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Vol. 8, No. 5

Welcome to Ute Country

**Just as a flower which seems
beautiful and has color but no perfume,
so are the fruitless words of the man
who speaks them but does them not.**

— John Dewey

PEEK INSIDE...



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Hartsel huskies V: Comet's story



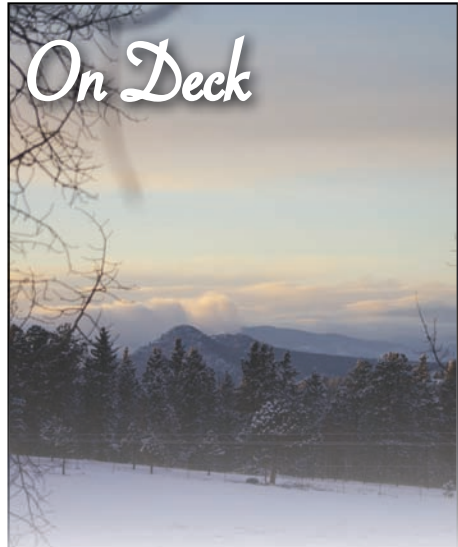
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Tumbling Trout Outfitter and Fly Shop



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Birds of the Ute Country



This month's cover photo was taken in Salida. It was as if the yellow swallowtail was asking for a selfie! How could Jeff resist?

May brings the hope of more summer-like days than winter-like days, and those warm days are welcomed. There is a freshness to the air, an energy in the atmosphere that beckons us to be outside enjoying Mother Nature. Open this issue to see all the opportunities offered in Ute Country.

We are delighted to see Mari Marques, the Thymekeeper; Karen Anderson, the Plant Lady; and Maren Fuller, Community Midwife return this month and sharing their wisdom.

Speaking of fine ladies, remember May 8th is Mother's Day. Give her a call, send her some flowers, spend some time with her and make her day.

We sure hope you have photos of your inside or outdoor animal friends that you would like to share with our readers. Please send them in or risk having to view more photos of our cats and creatures of the yard. Not that we mind sharing; Jeff takes great photos. Seriously, Critter Corner is in need of some new faces. Please send your photos for Critter Corner to us via email: utecountrynewspaper@gmail.com or mail to POB 753 Divide, CO 80814.

We love to hear from you. Do you have comments, questions, or an article for consideration? Please send to us via email: utecountrynewspaper@gmail.com or mail to POB 753 Divide, CO 80814.

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.



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

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

Writers:
Karen Anderson, Linda Bjorklund, Flip Boettcher, Claudia Brownlie, Charlotte Burrous, Dan Carlisle, Coalition for Upper South Platte, Kelsey Comfort, Danielle Dellinger, Maren Fuller, James Hagadorn, Kathy Hansen, Ciena Higginbotham, Jessica Kerr, Mari Marques, Dave Martinek, Mary Menz, Lana Paul, Jeff Tacey, TCRAS, Steven Wade Veatch

Contributors:
Bonnie Bowman, Ben Elick, Edward Jones, Thomas McGowan, Kyle Sullivan, Jeff Wolin

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

Publishers Emeritis:
Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

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The Thymekeeper Some like it hot, some don't

by Mari Marques

Although most people don't consider cayenne pepper an herb, it is one of the most valuable items in the kitchen for its multitude of uses. Is it an herb or is it a spice? That's a fine line if the line exists at all. As you will see it certainly has its place in the spice cabinet, medicine chest, greenhouse, and garden.

No herbal apothecary would be complete without cayenne. One interesting aspect of cayenne pepper is its effects on blood. When taken internally cayenne is warming and stimulates the movement of blood to peripheral areas for people who experience cold hands and feet. Being a mover and a shaker, cayenne is to an herbal formula what a spark plug is to a car. It assists with moving herbs swiftly through the bloodstream to the intended area of the body. Because it dilates the blood vessels, it makes delivery of oxygen and nutrients readily available and stokes the digestive fire temporarily boosting the body's metabolic rate by up to 25 percent depending on how much you eat.

Used externally it has the complete opposite effect. It will stop bleeding on contact with an open wound as well as having antiseptic action. Time and time again I've used cayenne to stop bleeding until the person can get to the doctor or emergency room. Yes, the person usually backs up wide-eyed when they see me coming with cayenne pepper but trust me, if you've just drilled a hole through your hand, you'll barely notice the sting. If you've got a deep drippy wound, pack it in and apply a little pressure. It works on contact. That being said, I would not employ this method with a bloody nose unless you intend to bring a person to their knees in one hot hurry.

The name cayenne is derived from the Greek word *Kapto* meaning "I bite" and is the main ingredient in pepper spray. Although it can be quite irritating to the mucous membrane of the nose and eyes, it has proven to be quite beneficial to other areas of the body. Cayenne can be taken internally to help control bleeding ulcers but will not have an effect on bleeding outside of the digestive tract as it cannot make direct contact elsewhere.

There are three different HU or Heat Units available when it comes to cayenne. The most commonly used and the one I use for stopping bleeding is 40,000 HU. The one recommended for stopping a heart attack is 90,000 HU, and lastly, 160,000 HU which I wouldn't touch with a 10 foot pole! HOT HOT HOT!

Natures Nitroglycerin

As mentioned in a previous article but well worth repeating: perhaps cayenne's most amazing attribute is its ability to stop a heart attack. According to Dr. John Christopher, pioneer of herbal medicine, "In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in — if they are still breathing — I pour down them a cup of Cayenne tea (a teaspoon of Cayenne in a cup of warm water), and within minutes they are up and around." The tincture is also effective.



tive for this purpose. When using cayenne to stop a heart attack it is recommended to use the 90,000 HU (heat units). If the person is conscious it may be administered as a teaspoon in a cup of hot water. If unconscious, a few drops of tincture under the tongue is best. Cayenne has been shown to stop heart attacks in as little as 30-60 seconds.

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

Cayenne will make you sweat which is important for detoxification purposes. When camping in the hot desert the herbalists used cayenne pepper tincture in the first aid kit to induce sweating if the need arose. This would also be helpful in the case of fever for the same reason.

Capsaicin, the active ingredient in cayenne has been found to reduce "substance P," a chemical that carries pain messages from nerve endings to the skin to the central nervous system. Clinical trials showed that 75 percent of the people who applied a capsaicin cream on their shingles experienced substantial pain relief with only an occasional burning sensation. Because of the reduction of substance P, cayenne pepper is a great anti-inflammatory reducing all kinds of pain and can be used as a poultice to relieve cold boggy painful conditions or used externally as a liniment for poor circulation.

In addition to its healing benefits, Cayenne is also nutritious. It contains minerals such as Zinc, Selenium, Calcium, and Magnesium. It also contains Vitamins such as Vitamin A and Vitamin C. It's sometimes used as a tonic and is said to be unrivaled in warding off disease (probably due to the high vitamin C content).

What about the utilitarian aspects of cayenne?

If you've ever had to deal with a woodpecker, you'll know the tenacity of the creature. They don't go away when asked nicely and good luck lining one up in your sights. It isn't happening. They're swift and have an uncanny sense when threat is near. Either that or they have an accomplice that warns from the top of the telephone pole. You'll typically see the tail end of the bird before you have a chance to do anything about it. Recently, Mr. Woodpecker served as our early morning wakeup alert with his attempts to bore a hole into our house, specifically, our bedroom. Cayenne pepper to the rescue! Simply sprinkle the powder into any existing holes the woodpecker feels compelled to return to and it will have a sudden change of heart. It will try to return but as long as the cayenne pepper is present, it won't stick around for long. He'll soon re-

gret dipping his pecker into the pepper to put it bluntly. After six or seven failed attempts, woodpecker has shown his weakness and is decidedly no match for cayenne.

This trick works just as well for garden pests, specifically rodents that drill up from underground. Sprinkle cayenne around their holes or line the bed with cayenne and like the woodpecker they'll quickly realize your place is not as friendly as it seemed.

Cold feet? Sprinkle a little cayenne pepper in your socks.

Properties

Stimulant, carminative, tonic, anti-catarrhal, anti-emetic, anti-microbial, diaphoretic, digestive, antiseptic

Tip

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

Caution

Be sure to wash your hands thoroughly after touching Cayenne or use gloves to apply salve or liniment. If you are using the Cayenne salve on your hands, consider applying it at night and sleeping with gloves on or socks over your hands. Always start with small doses to prevent any unwanted effects.

Mr. Dave's favorite old time liniment

(to be used externally or along the gumline)

In one pint of rubbing alcohol combine the following:
1 ounce powdered myrrh
½ ounce powdered goldenseal
½ ounce cayenne pepper (either 40,000 HU or 90,000 HU)
Shake every day for one month and strain.

Although Mr. Dave swears his liniment is good for anything that ails you, he finds it particularly useful for the treatment of cold sores and toothache due to infected gum.

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari@mugsys-pad@aol.com or 719-439-7303 or 719-748-3388. During the month of May we'll be offering herbs and vegetable starts for sale weekend afternoons from 1 p.m. to 4 p.m. at 1870 CR 31 Florissant, CO. (Next door to Ace Hardware.)

Lightning

by Linda Bjorklund

When my late husband and I were building our mountain retirement home about 20 years ago, we frequently brought our family to the site where we camped while the house was being built. One afternoon three of the grandsons, the eldest of whom was then a teenager, disappeared just before a thunderstorm began. After the rain subsided, the three reappeared, excited about their adventure during the storm. Alarmed by grandma's negative reaction, they insisted, "We were fine. We just got under a tree while it was raining hard."

Grandma immediately marched them over to a tree in the yard and pointed a finger to the long black streak up its trunk. "Is that where you really want to be when lightning strikes?" I asked the three truants. They gaped at the scar, suddenly aware of the chance they had taken.

Lightning strikes are a weather phenomenon in the Colorado Rockies and numerous instances of death and devastation have been reported due to thunderbolts out of the sky. One such story involves Joseph Hartsel, brother of Sam Hartsel, who founded the town that bears his name.

Joseph followed his brother to the South Park area after Sam had established a ranch and a town. Joseph had his own ranch located at the head of Currant Creek near Guffey. On July 25, 1901, he disappeared. He had apparently gone into town after his mail, but no one saw him after that. His horse appeared at the ranch, still saddled, but no Joseph.

Sam offered a \$1,000 reward "for the arrest of [the] party causing his disappearance." It was thought that Joseph had unwittingly witnessed a robbery or cattle rustling and the thieves did away with him to keep him from talking.

It wasn't until August of 1903 that a prospector discovered the remains of a body about three miles from Joseph's ranch. The remains did not include the head, which was thought to have been "eaten by coyotes." But the body was wrapped in a slicker and the boots were damaged. A nearby tree still bore evidence, as the trunk had been split down to about the height of a man's head. It was then surmised that Joseph had been killed by a lightning strike.

Sam identified the boots and had them removed from the body so his brother could be buried without them. (It was customary then that only desperadoes were buried with their boots on.) The boots were placed on the chimney ledge outside Sam's office, where they remained for a number of years.

Joseph was buried in the small cemetery located above the town of Hartsel, where several of the other Hartsel family members had already been laid to rest. When Sam sold his ranch in 1907, all the Hartsel family remains were disinterred and moved to the Fairmount Cemetery in Denver. The reward was never paid, as the finding did not fit the circumstances of the offer.

By the year 1905 the national pastime of baseball games had risen to popularity in the mountain towns of Park County. The games of local players drew record crowds and the competition was fierce among the contenders. Reported within the same newspaper article as an upcoming baseball game and a list of the players along with their field positions, was a complete description of a lightning and rain storm that hit the town of Fairplay one Wednesday afternoon in August.

A local freighter, John T. Richards, had a



house and barn on his property on the corner of Second and Castello Streets. There was also a cabin near the barn, which was used as a bunkhouse. Since the Richards property was only a block from the baseball field, the lightning strike that hit the barn during the thunderstorm was quickly noticed. But not quickly enough to save the barn, which caught fire and was completely destroyed. The townspeople who responded to put out the fire were able to save the cabin, but damages in the barn included a team of horses that did not escape the fire, several tons of hay stored in the barn and many harnesses, saddles and other equipment.

Having lost pretty much all the means of his livelihood, Richards was extremely grateful when the same townspeople who rallied to fight the fire, took up a collection and were able to give him \$350. The barn was rebuilt and is still on the property in Fairplay, although it is now in poor condition, ravaged by years of disuse and decay. The cabin, however, is also still there, in much better shape. The eaves on the north end show the black charring of the fire.

By the year 1911, residents of Park County were enjoying the benefits of that new invention, the telephone. New forms of employment included that of a "lineman," whose job it was to keep the telephone lines strung from pole to pole in operating condition.

One such lineman was Arthur Willingham who, on a rainy day in June of 1911, was perched on top of a telephone pole about a mile east of the town of Jefferson. Willingham was using a test set to try to call the wire chief in Denver over the line that extended from Leadville to Denver. When lightning struck, it flowed through the test set and caused such a noise in Willingham's ear that it took him weeks to recover his hearing.

The electrical current from the lightning strike entered Willingham's left leg, evidenced by holes burned in his trousers. Dazed by the strike, he had enough presence of mind to cling to the pole, as he slowly slid down it to the ground. He lay there in the rain for several minutes. When his senses returned, he got up and hobbled into town.

Willingham described the storm as he remembered it happening. "A heavy black cloud swept in from the direction of Fairplay, struck Kenosha hill and settled down, pouring out its wrath upon the earth." He was extremely grateful to have suffered only minor injuries, as the pole he was working on was more or less shattered. He commented that this was his first introduction to a mountain electrical storm, but he did not care to go through the experience again.

One of our founding fathers, Benjamin Franklin, was a scientist and an inventor, as well as an accomplished statesman. Although others had recognized the presence of electricity in lightning, Franklin became obsessed with proving the theory and tried to devise a way to redirect lightning strikes through a lightning rod. In his autobiography his famous kite experiment is described.

"Make a small Cross of two light Strips of Cedar, the Arms so long as to reach to the four Corners of a large thin Silk Handkerchief when extended (Silk then came from silkworms, not synthetic fabrics.); tie the corners of the Handkerchief to the Extremities of the Cross, so you have the Body of a Kite; which being properly accommodated with a Tail, Loop and String, will rise in the Air, like those made of Paper... To the Top of the upright Stick of the Cross is to be fixed a very sharp pointed Wire, rising a Foot or more above the Wood. To the End of the Twine, next to the Hand, is to be tied a silk Ribbon, and where the Twine and the silk join, a Key may be fastened."

Using his kite for the experiment during a thunderstorm in the year 1752, Franklin did manage to see the electric current flow through the wire to the key. He was probably lucky that the lightning didn't strike him more directly.

A bizarre newspaper report in 1917 shows that a direct lightning strike is not the only danger. It seems that "the lightning struck a large dead tree around which [five head of] the cattle were grouped. Splinters from the tree were driven into the bodies of two of the beasts, two others were killed by pebbles being driven into their bodies when the electric fluid struck the ground, and the fifth one was caught by the tree falling upon it, pinning it to the ground and breaking its neck."

So how should you protect yourself from Mother Nature?

If a thunderstorm appears imminent, head for cover—either in a building or a vehicle. The vehicle should NOT, however, be an open jeep in which you hang onto the metal doorframe. Lightning and electrical currents pass easily through metals. The human body is normally not a conductor of electricity, but if it is close to material that is a conductor, the current will find a path. Trees are conductors. The ground is a conductor. Water is a conductor. Rocks can be conductors.

If you find yourself out in the open when a thunderstorm comes up and no building or vehicle is within running distance, lie down on the ground and make yourself as small as possible. Ever hear of the term "fetal position?"

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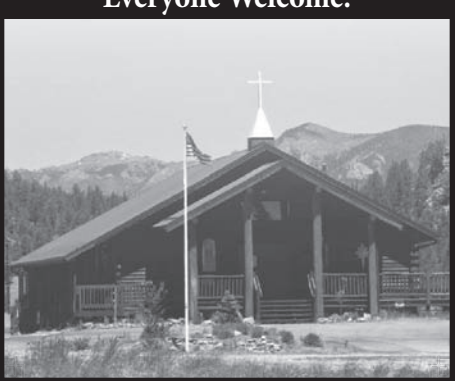
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Wellness by Lana What would you do if you weren't afraid?

by Lana Paul

I'm Lana Paul, an experienced wellness coach specializing in the full circle balance of body, mind and spirit. I enjoy helping others to identify their wellness needs and to select the path that will allow them to fulfill their goals. Wellness is more than "eating right" or weight loss; it is a malleable balance of healthy things that supports each person to feel whole.

What would you do if you weren't afraid? That is a big but a powerful question. I feel safe in making the assumption that every single one of us has been held back in life because of a fear at some point. One type of fear that I have been very aware of lately is social anxiety. While researching this topic on WebMD, I found that social anxiety disorder is known as social phobia. It is described as "anxiety (intense nervousness) and self-consciousness that arises from a fear of being closely watched, judged, and criticized by others."

The article further describes that someone who has "social anxiety disorder is afraid that he or she will make mistakes, look bad, and be embarrassed or humiliated in front of others." As a result of the fear, the person endures certain social situations in extreme distress or may avoid them altogether. Someone may fear "a situation before it even happens, for days or weeks before the event."

I am self-described as an extroverted introvert, if there is such a term, who also has a level of social anxiety. I don't believe it affects me severely or completely; however, it has limited me.

I often would justify to myself that my desire to avoid certain social situations was because I am introverted and simply needed to recharge and would therefore choose to stay home.

I would experience fear of attending social events, where I didn't know anyone. This fear has held me back in my social circle and in growing my business. I believe it to be an irrational fear. As an adult, I know logically that if I were to attend such an event that I will be okay, that I will survive. In fact, I most likely would have fun and connect with others.

It is the connection with others that I deeply crave yet my fear has held me back. I have addressed this fear with professionals such as with my mentor, a counselor, and life coach. I strongly urge you to reach out for help as well if your social anxiety is affecting your life.

In February, I started a walking Meet-up group on the advice of my marketing consultant. This was a bold move from the standpoint of experiencing social anxiety. I had joined other groups yet never attended anything until I hosted my own group.

It has been fascinating how many conversations I have had with other walkers who also experience a level of social anxiety. These individuals have courageously shown up, usually knowing no one else. The walking group offers a safe environment because as soon as we arrive, we begin to walk. The movement and being out in nature offers a safe place to be in a social gathering.

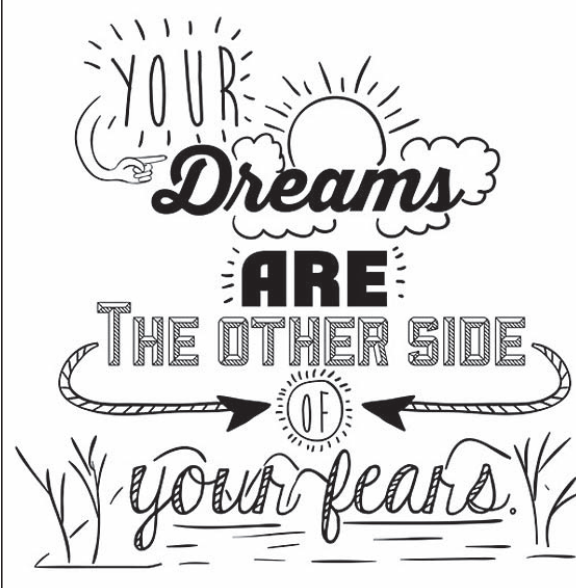
One walker revealed that her daughter will be entering high school in the fall. The

teenager wanted to choose her high school based upon her social circle. Her friends had chosen to attend a different high school. She no longer wanted to attend her home school without her circle of friends. A gentleman walking that day acknowledged that the social anxiety of going somewhere that you don't know anyone is very real. Even he, having lived a full successful life both personally and professionally, felt a bit anxious coming to the group and almost did not show up.

Another woman recently revealed that she too experiences social anxiety and it had been holding her back for many years. She is divorced, isn't dating, and doesn't have much of social circle. She attributes having a limited social network to her fears. However, she joined the group in the beginning and has been there every week. She is forming relationships, has lost a few pounds, and finds herself more confident and open to new social possibilities.

I observe these brave souls who have revealed that they have some social anxiety. Many others have expressed having levels of this type of anxiety too. I applaud each one of these walkers for showing up, for having courage, and for supporting themselves.

According to ADAA.org, social anxiety affects 15 million people equating to 6.8 percent of the population and that it takes some people up to 10 years before seeking help. Ten years is a substantial amount of time, a huge chunk of a lifetime to be held back from having a full life with rich relationships and connecting with others.



Fear has its place in our life. It signals us to avoid real threats such as the mountain lion or the bear we could come across in nature. It is what we experience when we perceive that "someone or something is likely to be dangerous, painful or threatening." It serves a purpose.

When fear in the form of social anxiety is holding us back, preventing us from having full lives, it interferes with our well-being. As human beings, we were designed to connect with others. Our well-being depends in part to our connection to others. Having strong and satisfying relationships with friends and family increases longevity, boosts happiness, and



reduces health problems.

What would you do if you were not afraid? If you have social anxiety, what would it be worth to you not to experience that fear as strongly? How much healthier might you be?

I urge you to be bold and take a step out of your comfort zone. Face your fear. Join a group, start a group, or reach out to a professional. Don't just ignore it; connection plays too big of a role in our health and happiness.

It only takes one step to begin the process of improving your well-being.

Nothing in this column is intended to diagnose, treat or provide a substitute for medical advice. If you believe you have an anxiety disorder or other type of illness, please consult your physician.

Resources and references for those who wish to explore more:
• Social Anxiety Disorder – Web MD
• Anxiety and Depression Association of America (ADAA.org) – Facts and Statistics
• Scientificamerican.com – Why We Are Wired to Connect

I would be honored to help you identify what you are seeking in your wellness journey. I work with people both in person and by telephone, providing a variety of coaching and wellness opportunities to help you become the best version of you. I am

a National Academy of Sports Medicine certified personal trainer with a focus in nutrition, an American Council on Exercise certified health coach, and a Grief Recovery Method Specialist. Make an appointment on my website at www.WellnessByLana.com and schedule a free one-hour consultation. You can also sign up there for my monthly newsletter with recipes, wellness tips, and ideas for living a balanced life. Nothing in this column is intended to diagnose, treat or provide a substitute for medical advice. If you believe you have an eating disorder or other type of physical disorder or illness, please consult your physician.

Hartsel huskies rescues revisited part V Comet'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 effort 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 fifth follow up story.

Clifford and Leta both knew they would have children someday. There was no need to wait until they were born to start thinking like parents.

Cliff was just becoming a man himself when he decided to get his first dog, Makia. He had gotten her when she was just a pup. She was 98 percent wolf, with 2 percent Akita. Cliff imagined having children and how they would interact with Makia, tugging her tail, grabbing her ears, the kind of rough and tumble play toddlers need to engage in. He wanted Makia to be used to such interaction, so he played with her like toddlers might, so that when the children finally came along, Makia would know to be gentle.

