. One Saturday evening Belle offered some of the worst brawlers in town free drinks until they were all roaring drunk. She then sent them over to Lizzie Spurgeon's "Palace of Joy" to cause a ruckus. The inebriated trouble-makers of course got into a fight and the punches began to fly. In the course of the disturbance, Lizzie was the victim of a smash to her eye. She was thereafter blinded in that eye and lost muscular control of it. Thereafter, her damaged eye gave her a strange appearance, so the locals

began to call her "Cock-Eyed-Liz."

In spite of her changed appearance and her new moniker, Lizzie retained her sense of humor. It was said that she kept a pet magpie in a cage on her front lawn. She had trained the bird to greet passers-by with a raucous "Come in Boys. Come in." One day the magpie escaped from the cage and was exploring the nearby alley. A boy threw a rock at the bird, injuring one of its legs. Lizzie rushed the magpie to the veterinarian. The bird's leg had to be amputated, but its spirit was undaunted. The magpie continued to call out its greeting of "Come in Boys," while it hopped around the cage on its one leg.

One man began to frequent the "Palace of Joy" more than any other local. He was an Alsatian named Alphonse Enderlin whose nickname was "Foozy." He liked to garden and the fruits that he harvested often ended up in batches of wine that he brewed in Liz's kitchen. She allowed him to continue the practice even after some of them fermented too quickly and exploded in their crocks.

One day Foozy talked Liz into taking a drive to Fairplay with him. They spent the day together enjoying the mountain scenery and before they returned to Buena Vista, Foozy had proposed. Liz accepted and the two "tied the knot." Foozy continued to make new batches of wine in their kitchen and glasses were always offered to visitors. The Buena Vista madam had become a solid and respectable citizen. She no longer wore lavish dresses, but was always seen in a respectable house dress. Her hair, which she had formerly curled and frizzed, was now bundled into a knot on the top of her head. The couple spent the next 30 years quietly loving one another.

Even deeper into the mountains in a small



The marker at the Jane Kirkham gravesite. photo courtesy of Dean Randall and Nancy Shaeffer

town named Tin Cup, a red light district boasted a house with "Alley Girls." The madam of the house was called "Deadwood Sal," and she ruled her girls like a Southern slave owner before the Civil War. They had all signed contracts with her and she wasn't about to let any of them out of their deals.

One of her girls was nicknamed "Oh Be Joyful," for reasons unknown. At any rate,



This building used to be the home of the Enderlins and prior to that the house that belonged to "Cock-eyed Liz." photo by Linda Bjorklund

a young rancher from Gunnison met and fell in love with Joyful and wanted to marry her. Deadwood Sal was adamant about not releasing her from her contract and refused to bend. The young rancher got with a couple of his friends and planned an elaborate escape. They rented a horse-drawn wagon at the livery stable and loaded the town's fire ladder onto it. They cautiously approached Deadwood Sal's and quietly spirited Joyful out her window and down the ladder.

They had a Justice of the Peace waiting at a cabin a few miles away. The marriage ceremony was performed and the happy couple rode away on the horses belonging

elderly man sitting nearby quietly interrupted, explaining that he was that rancher and his wife had just passed away after raising a family on their ranch. He verified that the story of Joyful was indeed true.

Not all of the strange stories, though, involve madams of bordellos. Back in 1879 the chief form of transportation was the stagecoach. That being the only way to ship gold back and forth, there were inevitably a lot of robberies by bandits who hoped to make their fortunes the easy way. Sheriff Kirkham had been puzzled by the number of stagecoach hold-ups occurring on the road between Buena Vista and Leadville. It was as if someone had a source of inside information as to when special shipments were made.

The sheriff concocted a plan to foil the next robbery. He told no one else of it, not even his deputies, his friends, the local banker or even his wife. On a day in March Sheriff Kirkham donned a dress, disguising himself as a woman. He boarded the stagecoach carrying what appeared to be very special cargo. At the Twin Lakes junction, a bandit appeared, demanding that he hand over the package.

The sheriff sprang into action as he ripped off his disguise and pulled out his weapon. "Halt! In the name of the law!" he shouted. The bandit was surprised and immediately took off running. Sheriff Kirkham fired his weapon once and brought down the robber with a single shot. When he reached the body of the robber, he turned it over and pulled down the mask. The identity of the crook sent him into shock—it was his own wife, dressed in a man's clothing.

The sheriff suddenly realized where the inside information had been coming from. He was too embarrassed and ashamed to bring her to town for a proper burial. So he buried her on the same spot. A white tombstone marking the grave of Jane Kirkham now rests along the old stage road and can be seen from the highway between Buena Vista and Leadville near the Highway 82 turnoff.

Most of the women who came to live in the Wild West with their families lived quietly and worked hard to raise their children. They grew old and died the same way and stories of their lives fade as cemeteries receive their remains. But some of them made news and we now tell their stories.

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The Psychic Corner I feel blocked! Why won't the insight I need come through to me?

by Claudia Brownlie

Over the years many of my clients have asked how they can become more in-tune, or intuitive, to guidance and answers that can come from their higher source — God/Godess, the Universe, or one's Spirit Guide. Most often this question is asked in conjunction with them also saying they are frustrated that they "keep asking for an answer, but nothing is coming forth" to aid them with whatever is troubling them at the time.

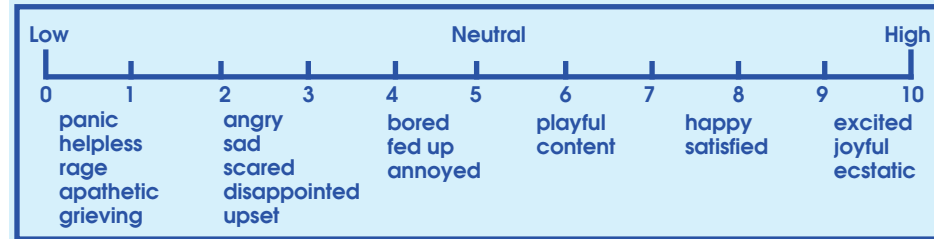
I learned early on during my psychic development training that one of the big stumbling blocks to getting the answer we hope will come through to assist us in knowing what's best to do in our challenging situation will often end up with us finding nothing at all will come through. Why is this?

Here's one major reason: It's really not the best idea to ask for guidance when you're in the throes of dealing with that confusing situation or in a time of crisis. Doesn't mean you shouldn't try to get an intuitive message (perhaps you will get wonderful insight into how you should proceed), but just be aware you might not receive even a hint of what to do next. Frustrating ... of course!

