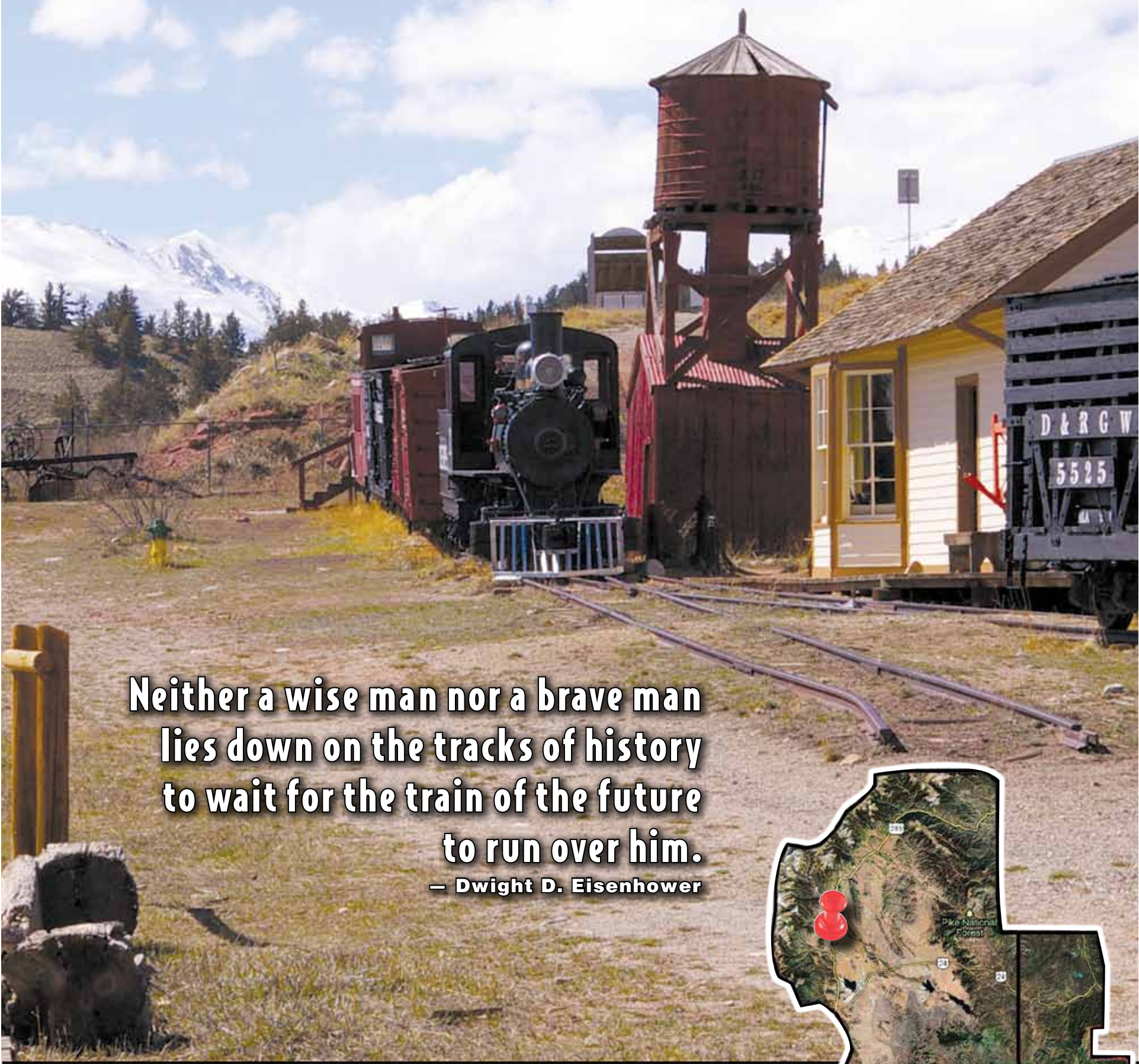


# Welcome to Ute Country



Neither a wise man nor a brave man  
lies down on the tracks of history  
to wait for the train of the future  
to run over him.  
— Dwight D. Eisenhower



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Summer is here! We are enjoying the warm weather and grateful for the rain. We need to be mindful of the potential risks of flash flooding in burn scars. The recovery of the Haymen burn scar gives us hope that someday, the Waldo burn scar will heal, too. Here's a shout out to CUSP – thanks for helping us with the education, experience and tools necessary to work with nature as we better understand her process of healing.