As it turned out, meeting Leta in time to have children wasn't in the cards for Makia. Yet it seemed as though a foundation had been laid on many levels. Leta loves animals as much as Cliff loved Makia. Echo was Leta's border collie. Echo and Makia got along pretty well, but Cliff could see Makia was jealous. Who knew animals could get jealous?

Cliff and Leta's dream of becoming parents came true. Their two beautiful daughters are Jade and Brandi, aged 14 and 11 years, respectively.

Cliff and Leta had some friends with a pug who recently birthed a litter. Cliff and Leta picked out Denji about a decade ago. It seems Denji had chosen Leta to be her favorite in the family. Brandi commented, "Denji acts like she is solar powered; she won't move out of the sun unless it's extremely hot. You can hear her breath because she is a pug."

About seven years ago, Cliff learned about the Hartsel Husky rescues from his friend, Jeff. (See 'Capri's Story—part III' in the March 2016 issue of Ute Country News.) Cliff was interested in Capri because Jade has always loved the husky breed, while Brandi seems to love most any animal, so the option seemed like a good fit. The family was ready for a dog and these dogs surely needed a family to love them. Cliff went to the Arkansas Valley Humane Society in Buena Vista to see the huskies. There were two left; Comet came right up to Cliff. Just as many of the other huskies have, Comet chose Cliff.

Cliff brought Comet home on Christmas Eve. Cliff and Leta talked to the girls a little bit about how Comet might be a little scared. They did their best to communicate where Comet had come from without traumatizing the girls. Cliff coached the girls about how to approach a dog who is new to them and scared; no sudden moves, be slow, be cautious, talk softly, remember how afraid she is and think about how you would want to be approached if you were afraid.

The girls did a GREAT job being gentle with Comet and using soft voices. They could tell immediately how terrified she was because Comet was so skittish; she was frozen with fear with her feet straight up in the air, very slow to move back to a sitting position.

Cliff recalls, "If there was too much excitement, she wants to get away from it. She was not used to interacting with people. We had the same friends over for dinner one night per

week to help her get used to being around people. She does a LOT better now; she no longer pees when she spooks." Cliff knew exposure to people would help Comet calm down.

Cliff also knew she would need to run. Boy, does she run! "She has always come back. You can't catch her, can't bribe her. After the first couple times and a few hours, I didn't know what to do. A couple hours later she comes scratching at the door. Alaskan huskies just need to run. Once she's out, she's out; she comes back when she's tired. The hotter it is the sooner she comes back."

Last June, Jade made a trade with her parents. Jade agreed to get rid of the gerbils if she could get a dog; enter Nikita, a chocolate lab full of energy. They found Nikita on Facebook.

Nikita and Comet get along quite well. They both like to play, run, and have a lot of energy. This pleases Denji, who just waits in a sunny spot for Leta to come home. The dogs all seem to get along with each other, except if someone walks into the kitchen about an hour before feeding time. Then, there is a competition to see who gets fed first.

Surely there must be an alpha and the alpha is Boots, the cat. Boots was around before Nikita and got mad at Jade for bringing Nikita into the house. While Jade suggests she and Cliff are allergic to cat dander, Jade has been seen taking Boots into her room.



Brandi with Boots, Cliff with Comet and Denji, and Jade with Nikita.

There are alliances, just as in any family. Denji chose Leta, and Brandi remembers when Denji used to cuddle with her. Jade favors time with Nikita and Comet when she gets home from basketball and gymnastics. Boots prefers Brandi and Leta. Comet enjoys everyone, especially when running is involved, which gives Comet and Brandi a shared activity as Brandi is involved in track and volleyball.

What about Cliff?
"I always KNEW I would be a parent," he says with a proud as a peacock glow as he looks at Jade and Brandi. I guess in that way Cliff is top dog in this family!

If you have a Hartsel Husky that you've rescued and wish to share your story call us at 719-686-7393 or email utecountrynews-paper@gmail.com. If you are thinking of enriching your life with an animal, please visit your local animal shelter and consider the adoption option.

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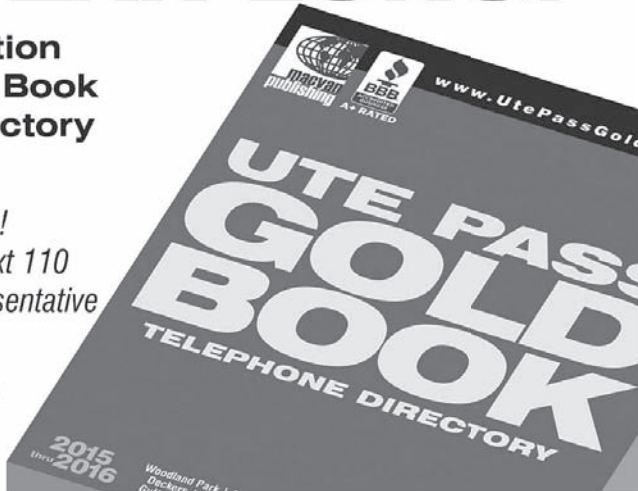


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Help your mother prepare for retirement

Mother's Day is almost here, so start shopping for the flowers or candy for Mom. But this year, why not also go beyond the traditional? Specifically, if your mother is still working but getting close to retirement, consider providing her with a gift that can help make her days as a retiree more pleasant. Here are a few suggestions:

Contribute to her IRA.

As long as your mother is employed, she can contribute to an IRA, and she may already have one. If so, help her fund it for 2016. You can't contribute directly to her IRA, but you can certainly write her a check for that purpose and by doing so, you can make it easier for Mom to "max out" on her account this year. Assuming your mother is over 50, she can contribute up to \$6,500 per year to her IRA. As you may know, an IRA can be a great way to save for retirement because it offers significant tax benefits. Contributions to a traditional IRA are typically tax-deductible, while any earnings can grow tax deferred. Roth IRA contributions are not deductible, but any earnings can grow tax free, provided the account owner meets certain conditions.

Give Mom some stocks.

You know your mother well, so you are probably familiar with the products she likes. By giving her shares of stock of the companies that produce these goods, you will provide Mom with a feeling of ownership that she may enjoy—along with the benefit of possessing investments that could potentially increase in value.

Discuss retirement income strategy.

Even if your mother has made some smart

financial moves, such as investing in an IRA and her 401(k) or other employer-sponsored retirement plan, she may still need some advice on how best to initiate and manage her retirement income. To cite just one action she needs to take, she must start making withdrawals from her 401(k) and traditional IRA once she turns 70½. But if she withdraws too much each year from these accounts, she could deplete them sooner in her retirement years than is desirable. To develop a solid retirement income strategy—one that can help her avoid outliving her income—she will need to coordinate withdrawals from her retirement accounts with her Social Security payments and any other sources of income she may have available. Because it's so important to put together an appropriate income strategy, it's a very good idea to consult with a financial professional. If your mother does not currently work with one, encourage her to meet with someone you know and trust.

Of course, your mother may be married and have her finances commingled with those of her spouse. Nonetheless, every one of the suggestions mentioned above is applicable and relevant to your mother, whether she is single, married, divorced or widowed. Women must be prepared to take full charge of their financial situations, no matter their marital status.

Anything you give Mom on Mother's Day will be appreciated. But if you can add a gift—whether in the form of investments or knowledge—that can help her make progress toward an enjoyable retirement lifestyle, you will be providing her with an enormous "thank you" for all she's done for you over the years.

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

You are not alone

by Bonnie Bowman, Ph.D., NAMI Southeast Colorado

Around 45 years ago my family became one of many families whose lives change course because of mental illness. Information about the illness and treatment options were limited back then. Although we knew intellectually that we were not alone, it was an isolating experience. No one talked about mental illness. It wasn't until a few years later, in 1979, when a small group of families in Madison, Wisconsin sat around a kitchen table trying to figure out how to help their family members and themselves that the NAMI, National Alliance for Mental Illness, organization was conceived. Today it has blossomed into the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

May is Mental Health Month. All around Colorado NAMI Affiliates are gearing up to make this May the biggest yet. On May 21 there is a special opportunity to spread awareness and come together to show our support for the one in five people affected by mental illness. At the annual NAMIWalks event, friends, families, community supporters, and individuals living with a mental illness will gather around the start lines in Grand Junction, Pueblo, and Denver Metro to walk away from the stigma of mental illness. We invite you to support us by joining us on one of our walks or making a donation.

In Colorado there are 15 local affiliates run by volunteers who work in their own community to raise awareness of mental illness and provide support and education that was not previously available to those in need. All NAMI programs are free and led by trained, volunteer peers. A description of

all NAMI programs offered in Colorado is available on the NAMI Colorado website. Although the volunteers are generous, funds are required to pay for supplies, training, phones and more. NAMIWalks is also a fun way to raise the money NAMI needs to give the gift of help and hope to people and families learning to survive mental illness.

There are three ways for everyone to help us celebrate Mental Health Month. One is to go to NAMIWalks.org/Colorado and donate to a team or affiliate close to you. Another way is to form a team, register at the NAMI-Walks.org/Colorado web site and show up at a walk close to you. A third way is to show up at an event site and show your support for the 20 percent of Americans who are affected by a mental illness. Treatment works but stigma prevents many people from seeking the life-saving help and treatment they need. Without treatment the outcomes are too familiar: dropping out of school, unemployment, criminal justice involvement, homelessness, and suicide. With treatment the outcome can be recovery and fulfilling lives.

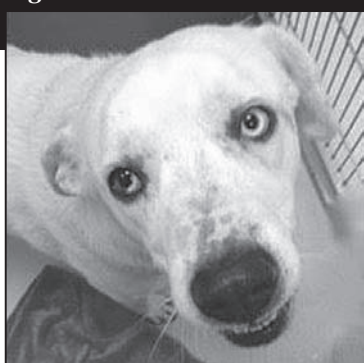
At the Pueblo walk site, where I will volunteer, the NAMI Southeast Colorado affiliate is partnering the event with a local drop-in center for people living with a mental illness. Friendly Harbor holds an annual mental health awareness barbeque for the community and this year their barbeque will be after the walk at the walk staging site, the Pueblo Union Depot at 132 B Street in Historical Downtown Pueblo. Everyone who comes to walk, comes to show support, or just comes out of curiosity is invited to stay and share the barbeque.

Together we can replace stigma with acceptance and understanding.

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Native languages not yet lost

by Kelsey Comfort

Language is an incredibly important aspect of culture. It's the way we pass down family stories and histories, how we learn and discover, and how we express ourselves.



Unfortunately, language loss is becoming an increasingly imperative issue in Indian Country.

The decline of Native languages began with European contact. American Indians were separated from those who spoke the same language and were resettled hundreds of miles away and placed with other tribes who couldn't understand one another (native-languages.org).

Language elimination continued throughout the late 19th and early 20th century with the federal education mandate that forcibly removed Native children from their homes and put them in boarding schools. At these boarding schools, children were forced to speak English and were punished for speaking their Native language (*The Associated Press*).

As a result, this erased the fluency as well as the ability of many Native speakers to pass the language onto their children and grandchildren (*The Associated Press*).

Today, of the many hundreds of languages spoken in North America before colonization, only approximately a dozen can be considered viable enough to survive (*Lakota Language Consortium*).

For example, in regards to the Lakota language approximately 2,000 people speak Lakota today, with the average speaker around 70 years old (*The Associated Press*).

Additionally, Navajo is the most commonly spoken Native language in the United States (*Indian Country Today*). However, according to a 2011 American Community Survey, of the 370,000 Navajo people in the United States, only about 169,000 speak Diné, the language of the Navajo (*The Politic*).

Even Cherokee, though spoken by 22,000 people, is threatened by low percentages of children learning the language (*native-languages.org*).

"Wukchumni, a language that once flourished among California's Yokut people, is now spoken by only one person, an 81-year-old woman" (*Voice of America*).

These are just a few of the many Native languages that are suffering.

But efforts are being made to restore Native languages. In 2011, the *Lakota Language Consortium* produced 20 episodes of the cartoon *The Berenstain Bears* dubbed in the Lakota language (*Lakota Language Consortium*).

The documentary, *Rising Voices/Hothaninpi*, presented by Florentine Films/Hott

Productions in association with The Language Conservancy, was previously screened at One Nation Film Festival. The film interviews people, both Native and non-Native, as they wrestle with the challenges faced in Lakota language revitalization. From the difficulties of making a language immersion school work on reservations to a Czech outsider who is committed to bringing back the language, *Rising Voices/Hothaninpi* delves into the complexity of language loss while helping bring awareness to the issue.

Strides are being made in other Native languages as well, the Disney Pixar film *Finding Nemo* was shown in March in select Arizona, Utah, and New Mexico theaters dubbed in Navajo as part of a collaboration with the Navajo Nation Museum. "All voice roles were performed by members of the Navajo nation, who worked alongside Navajo linguists" (*Indian Country Today*).



Chiricahua Apache children upon arrival at Carlisle Indian Industrial School from Fort Marion, Florida (above). J.N. Choate, photographer; Barry Goldwater Collection #G1-44, Arizona Historical Foundation, University Libraries, Arizona State University, Tempe, Arizona. Between 1899 and 1904, Carlisle issued thirty to forty-five degrees a year. "Educating the Indian Race. Graduating Class of Carlisle, PA." ca. 1890s (below).

This is the second major motion picture to be screened in Navajo, the last major film screening was *Star Wars Episode IV: A New Hope* in 2013 (*Indian Country Today*).

Efforts also extend past film and television. There is a Lakota immersion daycare program on the Pine Ridge Reservation in South Dakota that's funded by federal, state, and private grants that focuses on teaching children Lakota as well as the importance of learning the language (*The Associated Press*).

Additionally, Darrick Baxter, an IT specialist and Ojibwe native, programed an app featuring one of his friends speaking Ojibwe words and common phrases and put it onto his daughter's iPad. Soon his daughter was talking to her grandmother in Ojibwe. As word of Baxter's app spread, he decided to release the app's program instructions for free (*Voice of America*).

Though the efforts that are being made to help the revitalization of American Indian languages are promising, there is still more work to be done. Hopefully, as we look to the future, we can remember the importance of preserving the beauty that is Native American culture. Everyone deserves to have their culture live on and their voices heard, especially in their own native language.

Sales tax increase in Woodland Park

As a result of the passage of Ballot Issue #1 during the recent election in The City of Woodland Park, the Sales Tax rate within the City is increasing from the current level of 3 percent to 4.09 percent effective July 1st, 2016. Businesses and individuals who are required to collect and remit Sales Tax should arrange for any necessary changes to POS equipment, software, cash registers etc. in time to begin collecting Sales Tax at the new rate on the effective date.

Monthly filers will begin remitting the increased Sales Tax collected with their August payment of taxes collected on July sales. Annual filers should provide separate remittance advices for taxes collected at the 3% rate and the 4.09 percent rate.

Please direct any questions to Cheryl McMahon, Sales Tax Technician 719-687-5214; cmcmahon@city-woodlandpark.org or Wallie Dingwell, Finance Director/Treasurer 719-687-5280; wdingwell@city-woodlandpark.org.



Silverweed

Argentina arserina
by Ciena Higginbotham
artwork by Ciena Higginbotham



With the spring flowers blossoming everywhere like bursts of paint on an artist's canvas, one beauty you will encounter is silverweed. Known for its silvery appearance and bright gold flowers, it can be found most often in sandy or gravelly soils. Silverweed is a low growing herbaceous plant with creeping red stolons. This is the botanical term for creeping horizontal plant stems that take root at points along its length to form new plants. Because of this, silverweed spreads rapidly. The stem, stolons and especially the leaves are covered in silky white hairs. This is what gives the plant its shiny tinge and its name. The leaves grow from 4 – 8 inches long and are evenly arranged on the stem in opposite pairs. Each flower grows on a single stem with five petals on stems that range from 2 – 10 inches. The fruit is a cluster of dry achenes.

Another name for silverweed is richette, a French word describing its rich gold and silver appearance. The Latin name *arserina* means "goose" because it is a favorite snack for geese. For this reason, it is also called goosewort or goose grass. It is favored by other livestock as well.

Not only is it eaten by animals, but it is also enjoyed by people. It has been cultivated for its edible roots. Eaten raw, boiled, or roasted, the roots have been likened to parsnips or sweet potatoes. They have a nice crisp and nutty taste with a starchy flavor. Wild silverweed is more difficult to harvest because its roots are small and hard to clean. Nonetheless, they are best collected in autumn when they have the most flavor and the most nutrients. The whole plant is a good source of flavonoids.

Silverweed is useful for a variety of ailments. Herbal tea from the roots acts as an antispasmodic for diarrhea and for reducing inflammation of the digestive tract. Externally, the whole bruised plant acts as a local analgesic when placed over a painful area. An infusion can be sweetened with honey and used as a gargle for a sore throat. Silverweed is a remedy for cramps in the stomach, heart, and abdomen. A decoction is used for ulcers in the mouth, fixing loose teeth, and for toothache.

So toss some leaves in your tea and in

your shoes. Silverweed leaves help absorb sweat and help prevent blisters. An infusion of the leaves makes an excellent skin cleansing lotion. This wash was used to lighten freckles and to restore complexion when sun burnt. When mixed with alum as mordant, silverweed produces a pale yellow dye. An extract from the root was used to tan leather. Blackfoot Indians even used the runners as bindings for blankets and leggings.

So many uses from such an ordinary plant!

Silverweed Face Cleansing Wash

- Gather one ounce of silverweed leaves, about one cup in volume, and dry them.
- Place the leaves in a quart jar.
- Fill the jar to the top with boiling water, put the lid on tight and allow it to steep for 4 – 10 hours. TIP - You can make it at night and it will be ready in the morning.
- Strain the leaves, giving them a good squeeze.

Forget those expensive, chemical-ridden facial serums. You can now use this cleanser on your face to give you a fresh complexion, cleanse it from any kind of damage, and give you a natural glow.

Modified from Susan Weed's infusion instructions: http://www.susanweed.com/How_to_make_Infusions.htm. Visit her website for more articles on the uses of infusions and all things herbal.

FFNM draws dollars

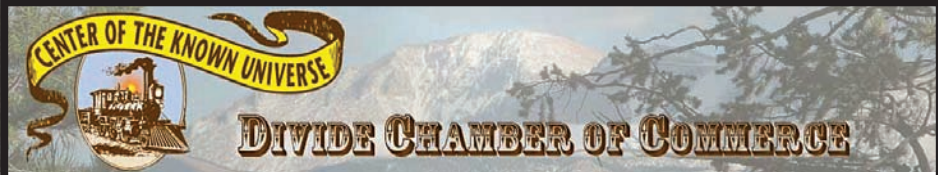
A new National Park Service (NPS) report shows that 69,131 visitors to Florissant Fossil Beds National Monument in 2015 spent \$3.96 million in communities near the park. That spending supported 61 jobs in the local area and had a cumulative benefit to the local economy of \$5.74 million.

"Florissant Fossil Beds National Monument welcomes visitors from across the country and around the world," said Superintendent Michelle Wheatley. "We are delighted to share the story of this place and the experiences it provides. We also feature the park as a way to introduce our visitors to this part of the country and all that it offers. National park tourism is a significant driver in the national economy, returning \$10 for every \$1 invested in the National Park Service, and it's a big factor in our local economy as well. We appreciate the partner-

ship and support of our neighbors and are glad to be able to give back by helping to sustain local communities."

The peer-reviewed visitor spending analysis was conducted by economists Catherine Cullinane Thomas of the U.S. Geological Survey and Lynne Koontz of the National Park Service. The report shows \$16.9 billion of direct spending by 307.2 million park visitors in communities within 60 miles of a national park. This spending supported 295,000 jobs nationally; 252,000 of those jobs are found in these gateway communities. The cumulative benefit to the U.S. economy was \$32 billion.

According to the 2015 report, most park visitor spending was for lodging (31.1 percent) followed by food and beverages (20.2 percent), gas and oil (11.8 percent), admissions and fees (10.2 percent) and souvenirs and other expenses (9.8 percent).



Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - www.dividechamber.org.

- **Mueller State Park:** 719-687-2366 or www.cpw.state.co.us/placestogo/parks/mueller. Offering year-round recreational opportunities: camping, picnicking, hiking, biking, horseback riding, fishing, winter sports & nature studies.
- **The Happy Scent:** 719-482-5545 or www.thehappyscent.scentsy.us. A safe, wickless alternative to scented candles. Also offering decorative warmers, scented wax, fragrances and a variety of body products.
- **Mountain Tea Librarian:** 719-482-5545 or www.mysteepteaparty.com/ MountainTeaLibrarian. Premium loose teas with a whole range of accessories that redefine what tea is all about.
- **Perfectly Posh:** 719-482-5545 or www.perfectlyposh.com/nicolestrain. Pampering products made in the USA with gentle, natural ingredients.
- **Creative Edge Building Consultants:** 719-930-3114 or www.creativeedge.inspectorpages.com. Residential and commercial home inspections, radon testing, lead inspections, solar system inspections, and foundation certifications for FHA & HUD.



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Seeds to Sprouts Massage for your baby

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. 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!

For some parents, bonding with their baby comes easily and is a natural part of their parenting experience. For others, this bonding relationship takes time to develop. Massage is used throughout the world by many different cultures as a way for parents (and grandparents!) to connect with and calm their baby, improve sleep, and encourage healthy development. Most parents report that they, too, feel more calm and ready for healthy sleep after a relaxing massage with their baby. Especially for parents who work, this can be an excellent way to reconnect with your little one after a long day and get you both ready for a night of healthy, relaxing sleep.

Massage for babies isn't done by a professional but is performed by the baby's parents, grandparents, or other caregivers and can be as simple as rubbing lotion or oil into your little one's skin after a bath. There are also classes you can take that will teach you specific movements and ways of massaging your baby that can help with certain things like digestion, calming, or sleep. Most of these classes are geared toward younger babies (before they start crawling) but don't let that stop you! Even toddlers and older children will enjoy and benefit from a daily massage routine before bed or after bath time – it just takes practice!

Here is a list of recorded benefits of massage for infants:

- Decreased crying and irritability
- Decreased colic
- Improved digestion (less gas and spit-up!)
- Healthier, more restful sleep
- Less tension/stress
- Enhanced ability to communicate needs to caregivers

Meet Cup and Cone's new employees

The Cup and Cone in Cañon City has two new employees: Brooklyn Hall and ShyAnn Rodgers. They join current staff Abigail Hoffman and Shaddon Valdez as well as two returning employees Shelby Woolsey and Connor Herrera.

Brooklyn is a local student carrying High School and College Classes and set to graduate high school in December 2016. She has her Food Serve Safe Certificate and is a former Culinary Arts Student. This is her first job though she has experience from volunteering her service to the community. She comes from an entrepreneurial family and brings a strong work ethic and a diligent energy with her to the shop.