While this doesn't mean that the help "from above" isn't there for you at such times (you really are connected at all times), think about this: it does take two to have a conversation. But quite often when you're in a worried state it's pretty hard to hear from Spirit. You're likely not very reachable (receptive) at that time. Here's the reason why — your vibrational state is too low.

able to receive guidance more easily when we so desperately need it, such as when we're in a state of deep worry, or depression, or grief. Certainly it would be wonderful if it worked like that, but it quite often doesn't, and this is a frustrating aspect (for sure!) of intuitive development that can leave us feeling alone and neglected by higher guidance. How discouraging it can be when we think we've lost even a smidgen of spiritual connection. But at our deepest core that just isn't true and here's a few ways to deal with a temporary connection-blockage, no matter where you might be registering on the emotional level scale.

- First - have faith you are being heard!
- Keep your thoughts on a positive level that you WILL get the answer.
- Ask to be able to sense the higher guidance that wants to come through.
- Try asking for a sign that you will be able to understand the meaning of (sometimes answers and assistance come this way too, versus hearing).
- Don't put a time constraint on when the answer should come; yes, sometimes patience is very necessary.
- Don't expect a dramatic way in which the message may come through. It may come as a gentle inner voice or a sense of an inner assuredness on how to proceed.
- Be open to the fact that the answer may not directly apply to what you're wanting help with. Sometimes there's another, yet more important, part to the puzzle you're



Here's a simple diagram of the basic low-to-high emotional levels.

Your vibrational state is very important in order to tune in to Spirit

Your vibrational state is often the missing piece in how you can or can't connect to your intuition. So, what exactly do I mean by saying "your vibrational state?" It's the sum of your emotional state, combined with the thoughts you're habitually having and the thought patterns you're running — negative or positive. It's the energy you emit as you go through life. Your vibration can be positive — you're relaxed or happy, "in a great mood," as examples. Or on the flip-side you could be emitting negative vibes, such as when you're angry, or irritated with someone, or "having a bad day," or in a crisis.

So, it really does make sense that if you're putting out negative vibrations, it will probably be more difficult to connect with your Spirit Guide(s) and/or Higher Self in order to receive guidance.

I was taught and have experienced it to be quite true that it's more optimal for us to be at least a #4 on the emotional scale to receive intuitive information; however, the best place to be to receive guidance is #5 or #6 onwards (and the higher the better) because then we're closer to Spirit. It is true — answers and insight will likely come through when we're vibrating higher. We're more open, more receptive, and there's less blockages within us that can put the kibosh on getting the answers and "what do I do?" help we're asking for.

This can certainly be very frustrating to read, as you may be thinking that we should be

oblivious to and without dealing with that you'll never get to where you can receive that next piece of guidance from above.

- To ease the pain or frustration of the times you feel disjointed with your higher self and feel blocked from tapping into your intuition, try to consider the times when you are out of sync to be an initiation of sorts, and an initiation that is necessary for taking you even higher in your intuitive development. If you can approach it in this manner, think how much more uplifting it can be. You may not understand any of the whys at the time, but have faith there's a bigger reason and that one day you will see the meaning behind it all.

No matter what, do believe you are being heard and at the very right time your answer WILL come. Be open to receive it in whatever way that may be — remain non-judgmental, optimistic, and ready.

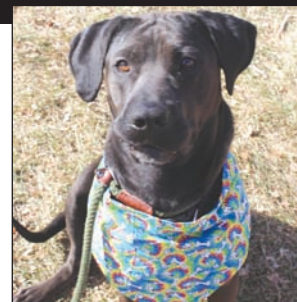
See you next month; with love, light and blessings.

Claudia Brownlie is a Woodland Park, Colorado-based Professional Psychic Intuitive Consultant and certified Life Coach, serving clients locally and world-wide. In-person, telephone, and Skype video chat appointments are available. Claudia also provides classes and lectures, and offers psychic reading services tailored for corporate events and private parties. For more information please call her: 719-602-5440. Or visit her website: ClaudiaBrownlie.com.

Adopt Me by the Humane Society of Fremont County Winter

Our pet of the month is Winter. Winter is a two year old female Lab mix. She is very friendly with humans and knows basic commands. She walks nicely on a leash, when wearing a Freedom Harness or a head halter. She would love to have a human who would help her work on her obedience and her leash walking skills. Winter is dog reactive, and does not seem to know how to introduce herself properly to a dog. She does settle in after an initial meeting. Winter would not mind being an only dog and having her human all to herself.

We have microchips on February 12. You can get your pet microchipped for \$15. This includes the registration. The shelter hours that day are 11 a.m. to 6 p.m. (closed from 1 p.m. to 2 p.m. for lunch). We are located at 110 Rhodes Ave in Cañon City. Feel free to call 719-275-0663.



This plaque commemorates CC&V's involvement in this important project that will conserve Cripple Creek' rock and mineral collection.

Cripple Creek's most important rock collection

by Steven Wade Veatch

photos by S. W. Veatch

Cripple Creek was a brawling mining camp when Whitman Cross and Richard Penrose, two U.S.G.S. geologists, arrived to survey the mining district and conduct geological investigations in 1894. It is most likely the specimens were collected by horseback when Cross and Penrose did their field work, September-November 1894. During their work, these field geologists created a collection of the district's representative rocks. Part of the rock collection (59 specimens) still exists in the Cripple Creek District Museum.

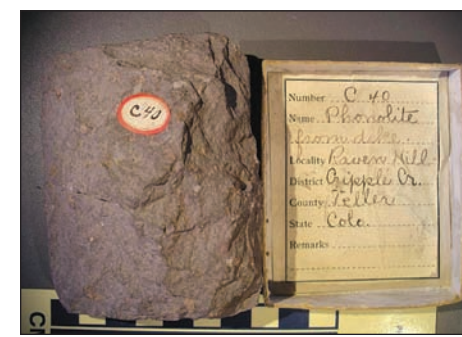
This rock collection, mostly ignored today, played a crucial role in the early scientific work on the district. These rock specimens were used to produce the early geologic maps of the area and served as the basis for a U.S.G.S report that brought an increased interest in the gold camp and additional capital to develop and expand the mines. The rock collection, on which their report was based, directly contributed to the fortunes of some mine owners and the success of the "World's Greatest Gold Camp."

The Cripple Creek & Victor Gold Mining Company funded the ongoing work at the Cripple Creek District Museum to conserve not only this historic collection but all of the rocks and minerals located at the museum. This is a world-class collection that is being saved for future generations and scientific work. Steven Veatch, John Rakowski, and Bob Carnein of the Lake George Gem and Mineral Club are doing the conservation work as volunteers. The specimens are cleaned, identified, photographed, and assigned a unique collection number for the museum database. This



This breccia shows the clasts or broken bits of rock that make up the breccia. Gold telluride minerals commonly formed around the edges of the clasts.

work has been ongoing since 2012. The youth of the Pikes Peak Pebble Pups also contribute time to this project.



Each specimen of the Cross and Penrose collection was meticulously and beautifully trimmed, prepared in a standard size (approximately 7x8 cm each), and placed in boxes with a label. This specimen is phonolite.



A specimen of breccia from the Moose Mine.



Fluorite is seen in contact with phonolite.