We have some pleasant surprises inside. Please see the story Clare Powell, only nine years old, wrote about Mountain Fire. Well done, Clare! We hope you keep the ink flowing! We also had a submission from Linda Nagy. Thanks, Linda; we enjoyed the story and the photographs. Please feel free to send your work our way again.

It is clear that more people are finding Ute Country News. We continued to receive comments from our readers through the 20th of this month; that's a record. Thank you for your encouraging comments.

Mr. Spaz received many photographs this month. While we have attempted to negotiate over-time hours for his Photo Editor position, he is quite certain the size of his plate cannot be altered. We are grateful for the photos from readers from states other than Colorado. Mr. Spaz is clear that his neighborhood CAN expand. He hopes those who have submitted multiple photographs will understand his choice to share the many over the course of several issues. We tried to find out how much of this attitude is about patience, control, or just plain curiosity. I guess we need to wait for next month to find out.

We have had a multitude of requests for a classified section. After hearing enough requests, we decided to give it some thought. Please understand that if you choose to advertise an item for sale, a garage sale, or a position available, we intend to maintain a monthly periodic rate. Simply said, your item may sell or your event may be over, yet there may be readers who continue to call.

We will be hosting a Youth Writing Contest open to high school seniors (includes home school equivalent and GED test-eligible students who are age 19 or under) who are also residents of either Park or Teller County. This contest will run from October 2013 through June 2014. Please see page 10 for details.

Thank you,  
— Kathy & Jeff Hansen

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



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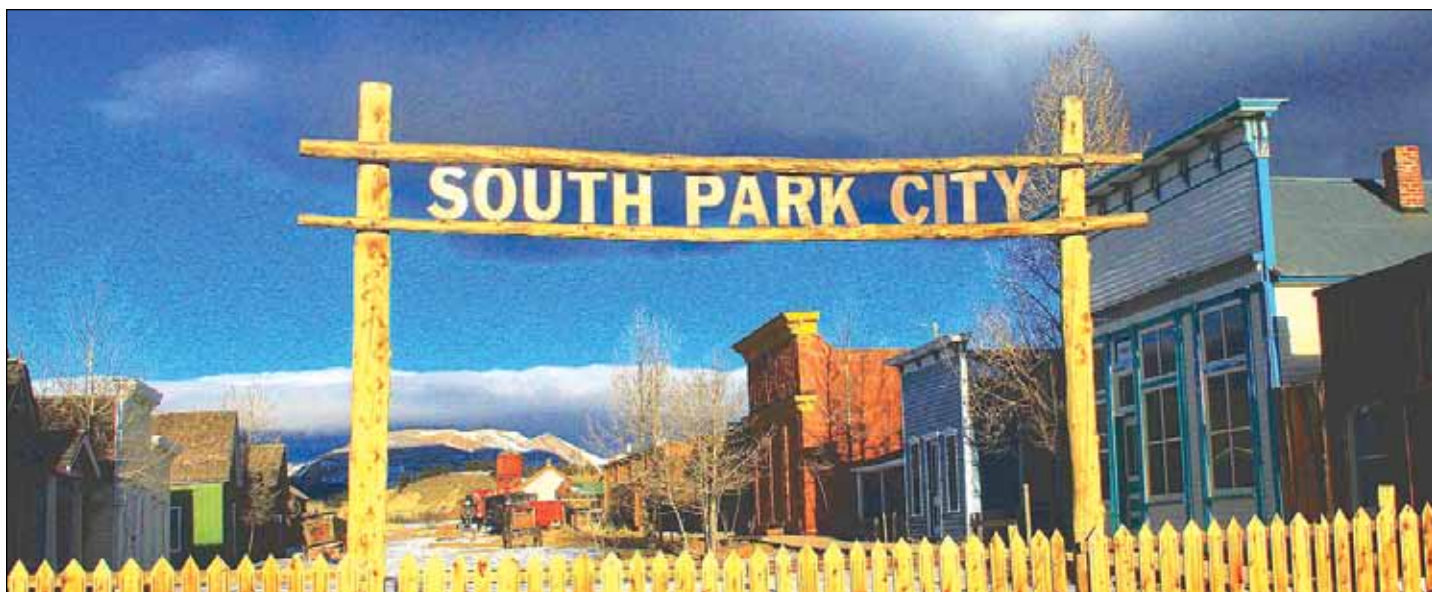
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Front Street view

## The way we were

Enjoy "Living History Days" in South Park City (Fairplay), Colorado

by Linda Nagy

Photos by Linda Nagy

Anyone who visits South Park City will be amazed at the wealth of historic materials on display. One can actually walk into rooms, touch things and experience what it was like more than 100 years ago. Through remarkable restoration projects recreating an 1880s mining town, South Park City in Fairplay preserves history while educating and entertaining its visitors.