ShyAnn is a senior at Cañon City High School who comes originally from Texas where she gained her first experience in the restaurant business. She participated in the CCHS Culinary Arts Program where she earned her Food Serve Safe Certificate. She also has a certificate in customer hospitality. She worked in the tourist industry at Raft Masters in 2015 and brings a common sense confidence to her work.

Jeri Fry, owner of the Cup and Cone at the corner of 4th St and Royal Gorge Blvd. said, "Both these young ladies have completed more than 50 hours of my regular training program which teaches them nearly all as-



photo courtesy of: <http://www.koalakin.com/blog/general/benefits-infant-massage/>

- Supports physical, emotional, and social development

Benefits for parents/caregivers:

- Increased parental confidence
- Enhanced communication with baby
- Reduces stress, promotes healthy interaction with baby
- Parents report that they feel more capable and less frustrated with a crying baby.

If you are interested in learning more, there is a great book called *Infant Massage*, by Vimala McClure that details the basics of massage for your baby and the benefits of adding this time to your daily routine. There are also numerous articles online that discuss the pros/cons of infant massage and provide lots of useful information for parents. Community Midwifery also offers classes in Infant Massage – check out our website for more details!

Resources and suggestions for further reading & support:

- *Infant Massage: A Handbook for Loving Parents*, Vimala McClure.
- The Benefits of Touch, Dr. Sears. <http://www.askdrsears.com/topics/parenting/child-rearing-and-development/bringing-baby-home/infant-massage/touch-benefits>.

Interested in meeting other local, like-minded parents?

- Join the Colorado Mountain Birth & Parenting Network on Facebook at: <https://www.facebook.com/ColoradomountainBPN/>
- Visit Maren's website: www.Community-MidwiferyCO.com

Questions? Comments? Suggestions for future columns? Please send them to: ute-countrynewspaper@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.



pects of this small business." Fry trains her staff in the Barista and Sugar Arts, as well as soda fountain skills and customer service.

The Cup and Cone is an ice cream and coffee shop offering hand dipped ice cream including Colorado made Boulder Brand Organic all natural ice cream. Their Espresso is fresh roasted in Florence by the Pour House. The staff can make such Classics as Banana Splits, Old Fashioned Ice Cream Sodas, Shakes and Malts as well as a Velvety Lattes & Cappuccinos as light as air.

To escape or to celebrate come to the Cup and Cone – open daily year round.

The Legend of Carl Mangert Brave spirit rising - Part IV

by David Martinek

Episode 4: (Note: Readers may wish to re-read the previous episodes in the February, March and April issues for continuity).

As Memorial Day approaches let us pause for a moment to remember and honor those veterans who fought on foreign shores to preserve our freedoms, and who have now passed on, either due to the actions of war or after a long life. This four-part story is a tribute to all those young men, and women, who served our country during World War II.

Carl Mangert, an old World War II veteran, had lived fairly anonymously in Teller County for over 60 years. During his funeral at the Little Chapel of the Hills church in Divide, Mangert's best friend and old Army buddy, Russell Kontanski, came forward to tell of their friendship, their enlistment in the Army together, of loving the same woman, their survival during the Normandy invasion of Omaha Beach, and their attack on German bunkers where Carl was wounded. This is the concluding episode.

"The noise and gunfire of our engagement of the German bunkers and the explosions of the grenades were deafening," Russell recalled. "I was so excited with our success that I stupidly rose up on my hands and knees just in time to hear several bullets whizzing by me, one from Carl's rifle. His aim had toppled a German soldier to my rear—the second time he saved my life. But in doing so, he exposed himself and was immediately cut down with bullet wounds to the neck and chest. He screamed and fell to the ground. It all happened within a matter of seconds."

"I crawled over to his side as machine gun fire pelted the ground all around us. Carl was bleeding pretty badly. The flesh wound to his neck was superficial and clean, fortunately. However, the wound to his chest—well, that was a different story. I yelled for a corpsman. Carl smiled at me through a lot of pain and told me, 'I can't breathe very well, Rus.' Other bunker attacks were still in progress, so I remember dragging him to some concealment, the concrete wall of the bunker we had just silenced, and propping his head up on his helmet. He was in bad shape, and he knew it.

"It took another two hours to clear all the bunkers before it was safe to transport Carl out of the area. I dressed his injuries the best I could. I put my empty cigarette pack under the bandage covering the hole in his bubbling chest wound, a trick they taught us way back in basic training. The corpsman did the rest. He had lost a lot of blood by the time they carried him off in a stretcher back towards the beach. It didn't look like Carl was going to make it.

"We said our farewells" Russell said, after a pause. "I held his hand as he looked up at me through gritted teeth. 'Don't think I'm not going to be your best man, Rus.' It's okay, I said. 'Take care of Irene and tell her she's a lucky woman to have two men who love her.' I can't recall his exact words, but it was something like that. I watched him being carried away.

"I never saw him again...never heard anything about him until I read his obituary in the *Gazette* recently. I was sure he had died that day on Omaha Beach, saving me."

His story was almost over but Russell Konstanski had an epilogue.

"I stayed with the 1st Division through Belgium, then was reassigned. Much later we were all awarded the Silver Star for gallantry," he said. "It seems like it happened yesterday."

Yesterday had been over six decades ago, but for Russell Konstanski and Carl Mangert, and young men like them, the truth of their experience on that French shore flows seamlessly down through history and is more compelling than any work of fiction a writer could ever imagine. Let us hope the world never forgets the sacrifices that were given there on that stretch of French sand.

According to Russell, he returned home to Massachusetts in September 1946.

"Irene was still waiting for me along with our nearly two-year old daughter, Carla," he grinned. "She married me as soon as we could arrange it. Carla is seated right over there."

Ah, the daughter, I thought. He pointed to the woman who was with him. Their eyes locked in a gaze for just a moment, and I could tell from the redness around her eyes and the smile on her face that she was so very proud of her father for telling his story.

"I tried to look up Carl's parents in Orange when I got back to find some word of him, or to give them my condolences," said Russell. "But I learned that they had both been killed in a car accident. I was betting Carl never knew until he got home. There was no other family, no other relatives; he was an only child. Maybe that's why Carl sort of disappeared when he found out—and came out here."

Russell had just brought meaning to Carl's words from a few short months ago when he had told me of his decision to come to Colorado.

The ceremony was quick, disciplined, the flag presented...and then it was over.

"I had no family," he had said. "Banged up mentally, I guess. I just wanted to go somewhere and be alone for a while to collect myself, you know?" Those were Carl's words. Now, Russell had supplied the reason behind them, and more chapters to a life that I had barely touched.

"Without knowing it, I followed him," continued Russell. "A few short years later, in 1950, Irene, little Carla and I moved to Colorado, first to attend college in Boulder, and afterward to take a job as a brewer for Coors in Golden. I retired from there in '75. When Irene died a couple years ago, I sold the house and moved to Colorado Springs to live with my daughter."

He wiped his eyes and smiled the smile of a man who had just unloaded a 60-year burden, and thanked us for the opportunity to see his friend one last time. There were no dry eyes. We wept quietly with him as the bright afternoon sun shone through the windows of the little chapel, casting shadows across the empty chairs. What some may have thought was going to be a short service for an old soldier turned out to be a full-fledged memorial for a hero, given by



Santa Fe National Cemetery (internet file photo)

his long-lost friend, another hero.

Russell walked over to where Carl's body lay and reached into his pocket. Withdrawing a tarnished Silver Star medal with faded ribbons of blue, white and red, he draped it across Carl's uniform—like a badge of honor. It surely was.

Standing motionless, he whispered something that none of could hear and then went to sit with his daughter. She hugged him and smiled with a firm mouth and sparkling eyes, and patted his knee.

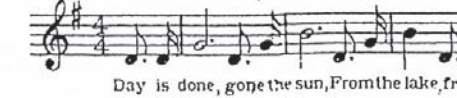
Epilogue: As the small crowd filed out of the chapel to go their separate ways, I remember thinking: 'some friendships last forever; some bonds are never broken, even by death.'

A few days later, Carl Mangert's body was transported to and buried at the Santa Fe National Cemetery in New Mexico, just off North Saint Francis Drive, with standard military honors. We gathered in the afternoon sun in a quadrangle near his intended gravesite, just Russell and Carla, and me—one old friend, his namesake daughter and a guy who was lucky enough to have known him but briefly. On the surface, I didn't know why I was there, but deep down inside my conscious told me I should be glad.

Words were spoken by an Army chaplain—no doubt the same words he spoke for every veteran's service. Taps were played by a real bugler, and nine rifle volleys rang out


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Taps



Day is done, gone the sun, From the lake, from the hill, from the sky, All is well, safely rest, God is nigh.

U.S. ARMY BUGLE CALL



Taps (internet file photo)

Taps, a bugle tune used commonly in the military to signal 'lights out' in the evening, is also used as part of the ceremony honoring veterans at their funerals. Many verses have been created but the most popular lyrics are called "Day is Done," supposedly written by Horace Lorenzo Trim, a Civil War soldier. But that is only legend; there is no proof that he actually wrote the lyrics. In fact, many

authors have been suggested, but the real author is "unknown." Nevertheless, the words offer a simple, poignant message.

"Day is done, Gone the sun,
 From the lake, From the hill,
 From the sky,
 All is well, Safely rest,
 God is nigh."



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Pike Peak Pebble Pup wins big at State Science Fair

by Steven Wade Veatch
photo by Steven Wade Veatch

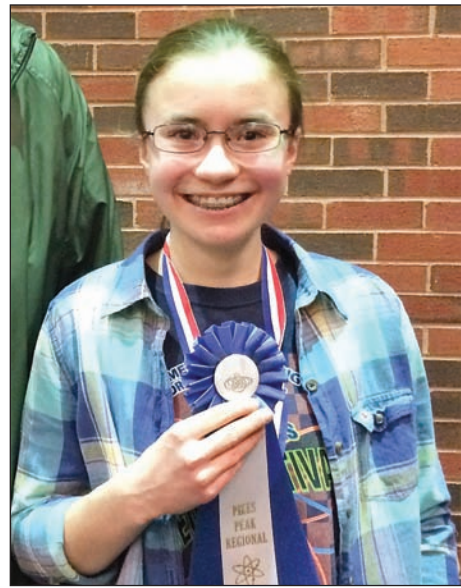
Jenna Salvat, a ninth grade student at Coronado High School, brought home several awards from the recent Colorado Science and Engineering Fair held at the College of Natural Sciences Education and Outreach Center at Colorado State University in Fort Collins on April 9, 2016.

Her entry, "Sandstone Injectites in Fault Zone Areas: Sedimentological Characteristics Using Analog Models," won second place in the Senior Division Earth and Space Sciences at the Colorado Science and Engineering Fair. Jenna's work was honored by other organizations, including the Colorado Mineral Society, the Rocky Mountain Association of Geologists, and the Colorado Section of the American Institute of Professional Geologists. Jenna also received the Naval Science Award and the NASA Earth Science System Award. Her hard work has paid off in spades.

Before moving to the state finals, her project won first place in the regional Science Fair held at the University of Colorado at Colorado Springs on February 27, 2016. Jenna will now travel with her project to the Intel International Science and Engineering Fair (ISEF) to be held in Phoenix, May 8-13, 2016. The ISEF is the leading pre-college scientific and engineering research event that is held each May. In Phoenix more than 1,500 students from 70 countries will compete for scholarships, tuition grants, internships, and other prizes.

Jenna began her work last summer with two sponsors: Christine Siddoway, a professor of geology at Colorado College and geoscience researcher Steven Wade Veatch. Jenna's project centered on analyzing sandstone injected into Pikes Peak Granite. Jenna looked at the simulated rate of injection of liquefied sediment into igneous rock under variable densities and how that would impact the formation of sedimentary structures.

"My project helps to understand the numerous and complex sedimentary structures at exposure sites in the Pikes Peak region that were created in response to the agitation caused by fault zone earthquakes," Jenna said.



Jenna Salvat, a 9th grader at Coronado High School, won second place in the senior division of the Colorado Science and Engineering Fair with her earth science project. Jenna will be advancing with several area students to the Intel International Science and Engineering Fair in Phoenix.

The science fair teaches students how to explore a topic of their own interest, using real scientific inquiry, and then learn how to present their findings. Jenna's science fair project began on a field trip to the sandstone she is investigating through the Pebble Pups, a special program for youth in the Pikes Peak region to learn about the geosciences. Since then Jenna has put in countless of hours into the project. She would like to be a geoscientist. "I enjoy the process of science and working at the frontier of discovery," she said.

Jenna is a member of the Pikes Peak Pebble Pups and is an Earth Science Scholar in that program. The Pebble Pup program operates under the Colorado Springs Mineralogical Society. Jenna is also a member of the Colorado Scientific Society.

Judo available in Cripple Creek

After a five year break Kodokan Judo will once again be available in Cripple Creek. Many people are unfamiliar with what Judo is all about. Most folks know that it is a martial art from Japan. Some might even be aware that it involves throwing and grappling. Dr. Jigoro Kano's vision was much broader than that. He believed that Judo could change the world. In harmony with the devotion to *maximum efficiency*, the founder of modern Judo, Dr. Kano, also strove to uphold an ideal of *mutual benefit* — when a Judoka (a practitioner of Judo) became better in Judo, she would also become a better person; the better the people in a community, the better the community.

Chuck Caldwell had this to say about his approach to teaching Judo, "We teach mature adults a technically pure martial art. The original Kodokan Judo, taught in a comfortable, no contract, learning environment. This

is a low-stress, soft-touch Kodokan Judo technique. We encourage you to come check out one of our classes".

Classes are currently being held on Tuesdays and Thursdays in Cripple Creek from 5:30 p.m. until 7:30 p.m. at Cripple Creek Parks and Recreation: 128 E. Bennett Ave. Cripple Creek, CO 80813. For more information, call 719-689-3514 or email facilitymanager@cripple-creek.co.us

In closing Dr. Kano had this to say about Judo, "Judo is the way of the highest or most efficient use of both physical and mental energy. Through training in the attack and defense techniques of Judo, the practitioner nurtures their physical and mental strength, and gradually embodies the essence of the Way of Judo. Thus, the ultimate objective of Judo discipline is to be utilized as a means to self-perfection, and thenceforth to make a positive contribution to society".

Art in the Park 2016

The 42nd Annual Art in the Park in Gunnison, CO will be held on Sunday, July 24. This event is sponsored by the Gunnison branch of the American Association of University Women (AAUW) and proceeds go to scholarships for nontraditional students at Western State Colorado University. Set in the heart of historic downtown Gunnison, Art in the Park provides an opportunity for artists and craftsmen to share their original works with locals and the many visitors here in the summer. There is an \$80 entry fee. For application information, call 970-641-4230 or email aauwartinthepark@yahoo.com.

New business opens in Florissant

11 Lazy T Guns & Ammo held their Grand Opening on April 23rd. It was a busy time for this family owned, veteran run new business in Florissant. Pictured are owners Linda and John Frakes, Lydia and Brandon Bass, and Lance Geffrey. They aim to become part of the community, recognized and trusted for their customer service. Keep your eyes peeled for classes.



Spring fishing

by Jeff Tacey

The short Rocky Mountain spring season is here, with summer soon to follow. Time to do some fishing before the water heats up and the fish head to the cooler deeper water.

Some favorite spring spots to try are Pueblo Reservoir, just west of Pueblo. May is prime time as the fish are shallow and the lake is full. There are walleye, crappie, bluegill, smallmouth and largemouth bass, catfish, rainbow and brown trout. Shore anglers can catch fish on floating Rapalas or Storm Thundersticks. Worms or powerbait fished on the bottom will also catch a variety of fish. Try the various coves and dam area.

Just south of I-70 by Frisco is Dillion Reservoir, there are Artic char in Dillion and you can keep one fish over 20 inches. There are also rainbow trout, brown trout, and kokanee salmon finning these waters. Good areas to try are the Blue River, Snake River, and Tenmile Creek inlets. Small Kastmasters or Little Cleos work well. Salmon eggs or marshmallows on a small hook will catch trout.

Another good spot in the area is to try Green Mountain Reservoir, just up Colorado Highway 9 about 20 miles. The Blue River inlet is the spot in spring. Rainbow, brown, and lake trout along with kokanee salmon swim here. Try night crawlers suspended under a bobber. A Woolly Bugger with an air bubble will catch trout. Food will be washing into the reservoir down the river with the run off. Lake trout will be looking for an easy meal. Sucker meat on a large treble hook will catch them. Make sure you have your new fishing license and check the 2016 Colorado Fishing booklet for all rules and regulations.

Tips from TC Search & Rescue

by Thomas McGowan

It was a quiet month for Teller County Search and Rescue, with the unit not logging one call. This worked out well as April is the unit's training month as old hands and new members were busy training two evenings a week and Saturday mornings for the entire month. Training involved classes needed to meet the standards required to deploy squad members into the field; these skills must be kept current by each member. Some of these classes involve topics ranging from Tracking to First Aid, to Orienteering in order to prepare the team for the many situations that may arise in Teller County.

Teller County Search and Rescue is an all-volunteer unit under the auspices of the Teller County Sheriff, Mike Ensminger. In the event the Sheriff's Department finds a situation that it feels the unit's skill set will be beneficial to advancing their goals, they activate the unit to deploy under the Sheriff's direction. This might include finding someone who got stuck while 'four wheeling' or an elderly citizen who may

have wondered off or, thankfully infrequent, a lost child in the wilderness. The SAR unit however, has no law enforcement role.

Here are a few tips to help us to help you if you become lost or incapacitated while out in the wilds. First and foremost, tell someone where you are going or might go. Social media is a great forum to let friends and family know your destination and where to send us if you are overdue. You might consider bringing a GMRS/FRS radio with you on your trek. They can be found at any electronics store. We will monitor these frequencies if we think there is a chance that a subject may have one with them. We usually suggest using channel 1 (no CTCSS code) or the favorite of the mountaineering folks, channel 14 (CTCSS code 14). Remember, if safe, try to get higher up to get either a radio or cell phone signal out.

If you have any questions or concerns about the unit, please contact Janet Bennett at 719-306-0826. Members are available to come to schools, senior centers, civic organizations, etc. to give SAR presentations.

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Tumbling Trout Outfitter and Fly Shop

Everything you need for fantastic fishing

by Kathy Hansen
photos by Jeff Hansen

A unique fly shop and outfitter has opened for business in Lake George this past February. There are many aspects of this fly shop that make it unlike any other. They carry every supply you can imagine for your fly fishing experience, from the hand-tied-flies themselves to boat rentals, waders, paddles, coolers, to the life vests as required for anyone in a boat in Colorado. Michele and Doug White have everything you need.

Did you say you prefer live bait? No problem as they can supply you with home-grown worms, and they will buy-back any left-overs.

When you come into the shop you'll be greeted with a smile as the customer service begins. Michele will ask if you have your own flies or if you need bait, and where you plan to fish. Go ahead and share your expectations for the day so Michele can get an idea of the experience you are seeking. She is prepared to set you up with one of their guides, or give as much or little information as suits you.

Several couples had come in while we were at Tumbling Trout for the interview. Michele digs right in there and even offered to check out the flies customers had with them. She'll take a peak and give her best advice on what they're biting on today. We heard her say, "They're catching 'em on 'emergers' and this 'midge pattern' is working well, too." She's happy to share the most popular menu for the type of fish you're looking to catch. She can also tell you what is "catch and release" and which you can take home to eat. If you don't like to clean fish, just ask; She'll help you out with that task as well.

There is quite the selection of flies to choose from; each has its own capacity for success and she knows the variable that will make one fly look tastier than others today. She has an entire drawer just for the "sea monsters". She has over 100 different "hoppers". Of course, there are also "chubbies" and "scuds" to choose from. Have you ever used "San Juan Worms"? Michele can tell you when to use those.

Did you remember your waders? She has those available for purchase or for rent. In fact, she rents anything you could use on your trip. She has at least a dozen boats, canoes, inner tubes, along with life vests as safety is a primary concern. Perhaps you spontaneously decide to spend the night, no worries! Michele has tents, stoves, sleeping bags, lanterns, and coolers. She's just as happy to point you to Lake George Pizza, the local Bed & Breakfast establishments and let you know about the local businesses that can help make your stay more enjoyable.

Have you ever gone "bow-fishing"? Michele can set you up with a bow, quiver, and arrows for those who like to keep their archery skills at their peak or for those who find themselves frustrated with a tangled line. The carp and pike tend to hang in shallow water, perfect for bow-fishing!

Michele has maps to guide you to the spot best suited for the type of fishing experience you are seeking. One map covers from Colorado Springs to Buena Vista! She has one map color-coded and has zones marked to help you zero in on your prize.

Directly opposite her front door, Michele has a board that keeps DAILY tabs on 12 local fishing spots. This board provides the

venue, status, flow, method, and pattern. This valuable information comes from her Number One Advisor, Dale White, her brother-in-law. "He goes fishing and sends me messages about water temperature, hatches, what the fish are taking and what they are rejecting. I rely on him for his regional fishing advice to update my board." Talk about up-to-date information! Where else can you get that kind of scuttle-but?

Maybe it's been a while and you'd feel more comfortable with a guide. At this time there are four guides available, all are certified in Professional Fly Fishing through Colorado Mountain College. Her guides are also certified in CPR, which is required by the State of Colorado. Additional certifications her guides possess are First Aid, Wilderness Training, and Business Ethics. Her guides are Brennan "Papa Catfish" Garrett, "Crawdadd Tad" Shannon, Cameron "Backwoods" Barrie, and "Mountain Michele" White (yes, one of the owners).

Michele especially enjoys taking women in their mid-50s or older out to wet a line. She knows first-hand what it is like to go into a fly shop and become invisible, never to be waited on. Michele is way too engaged in life to allow that to happen. She especially enjoys guiding people who have never fly fished before. "There is a different energy with women my age (over 50)," said Michele. "I always talk to them and invite them to consider trying fly fishing with me one day or maybe come up with their other women friends—make it a women's day!" she said with a glimmer in her eye.



No matter what you're looking for, Michele will help you find it!

Michele recounted meeting her husband 18 years ago while they were working at the Cripple Creek & Victor Gold Mine. She was a master's level geologist and he the Regional Geology and Exploration Manager. He learned she used to be a white water river runner on the Colorado River—a kayaker and rafter. "When my husband was courting me he made a rod for me and bought me the best gear for



Refer to the daily updated white board to find who's hitting on what, then make your selection from the fly display table.

fly fishing. Then, he taught me how to fly fish. I fell in love with him and the sport," she said, then pointed at the boat out the front window and continued, "We have spent our entire married life fly fishing out of that dory." A smile beamed across her face lighting the room and her energy was contagious.

There is a vitality that emanates from Michele, a zest for life bent on grasping each moment and making the very best of it. This woman is no bystander. She is fully engaged in every experience the day brings; embracing each opportunity fully as she puts her mind, body, and soul into everything she does, just like she has since she was a child.