Adopt Me by Teller County Regional Animal Shelter

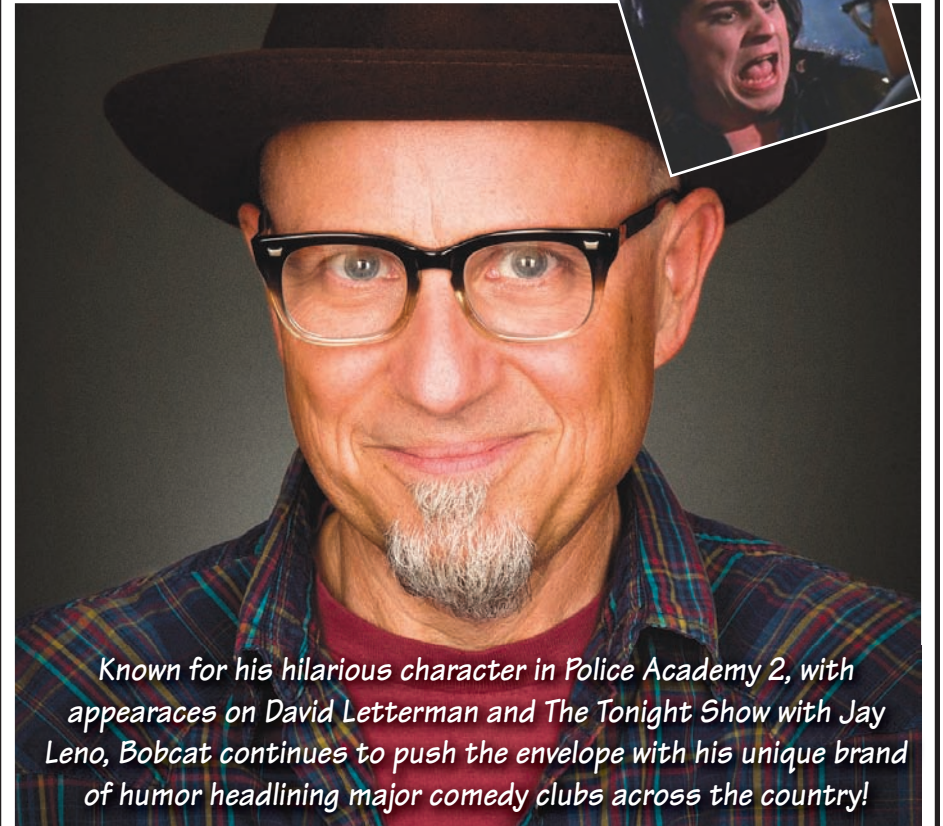
Lizzie

My name is Lizzie! I would like to let you know that I'm up for adoption and boy, am I ready for my own home. I can be assertive with some other dogs so I would need someone to help me out a little with that. I am quite the love bug though, so if you're looking for a dog that would be your friend...I think you found him! Come on by and meet me!

Come visit me at Teller County Regional Animal Shelter located at 308 Weaverville Road, Divide, Colorado 80814. Feel free to call us at 719-686-7707 or email office@tcrascolorado.com



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Seeds to Sprouts Bed sharing

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

As modern parents, we are buried in information from countless sources on every parenting topic from how to eat and exercise during pregnancy to how to encourage a child's love of learning and everything in between. With so much information available and so little time and energy to absorb it, it can be difficult to wade through what studies, facts, or opinions to listen to and which to let pass by. My hope is that the information contained in this column will help bring attention to important topics and provide valuable resources for parents to make educated decisions and/or learn more if they wish. Nothing in this article should be considered a substitute for medical advice, common sense, or your own research and is written for informational purposes only. Please enjoy!

Sharing the bed

Did you know that at least 42 percent of parents in the U.S. report that they share the bed with their child at some point in the first year of life? Around the world, 80 percent of cultures consider “co-sleeping” to be an everyday norm. While general recommendations from the American Academy of Pediatrics encourage parents to share a room but never to share a bed with their infants, the truth is that sometimes we do. Whether you always planned to sleep with your infant or not, if you are like most Americans, you probably considered the possibility at some point in your early parenting experience. Rather than pretend it doesn’t happen, I’d like to open the topic and shed some light on the facts surrounding “co-sleeping.”

What is co-sleeping?

Co-sleeping actually includes many different ways that parents tend to share sleep with their infants (and older children). It can include an infant sleeping in the parent’s adult bed, a bassinet or side-car next to the parent’s bed where the infant is in reach, a crib in the same room as the parent(s), or a parent and child sleeping together in the child’s own room. It basically means that the parent and child are sharing their sleep space to some degree rather than having complete separation. For the purposes of our discussion, I’d like to focus on the first example, bed-sharing, where an infant is sleeping in an adult bed with her/his parent(s).

Why would you choose to share your bed?

Some new parents decide to share their bed before their baby is even born, making an educated decision and weighing the pros and cons of bed-sharing based on available research and information on the subject. However, most parents who report sharing their bed with their baby end up doing so based on necessity or because it just feels right once their baby is here. Many mothers who are breastfeeding their baby during the night, report less interruption and more hours of sleep at night when their infant sleeps next to them. Parents who tend to be more anxious may also enjoy more uninterrupted sleep when their baby is close enough to touch and they can respond immediately to any need.

There is recent research to suggest that a newborn who hears and feels the breathing and heart rate of a parent is better able to regulate her/his own body rhythms in a healthy way. Research also shows that parents who are able to respond quickly and immediately to their baby’s need are setting the foundation for a secure attachment with their child. Secure attachment benefits the child physically, emotionally, and socially for the rest of their lives. Regardless of your reasons for sharing your bed with your baby, it should be a decision, not an accident. Obviously there are times when a tired mom may fall asleep breastfeeding or any new parent might cuddle up with their new baby only to realize that they are dozing off. But if you plan to share your bed, whether just for a few nights or indefinitely, please do just that— make a plan. Below is a list of safety points for co-sleeping, taken from www.AttachmentParenting.org that should be included in your sleep plan. Please take a look at the entire list online.

- Install a mesh side rail to your bed to insure the infant will not roll off.
- The infant should sleep on the side, not in the middle of two adults, preferably next to a breastfeeding mother.
- Place your baby on her/his back to sleep.
- Just like recommendations for a crib, never have pillows, fluffy comforters, or blankets near your baby, and insure that there are no gaps or spaces where the baby could become trapped.
- Never sleep with your baby if you are a heavy smoker or are under the influence of drugs, medications, or alcohol.
- Never co-sleep with your baby on a couch, chair, water bed or futon.
- It is recommended that you don’t co-sleep with a premature baby or with a baby with physical disabilities.

What are the risks of co-sleeping?