A great time to visit this unique place like no other is during Living History Days, on the weekend of Aug. 10-11. Over 60 volunteers from all over the state will gather at the museum dressed in historical outfits. They will work throughout the museum grounds talking to visitors, and participating in skits and demonstrations of life in early South Park. Horses, burros and other animals add to the atmosphere and there might just be a surprise "gun fight" arising from an altercation on the street.

On Sunday, there will be a morning service at the Father Dyer Memorial Chapel and on both weekend days, children can enjoy sitting in at the historic Garo one-room schoolhouse for lessons as they were taught in olden times. A local artist will make portrait sketches in 10 minutes and South Park books will be signed by a local author in the company store.

In addition, ice cream will be served by the pharmacist in the drugstore, sarsaparilla by the barkeeper in Rache's Saloon, and light snacks will be available on the museum grounds on both days.

South Park City began with a dream by Colorado Springs attorney Leon H. Snyder to preserve the history of the area by moving representative period buildings to a single site where they could be protected from the ravages of time. Beginning in 1957, professional movers began forming a new mining town from structures gathered in towns and ghost towns in the area such as Alma, Buckskin Joe, Leavick, Garo and even as far away as Westcliffe. In 1959, South Park City was officially opened – exactly 100 years after the discovery of gold in South Park.

Through the years, buildings and artifacts were added, so that today there are more than 40 authentic buildings filled with more than 60,000 artifacts that portray economic and

social aspects of mining, ranching, and railroad boomtown life.

Last year many additions and restorations occurred at the museum. The South Park Brewery, previously known as the Summer Brewery built in 1870 by Leonhard Summer, had historically accurate repairs made to restore cracking and crumbling stonework to "like new" condition.

An old-time player piano, acquired by donation last year, resides next to the ticket counter in the museum's entrance building. Along with the piano there are 250 paper rolls with all kinds of tunes, from classical to current day. A new mineral display contains numerous rock and mineral specimens that were accumulated over several decades from the immediate area. The collection can be viewed in the Summer Saloon that is in front of the historic South Park Lager Beer Brewery brick building.

"Much of the work was the kind that's not really noticed, but it was all necessary and adds to the overall experience of visitors to the museum," said Carol Davis, curator of South Park City.

South Park City is open every day from May 15 until Oct. 15. Besides discounts for seniors, a sign at the entrance states "friendly dogs are welcome." The museum is located at Colorado Highway 9 (Main Street) and Fourth Street in Fairplay. It is located 85 miles south west of Denver along U.S. Hwy 285 or 80 Miles west of Colorado Springs. For more information, visit www.southparkcity.org or call 719-836-2387.

Linda Nagy is a free-lance writer for Colorado newspapers and magazines and resides in South Park, Colorado.



History Day South Park City



The schoolbell is ringing at South Park City



Rainbow over South Park City 2011

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## The People of Sun Mountain

by David Martinek

The Ute Indians lived and hunted in the mountainous areas of Colorado, Utah and northern New Mexico from about 500 A.D. to the late 1880s. Their language was Shoshonean which is believed to have originated from groups who split from the Aztecs and migrated north during the time of Christ. Coming from the north and west, some say they were the reason the Anasazis moved into sandstone caves in the area. It's also possible that the Utes displaced or replaced the earlier "ancient ones" who, during their evolution, had progressed from migratory basket weavers to their Pueblo and Mesa Verde cliff dwelling stages of development. Such ruins are evident throughout Ute territory.

The Ute were a nomadic people who moved among hunting grounds along the Front Range of the Rockies, into northern Colorado and Wyoming, and southern Colorado and New Mexico. They were constantly challenged by the plains Indians. To the east and northeast were the Arapaho, Cheyenne, Kiowa, Apache, Comanche, Sioux, and Pawnee. To the south were the Navajo and Apache, with only the Jicarilla Apaches being generally friendly. To the west and northwest were the Shoshone, Snake, Bannock, Paiute, and Goshute tribes.