When it comes to music, Michele plays both the piano and bassoon. She first learned music during her high school years in Aurora, and was good enough to be awarded full scholarships to Boulder. She moved to New York City and became a freelance bassoonist.

It was in New York City that she met a group of lively folks who she soon learned were all geologists. "They were so much fun; they convinced me to take my first geology class," reflected Michele on that earlier part of her life, "So I earned my Bachelor's degree in Geology. Then I heard this same group talk about going on a dig and that really sounded like fun, so I asked if I could join them. They told me I'd have to get my Master's to go on a dig. I chose to apply at Boulder. It brought me back home. My first job as a geologist was at the Cripple Creek & Victor Mining Company."

Michele has a piano at the shop. She enjoys playing especially in the morning to start the day on a happy note. But Michele's artistic talent is not limited to music.

Michele has authored two books, *Between the Rivers* recounts her fly fishing experiences she had while a traveling geologist (co-authored with Al Marlowe and Karen Christopherson), and *Eulogies and Dead Horses* are short stories of enlightening experiences she's had in North Nevada. These books were published under her maiden name, Michele Murray. She has been a contributing editor for the *Mountain Gazette* for a dozen years or so, writing articles on outdoor life and fishing.

Her writing doesn't end there. She is also the ghost writer for 'Belinda Smeagler' a ficti-

tious character who lives in Cripple Creek, known as the queen of white trailer-trash, cooking with catsup and beer. Creating adventures for Belinda and the associated recipes is not the end of Michele's artistic talent.

Michele is also a painter. She painted a mural in what was the Horseshoe Saloon in Cripple Creek. She used a portion of that for the cover of *Eulogies and Dead Horses*. She has a number of pieces of her art for sale and also showcases some beautiful sculptures by Shirley Logan, local artist and good friend who helped Michele transform the space into Tumbling Trout's current space.

Michele saw the for rent sign in January. Shirley was willing to lend a hand. Together, they cleared the space, and refurbished as many items as they could, transforming old items such as doors into a cloth-covered privacy paneled changing room. That is only one example. The creative energy these two women manifested into a renovation of the space that is truly inspiring. Dale offered assistance and expertise as well; check out the fly table. You really need to visit the shop and see what it has become.

Having the innate ability to see the utility in almost any item has served Michele well. Going beyond peg boards and reusing screws, Michele is always considering safety. She hooked up with Justin Peevler of River Runners, a whitewater rafting company of Buena Vista. Justin ordered brand new life vests and inner tubes. Michele was happy to take the old ones off his hands. She knows the Colorado laws; if you are in a boat you need a vest. Michele truly has everything you need for a safe and fun day on the water.

When you are seeking a day to wet a line, make your first stop Tumbling Trout. You will learn what fish are biting on which bait in 12 locations. You will have the voice of 18 years of experience on these waters freely shared in the spirit of camaraderie. Any items you may have left behind can be rented. You'll meet some of the most interesting and knowledgeable folks on the subject ready to offer as much or as little guidance as you need. Perhaps most important, you will be 15 minutes from your fishing experience. Tumbling Trout is your one-stop-shop that assures you'll have a whale of a good time!



Growing Ideas

Following your heart to May flowers

by Karen Anderson The Plant Lady

Follow your heart; it knows all the best shortcuts

N Author unknown

May greetings to our Mountain Gardening Friends. Welcome to springtime in the Rockies!! As I am writing these words on the evening of April 16th, we are experiencing a beautiful, powerful and much needed Colorado spring snow storm, known as the infamous Albuquerque Low! (Google it!). It is a highly anticipated, typical and welcomed 'event' nearly every spring season and we are always entirely grateful for Mother Nature's Gift of the abundant moisture. As mountain pioneers, we get ready for it and 'hunker down'. Please don't be surprised if it happens again in May! I'm just sayin' be prepared for whatever may come your way in the world of weather during the patient waiting period. Remember, in this local region, the average 'last frost' date is around June 15th, so I feel that it is important to learn how to plan and to plant accordingly for a more enjoyable and successful gardening experience.

In my nearly 40 years of organic, local, mountain gardening, I am still learning to create some pretty effective shortcuts in order to achieve my growing visions. I am able to avoid stress and many disappointments — if I follow my heart in the process — which for me, needs to translate into "how" and "where" do I truly WANT to spend my time and energies. As precious time passes, many things will inevitably change and so will my heart's desires. I am practicing the following part!

In the spirit of following 'your heart', what gardening scenarios are dancing around in your creative visions? What do you want and desire to achieve in your Sacred Space? Would you like to get away from it all and retreat to your 'Secret Garden' where you can enjoy some alone time to become calmer, peaceful and grounded?

How about a 'Greens Grazin' Garden' — a simple raised bed for a "square foot" vegetable garden with the option of a cold frame set up for extending the short growing season?

How about a wild bird sanctuary? It is so much fun to observe the daily routines of the different species of birds. The benefits of inviting our winged friends into our lives are many and assist in keeping our organic growing ecosystems in balance.

Perhaps a garden full of fanciful fragrance suits you?

Maybe a moon garden of all white plantings which shine in the light of moon will be perfect for those night owls out there.

How about an herb garden to spice up your life?

It could be that greenhouse gardening provides the structure you're craving.

Explore your dreams, but also be aware of your personal and environmental limitations. Be sure to keep these in mind as you make plans. The possibilities are really endless — but keep it simple; knowledge and awareness will be key in the challenges of maintainable mountain gardening.

Sorry to have missed last month, however I would like to review and share a few April

tasks with you. As I saw that first robin in the area, I turned my rain barrels right side up to catch the snow water as it melted from the roof. I now have my two 55 gallon drums full (and then some!) to dip from as needed in the future. They may freeze a bit, but usually not solid. Even if they do, they will thaw in short time.

Around the end of March, I planted my tomato, pepper and herb seeds along with a few quick growing greens to munch on. All of these are started in Organic Jiffy Seed Starting Mix and reside in my upstairs-indoor greenhouse. This is where they are born and will be transplanted and cared for as they grow out of their 4-packs. I have now taken on the responsibility of caring for hundreds of baby seedlings, who will need my dedicated love and attention for the duration!

During the warm days before the big snow storm in the middle of April, I was able to cultivate a few areas and plant wild-flower and power perennial seeds, mulching of course, to protect those seedlings as they emerge into the world of fickle mountain elements. You can still work on this process in May as well. I like to plant these types of seeds right before those big spring snow storms because the soil will be plenty moist and push the seeds into the ground before the birds start eating them! There are many other benefits to this process as well. I celebrated Earth Day on the 22nd of April by continuing my quest to be the best steward of the land that I can be and sharing that with others.

It's May and here are a few high altitude tips and suggestions to consider as we head toward the summer gardening season.

- 1 Resist the temptation to rake the grounds completely bare of pine needles and leaves. You may want to clean up your doggy doo (and there's plenty of that in my yard!), but trust me, leaving even a light layer of organic material covering the land will conserve this precious spring moisture and help to keep grass and other plantings from drying out so quickly. You can get back to the serious clean up later and please try to recycle all organic matter by composting or giving back to the woodlands.
- 2 Work with your compost piles as soon as they are thawed enough to turn over and mix up. You want to get all the winter's collection of partially frozen or thawed vegetable matter incorporated within the pile as soon as possible so as not to attract the bears and other critters. This early spring chore will help to get the cooking process going a bit faster. You might also consider covering the freshly turned compost pile with a black tarp or plastic for heating the soil. Punch some holes in the covering to be able to get moisture through.
- 3 Speaking of critters, this is a good time to start applying the deer and bunny repellent throughout your garden areas. The sooner you get these potentially damaging guys used to the 'Not here ya don't' idea, the better. There are many options and products out there, but please stay organic. If you recall from last year's article, a mixture of feather meal, cayenne pepper,



nice wet spring season is the perfect time to get out there and dig some "weeds" before they get a good hold in the earth. Be careful though! Remember where you have perennial seed planted from last fall. You don't want to be weeding where you have been seeding! Dig up only what you can identify as an undesirable plant. Grass and dandelions are the ones I go for right now. More will be revealed to you as the season moves on, so you'll know more about what you wish to weed.

- 9 Please don't get too excited and 'jump the gun' with your beautiful annuals. If you must have them now, purchasing is OK. When all that color starts to appear at the stores, it is difficult to pass them up. You can buy and enjoy early annuals as long as you are able to protect them from freezing in May. It's too soon for outdoor planting. Enjoy them in your greenhouse or a sunny window until it is safely beyond the possibility of killing frosts and transitioning is always a good thing.
- 10 Don't forget to tend to your houseplants before you get too busy in the outside gardens. This time of year when the sun is getting higher in the sky, the light drastically changes in the home. Plants such as succulents, cactus, and geraniums that have enjoyed that southern sun in the winter months need to be moved to a new location where they get plenty of sunlight. I like to move some of these types of plants to my Greenhouse when it is secure from freezing. Other varieties need to be moved to appropriate locations for their particular needs. Spring is also a good time to feed indoor plants to encourage new growth and enhance their health.

Wear lots of layers, apply sunscreen, stay hydrated, and enjoy yourselves. Happy gardening!

Good luck with your springtime gardening endeavors. If I can be of service to you, please give me a call at 719-748-3521 to inquire about more information on what is offered. My services also include private landscaping consultations by appointment. A little experienced guidance goes a long way in high altitude gardening! If you are interested in organic, high altitude, 'Heirloom' perennial and native seed, be on the lookout for my Sacred Seed Collection that will be available for purchase at Mountain Naturals in Woodland Park and The Outpost in Florissant, or from me personally. I also have home grown, organic and non-GMO tomato, pepper, and herb plants at several locations during May and June; give me a call for specifics.

Pop me an E-mail at plantladyspeaks@gmail.com if you wish to receive news from Paradise Gardens.

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A Mountain Seed: What is a seed?

by Jessica Kerr

When you think of a seed, what do you think of? Some of you might think of food. Sunflower seeds make a good snack, and in the fall many of us who live in the upper Arkansas valley collect pinon nuts and roast them. Many of you may be thinking of crops. It's the time of year to start sowing a variety of vegetables and flowers. Some of my favorite vegetables to grow are carrots, little marvel peas, lettuce, zucchini, and squash. Each and every seed will grow into something different.

Pumpkin seeds are interesting. They can be sprouted or directly sown. They're easy to identify because most Americans have carved a pumpkin at some point in life. They also make a tasty treat. But when a pumpkin seed is planted, a small green thing pops out of the ground after a couple of weeks. Over time it grows long arms and broad leaves and covers the ground. Green bulbs hang off of it and grow, then turn orange. We use pumpkins for decorations, desserts, and sometimes target practice. They don't look a thing like potatoes.

Potatoes don't really have seeds. Potatoes ARE seeds. Technically, potatoes are roots, so there are no seeds as we think of seeds. However, as soon as you cut the tubers up into eyed-chunks and plant them in the ground, they start to grow. A couple of

weeks pass and a beautiful green leaf pops through the black soil. They grow pretty quickly and are fun to harvest. Potatoes are a sign of resilience for many, yet potatoes look nothing close to a tree.

Not all seeds produce food. In the summer, cottonwood trees release cotton. We call it our summer snow. The ground is covered in drifted tufts of allergy-inducing fluff. Most cottonwoods grow alongside a stream or creek, and when they release their fluff (which contains seeds) the stream catches much of it. In the wings of its floodplain, the creek deposits the drenched seeds onto the bank where the water touches the land. That's why a lot of cottonwood stands are in neat lines instead of randomly spread out. Cottonwood trees aren't good for food but they're still important.

Some seeds can only be borne of fire. Some species of pines' cones fall and can't be opened very easily. Squirrels take a crack at it and are often successful, but what good are crunched and digested pinecone seeds? How would these trees ever hope to regrow?

The seeds in the cone take a long time to mature and are covered in a thick resin. The answer is fire. The only way to open, and not destroy, the seeds of some pine trees is for them to be warmed to a certain degree that only fire can achieve. That's one reason

why fires are necessary for forests.

If you burn dandelion seeds, they would be destroyed. They are also middle school girls' favorite seeds. They promise granted wishes of swoony girls everywhere. The fluffy sails of dandelion seeds carry them far away. Does he love me? Does he not? Oh, Dandelion, make my wish come true! No matter where you look in the springtime, you will find dandelions in the grass. It's because their seeds are carried far away by the wind. They travel, regrow, travel, and regrow.

There are big seeds, little seeds, round seeds, flat seeds—seeds that don't fall far from the tree and seeds that escape miles and miles away on the wind or in the water.

What is a mountain seed? Mountains can't grow, can they? When I was in middle school, we took a trip to Colorado Springs and drove by Garden of the Gods. One of my friends fell for the joke that baby rocks are planted there and grow when it rains and that is why the rocks are all so big and interestingly shaped. If I am being serious though, mountains can't literally grow like a plant can.

However...all who were born and raised in the mountains are mountain seeds. Many seniors in high school are preparing to graduate this month, during seed time. Spring is when seeds disperse and are planted. Some might be sown right away and others will



travel for a long, long time before they take root. Some seeds might blow away on the wind or take a ride across the water. Some germinate quickly and others take fire to prepare them for growth.

To the mountain seeds about to graduate: don't worry. Don't worry if you need to wait a while to sprout. Don't worry if you need to take off right away, or if you need to go far away, or even if you need to stay close to home. You might need years to germinate and you might think, "What's wrong with me? Everyone else is doing what they want to do." Just be patient and be aware of the soil around you. If it isn't good soil, move on or help it be better. You're all different, and that's okay. It's a good thing that we don't have just one type of tree or one type of crop, right?

What happens when you plant a mountain seed in the flat land? What happens when you plant it in North Carolina, or Mexico, or the big city? Mountain seeds are rare, and they are beautiful when they grow. No matter where they're planted they thrive. Sometimes, these seeds wish they weren't a mountain seed, that they were a city seed or an Arizonan seed or an English seed. When they're planted, or they pass through a place, they might try to become like the seeds that come from the foreign land. They feel like they don't fit in sometimes. One seed might try to become an Oklahoman seed, because it's scared of what it is and what it can become—but it must remain a mountain seed.

The mountain seeds must always remember this law of nature: no matter where or how you plant a pine seed, it will always grow to be a pine tree. You will become what you need to become, and it will be good.

Ride of Silence

On May 18th the Mountain Top Cycling Club will host the 2016 Ride of Silence, an event occurring around the globe on the same evening worldwide. This is a ceremonial ride which honors cyclists who have been killed or injured while riding on public roadways, and purposes to raise awareness for motorists and cyclists of the responsibilities each has to share the roadways in a safe manner.

The four mile ride is free and open to cyclists of all kinds and abilities. The Ride of Silence is a slow, silent, single-file procession, beginning and ending at the Midland Pavilion (next to the Ute Pass Cultural Center) in Woodland Park. The event begins at 6:30 p.m., where all riders must register and sign a waiver. We will have a pre-ride Proclamation and pass a Riderless Bike. Then we'll ride, escorted by the Woodland Park Police. After returning to the Midland Pavilion, we will have refreshments while we celebrate and honor those cyclists are no longer with us. In 2015, 14 cyclists lost their lives on Colorado public roadways.

Please come out and ride, or attend, the 2016 Ride of Silence. This is a great event for families, individuals and groups. To date, Woodland Park is the only southern Colorado location scheduled to host a Ride of Silence this year. Fort Collins is the other 2016 Colorado location. Children must be accompanied by parents, and helmets are required for all. We hope to see you as we promote safe cycling in this area. Visit www.mountaincyclingclub.com for more information.

Cañon City celebrates 78th Music & Blossom Festival May 5-8

by Charlotte Burrows

Photos courtesy of Cañon City Music & Blossom Festival Board

Just as it has for numerous years, the Cañon City Music & Blossom Festival Board is planning its 78th anniversary this year.

But the festival was first mentioned in the *Cañon City Times* newspaper in the 1860s, said a book, *Cañon City, Colorado: Every Picture Tells a Story* by Larry Thomas Ward.

Residents began to celebrate Fruit Days in the 1880s to show off their beautiful fruit harvests, as well as bring in neighboring communities to enjoy them. Along the way, the Fremont County Horticultural Society organized Fruit Day in the 1890s, bringing 10,000 visitors on passenger trains from Rocky Ford, Colorado Springs, La Junta, and Denver to enjoy the one-day event, the archives continued.



A clown smiles while participating in a recent Canon City Music & Blossom Festival parade.

As part of the celebration, visitors were given paper plates filled with apples, grapes, peaches, and plums, as well as an opportunity to buy them in a 50-foot pavilion on Main Street and at the opera house.

The *Rocky Mountain News* said 16 tons of fruit were distributed in 1894 alone, the archives said.

At one point, around 5,000 visitors took tours of the Territorial Prison while a plethora of visitors toured the orchards in Lincoln Park, Orchard Park, Fruitmere, Catlin, Trout, Rockafellow and Harrison in 1894. At the end of the day, the tourists stayed overnight in makeshift boarding houses and campgrounds and in the "town's" few available hotel rooms."

In 1895, Fruit Day brought more than 14,000 people to town where 130,000 pounds of fruit were given to them.

"The games and hose tournaments were very interesting, and besides having a continued feast of fruits for two days, all the visitors had the pleasure of seeing one of the neatest little cities of the west," the Royal Gorge Regional Museum & Local History Center archives said.

The next year, the festival offered tournaments with fire companies from all over the state, games, races, a balloon ascension, Chaffee light artillery exhibitions and music, as well as a grand display and "a royal feast of the best fruits in the land will be provided for all, free of cost," the archives added.

Over the years, the festival has changed its focus and moved from the fall to the spring.

Fruit Day continued in Cañon City until about 1900 when its name was changed to May Day, shifting the emphasis from harvest to blossoms, Ward's book said.

While the tours of the orchards continued, the focus changed from harvest to the start of planting season. This came about because local fruit farmers and nurserymen told everyone they knew about Cañon City's garden produce. At this point, the city fathers' decided it was not wise to give away their products for nothing.

According to legend, wealthy Cañon City resident Dal DeWeese first coined the phrase during a party in 1908 when he invited a select few to "blossom fete" at his home, which was decorated with thousands of fruit blossoms and lilacs. In 1910, the private party became public and was renamed Flower Carnival, bringing in a Maypole dance, a flower queen, and music by the Cañon City

High School, and Territorial Prison bands.

Two years later, the Cañon City Improvement League took over the blossom celebration and changed its name again to Blossom Day the next year. In conjunction, the league joined forces with the city in its clean-up project to prepare for welcoming hundreds of visitors into the city for the festival.

During World War I, the league did not promote the event outside of the city so very few people attended the festival, but after the war ended, "the Cañon City Chamber of Commerce began sponsoring the event and attendance once again began to skyrocket with 5,000 people traveling to the city each spring from 1926 to 1937," Ward's book said. "The Boy Scouts were information directors, baseball games at the Abbey were in vogue and an airplane ride over the orchards was the new popular attraction."

In 1938, the festival expanded again when the Jaycees began to sponsor the Blossom Festival that brought in 8,000 people to the city for the celebration. To bring even more people to the event, the focus changed again when the Jaycees organized the first Band Festival Day, which brought bands from all over the state for an opportunity to win top trophies. The festival expanded in 1940 when 10,000 people visited the festival to enjoy a carnival, a dance at the Annex, boxing at the State Armory and the parade down Main Street.



The Royal Gorge Detachment of the Marine Corps League participates in a recent Cañon City Music & Blossom Festival.

During World War II, the festival dwindled to what the Jaycees called "token" blossom festivals, but all that changed when the war ended. Once again, the festival became a popular event to attend during the spring. Since then, the festival has been turned over to the Cañon City Music and Blossom

Festival Board, who continue to bring in thousands of people to the Cañon City Music & Blossom Festival every year.

This year, the festival will feature band competitions, concerts, a parade, a carnival, a rodeo, music, food, and much more from May 5 through 8 in downtown Cañon City.

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Bald Eagle on Teller Rd. 11 - Jeff Hansen, Florissant, CO

Dear play-fighting - Jeff Hansen, Florissant, CO

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Touch

by Danielle Dellinger

Bethanie and Bale last appeared in the February 2016 issue, on pages 16 and 17, 'New Love.'

Physical intimacy is what bonds most humans together. Be it holding hands, kissing, or sex. If it weren't so important, and weren't something most people crave and fantasize about, then romance and other similar genres wouldn't be nearly as successful as they are, or even exist. The skin burns when it's finally touched after a long absence. The passionate heat of someone yearning to be caressed could set the world on fire. The brain releases oxytocin when someone is hugged or pleasantly touched, and it helps strengthen the bond between two people. Oxytocin is often called the "love hormone" because of this.

Bethanie stood naked in front of the mirror looking at her male body. The repulsion for it had grown stronger ever since she'd first told Kye about wanting to transition into a woman. She'd been able to quash the repulsed feeling for most of her adult life up until then. It'd only been a week since she'd started taking the hormones to start her transition, but she was ready to see results now.

She swallowed and looked down at her pecs, running her hands over them and imagining what they were going to feel like as breasts. It had been decades since she'd put on a bra. What was it going to feel like to wear it and be able to fill the cups? She turned to the side and looked at her throat, specifically her Adam's apple. It didn't protrude much, so she didn't see a reason to have it shaved down. She exhaled heavily then pulled on her nightgown, sitting on the edge of her bed afterward.

Her relationship with Bale had become more serious, and she wanted nothing more than to be naked and more intimate with him. But she was scared. She feared that he'd reject her because her body didn't match how she presented herself to him. How was she going to even talk to him about what she wanted? Her fingers fiddled with the lace on the cuff of her sleeve. Quite a few decades had gone by without her being physically intimate in any sort of way. Did she even remember how to do things other than kissing?

A quiet whimper escaped her, and she hugged herself as she willed the anxiety to stay away. No such luck. It wound its way up from her gut into her chest, putting everything into a vice and taking her breath away. Her fingers trembled as she dug them into the soft cloth of her nightgown, holding on for dear life. She closed her eyes tightly. Her mind struggled to remember what her therapist had said about how to get out of the grips of an anxiety attack.

She focused on her chest, keeping her eyes closed, as she took slower breaths to ease the tension. Once she felt the tightness in her chest let up, she breathed deeper, concentrating hard on feeling her diaphragm expand and contract. As her mind cleared, she reasoned with herself.

It's okay to be afraid. It's okay to worry. However, I can't let the fear control me. What do I need to do about the situation? Nothing right now. That's okay. I can relax.

I will come up with a plan. I'll be okay. The attack was subsiding. All of her body felt drained, and she lay down on her back, still breathing deeply. A half hour later she went out to the kitchen and made some tea, returning to her room with it. She put on soft piano music

with nature sounds mixed in, and sipped her tea as she listened. A memory drifted forward out of the shadows of the night Kye was conceived. Bethanie remembered staring at Kye's mother, admiring her body and yearning for it. Bethanie had taken great care to memorize all of her features and how they felt beneath her fingertips. She'd been jealous of the lingerie that Kye's mother had worn that night.