The main risk of co-sleeping is suffocation. It is very important that if you decide to sleep with your baby you take every precaution to insure that this cannot happen. Your baby should never be in a position where blankets, pillows, pets, older siblings, or anything else could inadvertently cover their face. Just as in a crib, the baby’s sleep surface should be firm, without pillows, and the baby should be dressed warmly, rather than using blankets. Insuring air circulation in the room by using a fan or air filter is another good precaution.

What about intimacy?

One concern that many parents have (and that your friends will probably ask you about!) is how you can continue to share intimacy with your partner if your infant (or toddler) is in bed with you. While it may take a bit more creativity in terms of timing or location, intimacy can still be a regular part of your relationship. As with many things that have to change and adapt to the addition of a child in your lives, being open and honest with your partner about your concerns with regard to intimacy is very important. You never know, rather than dampening the flame, this burst of creativity may be just what you need to spice things up in the months and years after having a baby!

How to stop co-sleeping

If you enjoy co-sleeping it may be hard to imagine that there will come a day when you no longer want to nuzzle the fuzzy head of your sleeping child while you both enjoy blissful, healthy sleep. However, most parents reach a point when the co-sleeping plan no longer seems like the best fit for their family. For some parents that may be at 6 weeks, 5 months, 1 year, 2 years, or later.

In some families this transition occurs smoothly with a 6 month old baby or 3 year old child easily adapting to the new reality of sleeping in their own bed and/or room. If it is not that easy for your family, I highly recommend Elizabeth Pantley’s book “The No-Cry Sleep Solution” which has two different versions — one for infants and one for toddlers and preschoolers. This handbook is invaluable for finding the best situation for your family, and then trouble-shooting if the need arises. It not only discusses the transition from a family to an individual bed, it covers topics such as separation anxiety, nighttime nursing, napping, how to teach your child to fall sleep, how to use these suggestions for a child with special needs, and more.

One of the most important things to remember in all parenting decisions is that every family is different. Every baby has different needs, every parent has different concerns, and everyone needs to make a choice that works and feels right and safe for their family. If co-sleeping works for you and you have made a plan that insures your baby’s safety and health, that’s great! If a bassinet next to your bed or a crib in another room is what helps everyone get more sleep and feel more comfortable, then by all means, keep going! If, however, your current sleep situation is not working well for you, please take a look at the resources listed below and see if you can find a better fit. Happy sleeping!

Resources and suggestions for further reading & support:

- Dr. Sears on co-sleeping: <http://www.askdr-sears.com/topics/health-concerns/sleep-problems/co-sleeping-yes-no-sometimes>
- Full list of safety tips: http://www.attachmentparenting.org/pdfs/apirg_summary_infant-sleeppositionpaper.pdf
- American Academy of Pediatrics position: <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/aap-expands-guidelines-for-infant-sleep-safety-and-sids-risk-reduction.aspx>

Are you interested in meeting other local, like-minded parents? Join the Colorado Mountain Birth & Parenting Network on Facebook at: <https://www.facebook.com/Colordomountain-BPN/>

Join our New Mom’s Group the first Tuesday of each month in Woodland Park. Visit Maren’s website: www.CommunityMidwifery.CO.com

Questions? Comments? Suggestions for future columns? Please send them to: utecountrynews-paper@gmail.com

Maren Fuller is a mother, a midwife, an educator, and an activist dedicated to finding support, providing education, and building community for Colorado families during pregnancy, birth, and early parenting. She and her family live on a small homestead in Florissant, CO.

One Nation Walking Together It is time we heard your voice

by Kelsey Comfort

On Jan. 10, Leonardo DiCaprio took the stage at the Golden Globes after winning best actor in a drama for his starring role in *The Revenant*. DiCaprio thanked his director, fellow nominees, friends and more. But despite the orchestra’s attempts to cut DiCaprio off, he took the time to say that he wanted to share his award with all of the indigenous communities around the world, stating that it was time their history was recognized and their lands protected.



DiCaprio ended his speech by stating: “It is time that we heard your voice and protected this planet for future generations. Thank you very much.”

It’s no secret that Native Americans’ representation in film has been less than ideal. From the “savage” in old westerns to the romanticized “Indian Princess” version of Pocahontas, inaccurate portrayals of American Indians have been a part of film from the beginning.



From left: Tantoo Cardinal, Gary Farmer, and Monique Mojica in Smoke Signals.

It doesn’t help that opportunities for Native Americans in film are limited. The Academy Awards received significant backlash after revealing the 2016 acting nominees are all, in fact, white. Additionally, films with racial themes were left out of the best picture category.

Though with DiCaprio’s fame his acknowledgement of Native American issues is a great platform to begin a dialogue, there’s a lot of progress to be made.

Even in 2015 alone, there were multiple Native American-related controversies in film:

- *The Ridiculous Six*: Offended Native Americans walked off the set of Adam

- Sandler’s December 2015 film.
- *Pan*: The October 2015 re-telling of the famous story of “Peter Pan” received backlash after casting non-Native Rooney Mara as Tiger Lily, a character who is Native American.
- *Maze Runner: The Scorch Trials*: Film actor Dylan O’Brien causes an uproar when he hints that actors took Native American artifacts during filming on “LIVE with Kelly and Michael” in October 2015 (The Associated Press).

So, why are these inaccurate representations and controversies still happening?

Dr. Janice Gould, a professor in Women’s and Ethnic Studies at the University of Colorado at Colorado Springs whose tribal affiliation is Concow, stated in an email interview that:

“In any discussion of racism in this country...There is no mention of American Indians, though we still exist...This means that stories of Indians living today have barely a chance to be told or portrayed in film, even though any number of contemporary novels by writers like Louise Erdrich, Linda Hogan, and even Sherman Alexie, could be adapted as screenplays. These would offer a chance to see Indians portrayed as intelligent,



Graham Greene, Oneida from the Six Nations Reserve in Ontario, Canada, was nominated for Best Actor in a Supporting Role for the Hollywood blockbuster Dances With Wolves. He didn’t win, but it helped launch his acting career.

Indian point-of-view as well as talk to real, live Native Americans. Finally, they should also view some of the current documentaries being produced that examine issues of language, land loss, and spirituality among Native people, Dr. Gould said.

Additionally, with all of the criticism Hollywood has drawn in the past few years for its lack of diversity, both gender and racial, there has been a push to see more diversity in positions of power within the film industry. Professor Cucher says this is what is really needed, films that are written, directed and made by Native people.

Though there are films that have been made by Native Americans, it does leave one to wonder why this hasn’t grown more, especially given that these films have received critical success.

One film that’s often mentioned is the 1998 film *Smoke Signals*. Dr. Gould cites this as an example of a positive portrayal of Native Americans in film. *Smoke Signals* was written by renowned Native author Sherman Alexie, and is loosely based on Alexie’s short novel, *The Lone Ranger and Tonto Fistfight in Heaven* (Native American Culture: *Smoke Signals*, University of Michigan Press). *Smoke Signals* was written, directed, co-produced and has all major roles acted by Native Americans; the film was well received, winning two awards at the Sundance Film Festival (Native American Culture: *Smoke Signals*, University of Michigan Press).