Originally, there were seven Ute tribes spread out across three states; the Tabogauche band, the People of the Sun Mountain, occupied the Pikes Peak region. In the early 1600s, which is the time the white man says the Ute appeared, Spanish explorers introduced them to horses which greatly improved their mobility. Horses allowed them to hunt buffalo along the eastern slopes of the Rockies, which soon became one of their main sources of food, as well as other products. As a result of their mobility, their contact and conflict with other Indians was more frequent. Kit Carson witnessed a battle between the Ute and the Comanches in a meadow outside of present-day Florissant. He called them "fierce warriors."

As the white man moved westward, first through exploration and later by migration, trouble with the Utes was inevitable. Even



Buckskin Charlie – photo from the Colorado Historical Society.



Chiefs, wives and children with Buckskin Charlie – photo by William H. Jackson from the H. S. Poley Collection, University of Colorado

though they were generally peaceful towards the white man, peace was interrupted in the mid to late 1800s due to increasing demands for the Utes to cede more land, the discovery of gold in South Park and broken treaties. During the Grant administration, Chief Ouray, his wife Chipita and several other Ute chiefs journeyed to Washington D.C. to meet the president and attempt to solve the

land-grab problems that the Ute were experiencing from the white man's encroachment. They were not successful.

Early attacks on Fort Pueblo followed by the Meeker Massacre in 1879 resulted in cries for the Ute to be removed from Colorado. Eventually, all the tribes were consolidated into Northern and Southern groups and moved to reservations – the Northern group to the Uintah and Ourey reservations in Utah, and the Southern Utes to Ignacio, Colorado (southeast of Durango). It wasn't until 1953 that final agreement was made between the United States government and the Ute Indian Tribes concerning the disposition of thousands of acres of reservation land.

Today, the Ute influence is all around us in Teller County. Most of the roads were old Ute trails. If you look carefully, you may still see the Ute Prayer Trees and Medicine Trees along the roadside. Our lore is filled with the exploits of Chief Ouray, his wife Chipita, Ignacio and Buckskin

Charlie. Compared to the Ute, who roamed the Rockies for over 1300 years, we are recent visitors. They have left us a rich history and a legacy that forever marks the land.

To learn more about the Ute Indian, particularly their history and Southern Ute culture, go to their official website at www.southernute-nsn.gov.

## Florissant fossil beds receives grant

Park gets a 2013 America's Best Idea grant from the National Park Foundation

Florissant Fossil Beds is one of 34 national parks across the country selected to receive a 2013 America's Best Idea grant from the National Park Foundation, the official charity of America's national parks. Inspired by the critically acclaimed Ken Burns' documentary "The National Parks: America's Best Idea," the America's Best Idea program funds park activities designed to connect diverse, underserved and under-engaged populations throughout the United States with their national parks in innovative and meaningful ways.

"One of the great things about our national parks is that every American can relate to these treasured places if given the chance to experience them," said Jonathan B. Jarvis, Director of the National Park Service. "It's our mission to engage visitors from all backgrounds in the diverse stories that we tell in our national parks. Thanks to the support of the National Park Foundation, we can propel that outreach, and engage new audiences that would otherwise never have the opportunity to experience a national park."

"The America's Best Idea program gives people – particularly youth – incredible opportunities to connect to our national parks

through unique and innovative ways," said Neil Mulholland, President and CEO of the National Park Foundation. "From experiences that center on history, the environment and even adventure, we are able to capture the imagination of a new generation of park-goers in ways that benefit their lives and the future of the parks."

Florissant Fossil Beds will use the grant money to fund its Post to Parks program. Post to Parks is an award winning outreach program designed to help connect the military community with our national parks. Florissant Fossil Beds will be conducting three programs this summer: a military teen youth mentoring program, a military teen photojournalism camp, and a camping trip for military families.

"We are thankful to have received the America's Best Idea grant so we can continue the important work of helping connect the military community to our parks. We want to make sure that the military community is able to visit and enjoy and benefit from the lands that they defend," says park spokesperson and ranger Jeff Wolin.

For a full listing of participating parks and program descriptions, please visit the National Park Foundation website www.nationalparks.org.

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etc. Up to 12 Bottles 12% Off!