Bethanie blinked, having been staring into her tea. Could she be that sexy for Bale, she wondered. The anxiety said, no, she could never be sexy to Bale. She sniffled, wiping her eyes.

Yes, I can. I can wear lingerie. I can be naked in front of him, and have him memorize all of my features.

She set her cup on the nightstand and turned out the light. She pulled the covers up to her chin as she fantasized about what her first time with Bale might be like.

Bethanie sat on Bale's couch, leaning against him as they watched an old western.

"Did you ever play cops and robbers?" Bale asked, dragging his fingertips through Bethanie's natural, shoulder-length hair.

She nodded. "I did. When I played by myself, I dressed up as a woman cop."

"Really? Your parents never caught you?"

"Well, my mom did one day, and she glared at me with disgust as she pulled the socks out of the bra I had put on. Prior to that, she spent close to two hours admonishing me."

Bale kissed Bethanie's temple. "I'm so sorry to hear that."

Bethanie shrugged. "She was just doing what she thought was best."

"You've forgiven her?"

She didn't answer right away. "It took me a while, but yeah, I did."

"Wow, that's very big of you. I don't know if I could've been so kind."

"She didn't know any better, really."

Bale said nothing, only kept running his fingers through her hair.

Bethanie waited a minute, then sat up and looked at him. "Have I upset you?"

He let out a heavy breath, finally shaking his head. "No. It just hurts my heart to know you were treated that way."

"I see," she said, smiling gently. She put a hand on his leg. "At the time, it hurt me, too. But I knew that one day someone would love me for who I am."

Bale smiled back at her, putting his hand on her knee. "I'm elated that I get to be that person." He slowly moved his hand up her leg.

She swallowed, and lowered her eyes, watching his hand as it slid up higher toward her thigh. She brought her eyes back up to meet his, licking her lips nervously.

"Bale," she whispered, not sure she had enough air left to speak.

He raised his eyebrows, his hand stopping. His expression turned into a frown. "Oh. I'm sorry. Is this too much?"

She swallowed again, nodding. "S-sorry . . ."

He shook his head, leaning in and kissing her cheek. "You have nothing to apologize for. I'm sorry. I promise I'm not trying to rush you."

"I know you're not," she answered, putting her hand on top of his still on her thigh.

"Are you ready to turn in?"

"After another cup of tea."

He smiled, squeezed her thigh, then got up and went to the kitchen.

Bethanie watched him go, then turned her gaze to her thigh where his hand had been. The skin felt hot and prickly. She felt an aching in her body that hadn't been there in forever. She clutched the skirt in her hand and turned her attention to the TV, trying to focus on the movie again.

Bale returned shortly with her tea and sat down beside her, draping his arm across the back of the couch behind her.

Once the movie had ended, she followed him down the dim hallway to his room.

What was she going to do? What did he want her to do? Was he expecting anything?

She clutched at the neckline of her top, balling it up in her hand as her breathing became shaky and labored.

Not now. Please, not now. Not while I'm with him.

I can handle this. I'm okay.

I don't want him to see me like this.

His bedroom light turning on startled her, and she stopped just inside the room, watching him. He was going about his nightly routine, removing his clothes as usual. He'd laid out the nightgown she kept there on her side of the bed. It felt like her heart was beating on top of her skin.

"Bethanie?"

"Huh?" She snapped out of her head, meeting his eyes.

"You okay?"

She nodded, unable to get her mouth to open, and air into her lungs. She forced a smile, walked over to the bed and picked up the nightgown, carrying it into the bathroom with her and quietly locking the door behind her.

Bethanie stood naked in front of his small mirror, barely able to see her abdomen. She rubbed her sweaty palms on her thighs, closing her eyes, and taking slow, shallow breaths.

I can do this. He's nice. He's kind.

What am I afraid of?

Rejection. Disgust.

What if he's so repulsed we break

up?

So what? That'd make him not right for me anyway.

Right?

She pulled on her nightgown, then splashed cool water on her face. Before she unlocked the door, she took one last look at herself in the mirror. She'd just started to walk out into the room when she noticed a couple candles on the nightstands on either side of the bed.

"I noticed you seemed to be having some anxiety, so I thought they would calm you down," Bale explained, gesturing to the candles.

Bethanie's face melted into a smile. "You're so sweet. Thank you." She climbed into bed, propping herself up

against the headboard like he was.

"I think they're kinda romantic, too, huh?"

She nodded. "They are. They also smell good."

"I picked them out myself," he smiled, turning more onto his side to face her.

She smiled back. "You did good."

"Thanks." He held her gaze, taking her hand in his.

Her gaze moved to their hands. "Bale," she began, keeping her eyes where they were, "I get the feeling you want to be . . . more intimate with me. Is that fair to say?"

"Completely. I do want more."

She chewed on the inside of her lip, thinking of her next words. "I . . . I don't know how to be . . . you know . . . when I still look this way." She tried to see his reaction out of the corner of her eye.

"That's okay. We can learn together." He squeezed her hand, trying to assure her. "We'll go slowly. All I know is that I want to get to know you in a more personal way."

She finally looked at him. A memory surfaced of the time she told Kye to not be scared to desire and reciprocate intimacy or physical touch.

She'd told Kye that it was okay to let people in, to take that chance, even though she still might end up heartbroken. At that time, it'd been hard to talk to Kye about the good times she'd had with her mother. That she didn't regret being intimate with her mother.

"Honey?"

Bethanie took in a breath, then nodded. "I want the same thing."

"You're sure?" he asked, slowly starting to lean in toward her.

"Yes," she breathed, his lips touching hers.

Bethanie watched out the window as the sky turned pink, her head resting on Bale's shoulder. She slowly doodled hearts on his exposed chest.

"What changed your mind?"

Bale's voice rumbled in her ear.

"About what?"

"About going that far with me."

Her lips curved into a smile. "I remembered telling Kye not to be scared of intimacy in all its forms. That it was okay to let people in, even if she might get her heart broken later on. I didn't want her to shut people out, especially after what she saw me and my ex go through. I worried that she was going to turn away the people she had a crush on to protect herself. I also told her to accept her body and love it, no matter its appearance. I made it clear to her that she could turn away the people who didn't love it, scars, flaws, and all. I wanted her to be proud of the skin she's in."

Bale pressed his lips to Bethanie's head. "I hope you took your own advice."

Bethanie smirked. "You're very astute."

"Of course. It's my job to be, because you're my top priority. I only want to see you happy."

She raised her head and kissed

him. "Thank you."

"You're welcome," he replied, kissing her back.

"I only want to see you happy, too," she said, pulling back.

"I know you do."

"So, let's both promise to be open with each other about everything."

Bale held up his pinkie. "Deal."

She grinned, wrapping her pinkie around his. "Good. I'm glad."

Several hours later, Bethanie knocked on Kye's bedroom door, and entered when Kye responded.

"How was your weekend?" Kye grinned, winking.

Bethanie chuckled, taking a seat on the foot of the bed. "It's one of the best weekends I've ever had."

"Oooh. It went that well?"

She nodded. "It went better than well, it went great."

"Damn. What made it so great?" Kye hugged her pillow to her chest, eagerly leaning forward.

"I don't know if you want to hear this, but, we went all the way."

"For real! Mom, that's awesome! Is he a stud in the sheets?"

Bethanie blushed, looking down. "Kye."

"What? Just asking. You've gotta make sure he knows how to properly tend to you."

"Kye!"

Kye giggled. "Sorry, sorry. I'm just saying."

Bethanie glanced up at her. "He does. Don't you worry about that."

"Mom!" Kye laughed, toppling onto her back and mashing the pillow over her face.

"What? You brought it up and then wouldn't let it go."

She couldn't stop smiling as she watched her daughter roll from side to side, still laughing. Eventually she put a hand on Kye's leg to quiet her.

"Hey, in all serious, I wanted to ask you something. You love yourself, right? I'm talking everything about yourself."

Kye sat up, setting the pillow in her lap. "I do, Mom. Thanks to you."

"Me?" she asked.

"You taught me well. I love me for me, looks, brains, and everything else, and if someone doesn't return that, then good riddance to them."

"Oh, honey. I'm so glad to hear you say that," she said, wiping a tear out of the corner of her eye.

"Aw, Mom. Don't cry." She scooted over to her and hugged her.

Bethanie firmly wrapped her arms around her. "These are happy tears. They mean I've done my job right. I worried for a long time that I wasn't teaching you all the right life lessons."

"I promise you have. I wouldn't be the woman I am today without you and all that you've taught me."

She squeezed Kye. "You're so kind. Promise me that you'll always remember to allow someone to love you, even if you don't love yourself. You deserve to be loved, no matter what."

"You do, too, Mom. No matter what."

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Alternative weed management solutions

by Dan Carlisle

During the past season, many of the articles I submitted were about the various weed species found throughout Teller and Park Counties and how to treat them with a particular herbicide that we currently use in our weed management program. But some weeds do respond to other weed management methods as well as herbicide.

There are generally four methods for noxious weed control: chemical, mechanical, cultural, and biological. Managing noxious weeds on a large scale basis (i.e. county or state-wide) can be an overwhelming job due to the enormous amount of area to be covered and huge populations that exist. Many federal and state agencies with established weed management programs rely on the use of chemical treatments to accomplish the task at hand—especially, because some noxious weeds do not respond to pulling or are too expensive to treat alternatively. An example of this is Canada thistle. It simply gets “angry” and comes back even stronger as it spreads underground as well as by seed. For landowners dealing with smaller acreages than county road rights of way, and for those who would rather not use herbicides, there are other options.



Cultural

Mow, mow, mow! Mow early and often to keep the growth down and to avoid letting the plant get to the flowering stage. This is also a good time to plant natives that will help “crowd out” the noxious weed.

Mechanical

The most environmentally-friendly way to get rid of most noxious weeds is to pull them up, dig out the roots, let them dry in the sun, bag them up, and dispose of them at the land fill. With some weed species, this method can sometimes produce some of the best results! Unfortunately, it is also the most labor intensive.

If pulling weeds isn't your thing, a homemade herbicide solution might be the answer. Keep in mind when using homemade herbicides, it's important to only apply the solution to the plants you wish to get rid of, as they can also easily kill nearby flowers or vegetable plants. A quick search of the internet revealed these options:

- **Drench with boiling water** (aka dihydrogen monoxide, or H₂O)
This homemade solution is by far the simplest to prepare, and unless you happen to spill boiling water on yourself, is also the least harmful to both people and the environ-



Both photos are of Musk Thistle (*Carduus nutans*), which responds very well to pulling, unlike Canada Thistle (*Cirsium arvensis*) that does not. Wear heavy gloves to avoid the spiny leaves and stem. Check out the informative data sheets for noxious weed on the Colorado Noxious Weeds Lists at their website: www.colorado.gov/pacific/agconservation/noxious-weed-species#b. They also have a free app for both Android and Iphone users!

ment. Simply bring a big pot of water to boil on your stove, and then pour it over the leaves and stems of the weeds you wish to get rid of. Using boiling water is an effective method for killing weeds and it doesn't leave any residue or have any harmful long-term effects.

- **Sodium chloride** (aka Table Salt)
Sodium chloride, or common table salt, can be an effective herbicide. Because salt can have a detrimental effect in the soil, it's important to only apply it directly to the leaves of the weeds, and to not soak the soil. Dissolve 1 part salt in 8 parts hot water (it can be made stronger, up to 1 part salt to 3 parts water), add a small amount of liquid dish soap as a surfactant to help it adhere to the leaf surfaces, and pour into a spray bottle. Then spray the leaves of the weeds with the solution. Keep this mixture away from desirable plants and cement sidewalks or driveways (it may discolor them). Multiple applications may be necessary.

- **Pickle 'em with vinegar**

The white vinegar sold in grocery stores is about 5 percent acetic acid, which is usually strong enough for most weeds, although a more industrial strength version (up to 20 percent acetic acid, which can be harmful to skin, eyes, or lungs) is available in many garden supply stores. The vinegar can be applied by spraying full strength onto the leaves of the weeds, being careful to minimize any overspray on garden plants and nearby soil.

- **Salt and vinegar**

Another common homemade herbicide recipe calls for combining table salt or rock salt with white vinegar (1 cup salt to 1 gallon vinegar), and then spraying this mixture on the foliage of weed plants. Repeated applications may be necessary, and the addition of a little liquid dish detergent may improve the effectiveness of these homemade herbicides.

- **Borax**
This is sold as a laundry and cleaning product in many grocery stores. Add 10 ounces of powdered borax to 2.5 gallons of water, mix thoroughly, and use a sprayer to coat the leaves of unwanted weeds in your yard. Keep overspray off of desirable plants, avoid saturating the soil with the solution,

and avoid contact with bare skin.

- **Organic herbicides**

In recent years, several organic herbicide products have appeared on the market. The cost of these products is usually higher compared to similar herbicides and often requires more applications per year, resulting in higher labor expenses. Alternative herbicides also require higher volumes of water, higher volume pumps and larger nozzles on sprayers.

These products are all contact-type herbicides and will damage any green vegetation they contact, though they are safe as directed sprays against woody stems and trunks. They will kill weeds that have emerged, but have no residual activity on those emerging subsequently. Additionally, these herbicides can burn back the tops of perennial weeds, but perennial weeds recover quickly. Organic herbicides only kill contacted tissue; thus, good coverage is essential.

Biological controls

Biocontrols, like beneficial insects that specially target certain weeds, can help decrease a landowner's reliance on chemical pest control. The Palisade Insectary located in Palisade, CO offers solutions for using biological controls to use on noxious weeds, but they are not free. The Insectary must do extensive testing before biocontrols are allowed to be made available to the public or released in the wild. Newly introduced weed biocontrol agents receive at least 10 years of extensive testing by the USDA and overseas cooperators to assure that they don't have an impact on non-target, native species.

In the past, two different biocontrols were used in Colorado to control Canada Thistle. These include a gall-fly (*Urophora cardui*) and a stem-mining weevil (*Hadropontus litura*), which overall proved to be ineffective. Due to new research, the new biocontrol being used on Canada Thistle is a host-specific pathogenic rust fungus (*Puccinia punctiformis*).

Last season, TPCD met with team members from the Insectary to establish two different test sites in both Teller and Park County, where this new biocontrol will be used on Canada Thistle populations. We will revisit these sites this season to determine if the spores are effective. If so, these spores will be collected and placed on other nearby infestations. Biocontrols are available for several different weed species. If you are interested in using biocontrols, please contact the staff at the Palisade Insectary 866-324-2963 and let them know your situation.

Keep in mind that biological controls can take time to get established but can eventually be an effective method of eradicating and suppressing noxious weed populations. Noxious weeds also leave a seed bank in the soil that is active for more than 12 years. Regardless of your preferred method of weed management, the process may take several years of effort.

If you choose to use traditional herbicides and need assistance, feel free to give us a call at Teller Park Conservation District 719-686-9405 x104 and guidance. TPCD also offers a cost-share program to landowners with 5 or more acres.

Dan Carlisle is a weed management specialist with Teller-Park Conservation District



Guffey Gorge, a.k.a. Paradise Cove has become a popular summertime destination.

BLM's plan for Guffey Gorge

by Kyle Sullivan

photos by Jeff Hansen

The Bureau of Land Management is seeking input on a draft business plan for Guffey Gorge. An increasing number of visitors are drawn to Guffey Gorge because of the scenic canyon carved out by Fourmile Creek and its unique, water-based recreation opportunities. The small size of the area, high visitation and isolated location has resulted in the need for infrastructure and additional services.

"The dramatic increase in visitor use at this site in recent years has caused a number of issues and concerns that need to be addressed," said Keith Berger, BLM Royal Gorge Field Manager. "We have worked closely with stakeholders and local agencies to develop a strategy that addresses these concerns and still allows the public to enjoy the site."

Proposed improvements include developing a parking area and installing a permanent toilet, providing trash receptacles as well as increasing security presence. The draft business plan details the estimated cost of developing and operating the area, as well as a proposed fee the BLM would charge to offset these costs.

For additional information about the fee proposal, or to submit a comment, please contact the Royal Gorge Field Office at 719-269-8500

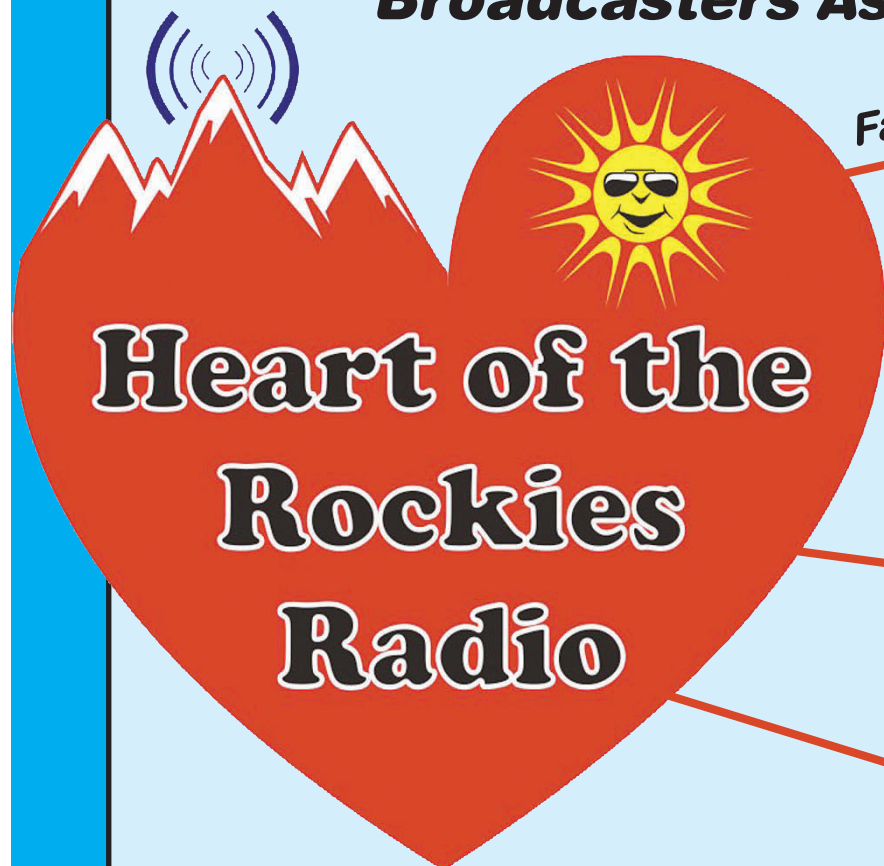


Parking problems have increased since 2010 when this photo was taken.

or go to http://www.blm.gov/co/st/en/fo/rgfo/planning/guffey_gorge_ea.html. Comments are most helpful if received by May 13, 2016.

The BLM manages more than 245 million acres of public land, the most of any Federal agency. This land, known as the National System of Public Lands, is primarily located in 12 Western states, including Alaska. The BLM also administers 700 million acres of subsurface mineral estate throughout the nation. The BLM's mission is to manage and conserve the public lands for the use and enjoyment of present and future generations under our mandate of multiple-use and sustained yield. In Fiscal Year 2014, the BLM generated \$5.2 billion in receipts from public lands.

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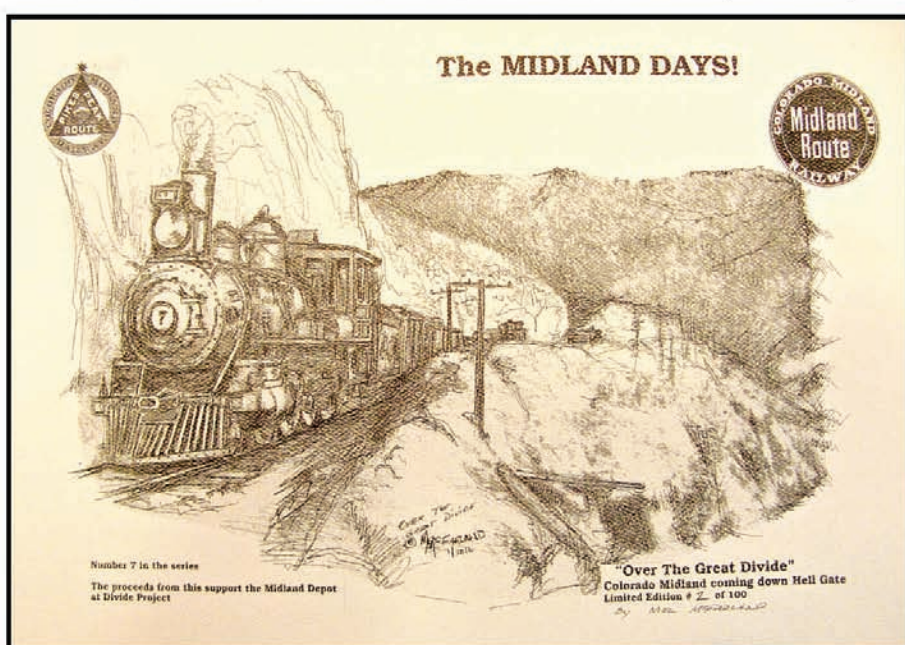
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"Over The Great Divide" - Edward M. "Mel" McFarland's 2016 contribution (7th in a series)



After negotiating the Hagerman Tunnel or the Busk-Ivanhoe Tunnel through Hagerman Pass, the Colorado Midland still had to ride through the narrow and treacherous precipice of Hell Gate.

7th ANNUAL MIDLAND DAYS SYMPOSIUM

"Over The Great Divide"

(conversations about "Midland" railroad history)

Featured Presenters:

Mel McFarland, Art Crawford, Tom Van Wormer
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Moderating and presenting: David Martinek

Saturday, May 14, 2016 - 9:00 am to 4:00 pm

Hosted by the historic John Wesley Ranch - Divide, Colorado
(21285 Highway 67 South, just before Mueller State Park)

Advanced Reservations: \$50.00/person (includes lunch & drawing).
Walk-ins welcome but seating and lunch not guaranteed - \$60.00/person.
Seating is limited. Reserve yours today! R.S.V.P. by Sunday, May 9th.
Call: (719) 213-9335 or Email: MidlandDays@yahoo.com

Proceeds benefit Midland Days at Divide, Inc. (a 501(c)(3) nonprofit corporation), future symposiums and the Midland Depot at Divide Preservation Project. Co-sponsored by the Divide Chamber of Commerce and the Teller Historic and Environmental Coalition.