Dr. Gould also suggests the independent British-American film, *El Norte* (1983). “It’s a story both about political repression in Latin America and racism against Indians (and Latin American refugees) in Mexico and the United States,” Dr. Gould said. The film was nominated for an Academy Award for best screenplay written directly for the screen in 1985 (Oscars.org).

Then there’s the 2002 film, *The Fast Runner* (*Atanarjuat*), which was made by an almost entirely Inuit cast and crew, according to the *New York Times’* review of the film. The film won the Caméra d’Or for best first feature at the Cannes International Film Festival, according to the *New York Times*, who called the film “a masterpiece.”

It’s also not that there necessarily needs to be all-positive portrayals of Natives in film, Professor Cucher said, “I’m much more interested in Natives as complex human beings.” What we need is American Indians in film that are “real people, with real hopes and dreams that are complex,” Professor Cucher said. The 2009 documentary, *Reel Injun* cites actor Adam Beach’s character of the “drunk Indian” in *Flags of Our Fathers* as a great example of a Native character that is multi-faceted and complex.

So though there have been some bright spots in film for Native Americans throughout the years, part of One Nation Walking Together’s mission is cultural education. Therefore, ONWT is sponsoring One Nation Film Festival (ONFF). One Nation Film Festival’s goal is to educate the public through films that positively portray the culture and history of Native American and indigenous people in the Americas using creative visual and written media. ONFF seeks to improve understanding and deepen appreciation for indigenous people’s values, perspective and history.

Mark your calendars for this great event on Friday April 1 and Saturday April 2 at Colorado College in Colorado Springs, Colorado. One Nation Film Festival will focus on Native American and Indigenous Americas narrative feature; documentary feature; and narrative, documentary and student short films. Look for One Nation’s article in the March issue of *Ute Country News* for more details on this exciting event!

Park County Library’s 3D printer

by Flip Boettcher

photo by Flip Boettcher

The fourth Saturday of the month is Super Science Saturday at the Guffey Library and everyone is welcome. About 30 people attended science Saturday on January 23 to learn about the Park County libraries’ new three dimensional printer.

Park County head librarian Pat Sohmer has been visiting each of the four Park County Libraries located in Fairplay, Bailey, Lake George, and Guffey demonstrating how the 3D printer works. It really is quite amazing how the printer starts with a thin, colored plastic filaments (wire) and makes a 3D object from a flat two dimensional drawing.

The Friends’ groups from the four libraries donated \$500 toward the purchase of the Lulzbot-Mini 3D printer. Park County paid the \$700 balance for the \$1200 printer plus \$25 per roll of one green and one blue colored, 3 millimeter filament, said Sohmer.

The Lulzbot-Mini is manufactured in Fort Collins, Colorado, and actually is made with some 3D printed parts. Although Sohmer has not visited the company, she stated it would be quite fun to see the 3D printers lined up printing 3D parts.

The Lulzbot-Mini features a print head that moves up and down to the print bed. The print

head then moves back and forth, sideways, and up and down to print the 3D object.

The print head features a self-cleaning nozzle and extruder which get really hot, about 200 degrees Celsius (that’s about 465 degrees Fahrenheit), stated Sohmer. The print bed gets hot too, but not that hot. The Lulzbot-Mini is also self-leveling, but once one has started it is best not to jiggle it.

The Lulzbot-Mini is more of a commercial model stated Sohmer and it would be nice to add a three-sided Plexiglas wall so one can still see the printing process but be more protected from the hot print head and print bed.

This is different from another 3D printer called the Cube, which is made for the general public and is more user friendly, said local resident Rachael Smith. Smith, who brought her Cube to the demonstration, said that the print bed moves up and down to the print head. This protects the user from the hot surfaces, but limits viewing of the printing process. The Cube costs about \$1,000 she added.

The extruders are vulnerable parts, but if you warm the machine up properly and follow the instructions, the extruders should last pretty long, explained Sohmer. So far they have printed 30 to 36 objects.

It takes quite a while to heat up the printer, print an object, and then let the machine cool down. The simple two dimensional line designs the group made took 20 minutes or more to print plus warm up and cool down time.

The Lulzbot-Mini can print objects that are 8 – 10 inches tall, but that could take 40 hours to print, said Sohmer.

The original designs and drawings can be as complex or as simple as the single line drawings the group made on Saturday to produce a 3D object in this case, like a cookie cutter.

The hand drawn design is input into a program on the computer. The group used www.cookiecaster.com. That online creation is downloaded to the printer software program called Cura, which shows what the 3D object will look like, how long it will take to print it, and how much material it will use, and then saves it.

Once you hit PRINT, the print head heats up to 200 degrees Celsius, the nozzle self-cleans and self-calibrates, prints the object, and cools down. It is quite fascinating to watch the print head zoom around; back and forth, side to side, and up and down; as the 3D object seems to magically grow up from the print bed.



Pat Sohmer removing the first printed object.

Because the printing process takes so long, everything was expected to be done by Wednesday, January 27, said Sohmer. Everyone will have their original drawing, the online creation, a 3D print and the 3D object.

The Lulzbot-Mini is available to all the libraries and will rotate around between them, explained Sohmer. For more information, contact Guffey Librarian Rita Mick at the library 719-689-9280.



Wave clouds
by Tina Seal

One day in early January of this year, I was lucky enough to spot the rare Kelvin-Helmholtz cloud formation (also known as “wave clouds”) over our “Highland Lakes” neighborhood in Divide. It was a great sight! I took a few photos, which you will hopefully enjoy as much as I did watching this rare cloud formation develop!

These clouds happen when two layers of air with a different velocity move across from one another, kind of like two conveyor belts going at a different speed, the top one faster, which makes the cloud tip over and form a breaking wave pattern.

They indicate instability in the air and planes tend to stay away from them. Kelvin-Helmholtz clouds — also known as wave clouds, billow clouds, shear gravity clouds or Kelvin-Helmholtz instability — are named after mathematical physicist Lord Kelvin and German physicist Hermann von Helmholtz.

I knew that the clouds were Kelvin-Helmholtz clouds as I have a great love for science/nature and the outdoors. I took some photos of lenticular and cirrocumulus clouds before, that’s when I read about Kelvin-Helmholtz for the first time

and researched how these and other clouds form. I always hoped to see them one day, so I was very excited and knew straight away what it was seeing when I spotted the clouds.

I have a photography page (Tina Seal Photography) on Facebook: <https://www.facebook.com/TinaSealPhotography/>. Here I try to document all the great and small natural sights in Colorado; Our area in particular has a lot to offer. If you ever have some time and are interested, come by and have a look. Fun fact: These clouds even exist on other planets like Jupiter and Saturn!