## Back to School at Guffey Community Charter School

Guffey Community Charter School's first day of class for all students, Kindergarten thru 8th grade will be Wednesday, August 21st. The school will host registration for all students, including any interested preschoolers, on August 19th & 20th from 9am-3pm. If you are attending Guffey School, but can not make these dates, please call the school so that we can plan a place for your child. New this year will be full-day kindergarten. (Entrance age requirements for Kindergarten: any child may enter if five years old on or before October 1st of the year of enrollment) The school's location is 1459 Main Street in Guffey. Visit the school's website [www.guffeyschool.org](http://www.guffeyschool.org) or call the school with any questions (719) 689-2093.

## Rampart Range Library news

by Rita Randolph

Summer reading was a great success again this year with approximately 560 participants. Of those, 489 were children. Rampart Library District is proud and pleased to offer this program every year. Research shows that children who do not read over the summer will lose more than two months of reading achievement. Summer reading loss is cumulative. By the end of 6th grade children who lose reading skills over the summer may be two years behind their classmates.

A huge thank you goes to the many sponsors of the Summer Reading Program. The Rampart Library District Foundation raised \$1000 through very generous donations from Kiwanis, Rotary and Lions Club for the Program. Another long-time supporter, the Ute Pass Kiwanis, donated \$300 for the program. Other local vendors who participated with prizes were: Ace Hardware-Cripple Creek, Big Jim's Gambling Hall and Casino, Bronco Billy's, Burger King, Century Casino, City Market, Costello's Coffee Shop, Dinosaur Resource Center, The General Store, Rocky Mountain Carpet Cleaning, Starbucks, Triple Crown Casino, Walmart, and Wendy's.

As summer winds down, we have a few more programs in August for our residents and summer visitors.

On August 7, Beth Epley will "Dig into Reading" at the Woodland Park Public Library at 10am and at the Florissant Public Library at 11:30am with her hilarious antics. If you haven't seen Beth at work, you may want to slip in and pretend that you are a parent or grandparent (even if you aren't). She'll put a smile on your face, no matter what age you are!

The AARP Safety Driver Course for the 50+ drivers is offered again at the Woodland Park Library from 9am-1pm, on August 8. Pre-registration is required and the course is \$12 for AARP (card-carrying) members and \$14 for non-members. You may save money on your car insurance by taking this course!

That same night on August 8 at 6:30, come to a presentation at Woodland Park Library by Doris McGraw, who will be talking about the life and times of Doc Susie, Colorado's famous turn-of-the-century doctor. She will also talk about many other less well known early Colorado women doctors.

## High Country Old House Fair

Please join the Park County Office of Historic Preservation for the High Country Old House Fair, a free regional event celebrating the timeless appeal of older homes on August 10th from 9am to 4pm at South Park High School. Presenters and exhibitors will provide valuable information related to caring for older homes and preserving the historic character of our mountain communities.

The High Country Old House Fair is a great way for preservation/heritage related organizations to connect with people interested in historic houses and the Colorado high country. Educational presentations will cover topics such as making historic homes energy efficient without compromising the distinctive features that make them special, repairing old log cabins and outbuildings, repairing wood windows, and rehabbing a home using HUD's 203k loan program. Additionally, skilled researchers will be on hand to offer advice on how to uncover the history of a home using public documents and online resources.

Questions? Visit [www.highcountryoldhousefair.com](http://www.highcountryoldhousefair.com) or call (719) 836-4292 to learn more.

## Adopt Me Hoppe

by TCRAS

I am a calm and mellow fellow looking for a home to call my own. I get along well with most other cats, but will thrive with calmer cats like me. I am front declawed, so only inside living for me! I have been looking for my new home for six months now. I seem to get passed over because of my calmer, cautious disposition. Once I settle into my new home I will open up and come sit in your lap for the ear rubs I love so much. Are you that special person to give me a chance? Call TCRAS, the no-kill shelter in Divide, at 719-686-7707 for more information or checkout our website to see all the available animals! [www.tcrascolorado.com](http://www.tcrascolorado.com)



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## Teller County #1 in gun ownership

by David Martinek

"Japan would never invade the United States. We would find a rifle behind every blade of grass."

Those words were spoken by Admiral Isoroku Yamamoto who was Commander-in-Chief of the Imperial Japanese Navy during World War II, before he was killed when his transport plane was shot down over the Solomon Islands in 1943. In light of 9/11, his words may at first glance appear a little shallow now, but respecting the different times and situation, those words still ring true. It may not be too hard a stretch to imagine that possibly one of our strongest domestic deterrents in protecting our national security is the fact that over half of all the guns in the world are owned by American citizens.