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7th Annual "Midland Days" Symposium

by David Martinek

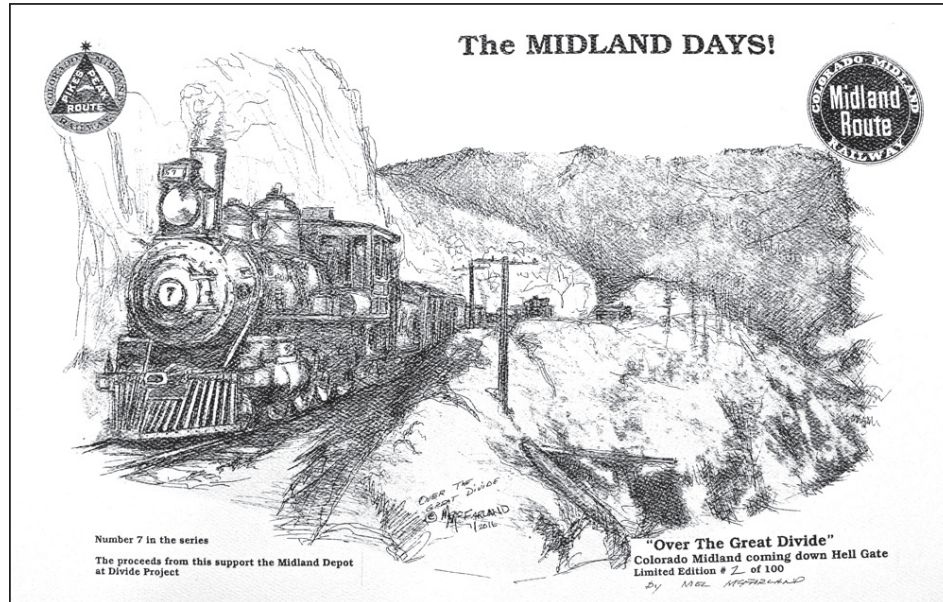
It doesn't seem like seven years. Back on a cold Saturday in March 2010, between Good Friday and Easter, the first Midland Days Symposium was held at the John Wesley Ranch south of Divide. We were lucky to have 25 people attending, and that included the presenters. Fast forward to 2016. The attendance is slated to number 60 or more, not counting the presenters and volunteers. It's heartening to see how enthusiasm for the history of the Colorado Midland and Midland Terminal railroads has grown.

That's what the Midland Days Symposia are all about — preserving the legacy of two railroad lines that changed the culture around Pikes Peak and in the gold district. It was these railroads that brought the world to our doorstep from 1887 until 1949. The Colorado Midland Railway was the first standard gauge railroad to labor up Ute Pass and pierce the very heart of the Rockies and the Continental Divide in the late 1880s, extending from Colorado Springs to Grand Junction, and the Midland Terminal was the line that outlasted them all to serve the Cripple Creek and Victor Gold District for nearly 56 years.

So, for the seventh year in a row, that history will be honored once again on Saturday, May 14, again at the John Wesley Ranch and Retreat, when the 2016 Midland Days Symposium gathers to review the operation of the railroads "Over the Great Divide."

The theme for this session is two-fold. Foremost will be a focus on the Colorado Midland's operation from Leadville through Hagerman Pass and down the Roaring Fork River valley to Glenwood Springs and New Castle, rolling past the rich coal fields of Jerome Park. Included in the discourse will be an interesting summary of the history of the Hagerman and Busk-Ivanhoe tunnels through Hagerman Pass. The highlight of the day will include a comprehensive presentation on the building of the Rio Grande Junction, an extension of the Midland rails from New Castle to Grand Junction through a troubled partnership with the Rio Grande Railroad.

Not to be ignored, the second focus will explore a bit of Midland Terminal history by recounting the murder of Richard Newell, Jr., General Superintendent and Chief Engineer of the Midland in 1894 and how that event may tie into the labor unrest in the



Titled 'Over the Great Divide,' Mel McFarland's seventh drawing commemorating the 2016 Midland Days Symposium features a Colorado Midland train navigating through the treacherous precipice of Hell Gate west of Hagerman Pass.

mining district at that time.

Like all the gatherings before, the symposium will begin with a social greeting at 9 a.m. on May 14th, followed by introductions and announcements. The agenda for the day will include presentations (including numerous historical photographs) by local author and railroad historian, Mel McFarland, and local historians, Tom VanWormer, Art Crawford, and Dwight Haverkorn.

All of the symposiums have been fundraisers. Registration fees are collected to support the ongoing Midland Depot at Divide Preservation Project, spearheaded by the Teller Historic and Environmental Coalition and supported by the Divide Chamber of Commerce (both co-sponsors of the symposium) and other non-profit organizations. For 2016, the advance reservation fee is only \$50 per person and that includes lunch and a copy of a limited-edition railroad print (ink on parchment) drawn by McFarland (see photo) to commemorate the theme.

Seating is very limited so folks are encouraged to make their reservations before May 9, 2016, by telephone 719-213-9335 or email: midlanddays@yahoo.com, or by

mailing their check to Midland Days, P.O. Box 1088, Divide, Colorado 80814.

All tax-deductible proceeds and contributions (less the meal costs) collected during the Midland Days Symposium will help support future symposiums, as well as the organizations sponsoring and supporting the Midland Depot at Divide restoration.

The John Wesley Ranch and Retreat is operated by the First United Methodist Church in Colorado Springs. They have graciously opened their historic lodge facilities a seventh time to host the 2016 symposium. The ranch is located south of Divide at 21285 Highway 67 just before the entrance to Mueller State Park, and just a few yards from the old Midland Terminal grade. Ample parking is available.

Midland Days at Divide, Inc. is a 501(c)3 non-profit corporation formed in 2013 to preserve the historic legacy of the Colorado Midland Railway and the Midland Terminal Railroad, as well as other related railroads, and those cultural and natural resources affecting the continued preservation of such history. Midland Days at Divide, Inc. is now the owner of the Midland Depot at Divide and its surrounding property.



Michael Martin Murphey (above) and Flash Cadillac (right) will be featured at the Eighth Annual Flashback on Main.

cost for the Meet and Greet event will cost \$100 a person and seating is limited.

In the meantime, the 500, 600 and 700 blocks of Main Street in Canon City will be closed at 3 p.m. May 21 with the gates opening at the same time. The 500 and 600 blocks of Main will feature a beer garden and vehicles parked along the street. The 700 block will be for the overflow vehicles.

This is the first time the event has been on a Saturday. But the activities remain



the same with a hula hoop contest, a kids' contest and Salida Circus performing up and down the fenced in area.

Vehicle owners will bring their car down to Main Street at 3 o'clock to be parked. There is no charge to display the cars in the show.

For more information on the Meet and Greet with Murphey, visit <http://fre-montcommunityfoundation.org/2011> or call 719-371-1202.

Christine live and work, with their rock-hound, Mercy, on the banks of Twin Creek in the shadow of Fortification Hill.

The Pikes Peak Historical Society invites you to learn more about Isabella Bird and her travels through the Colorado high country on Sunday, May 15th, at their monthly Chautauqua (free program), at 2 p.m. at the Florissant Library. The Library is located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. For more information call 719-748-8259 or 719-748-3861.



Just The Facts Colorado water: Brown stain to cavity creeps

by James Hagadorn

Colorado birthed a revolutionary health advance that impacts societies worldwide. It happened by accident, owing to a newbie dentist's curiosity, and some funky water that dribbled off Pikes Peak.

Over a century ago, Dr. Frederick McKay got off the train and hung his shingle in the bustling burg of Colorado Springs. He was soon shocked by the abundance of chocolate-colored and disfigured teeth among his patients. Nothing like this had been reported in his training, in part because it is rare. He fittingly dubbed the condition Colorado Brown Stain.

Because teeth are made of minerals grown and maintained by our bodies, McKay reasoned it must be something in his patient's diets that caused the stain. Yet it took 30 years of sleuthing before his colleagues figured out the root of the condition. Turns out the well-water and stream-water his patients drank was super-enriched in fluoride. This excess fluoride was causing teeth to become disfigured prior to emerging from the gum-line of children of the 'Springs. The fluoride came from the breakdown of fluorine-bearing minerals in the rocks and soils that lined watersheds near Pikes Peak.

But more important than solving the mystery of Colorado's Brown Stain, McKay noticed that patients with stained teeth hardly had any cavities, and thus were able to avoid getting teeth yanked as they aged. It was this observation that forever changed the game of tooth care because it established the first link between fluoride and protection from tooth decay.

Today we know that low levels of fluoride in water, whether added by people or Mother Nature, help the outer layer of our teeth, or enamel, in three ways. The presence of fluoride in water and saliva facilitates remineralization of our teeth's apatite enamel when it's etched by the acids produced by our mouth's bacteria — the same everyday microorganisms that are found in plaque. Secondly, the same fluoride inhibits the abil-

ity of these bacteria to produce tooth-etching acids. That's why fluoride is also added to toothpaste, because a bedtime brushing leaves a residue of fluoride in your mouth overnight to battle these cavity creeps. Finally, when babies and kids grow up drinking water with low levels of fluoride, the fluoride compounds in their body's tooth-building tissues cause them to grow teeth whose enamel is more structurally sound, and whose crevices are less cavity-prone.

Since McKay's early days of scientific discovery, fluoride has widely been added to toothpaste and drinking water worldwide. Fluoridation of our municipal drinking water has drastically reduced national rates of dental cavities, extractions and the like, while simultaneously improving overall school and workplace attendance and productivity. Even more amazing, these advances have happened despite the increase of sugary beverages and sugar- and starch-rich foods in our diets, which are the prime food for the plaque-spewing bacteria that lurk in our mouths.

Fluoridation also saves money. For every \$1 invested in fluoridation per year, about \$20-60 per person is saved annually in lifetime dental costs. I wish my retirement fund had returns like that!

Fluoridated water is pervasive in your diet — even in products made with it. It's in your beer, your whiskey, your soft drinks, and even in those sport beverages. Not that you should rinse with these before bedtime, mind you.

Should we worry about fluoride? No. Despite the occasional scary-sounding warnings presented by a handful of Ph.D. toting outliers, there are no major health risks from drinking municipally fluoridated water. Nor are there risks from using toothpaste and the like, unless you're letting your kiddos gobble it.

Fluoride is one of many naturally occurring substances that are added to our diet in tiny amounts. Consider iodine in salt, vita-



Colorado Brown Stain (above), normal teeth (below).



min D in milk, or folic acid in cereals. These compounds have helped to abate tragic conditions that used to be commonplace — like goiter, rickets, and spinal bifida.

As for the Colorado Brown Stain for which we were nationally known? It has all but disappeared, too, because scientists figured out how much fluoride is helpful, and how to get rid of it when there's too much in the water.

What's the next major breakthrough in dental care? It might come from within our very own mouths. That's because genetic mapping of the ecosystem of microorganisms in our mouths is now an accomplishable reality. As we've learned with our gut bacteria, differences in these ecosystems from one individual to another may explain why some of us are more prone to cavities, gum disease, or infection than others. Who knows, maybe the next big dental discovery will again be made in Colorado.

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

Ute Pass Flood Procedures

The Colorado Department of Transportation's (CDOT) flash flooding protocol for U.S. 24, west of Colorado Springs, remains the same in 2016. This protocol continues through September 30, 2016.

As of Sunday, May 1, whenever the National Weather Service forecasts a Flash Flood Warning, or when rainfall and ground saturation conditions warrant (one inch or more of cumulative rain during a five-day period), CDOT Maintenance crews will monitor the highway at Cave of the Winds Road, at Cascade, and in the Green Mountain Falls area.

If a storm does hit the area, CDOT will not preemptively close the highway but will have plow trucks continuously traveling the corridor to ensure water or debris flow is remaining off the roadway. If flooding or debris begins to threaten or impact Highway 24, it will immediately be closed to all traffic. Crews then will sweep the corridor to ensure there are no individuals and/or vehicles remaining in the closure area.

Before the highway is reopened to traffic, CDOT will assess the condition of the roadway, making sure any storm-related debris have been removed and the highway is safe for travel.

"When flooding on Ute Pass became a problem in 2013, after the Waldo Canyon Fire, we would preemptively close the highway for safety reasons whenever there was a threat of rain in the area," said CDOT Maintenance Foreman Kenny Quintana. "But that was creating a hardship for residents and businesses alike. So last year, we implemented the new protocol. Even though we didn't receive any heavy rain storms last season, it still seems to be the best option for now, from both a public safety standpoint and for people who need to travel Highway 24."

CDOT stationed crews on Ute Pass due to flood warnings several times in 2015 but the highway never had to be closed.

Information regarding the status of Highway 24 is available via e-mail or text. Please visit www.cotrip.org and click on the cell phone icon in the center of the page. Page down to Highway Corridor Travel Information and checkmark US 24 Ute Pass.

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Who is Telulie? – part II

by Flip Boettcher
photo by Flip Boettcher

Readers may wish to review the first part, 'Who is Telulie?' as published in the April 2016 issue of Ute Country News on page 11 as a refresher.

When doing research, the farther back one goes, the more muddy things become, but according to a written account in 1956 by W.C. Witcher (his family settled in Texas), there are so many Witchers it would be difficult to make family trees for them. All the Witchers in the United States, though, he said are descended from one Captain William Reuben Witcher, born in 1724 in London, England.

According to the family account, in his early teens about 1737, William escaped his family and family responsibilities and stowed away on a sailing vessel bound for the American colonies, seeking adventure and opportunities in a new land. Eventually William established the family home in Cave Springs, Georgia. William had six sons and two daughters. William's son Ephraim was the grandfather to Guffey area ranchers John Reeves (JR) and John Taliaferro, III (better known as Uncle T. or just T.).

The 1860's was a restless time in America, with many following the popular slogan "go west young man", after the discovery of gold in California in 1849 and Colorado in 1859. There was much tension between the north and south and the Civil War broke out in 1861. The war ended in 1865 leaving many without families, homeless and landless. Many came west for the land and a new start.

Before the coming of the railroad, a cross country trip took six months and a sea voyage took a grueling six weeks. The transcontinental railroad was started in 1863 and completed in 1869 with the golden spike driven in Utah.

When JR arrived in Cañon City in the 1860s, it must have been a bustling place. JR had money to invest, according to Paul Huntley in *A Cowboy and his Horses*, and he invested in Fred Reynolds' Fremont Bank, bought a house in the 600 block of Main Street, put most of his money into cattle, and slowly moved up Fourmile Creek.

Cañon city was a gateway to the Colorado interior. There were four main routes depending upon one's destination, but all followed old Ute Indian trails up waterways. There was the twisty, windy Beaver Creek trail from Penrose to Victor. The old Ute Canyon trail (later known as Eightmile Canyon and then Phantom Canyon) went up Eightmile Creek to Cripple Creek. The Fourmile Creek trail, known as Oil Creek for the oil springs found at its base in 1862, followed the creek up to Florissant and had a west Fourmile Creek branch to Thirtynine Mile Mountain. Zebulon Pike followed Fourmile to the Florissant area and then in to South Park. The last route to the interior was the newly built Currant Creek Wagon Road (HWY 9) to Fairplay and the gold fields.

JR's brother T. came to Colorado after the Civil War about 1865. He arrived by a freighter drawn by oxen teams as far as Pueblo. T. walked from Pueblo to JR's ranch at the mouth of Phantom Canyon.

Not much is heard of T., but by the early 1870's, the brothers had established a vast ranching empire with hundreds of thousands of acres. It stretched from south of the hub ranch at the junction of Bernard Creek (which comes down from Cripple Creek)

and lower Fourmile Creek at High Park in Teller County all the way up the west Fourmile Creek valley to Thirtyninemile Mountain. Drive time at a moderate speed is about three quarters of an hour.

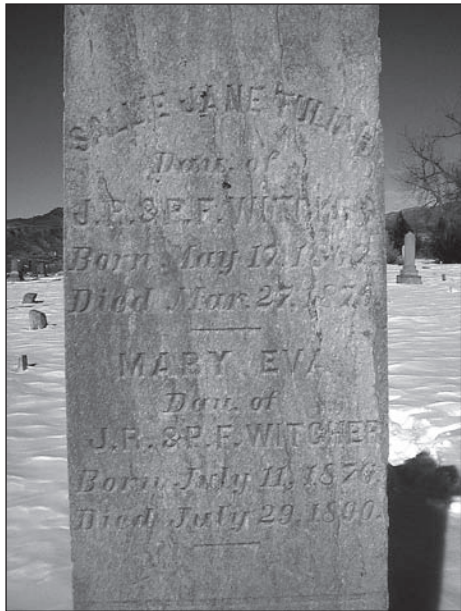
Other early pioneers to the area were the oxen team wagon train over Ute Pass (HWY 24 from Colorado Springs) in 1863. One brother eventually settled on west Fourmile Creek in Teller County and the other two settled on Beaver Creek east of Cañon.

Another early settler was Johannes (John) Bender who came to Wisconsin from Germany in 1842. Bender came to Colorado in 1859 for the gold. He returned to Wisconsin to marry Annie Hammond and the two returned to Currant Creek northwest of Guffey near Currant Creek pass in about 1872 to homestead and ranch.

One other early pioneer of note was Henry Beckham who came by oxen team to Cañon City from Missouri in 1862 at 17 years of age and settled west of Cañon at Threemile Springs. Beckham and his half-brother, Charlie were prominent west Fourmile and Guffey district ranchers.

In 1872, T. started ranching in Fremont County north of Cotopaxi. Records show T. living at west Fourmile alone in 1880 at possibly what is now the Teaspoon Ranch. T. also rented a room in Cripple Creek from a Sarah Hardin, who had a daughter named Mary Belle, who Sarah thought should marry T.

A profile of JR doesn't seem to exist, but Belle's granddaughter's written account of the stories she remembers Belle telling gives a good profile of T. and a glimpse into a pioneer woman's lonely, hard life.



Tombstone of Sally Jane Telulie.

In May, 1880, T. married Belle and they returned to his bachelor quarters on west Fourmile. T. was 17 years older than Belle, almost twice her age. T. was short (5'4") and Republican while Belle was tall (5'10") and a Democrat.

T. and Belle's mother, Sarah were very strict church goers. There were no fires allowed in the house on Sundays, no matter how cold. No hot food was allowed and no visiting. They could only play Bible games from Saturday sundown to Sunday sundown.



Old blacksmith building, possibly the 32" X 32" T. built for Belle.

T. was gone a lot of the time to tend the ranch, which had huge herds of cattle, 3,000 – 8,000 head, and up to 16 hands.

In February, 1881, Belle went into Cañon to stay with her mother Sarah for the birth of her first son, Otis. While Belle was gone, T. built what he thought was a spacious, 32'X32', 4-room house on Bernard Creek on some farm land he wanted to homestead, some nine miles below his Bernard Ranch.

Belle was not enthusiastic about the house made of lumber salvaged from old buildings near a sawmill. Belle was out in the middle of nowhere, no neighbors, with a small son and only an Indian or Spanish woman who helped with the birth of her second son, T. Lee in 1883. Thereafter, T. left two hired hands so someone would be nearby.

It was wild country. Dorothy Houts in *Trappers to Tourists*, relates how one summer day when Belle was working in the kitchen and the two boys were playing in the backyard under a big cottonwood tree, she noticed some branches in the cottonwood moving even though there was no breeze. Belle picked up her gun and fired into the tree killing a large male mountain lion and his mate. The skin was displayed as late as 1949 in the Denver Museum as the largest lion ever killed in the state!

Belle had known the outlaw Jesse James back home, who gave her a Smith & Wesson gun before she came west with her mother in 1875. Perhaps that is what she shot the mountain lions with. According to records, the gun is still in the family.

Belle was left alone for long periods of time on the ranch with only her small sons, the Indian woman, and the two ranch hands. It wasn't as if Belle could just hop in the car and drive to Cañon City. The wagon trip to Cañon took two days down and three back with a load. That meant camping out with the two boys, leaving them home, or staying with friends along the way.

Belle had noticed the ranch hands playing cards sometimes and asked them about it. The hands were probably playing poker but taught Belle how to play Whist, an early form of bridge.

They would play outside on the porch in the afternoons while the boys napped. One afternoon, T. came home unexpectedly and found them playing cards and blew up. He immediately fired the two men and made life so miserable for Belle, she left the ranch.

In 1887, Belle moved to Cañon ostensibly to send Otis to school. In June of that year, Belle left her two sons ages six and four in Cañon and eloped to Eagle County with a lover. Her brother, William brought her back to Cañon a month later, but she would not

return to T., refusing all his offers and calling him "avaricious, penurious, and morose."

Another incident didn't help the home situation either. T. was a big man in the Republican Party in Colorado and contributed large sums of money. When Benjamin Harrison was elected president in 1888, there was an Inaugural Ball held in Denver. Of course the Witchers were invited, and the President asked Belle, not once which was normal for large contributors, but twice, to dance. This infuriated T. because he didn't believe in dancing, but how could he refuse the President.

T. persuaded his niece, Nannie Gamble to take care of Otis and T. Lee. About 1891 Nannie Gamble, known as Aunt Sis Gamble, and the boys settled in at the Adam Stultz homestead at the mouth of Phantom Canyon where Aunt Sis was the housekeeper, according to Mable Hall in her book *The Phantom Canyon Story*. The boys never did much ranching, but were prominent in Cañon City. T. Lee was a Cañon City district attorney and mayor.

By 1889 realizing there was no reconciliation with Belle, T. sued her for divorce and custody of the boys. The proceedings took three and a half years and drained T.'s finances. The 1900 census shows T. living in Cotopaxi with Otis and T. Lee and in 1910, T. is back at Bernard Gulch and his brother, JR dies in 1911. In 1920, T. is in Cotopaxi again and dies in 1921 in Cripple Creek. He is buried at Lakeside cemetery in Cañon City.

It was really JR's two sons, Walter and Tol, who helped with the 76 Ranch, not his brother T. They dissolved their partnership in 1884.

When JR died in 1911, his estate was valued at \$100,000 which is equal to about two and a half million dollars today. JR's widow, Laura Belle, Tol, and Walter ran the ranches until Tol's death in 1950. Laura B. died shortly afterwards in 1956 at 91 years old.

Aunt Sis Nannie Gamble, JR and T.'s niece, might offer some clues as to who is Telulie Witcher, an unknown child in Greenwood cemetery in Cañon City. JR and T.'s sister, Nannie Copeland had a daughter named Sally Jane Talulah who lived and died in Georgia, but is she somehow related to her brother JR's daughter, Sallie Jane Tuliah? Sallie Jane and Telulie might be twins of JR and Purlina.

Nannie Copeland also had twins as did one of JR's daughters. So did twins run in the family? Aunt Sis was the daughter of JR and T.'s sister, Zilda Gamble of North Carolina.

The author of this article recently met and visited with Steve Witcher, the great grandson of JR Witcher. Steve still lives on the last small remaining piece of the original 76 Ranch his great grandfather started in the 1870's.

To be continued...

Nighthawk Ranch fundraiser

by Flip Boettcher

It's that time of year again to dust off your cowboy hats and dig out your cowboy boots for the annual Nighthawk Ranch fundraising BBQ dinner, silent auction and barn dance on Saturday, May 21.