Guffey School hosts 7th Annual Pie Palooza Feb 11

by Pam Moore

On Thursday, February 11th starting at 5 p.m., the Guffey School will be all about PIE as they host the 7th Annual Pie Palooza. The Palooza evening features a

pie contest, a western melodrama about pie and a live pie auction, which last year raised \$5,400 for the school.

The Pie Palooza is both a pie contest and

an auction so, if you are planning to enter, bring two of each pie, one to be judged, and one to be auctioned off during the event.

Entries for the auction only are welcome

too. This year, funds from the Palooza will be used to support the school’s purchase of a new commercial kitchen oven.

There are four pie categories for this year’s event: fruit, cream, savory, and other. Ribbons will be offered for first, second, and third place in each category. One talented pie baker will be honored with a Grand Champion/Best in Show and join former Palooza champions Alexi Alfieri, Norma Farmer, a two time winner, Dawn Carrica, Gene Farmer, and last year’s winner, Hillevi Peterson-Hirsch. Early entry forms are at the Guffey Library, the school, and on the school’s website.

Entertainment will be provided by the Guffey School Players, who will be performing an original old western-style melodrama entitled *In a Pickle at the Pie Palooza*, written by Alexi Alfieri and directed by middle school teacher, Hillevi Peterson-Hirsch.

Local auctioneer extraordinaire Chris Downare, who last year auctioned 59 pies, will again be conducting the auction. Refreshments, of what else, pie, will follow the awards ceremony.

Everyone is welcome and admission is free. Guffey Community Charter School is located at 1459 Main Street. See the school’s website for directions www.guffeyschool.org or call the school if you have any questions at 719-689-2093. We hope to see you there!

The Best in Show trophy was recently returned to the school by the 2015 Pie Palooza winner, Hillevi Peterson-Hirsch whose winning was a Luscious Key Lime Pie.

JA in a day reaching students

by Sherri Albertson

On Wednesday, January 27th, Junior Achievement (JA) of Southern Colorado, Teller County, volunteers spent the day at Cripple Creek-Victor Junior/Senior High School.

Guided by the classroom volunteers, representing the Cripple Creek & Victor Gold Mine, Teller County Commissioners, Cripple Creek City Council, Cripple Creek Police Department, Cripple Creek-Victor School Board, Century Link, Vectra Bank, the Mountain Top Cycling Club and other community professionals, the students learned about the practical aspects of the global economy and trade issues and the ins and outs of personal finances. They also learned to explore potential career opportunities, how to develop personal job hunting skills and how to achieve success in their careers.

Thank you to the Cripple Creek & Victor Gold Mine (Newmont) for the financial support to make this day a success. Special thanks to The Coffee Barn for the donation of morning beverage. Junior Achievement of Teller County, Sherri L. Albertson, Area Coordinator, 719-650-4089 or via email to sherri.albertson@ja.org.



Parents...listen to your kids, and talk with them about making healthy choices.

Brought to you by North Teller Build a Generation

~OUT AND ABOUT~

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

BUENA VISTA

6 The 31st Annual Chocolate Lover’s Fantasy is taking place on February 6, from 3:30 p.m. to 8 p.m. at High Country Bank. Support the Alliance Against Domestic Abuse with chocolate, appetizers, beer and wine. Tickets are \$20 and available at the Salida and Buena Vista Chambers of Commerce, and at High Country Bank.

9 Arkansas Valley Music and Dance. Enjoy the BV Celtic & Old-time Music Jam on Tuesday, February 9, from 6:30 p.m. to 8:30 p.m. at the Creekside Gathering Place, 203 Cedar St, Buena Vista (next to Columbine Park). Buena Vista Celtic & Old-time Music Jam held its second Tuesday of each month! Free with donations appreciated. Call Carole Barnes for more info: 719-395-6704.

12 The BV Community Contra Dance is happening on Friday, February 12, from 7 p.m. to 9:30 p.m. at the Congregational Church at 217 Crossman Street, Buena Vista. \$4 (\$2/students). Call Carole or Randy at 719-395-6704 for more info.

25 HOPE Shine a Light on Slavery Day. We will be in local coffee shops and the local natural food store. We will set up at the table inside the door to visit with people in line about how they can help decrease slavery by how they purchase. We will be emphasizing again the importance of buying fair trade and organic. The website for the organization that started this special day is endtimovement.com

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CANON CITY

2, 9, 16, 23 Line dancing lessons every Tuesday 1 p.m. to 2 p.m., everyone welcome. Anita McCoy’s Dance Studio, 720 Main St. Suggested \$5 donation. For more information call 719-689-0219.

2, 9, 16, 23 NAMI Connection Support Group for adults with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets every Tuesday from 6:30 p.m. to 8:30 p.m. at St. Thomas More Hospital in the Community Education Room. Contact Sherri at 719-315-4975 or NAMISouth-eastco@gmail.com.

17 NAMI Family Support Group for family and caregivers of individual with a serious mental illness. Meetings are free and confidential. Group meets third Wednesday of every month at St. Thomas More Hospital in the Community Education Room. Contact NAMI at 719-315-4975 or NAMISouth-eastco@gmail.com.

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

CANON CITY PUBLIC LIBRARY

27 Join us for a celebration of Dr. Seuss’s Birthday Party at 2 p.m. Join us for games and activities. Refreshments will be available. Come dressed as your favorite Dr. Seuss character. We are located at 516 Macon Ave. Call 719-269-9020 for more information.

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EMERGENCY FOOD ASSISTANCE PROGRAM DISTRIBUTION

First United Methodist Church, 801 Main Street, 1:30 p.m. Call Erin Trinkl 719-275-4191 X111 for more information.

COLORADO SPRINGS

8 A New Way to Cripple Creek by Mel McFarland at 6 p.m. at Colorado Springs Masonic Hall 1130 Panorama Drive, Colorado Springs. Phone 719-473-0330 ask for Bob DeWitt or email: posse@dewittenterprises.com Program format is in a casual, catered dinner setting at a cost of \$17.

CRIPPLE CREEK BUTTE THEATRE

13, 14, 20, 21 In support of Cripple Creek’s Ice Festival weekends, the Butte Theater will be screening Disney’s award winning animated movie “Frozen”. Show times are Saturday and Sunday, February 13 & 14 / 20 & 21 at 11 a.m., 1 p.m., and 3 p.m. There is no admission but donations are graciously accepted. Kids under 12 must be accompanied by an adult. 139 E Bennett Ave Cripple Creek. For more information call 719-689-6402.

CRIPPLE CREEK & VICTOR MINING VISITOR’S CENTER 13, 14, 20, 21 Learn about the gold refining process, children’s activities, a hand’s on rock collection, and ROLDO candy giveaway from 10 a.m. to 4 p.m. See ad on page 8.

GED Classes through Community Partnership for more information or to register call Katy Conlin at 719-686-0705.