The silent auction and dinner will start at 5 p.m. with entertainment and dancing to the music of Barry Ward beginning at 6 p.m. The silent auction will close at 7 p.m. Ward has provided music for the previous two ranch fundraisers and was the Western Music Association's 2013 Male Performer of the year. All proceeds go to the Nighthawk Ranch, a camp for kids with cancer.

The Night hawk Ranch is located a couple of miles north of Guffey, on top of Gold Hill. It is a special place. It is a place where kids recovering from the rigors of cancer treatment can spend a week in the summer in a safe, healing, mountain environment. It is for kids who are up for the adventure of their lives, who love animals. All they need is the desire to have fun, said Dorothy Evans, co-owner of the ranch with her husband Tom.

The Evans' acquired their first property in the area 17 years ago and always dreamed of having the ranch. Tom is a cancer survivor. Over the years they gradually acquired 320 acres, built the 10,000 square foot log house, large six stall barn and doubled the original outdoor riding arena to 200 square feet. The Evans' saved up money and built the ranch a little at a time, so it is all paid for. This will be their fifth year of operation.

One of the main parts of the ranch is the Equine Therapy program run by local horseman, Justin Dunn, using his own horses. Each camper gets his own horse to take care, feed, and learn to ride while they are at the ranch. The campers start out in the riding arena and gradually go out on trail rides, eventually have a mini-cattle drive, and overnight camp-out. There are also other ranch chores to do as well like taking care of the cattle and cleaning out stalls, added Dorothy.

While the remoteness of the camp adds to



One of the summer camps out on a trail ride pose for the camera.

the experience, it makes emergency services a challenge, said Tom. Starting last year the camp acquired a SAT phone and coordinates with the Southern Park County Fire Protection District for emergency helicopter training. Landing zones have been established with two Colorado Springs hospitals that provide flight services, said Tom in an email.

Safety has always been a priority to the Evans'. With these kids emergencies can happen any time. The camp offers a fully equipped non-transport Advanced Life Support (ALS) emergency medical station for 24/7 emergency coverage during camp sessions. They are able to offer ALS services for basically all medical emergencies, including cardiac arrest, respiratory arrest, and trauma. Their focus is stabilizing the patient until air or ground transport arrives.

The camp will continue to have their 24/7 ER nurses for the camp's daily routine medical requirements, added Dorothy.

The Ranch is for kids age 10 through 17. They come to experience the outdoors and the wilderness, to be challenged, to accomplish something and to learn that they can do anything they set their mind to; to just be kids, according to Tom.

The camp has just about anything a kid could wish for. The campers have their own floor with a six-bed bunkhouse, a sitting

area, game area, and small kitchen. There is archery, a man-made stream with a waterfall and wildlife pond, a ropes course, and the game room with air hockey, and ping pong. The kids can also enjoy a motion pool to swim against an adjustable current in a small pool. There is also a fully stocked music room with donated instruments.

This year there are four camp sessions throughout June and July, two for boys and two for girls. As of right now, all four sessions are full with waiting lists, stated Tom.

The kids don't pay anything to come to and attend the camps stated Tom, everything is paid for them. We cover all the costs for their transportation — flights, all airline extras, limo service to and from the airport, and all costs at the ranch. It's totally free. That is why the fundraisers are extremely important to the ranch.

So come on down to the Nighthawk Ranch on May 21, kick up your heels and help support such a wonderful endeavor. Since it seems like it snows or rains every year for this event said Tom, they are going to have everything indoors. They are cooking on-site, so the food will be great, said Tom.

For more information on Nighthawk Ranch visit their website: www.nighthawk ranch-colorado.org. The ranch is located at 2980 County Road 102 north of Guffey.

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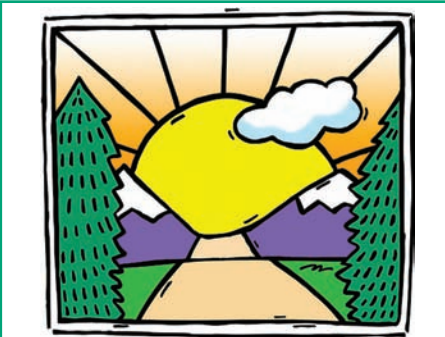
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The Psychic Corner

Billet reading: A way to help strengthen psychic intuition

by Claudia Brownlie

One of the methods that my psychic development teacher used to strengthen my psychic abilities was the use of billets. A billet is a sealed envelope that has a photo or message written on a piece of paper sealed inside of it. You hold the billet between your palms, and then explain the impressions you receive about what is inside the envelope. The impressions or messages I was able to receive about the secreted item came through my gifts of clairvoyance, clairaudience, and clairsentience.

Billet reading is an old Spiritualist technique where one person places a written question into an envelope and another individual attempts to receive the answer through psychic channels. On a humorous note, many of us can remember Johnny Carson doing his “Carnac the Magnificent” act on his late-night TV show. The flamboyant character Carnac was supposedly a mind-reader. A comical version of billet reading ensued: Carnac would hold the envelope to his forehead to perceive the answer, then he’d give his funny and usually risqué answer to the question sealed inside, and then he’d tear open the envelope and read the answer. Here’s one that’s PG rated:

Carnac’s answer, while holding the sealed envelope to his forehead: “Double trouble.”

Question: What’s the name of a drink made with beer and prune juice?

My psychic teacher liked to use photographs for billet exercises. Photos are a very good training tool to use, as there are so many things to be discerned — there are colors and objects that can be perceived. I remember clearly the first time I tried this exercise; Irene handed me a small white envelope and said, “Give me your impressions when I return; I’ll be back in 10 minutes.” She left the room and I sat there, with the envelope held between my palms. I tried to keep an open mind that I was going to be able to get impressions and sense what was shown in the photo inside, but honestly I was concerned I wouldn’t pick up anything.

I remember that the color blue was coming to me; that there was a woman in the photo, but something was off or unusual about her. She was somewhat heavy-set and her clothes seemed unusual. I sensed that she was wearing a lot of black and the garment was long and flowing. Her haircut was short; she had greyish hair. I sat there trying to figure out what was unusual about the whole scene with this woman surrounded by a sky blue color. I picked up that she was in a somewhat atypical area of work for a woman. Not only did I feel that I wasn’t doing a very good job at trying to get psychic impressions on what I held between my hands, but I was nervous as to how accurate, or totally off, my psychic impressions were.

After 10 minutes Irene returned to the room. She asked for my envelope. She stood behind



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Here is an example of a billet with various images.

I wasn’t able to determine exactly what that profession was. She assured me that for my first time using a billet to test my psychic abilities I was doing very well.

I, too, use billets as part of my psychic development students’ training, and today I thought I’d share how you can utilize this method at home to help you hone your intuitive abilities. This is also a really fun thing to do with children, and they enjoy trying to guess what images are on the picture inside the envelope. While they’re not aware of it unless you tell them, you are testing their psychic abilities. You just might find you have a very perceptive child, and in knowing this you can help to encourage their receptiveness. I’ve had students who were parents tell me how they really enjoyed including their children in on this exercise and that they were usually amazed at how psychic their children were in picking up a lot of accurate information on the image they were reading.

How to practice with billets

As I’ve already mentioned any small photo or image can be used. You can cut pictures out of a magazine or use photographs. You might want to start out simple and have only a color or one symbol drawn on paper to conceal inside the envelope. Small color sample cards from the paint store are perfect for this practice, or use crayons or markers to color an area on a small piece of paper.

Make sure that the person or participants in this exercise do not know what image has been placed in each envelope. If you’re doing this on your own, ask a friend or family member to choose the images to use, put them in envelopes and close the flap. (Don’t glue the flap closed. Just tuck it in because you’ll want to take out the image to confirm how accurate you were after you’ve gathered all your impressions.)

Then, sit quietly, clear your mind and hold one envelope between your palms. Let the flow of impressions begin without any thoughts invading whether or not your impressions are accurate. Don’t judge what’s coming through to you! As with my first experience mentioned above, I do remember questioning myself: “How can this be right? This makes no sense!” But I pushed those thoughts aside and reminded myself that I had no clue as to what was pictured in the photo in my sealed envelope, so perhaps my impressions were in some way correct.

It may take you a few minutes to start sensing impressions, then again maybe not. In a psychic-sense, you may see, feel, hear, even taste or smell impressions about the image. No matter how “off” or crazy you think your impressions are, just let them flow. You can jot down your impressions if you wish, so you don’t forget them.

I suggest that you have at least five envelopes ready to go. Make sure to have a diversity of images to work with—different scenes, different mixes of color, some with people, some without people, scenery, animals, flowers, buildings, etc. Again I will stress: to be the most effective tool, you or anyone else wanting to work with billets cannot know in advance what has been placed in each envelope.

This is a fun way to work on strengthening your psychic intuition. If you find it to be difficult to perceive impressions of any sort, don’t despair. As with most everything, opening up your psychic-self and becoming more receptive to whatever ways information might come through to you can take some time. Most people have basically blocked or shut down their higher more receptive nature; thus, it can take time to pry open those doors in order to let things start flowing. Have patience and faith that you will receive clear impressions, and I’ll wager in time you’ll be surprised at just how much you can discern about the sealed item in the envelope.

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. 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.

Barite

by Ben Elick
photos by Ben Elick

Barite, which is the acceptable spelling of this mineral in the United States, but spelled “baryte” in the UK, is an interesting mineral. It is appealing to the eye and is featured in rock shops and museums. Barite is the ore of barium metal.

Barite has several practical uses. In the petroleum industry, it is crushed and used as an additive to mud that is poured into wells to support the weight of drilling tools and to flush away rock chips from the drill head and bring them to the surface for geologists to inspect. Barite’s high specific gravity also helps by increasing the pressure when drilling through high-pressure zones of rock. Barium is used in aggregates to make a strong cement. Barite is commonly ground up and used as a filler in paper, paint, cosmetics, linoleum, and other industrial products. Barite increases the brilliance of glass. Barium also used a medical application with X-rays and diagnosing certain medical conditions.

A Barite Haiku

Being somewhat soft

Varieties can fluoresce

It’s orthorhombic

This mineral can occur in a broad range of colors. These include colorless, blue, yellow, red, and green. Black barite, which is colored by inclusions, is uncommon. Some varieties even fluoresce under ultraviolet light. Another property is that barite is mostly insoluble in all acids. It is slightly soluble in sulfuric acid.

Barite can occur with lead, silver, and antimony sulfides in hydrothermal veins ranging from medium to low temperatures.

Physical Properties:

Chemistry: BaSO4
Composition: Barium sulfate
Group: Barite
Crystal system: Orthorhombic
Crystal Structure: Tabular crystals

WPMS welcomes new principal

The Woodland Park Board of Education approved the hiring of Ms. Yvonne Goings as the new Woodland Park Middle School principal during their monthly meeting on April 13.

Goings graduated from Woodland Park High School in 1988. She received her BA Degree and finished her Teacher Education Program from University of Colorado, Colorado Springs. Goings received her Master’s Degree in Educational Administration from University of Phoenix, Colorado Springs. After teaching at Webster Elementary in Colorado Springs, and Widefield Elementary, Goings served as Assistant Principal in Widefield, Colorado Springs, and Denver. She has been the Assistant Principal at WPMS since 2007.

“I have a long history in our Woodland Park community,” Goings said. “My family moved here in 1978 when I was in elementary school. Both my sister and I graduated from our high school as did my niece and nephew. My mother, Wilma Burnham, retired from WPMS after teaching PE for over 20 years.”

“After an extensive search for our next Middle School principal, we are incredibly fortunate to hire the highly competent, experienced, and compassionate Ms. Goings,” said Dr. Jed Bowman, Superintendent of Schools. “As a graduate of Woodland Park High School, she knows the community well. Additionally, she will combine her deep passion for middle school education with her strong leadership capacity to positively impact students, staff, parents and community members!”



“I am fortunate to have been part of the history at WPMS and excited to lead our growth in the future,” Goings said. “We are planning some new, innovative ideas that will not only challenge student thinking but also create a collaborative environment with our community.”

Goings is replacing Jeff Wallingford, who has been the Woodland Park Middle School Principal for two years.

“You will not find anyone that has a bigger heart or more passion for this school than I do,” Goings added. “Everything I have done in my career — all my success and failure — has prepared me to be the next leader of Woodland Park Middle School.”



This piece of blue barite has small interweaving crystals and was collected on the plains near Hartsel Colorado USA. A Ben Elick specimen.



This chunk of yellow barite’s crystals are connected by the bond of the crystals plus some white calcite. This specimen was collected on the plains near Hartsel Colorado USA. A Ben Elick specimen.



About the author

Ben Elick is in the 6th grade and has been a member of the Pikes Peak Pebble Pups for several years.

Fracture: Uneven
Hardness: 3 to 3.5
Specific gravity: 4.3-5
Streak: White
Color: Clear, bluish, yellow, brown, reddish
Luster: Vitreous
Cleavage: Perfect basal and prismatic

Early Childhood
Nutrition
Eat Play Grow

Community
Partnership
Family Resource Center



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Nutrition,
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2016

Time: 1:30-2:30 PM

Dates:
June 8, 10,
15, 17, 24
July 6, 8, 13, 15, 20,
22

Contact Denise for
more info:
719.686.0705
denise@cpteller.com

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

Evening Grosbeaks Coccythraustes vespertinus

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.

The name was given to these birds by French trappers. They assumed this bird only sang as evening approached and, like the name implies, the Evening Grosbeak has a very large beak. "Gros bec" is an old French interpretation for large, or thick, beak. This bird resembles the Evening Grosbeak to a cartoon bird version of Homer Simpson. However, its beautiful black, yellow, white, and gray plumage more than make up for its extraordinarily large, comic-looking bill that is punctuated by a heavy yellow unbrow. As unique as it looks, all birders delight when seeing one in the treetops or at a backyard feeder.

That bill is made for cracking

While the Evening Grosbeak has a diet that includes seeds, spring tree buds, and insects, it also loves the stones—not the flesh—of cherries and olives. The Evening Grosbeak has a bill that can exert more



This male Evening Grosbeak models his brilliant plumage.



The Evening Grosbeak sports a comic "unibrow."

than 100 pounds per square inch of force on a small fruit stone. A human, for example, can only exert about 70 pound per square inch using his or her back molars. Often, smaller birds like the Common Redpoll or Pine Siskin will follow a flock of Evening Grosbeaks to clean up whatever fruit flesh is

left behind in during a stone-cracking frenzy. Perhaps even more interesting than its amazingly strong bill, is the fact that its pigmentation, or color, changes from winter to spring. The winter bill of the Evening Grosbeak resembles a bone, while the bird's spring bill matches the fresh green buds of

the Spruce boughs and needles. This unique transformation of its bill, combined with a striking plumage that actually blends well in Spruce foliage, provides an excellent camouflage in which to fatten up while breeding. In the summer, when Spruce budworm populations are high, the Evening Grosbeak has a veritable buffet on which to feed its nestlings.

Not all Grosbeaks are alike

While the Evening Grosbeak and Pine Grosbeak are more related to Finches, the Rose-breasted, Black-headed, and Blue Grosbeaks are more related to Cardinals. All of these can be seen in various parts of Ute Country, but only the Evening Grosbeak is seen in all four counties.

Canada to Mexico, west to east

The Evening Grosbeak was primarily a "western Bird," until the late 1800s when it started making its way east, some say because of the widespread planting of Box Elder, which provide a long-lasting food source for Evening Grosbeaks and other birds. Now these colorful birds can be seen all over North America, but not always in the same place twice.

While the Evening Grosbeaks does not migrate per se, irruptions, or significant changes in migratory patterns, do occur and are typically due to diminished food sources or other environmental causes in their "home range." For example, a population of birds in Wisconsin may leave an area and head to North Carolina for however long they like—not dependent on seasonal weather, but dependent on food sources alone. Likewise, a population in Colorado may travel to the Canadian Rockies for winter if they don't find what they need here at home. It's a fool's guess to anticipate when they might return!

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.



NAPA Filters' 50th Anniversary Sale

Help us celebrate our biggest sales event ever. You'll get big savings on all NAPAGold oil, air, hydraulic, fuel and cabin filters your equipment and fleet require. Our special NAPA Filters' Program keeps your inventory dialed in so your equipment stays out of the shop and on the move. Enjoy the savings.

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Discover the unique history of Fairplay

A Brief History of Fairplay

by Linda Bjorklund

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

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

~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.

BAILEY

Save the date! June 13 & 14 from 9 a.m. to 4 p.m. Beautiful hanging baskets, flower bowls, bedding plants, annuals, herbs, and high altitude tomato plants. Art, jewelry, and collectibles. Clean and gently used household items, clothing, tools, books, children's items. Location is Shepherd of the Rockies Church, 106 Rosalie Rd., Bailey. Across Highway 285 from the Leaf and Jug. Watch for signs along 285. Four miles south of Pine Junction.

BUENA VISTA

9-13 Tree Clipping Cleanup Week. Free. For more information call 719-395-6898.

14 Backpacking 101. Free from 10 a.m. to 11 a.m. at BV Community Center. For more information Mailory@YourAdventureCoach.com

14 Second Saturday in BV. Specials include: Asian Palate, Mention #2SatBV for 10% off Sushi, CKS Main Street, 50% of Rentals mention #2SatBV, CO Creative Art & Design, Art Opening Alan Cammack River Photography, Book Nook, kids only \$1 bag of books, Boneshaker Cycles, Mention #2SatBV for 10% off Everything (except bikes), Ed-dyline Brewery & Eddyline South Main, Mention #2SatBV for FREE Chips & Salsa; Free the Monkey BV, 40% off jewelry, JalaBalu Yoga School, free yoga 9 a.m. to 10:15 a.m. for all levels, 10:30 a.m. to 11:30 a.m. gentle stretch & restore, and 1 p.m. to 2 p.m. intro to Peak Fitness, free zumba 9 a.m. to 10 a.m.

27-31 Paddletfest. Stop in to see BV HOPE booth.

CRIPPLE CREEK

7 Cripple Creek Elks' Kentucky Derby Party. Open to public starts at 2 p.m., race at 4:30 p.m. Serving mint juleps, snacks, plus a hat contest for both guys and gals. The Elks is opening its doors to the public to help educate on what we do and who we are. 371 E Bennett Ave, 719-689-2625.

21 11th Annual Historic Mine Tour. One Last Tour of the American Eagles Mine. The mine has been closed due to safety concerns. This will be the final opportunity for the public to visit the 1890's mine and scenic overlook. Meet at the Victor Lowell Thomas Museum no later than 12:30 p.m. to car pool or ride to the mine site north of Victor. The cost is \$10 and all proceeds go to Southern Teller County Focus Group, a non-profit dedicated to positive community development. For more information stc@victorcolorado.com, or call 719-689-2675.

29 CC&V Mine Tours all summer May 29 through September 5 at 10 a.m. and 1 p.m., daily except no tours will be held on Thursdays. In addition, tours are offered Sept. 11 and 12 at 10 a.m. and 1 p.m. Reservations may be made online at VictorColorado.com (online gets priority) or by leaving a message at 719-689-4211 or starting May 28 at 719-689-5509.

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

CA ON CITY

7 Jewett Liquor Wine Tasting featuring a mural by Dixie Clare and wines from two local wineries from 3 p.m. to 6 p.m. Call 719-276-0643 for more information.

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

21 Fremont County Commodity Supplemental Food Program distribution from 9 a.m. to noon at Leaves & Fishes, 241 Justice Center Rd. Call Traci Nelson for more information 719-275-0593.

21 Flashback On Main, see page 22.

CAÑON CITY LIBRARY

14 Arts & Letters; artists during the New Deal are featured. Join us as we return to the 1930s and the arts and music of the Great Depression. Music by Cindy and Charles Katz. The fun begins at 2 p.m.

On-going events at Cañon City Library Monday B.O.O.K. (babies on our knees) is a story time and activity play for 0-24 months.

Tuesday, Thursday at 10:30 a.m. is story time and craft for 2 and up.

Wednesday is music and motion (including yoga) all ages of youth at 4 p.m.

2nd and 4th Thursday: Lego club at 3:15 p.m. and craft for 2 and up. Cañon City Library is located at 516 Macon Avenue. Call 719-269-9020 for more information.

NAMI

3,10,17,24,31 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 Thomas More Hospital in the Community Education Room. Contact Sherry at 719-315-4975 or NAMIsouth-eastco@gmail.com.

18 NAMI Family Support Group for family and caregivers of an individual with a serious mental illness. Share experiences and resources in a safe environment. 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.

21 Show your support for people living with mental illness. NAMI Walks followed by the Friendly Harbor Barbecue 9 a.m. registration, 10 a.m. walk begins at Pueblo Union Depot, 132 W. B Street, Pueblo, CO 81003. For more information visit namivalks.org/colorado.

ROYAL GORGE

1-31 Fremont County Appreciation Month. For more information please call 719-276-8320 or rgb@royalgorgebidge.com

COLORADO SPRINGS

7-8 Maker Fair. See ad on page 4.

9 James John Hagerman, the Early Years - From Port Hope to Colorado Springs by David Martinek AT 6 p.m. at the Colorado Springs Masonic Hall 1130 Panorama Drive. James John Hagerman is Colorado's neglected

railroad tycoon. However, Hagerman's career was not confined to Colorado. He made his first fortune in Michigan developing the iron deposits in the Upper Peninsula, and later as an ironmaster in Milwaukee. This is his life story prior to coming to Colorado Springs and building the Colorado Midland Railway. Reservations are suggested by Friday prior, noon. Guests are welcome! Membership in the Pikes Peak Pesse of the Westerners is open to all individuals with an interest in Western history. For more information call 719-473-0330 or posse@devittenterprises.com.

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

ASPEN MINE CENTER

2, 9, 16 Free computer classes on Intermediate Excel 10 every Monday from 1 p.m. to 3 p.m.

3, 10, 17, 24, 31 Quilting/Crafting Circle meets each Tuesday from 10 a.m. to noon.

3, 17 Traumatic Brain Injury on the first and third Tuesday of each month from 10 a.m. to 11:30 a.m.

4, 11, 18, 25 AMC Community Lunch-each Wednesday from 11:30 a.m. to 1 p.m.

9, 23 Free computer classes for both Windows and Mac every other Monday from 1 p.m. to 3 p.m.

10 All Vets, all wars meet second Tuesday of each month from 10 a.m. to 11:30 a.m.

14 OIB support group for individuals with blindness or other sight issues meets from 10 a.m. to 11 a.m.

27 Sunset Like meet at Grouse Mountain Trailhead at 7:30 p.m.

27 Hike to Rock Pond meet at Rock Pond Trailhead at 9:30 a.m.

27 Amphitheater: Welcome to Bear Country at 8:15 p.m.

28 Osborn Homestead Hike meet at Black Bear Trailhead at 9 a.m.

28 Touch Table: Seat and Tracks at the Visitor Center 1 p.m. to 3 p.m.

28 Amphitheater: Deer and Elk at 8:15 p.m.

29 Cahill Loop Hike meet at Grouse Mountain Trailhead at 9:30 a.m.

29 Amphitheater: Those Sly Foxes at 8:15 p.m.

For more information call 719-689-3584 X 124.