6 Masque Ball at Double Eagle presented by Gold Camp Victorian Society. Social hour from 6 p.m. to 7 p.m. and dancing begins at 7 p.m. \$45 per person. For more information call Hedy Boyce 719-689-3700.

CRIPPLE CREEK PARKS & REC

Special Classes/Events for February: Trip to see the Breckenridge Snow Sculptures on Saturday, Feb 6 from 9 a.m. to 6 p.m. Free Archery Weekend Friday Feb 26 from 5 p.m. to 8 p.m. and Saturday 27th from 8 a.m. to noon. For On-Going Classes and On-Going Activities & Sports/Fitness Call 719-689-3514 to Register/Questions/Fees

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

DIVIDE

8 & 22 Divide Little Chapel on the Hill – Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com.

9 The Teller County Planning Commission public hearing to consider the Lodge at Elk Valley Special Use Permit (SUP) is on the agenda for the February 2016 meeting. The meeting will be held at Woodland Park City Council Chambers at 7 p.m.

GED Classes through Community Partnership for more information or to register call Katy Conlin at 719-686-0705.

FREMONT COUNTY THE

TCRAS

5 Mayor Divide candidate applications are due. Applications are available online at trascolorado.org or by calling TCRA 719-686-7707.

12-15 National Pet Adoption Weekend.

TCRAS could receive a grant based on the total number of adoptions conducted this weekend.

12 TCRA will be at the PetSmart on Southgate in Colorado Springs from 10 a.m. to 4 p.m.

19 The Moose is Loose TCRA Special! Stop in for a visit, enjoy light snacks and soft drinks, 50 percent off adoption fees for pets 6 months and older, Moosecraft gift baskets, FREE puppet craft for kids, with a possible “moose” sighting 4 p.m. to 5 p.m.

FLORENCE

13 Vintage Valentine’s Day see more on page 4.

JOHN C. FREMONT LIBRARY 130 Church Ave., 719-784-4649.

3, 10, 17, 24 Story Time Every Wednesday 10:30 a.m.

4, 11, 18, 25 Teen Group Every Thursday 3 p.m.

4 Up-Cycle DVD Cases

6 Take Your Child to the Library Day at 10:30 a.m.

6 February’s Celebrated Artist Suzie Popkess of Florence will display her still life watercolors and landscapes of the Southwest and Colorado. Join Suzie for her Art Reception, Saturday, February 6th, 2 p.m.

10 Valentine’s Day

11 Duct Tape Art

12 Valentine’s Day Polymer Clay Class with Robin Hohn at 1 p.m. Fremont Elementary School Librarian Robin Hohn, will show us how to make polymer clay heart charms and roses. Supplies are included. Sign-up is limited to 10 people. To reserve your spot, please call Natalia at 784-4649 ext. 3.

13 Family movie night - *Inside Out* at 2:30 p.m. Do you ever look at someone and wonder, “What is going on inside their head?” After Riley moved to San Francisco, her emotions conflict on how to navigate the situation. Rated PG, 95 min.

17 Chinese New Year — Monkeys

18 Unravel Sushi

18 Meet a Vegan with Roger Ratcliff and Donna Young at 6 p.m. People on a plant based diet are referred to as vegans. Meet Roger and Donna to learn what they eat and why they eat such a diet.

24 Colors - We read stories, sing songs and do crafts. Questions, contact Deborah at 719-784-4649 ext. 2.

25 M & M Mancala

26 Friday Night Movie, *Mr. Holmes* at 5 p.m. Haunted for thirty years by his final unsolved case, Sherlock Holmes quietly steps out of retirement and takes a mysterious trip to Japan to face the ghosts of his past. Starring Academy Award Nominees Ian McKellen and Laura Linney. Rated PG. Free Popcorn! Bring your own drink.

27 Family movie night - *Shawn the Sheep* at 2:30 p.m. When Shawn decides to take the day off and have some fun, he gets a little more action than he bargained for. Rated PG, 85 min.

FLORISSANT

FLORISSANT FOSSIL BEDS Hikes for Your Health through March 16 every Wednesday and

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FLORISSANT

FLORISSANT FOSSIL BEDS Hikes for Your Health through March 16 every Wednesday and

Sunday in February from 10 a.m. to 1 p.m. These ranger-led hikes will vary in length from 2 – 5 miles. Depending on conditions, the hikes may either be on foot or by snowshoe. Participants must provide their own snowshoes and safety gear such as layered clothing, appropriate footwear, water, food. Participants must be 10 years or older. The fee for the program is \$5 per adult (16 years or older) or free with one of the many federal land passes.

13 Night Sky Programs from 6:30 p.m. to 8:30 p.m. Join us for a Valentine’s celebration beneath the starry skies of Florissant Fossil Beds National Monument! This evening astronomy program will feature an indoor ranger presentation followed by outdoor laser-guided constellation tour and telescope observations. Members of the Colorado Springs Astronomical Society will be on hand to share their love of the night sky and provide telescope viewing of the moon, star clusters, nebulae, and other celestial wonders. Admission for the program is the regular park entrance fee, which is \$5 per adult (16 years and older); children and federal pass holders are free. For additional information, please call 719-748-3253 or visit our website: www.nps.gov/fifo or on Facebook at /FlorissantNPS

13 The Friends of Florissant Fossil Beds along with Florissant Fossil Beds National Monument will host the 19th annual Great Backyard Bird Count on Saturday, February 13, from 9 a.m. to 3 p.m. The Great Backyard Bird Count is a great way for people of all ages and backgrounds to connect with nature and make a difference for birds. Counting birds is a fun, free, family friendly way to discover and help the birds in your community and take part in a nationwide science project. There will also be other activities, such as crafts for kids, taking place from 1 p.m. to 3 p.m.

~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 27
place on the Eleven Mile Reservoir.

PUEBLO WEST

10 The NAMI Walk Event every year is the greatest tool for raising funds and awareness around mental illness across the country. Much needed planning goes into this annual event. Each step our walkers take they create visibility, fight stigma, and celebrate recovery. Join our NAMI-Walks, Southeast CO Committee, and take the first step with us. Next meeting February 10th, at Pueblo West Library 298 Joe Martinez Blvd. NAMI Southeast CO Publicity Committee, Volunteer Members, help spread the word about our events, programs and services; building awareness, hope and support within our communities, helping us thrive. Next meeting February 22nd, at Pueblo West Library located at 298 Joe Martinez Blvd. GLFC Room from 1 p.m. to 3 p.m.