CRIPPLE CREEK PARKS & RECREATION

14 M.U.L.E.Y. Kids Day Shooting Sports on Sat May 14 from 7 p.m. to 5:30 p.m.

28 Concealed Carry Handgun Class from 8:30 a.m. to 3:30 p.m.

28 Garage Sale from 9 a.m. to 3 p.m. in the Park - booth space available for \$10.

On Going Classes:

• Aikido for Adults (Martial Arts), Mon & Wed 6 p.m. to 7 p.m., Tues 11 a.m. to noon

• Archery Classes, by Appointment, call to schedule

• Bible Study for Women Only, every Wed 5 p.m. to 6:30 p.m.

• English as a Second Language, Call Michael 689-3514 for info

• Judo, Tues & Thurs 5:30 p.m. to 7:30 p.m.

• Pilates Class - New, Tues 3:30 p.m. to 4:30 p.m.

• Silver Sneakers Exercise Classes every Mon-Wed-Fri 10 a.m. to 11 a.m.

• Zumba Gold is Back, Tues noon to 1 p.m.

On Going Activities & Sports/Fitness:

• Adult Co-Ed Softball League Mondays, register by May 8

• Air Rifle Shooting for Kids ages 5 to 18 call for details

• Archery Indoor Open Shooting, Call to schedule

• Archery Outdoor Open Shooting, Daily

• Roller Skating/Blading most Fridays

• Walk/Run with "SK" at 10K Running Club" on Thursdays

• Youth T-Ball/Baseball, call for details

Call 719-689-3514 to Register/Questions/Fees



VFW Honor Guard Ceremonies on Memorial Day

Veterans of Foreign Wars (VFW) Post #11411 of Florissant and Lake George will conduct its Honor Guard Ceremony in memory of veterans that are buried in local cemeteries on Memorial Day, Monday, May 30, 2016 at the following times and locations:

10 a.m. Fourmile Cemetery
10:45 a.m. Florissant Cemetery
11:30 a.m. Lake George Cemetery

The public is invited to attend these ceremonies.

The Wilkerson Pass Visitor's Center should be open for the Memorial Day holiday weekend. VFW Post #11411 will again host its Coffee Stop at the

top of Wilkerson Pass for Memorial Day weekend beginning Friday, May 27 around 1 p.m. The opening time for Saturday, Sunday, and Monday is 7 a.m. The Coffee Stop will be open until around 5 p.m. (weather permitting) each day of the holiday weekend. Join us at the Coffee Stop for free coffee and cookies and put your "dot" on our "map of travelers."

To learn more about membership in the Florissant-Lake George VFW Post #11411 or it Auxiliary, contact Post Commander Randy Ford at 719-748-5344 or Auxiliary President Janiece Tyler at 748-1335.

DIVIDE

9 & 23 Divide Little Chapel Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com.

21 The next meeting of the Teller County Shooting Society will be on May 21 from 10 a.m. to noon at the Pikes Peak Community Center in Divide. The public is invited to come hear about the construction projects we have planned out at the range and updates on range development.

The Divide Planning Committee (DPC) invites you to sign up on the website below if you reside or work in the Divide Region of Teller County. By signing up on this website you will receive notices for future meetings. See the DividePlanning.org website for information on this committee.

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

MUELLER STATE PARK

20 Full Moon Hike meet at Outlook Ridge Trailhead 7 p.m.

21 Outdoor Skills Day

22 Sunset Like meet at Grouse Mountain Trailhead at 7:30 p.m.

27 Hike to Rock Pond meet at Rock Pond Trailhead at 9:30 a.m.

27 Amphitheater: Welcome to Bear Country at 8:15 p.m.

28 Osborn Homestead Hike meet at Black Bear Trailhead at 9 a.m.

28 Touch Table: Seat and Tracks at the Visitor Center 1 p.m. to 3 p.m.

28 Amphitheater: Deer and Elk at 8:15 p.m.

29 Cahill Loop Hike meet at Grouse Mountain Trailhead at 9:30 a.m.

29 Amphitheater: Those Sly Foxes at 8:15 p.m.

For more information call 719-687-2366.

FAIRPLAY

15 South Park City Museum opens for the season! South Park City is a collection of 42 buildings assembled to depict life in an 1880s Colorado mining town. Seven of the structures are on their original site. Guests are invited to walk into each building, to touch the furnishings, to try out the furniture and in the process to get a real feel for life back then. Visitors can climb aboard the narrow-gauge train engine, walk through the caboose, visit the depot, ring the school bell and wander into Rache's Place Saloon. The museum, located at 100 4th Street in Fairplay, is open from May 15 to October 15. Call the museum at 719-836-2387 for more information.

FLORENCE

JOHN C. FREMONT LIBRARY

2-8 The 97th Annual Children's Book Week.

6 William Henry Jackson presented by Earl Mead at 5 p.m. William Henry Jackson, born prior to the American Civil War, is best known for his photography of the American West.

12 May's Celebrated Artist is Lynnette Hunter, Lynnette's Art Reception is Thursday, May 12th, 7 p.m.

13 What to Plant Now with Christine Hassler at 5 p.m. Organic gardener Christine Hassler will discuss cost effective ways to garden and what is best to plant now.

14 Family movie Babe at 2:30 p.m. FREE Popcorn and activity, bring a drink.

21 Disney Nature Earth at 2:30 p.m. FREE Popcorn and activity, bring a drink.

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For more information call 719-687-2366.

PIONEER MUSEUM

14 Grand Opening

17 Official Opening

The Florence Pioneer Museum will be open Tues through Sat from 1 p.m. to 4 p.m. Walking Tours the first Saturday of each month only \$10 per person, limit 10 people

Limit 10 children at \$5 per child from 1 p.m. to 2 p.m. RSVP to Marty Lamm 719-784-3037

FLOISSANT

FLOISSANT FOSSIL BEDS

6 FFB will host a night sky program for the general public from 8 p.m. to 10 p.m. The program will feature a 30-minute indoor presentation followed by outdoor laser-guided constellation tour and telescope observations (weather permitting).

Presentations take place no matter the weather. Dress warmly in layers. Bring binoculars or a flashlight if you wish (red-filtered lights only please).

14 Nature Photography Workshop, from 1 p.m. to 3:30 p.m. Join volunteer interpretive ranger Steve Veatch for a beginner's workshop on nature photography. Work on your photography skills while enjoying a fun outdoor experience at the same time.

28 - 30, extended hours and interpretive programs 8 a.m. to 6 p.m.

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/lifo or on Facebook at FlorissantNPS

FLOISSANT GRANGE

14 Flea Market/Craft Show at the Florissant Grange from 9 a.m. to 3 p.m.

Outdoors: Flea Market. Come see what treasures you might find that your neighbors or local vendors are selling. Or sell some of your own that you don't need anymore. \$10 dollars a table if you're selling. Indors: The Spring Craft Show that was postponed from April 16th. Please visit our local craft-

ers that couldn't display their wares during the April snowstorm.

28 Dinner/Concert with Kristyn Harris. Kristyn is the 2014/15 Western Music Association's female performer of the year. Tickets are going fast at \$30 per person for dinner and a show! Dinner starts at 6 p.m. and the concert follows.

5, 12, 19, 26 Jam Night - Every Thursday all year the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck. For more information call the Grange at 719-748-5004.

FLORISSANT PUBLIC LIBRARY

5 Excel 19 a.m. to 10:30 a.m.

6, 13, 20, 27 Storytimes at 10 a.m.

6 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. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Please preregister by calling 719-748-3939 for Florissant. June clinic is the 3rd.

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Seeking vendors

The Hartsel Days Weekend is again happening the first weekend in August, the 6th and 7th.

We will have the ever popular Sunday parade complete with fire hose battle, Cowboy Church, and free Pancake Breakfast. The Cobra Car Club will be there again, too. We will have children's games, the dunk tank, rubber duck races, dancing with live bands all weekend.

This year for the first time we will have the

National Wildlife Turkey Federation providing an inflatable BB-gun range for the kids!

We are inviting vendors and craftsmen to participate. The booth space is a low \$35 for the two day event. We'd like to extend a special invitation to food vendors. You'll be busy!

Please contact HartselDays@gmail.com or call 719-837-3033 if interested in participating in this event. Everyone else, mark your calendar for a great weekend celebration!

Teller County honors Veterans

Multiple local agencies and organizations have collaborated to bring together local resources and speakers for three days of free activities in three locations across Teller County to honor, educate, and celebrate veterans. All Teller County veterans are invited to attend any or all of these free events for information, inspiration, and camaraderie.

The programs on all three days will be moderated by Mike Bartol, Teller County Veterans Services Officer. Bartol is a former career intelligence officer with the United States Navy, and coordinates all processing of veteran benefits for Teller County veterans, including disability, healthcare, pension, education, and vocational training. He was named County Veteran Services Officer of the Year for the state of Colorado in 2011. Bronco Billy's Casino in Cripple Creek is generously donating all the food for all three events in support of those who have served our country.

The first day's event will be held at the Florissant Public Library on Wednesday, May 11 from 8:30 a.m. to 11:30 a.m. Breakfast will begin following with the Posting of Colors by the Florissant-Lake George VFW Post #11411 and Invocation by Chaplain Dieter Rademacher. The program will include a presentation by Keith McKim, and information from repre-

sentatives of several veteran organizations, including Operation TBI Freedom, Wings and Warriors, and All Vets, All Wars.

The following day, Thursday, May 12, the lunch and program will be held at the Woodland Park City Hall in the City Council Chambers from 11 a.m. to 2 p.m. Vicky Pettis, Executive Director of Crawford House, will be a featured speaker. The Crawford House program provides safe emergency housing for veterans who are homeless and receiving mental healthcare, and it provides a temporary structured living environment for veterans in VA-provided substance abuse rehabilitation. Spokespeople from the American Legion and the VFW will also be in attendance, along with other local veteran service organizations.

The last day's event will be held Friday, May 13 from 4 p.m. to 7 p.m. at the Aspen Mine Center in Cripple Creek. Hors d'oeuvres will be served, and the program will include Keith McKim's presentation of “The History of the Star Spangled Banner”. Keith is a former Green Beret who was awarded the Silver Star for Valor, Bronze Star, Purple Heart, and other awards. Other program participants include Welcome Home Warrior, The Independence Center, and Community of Caring.

~OUT AND ABOUT~

continued from page 29

DINOSAUR RESOURCE CENTER

2-8 National Children's Book Week will be celebrated May 2 through May 8 at the Dinosaur Resource Center. Books will be 15 percent off of any book purchase over \$10 during the week. Members may use their additional 10 percent discount for a total 25 percent savings during Children's Book week only!

8 Mother's Day 10 a.m. to 5 p.m. Mother's get in free with one paid admission.
21 Physics is Phun 11 a.m. to 3 p.m. Hosted by the Air Force Academy Physics Department, the “Physics is Phun” show illustrates the mysterious side of forces at work in our world. The audience is welcome to investigate the demonstrations in detail and meet with members of the Air Force Academy afterward.

Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO. Visit www.dmdrc.com or call 719-686-1820.

WOODLAND PARK LIBRARY

4, 5, 11, 12, 18, 19, 25, 26 Storytimes at 10 a.m.

4, 11, 18, 25 Wii in Teen Room

5 Cinco de Mayo 4 p.m. to 5 p.m.

6 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 Woodland Park Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims,

veterans issues, and civil protection orders. Please preregister by calling 719-687-9281 ext.103 for Woodland Park. April clinic is on the 1st.

6, 13, 20, 27 Minecraft in Teen Room

10 Fandom program for teens 4 p.m. to 5 p.m.

10-12 Exam Cram in Teen Room 3:30 to 6 p.m.

10, 17, 24, 31 Paws to Read program with therapy dog, Bailey 4 p.m. to 5 p.m.

11 Word 110 a.m. to noon

13 Facebook 10 a.m. to 11:30 a.m.

25 Word II 10 a.m. to noon

HABITAT FOR HUMANITY TO REHAB LOFTHOUSE MOTEL

Habitat for Humanity has acquired the Lofthouse Motel to provide affordable housing for those families who meet criteria of being in the low to medium income bracket. Rehab plans will start soon with the goal of being complete by September 15, 2016.

5 Builder's Blitz Recruitment at Foxworth Galbraith at 5:30 p.m. Sign up to be a part of the project.

11 Home Depot Demolition on-site from 8 a.m. to noon. For more information or to donate time, money or materials contact Jamie at jaimie@tellerhabitat.org or 719-687-4447.

TEEN CENTER

4, 11, 18, 25 McMuffin Snack special. Muffin, egg & cheese for \$1!

5 Open House at the Teen Center. Come check out our Summer calendars 5 p.m. - 7 p.m.

6 Mother's Day Craft. Let's make something special for the Moms 3:30 p.m. - 5 p.m.

12 Book Club 4 p.m. - 5 p.m.

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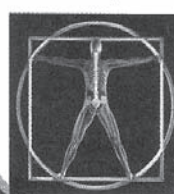
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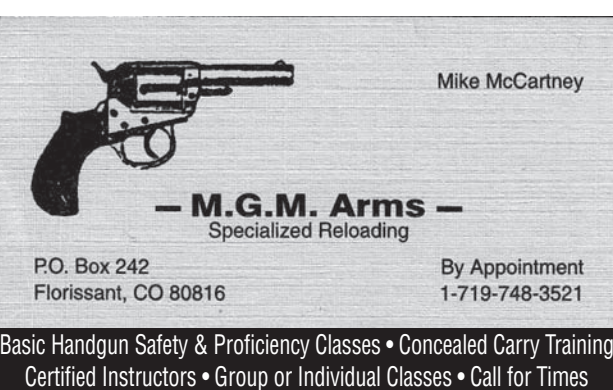
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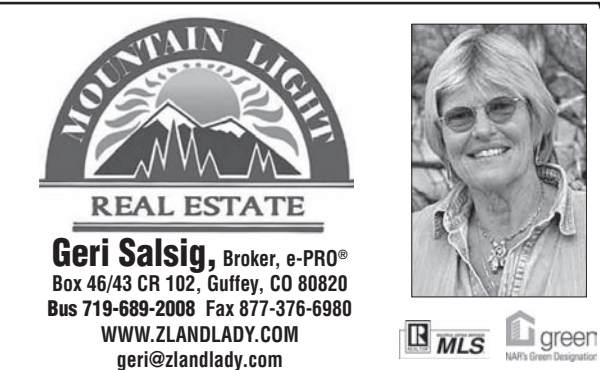
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CUSP gearing up for multi-year Horse Creek Project

by Coalition for the Upper South Platte
photos by CUSP

The lessons we have learned from the Hayman Fire of 2002 have been vast. Perhaps one of the most important lessons we have learned is that restoration, after a destructive conflagration like the Hayman Fire that burned approximately 137,000 acres, will take decades to rehabilitate and manage.

Not only has CUSP worked on countless Hayman related projects over the past 14 years since the fire providing effective post-fire rehabilitation, these projects have taught us many lessons about how to most effectively restore devastated landscapes. Successful projects in the burn scar such as Trail Creek have yielded great results; fish and other wildlife are once again thriving in the area, and the restored the creek and landscape are a demonstration model of the efficacy of planned work based on a Watershed Assessment of River Stability and Sediment Supply (WARSSS).

Starting this summer, CUSP will be managing the multi-year Horse Creek Restoration Project that will engage a number of significant partners and hundreds of volunteers. Horse Creek is located in the Upper South Platte Watershed, near Deckers, CO and is home to many indigenous species of trout and various other native aquatic life, as well as being a habitat for threatened and endangered species such as the Preble's Meadow jumping mouse and the Pawnee Montane Skipper. Catastrophic wildfire severely impacted wildlife and aquatic habitat and this project will restore vital natural habitat infrastructure.

The purpose of this restoration work will be to reduce extensive erosion issues in catastrophic wildfire burn scars in the Upper South Platte Watershed. More than 300 acres of in-stream channels, river banks, riparian landscape, and surrounding hillslopes will be restored in the Horse Creek Project. In-stream work will include the realignment and rehabilitation of 2,000 ft. of the river in perennial draws and 3,500 ft. in ephemeral channels. Existing river crossings that fail regularly will be replaced with three engineered bridges that will mitigate future potential flood damage. Surrounding riparian landscapes will be restored through a range of improvements that

will stabilize soils and dramatically reduce erosion, thereby improving water quality and fish habitat while reducing impacts to critical infrastructure that include downstream reservoirs and CO State Hwy 67.

The issues to be addressed with these mitigation, restoration, and rehabilitation priorities are due to disproportionate sediment yields and associated river impairments that have occurred as result of post-fire impacts of the 2002 Schoonover and Hayman wildfires. Restoration priority is based upon access and sediment supply, as well as values at risk.

Horse Creek is a tributary to the South Platte River which is the source of nearly 80 percent of drinking water for the Denver/Aurora Metro area. Downstream reservoirs have lost capacity due to sediment resulting from post wildland fire erosion. Prev-



These photos reflect the type of damage to be repaired.



ious sediment dredging at Strontia Springs Reservoir was performed at a very high cost to water utility providers and customers. This, like similar projects completed in the area, will mitigate the need for future costly dredging projects and ultimately save consumers added costs while rehabilitating and restoring Horse Creek.

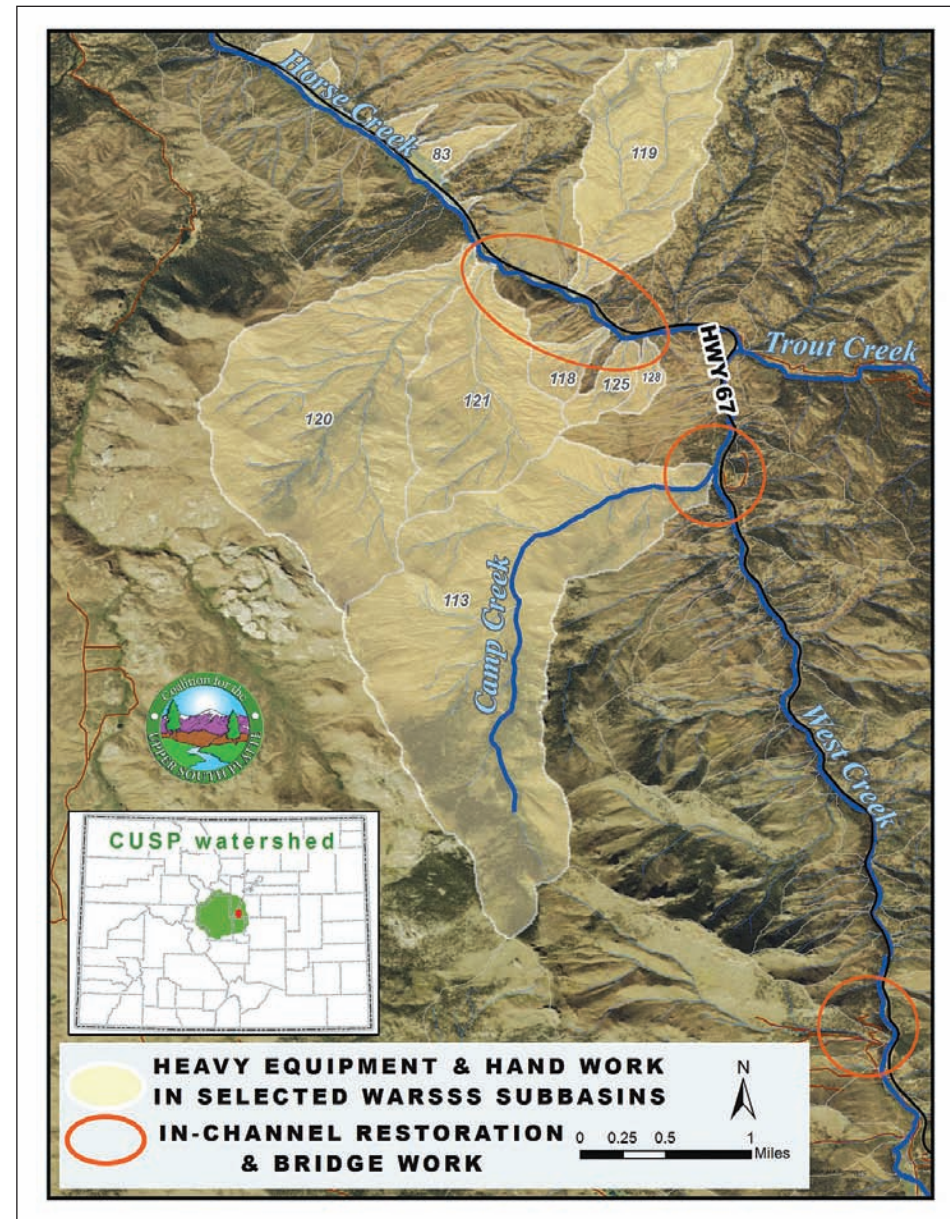
State Highway 67 lies in much of the Horse Creek floodplain and is an additional value at risk. Debris flows from the tributaries continue to cover Highway 67 requiring

emergency response to reopen the highway. There are several priority tributaries to Horse Creek and West Creek addressed in this project including Camp Creek, which continues to contribute damaging quantities of trees, boulders, and sediment into the basin and onto State Highway 67.

For this multi-year project with a broad scope of proven prescriptions and treatments to be successful, we will need the help and commitment of hundreds of volunteers. Not only do volunteers get so much of the work done, but their labor provides hugely significant in-kind matching funds that give us access to federal, state, and local grants that provide the economic platform for the project. That being said, there will many volunteer opportunities.

The initial, robust handwork, commencing in August 2016 will engage volunteers who are looking for a rugged, physical outdoor experience. Work will begin in high terrain, above the creek, to stabilize hillslopes before heavy equipment is brought in to work on the in-stream realignments, headcut stabilization and bridge construction. These projects will include installing log-fall structures, Flying V's, and check dams. After the heavy equipment work has been completed, more volunteers will be brought in over the course of the project to restore the area with re-seeding, mulching, and jute matting projects, as well as willow and tree planting.

Procedural details for volunteering with CUSP can be found at: <http://volunteer.cusp.ws/>.



jects, as well as willow and tree planting. CUSP works with individuals and groups to determine the best match for a group and an activity. We provide all the equipment needed for a project, as well as hardhats and work gloves. We have established a number of Open Call volunteer days for this project and we strongly encourage volunteers to sign-up.

Open Call Dates (all Saturdays)
August 13, 2013
September 17, 2016
September 24, 2016
All volunteer project scheduling is subject to weather conditions.

Safety on the work-site is a primary focus for ensuring that all volunteers have a rewarding, effective, and enriching experience. Before any work begins, CUSP staff guides all volunteers through a training and safety session that includes:

- A detailed description of the area being worked
- Precautions to be taken
- Best Management Practices to be employed
- The ecological and environmental importance and impacts of the work ahead

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