SALIDA

ABSOLUTE BIKES
Absolute Bikes offers free clinics all winter and service specials, too. Our spin classes are just over an hour long every Tuesday and Thursday at 5:30 p.m. at the shop. If you need a trainer or have questions, simply email Earl@AbsoluteBikes.com. Throughout the winter, get your bike repairs done with huge savings! 30 percent Off Labor and 15 percent Off Parts installed. We are open 7 days a week, 10 a.m. to 6 p.m., and always have a mechanic on site.
10 & 24 Absolute Bikes offers special mechanics courses, too. Join us at 6 p.m., Wednesday February 10 to learn about suspension set up and February 24 to learn about tire repair. No bike necessary, but be ready to get dirty! Absolute Bikes,

330 W. Sackett Ave. Salida, 719-539-9295 - Info@AbsoluteBikes.com www.AbsoluteBikes.com

4 Free Legal Clinic at your Salida Regional Library from 3:30 p.m. to 5 p.m. A free legal clinic for parties who have no attorney will be featured on the first Thursday of each month at the library. Walk-ins are welcome, and everyone will be helped on a first-come, first-served basis.

13 The Salida Contra Dance is on Saturday, February 13, from 7 p.m. to 8 p.m. at the Salida Scout Hut, 210 (or 260) E. Sackett Street, at the east end of Riverside Park, which is located in downtown Salida. Music by The Junkyard Dogs from the Front Range. No partner or experience needed. Beginning lesson at 7 p.m. Music 7:30 p.m. to 10 p.m. Dessert potluck. \$7 (\$5 AVMA members). The dance is co-sponsored by Arkansas Valley Music and Dance, Country Dance and Song Society, and Salida Rec.

17 Oncology Nutrition and Wellness support group meets. See page 5.

21 Comedian Bobcat Goldthwait at the Strampland Event Center. See ad on page 23.

26 The Salida Country-Western Dance from 7 p.m. to 8 p.m. at the Salida Scout Hut, 210 (or 260) E. Sackett Street, at the east end of Riverside Park, which is located in downtown Salida. All are welcome to come join us for some country-western dance instruction followed by open country-western dancing to recorded music. Music will be country two-step, waltz, and swing. Lessons will start promptly at 7 p.m., followed by open dancing at 7:30 p.m. at the Salida Scout Hut. Partners are not required. Cost is \$5. Lessons will be taught by Harry Sorensen and Carolyn Hess. The dance is co-sponsored by Arkansas Valley Music and Dance and Salida Rec.

WOODLAND PARK

2 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 719-761-7541 or communitymidwiferyco@gmail.com or visit www.CommunityMidwiferyCO.com

13 Central Colorado Cattleman's Valentine Dance & Auction at 6:30 p.m. at the Ute Pass Cultural Center. Call Deb Reuter 719-748-8333 for more information.

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

20 Senior Center Pancake Breakfast at the Woodland Park Senior Center, 312 N. Center Street, Saturday, 8 a.m. to 11 a.m. Your home town seniors will be flipping the pancakes and serving them up with juice and coffee or hot tea for only \$8. 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. We appreciated the support of each one of you!

DINOSAUR RESOURCE CENTER
13 Chemistry Magic Show at 1:30 P.M.
27 Betsy Ross and the American Revolution at 1:30 p.m. Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO. Visit www.rmdrc.com or call 719-686-1820.

FARMER'S MARKET

13 Come to the Ute Pass Cultural Center at 210 E. Midland on the second Saturday each month from 9 a.m. to 1 p.m. SNAP welcomed. For more information call 719-689-3133 or 648-7286 or email: info@WFlarmersmarket.com

5 A free legal clinic for parties who have no attorney, will be featured from 3:30 p.m. to 5 p.m. on the FIRST FRIDAY of each month at your Florissant Public Library in Florissant. Please preregister by calling 719-687-9281 ext.103 for Woodland Park. March clinic is on the 4th.

GED Classes through Community Partnership for more information or to register call Katy Conlin at 719-686-0705.

WOODLAND PARK LIBRARY
Mountain Men will be on display in February and March at the Woodland Park Library on the second floor, just outside the Colorado Room. It features vignettes of famous men, gear and equipment of the fur trade era, animal pelts, and more.

21 High Altitude Gardening. This Harvest Center workshop covers growing in water and soil. Jeff Wheeler will demonstrate setting up hydroponic garden. Lee Willoughby will demonstrate starting seedlings in planter trays. Free admission at Woodland Park Library. February 21 1:30 p.m. to 3:30 p.m.

TEEN CENTER
We invite you to come to the Teen Center; a fun, safe place for kids!
3, 10, 17, 24 - Nachos Special - \$5.00 for Cheese Nachos! \$1.00 for Nachos & a soda!
9 Come in and make some Valentines for your family & friends. 4 p.m. to 5 p.m.
11 - Book Club 4 p.m. to 5 p.m. Are you reading The Underneath with

the club? Come in and discuss with the group.

12 Winter Dance Party 6 p.m. to 8 p.m. You must be signed up to attend. Look for the sign-up sheet on the table inside the Teen Center. \$2.

15 & 16 NO SCHOOL. Teen Center open noon to 6 p.m.

16 HeroScape Game 12:30 p.m. Join in the strategy game to see which side wins.

19 Science Activity. We're going to do a chemistry experiment! 4 p.m. to 5 p.m.

25 Redbox/Netflix Movie w/free snack 5:30 p.m.

26 TAB Meeting. If you're on the Board, please attend.

29 Adopt-A-Spot. Clean up around Memorial Park and Recycling at 3:30 p.m. 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.

UTE PASS CHAMBER PLAYERS

14 Present Spring time (Music of Beethoven), and Love notes with music of: Wedlicher (Love is sad), Read (Love is complicated), Chopin (Love is romantic) and Paganini (Love is flashy!). Featuring: Guy Dutra-Silveira, oboe; Clark Wilson, bassoon; Elisa Wicks, violin; Vincent Lemoine, violin; Mary Ann Lemoine, viola; Ann Brown, violin; North Joy Gladysdale, cello; Barb Riley-Cunningham, piano. Sunday, February 14, at 3 p.m. High View Baptist Church 1151 Rampart Range Road in Woodland Park. Tickets \$15 are available at the door or call 719-686-1798. Affiliate member of Woodland Park Arts Alliance.

UTE PASS CULTURAL CENTER

19 "Taste of the Grape" sponsored by Ute Pass Kiwanis at Ute Pass Cultural Center from 7 p.m. to 9

p.m. Tickets are \$25 and can be purchased at Gold Hills Liquor in Woodland Park. Proceeds go towards scholarships for high school seniors. Questions? 719-315-5004

UTE PASS HISTORICAL SOCIETY
History Park is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library. Call the Ute Pass Historical Society at 719-686-7512 for further information.

WHOLISTIC NETWORKING

9 You are invited to join us the second Tuesday, monthly, at Mountain View United Methodist Church, 1101 Rampart Range Rd, Woodland Park, 10 a.m. to noon for healings by donation. All proceeds go to local charities. For more information: shari1551@aol.com. We also invite you to our quarterly meetings at the Woodland Park library the third Tuesday. For information on monthly meetings: shari1551@aol.com

WP WRITERS GROUP

4 & 18 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. 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 6pm-8pm. For more info call 719-377-1546 or email kat@katwells.com.

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27 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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