Recent statistics on gun ownership released by the Teller County Sheriff's Department (as originally presented by the Teller County Shooting Society) brings that fact even closer to home. It may come as no surprise to some that on a per-capita basis Teller County leads Colorado as the number one county for gun ownership in the state. While others may consider it a dubious honor, and their opinions are certainly respected, it can be surely said (as one local newspaper recently announced) that Teller County is truly "Gun Country." That's not all. Teller ranks sixth in all the nation's counties. Lock and load!

In 2009, former Teller County Sheriff, Kevin Dougherty, was quoted saying "I think a lot more than 50 percent of county residents have at least one firearm in their home. That's a huge underestimation; it's probably closer to 75 percent."

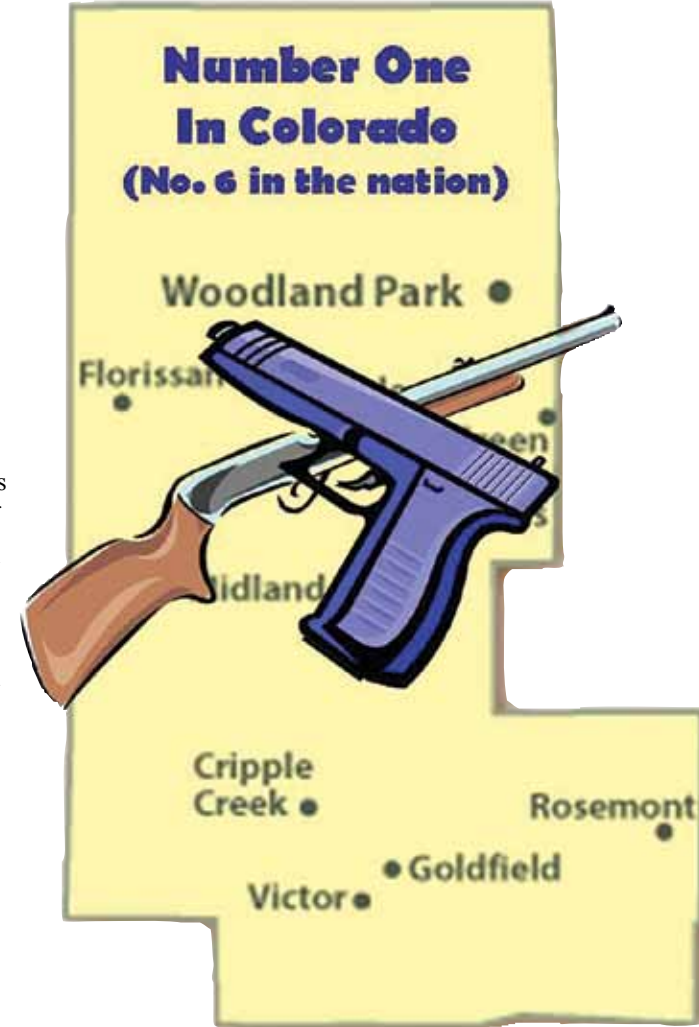
At that time, the state average for household firearm ownership was about 34 percent. But times have changed. Across the state handgun and long gun transactions have increased exponentially. At the time of Sheriff's Dougherty's statement (2009) the Colorado Bureau of Investigation (CBI)

reports that 202,613 firearms transactions occurred during that year (see CBI Instant-check Unit Firearm Statistics). By comparison, as of the end of June 2013, 231,566 firearm sales have already happened. At this rate, by the end of year the number of firearm transactions will easily double 2009's figure.

Concealed carry permit applications have increased, as well. CBI data also indicates that 31,238 permits were issued in the first six months of 2013, compared to an annual average of 19,700 during the last 10 years (a total of 196,998 since 2003). Locally, Sheriff Ensminger's office in Divide says there are currently over 1800 registered concealed carry permit holders in Teller County and they regularly have 30 to 50 applications in process on any given day.

According to the 2010 Census, there are a little over 9,000 households in Teller County. If half or three-quarters own firearms, then even by an accounting from four years ago our citizenry is well-armed. But, as the figures show, responsible gun ownership is obviously increasing all over Colorado, not just in Teller.

So what conclusions should we draw from all this? Regardless of the reader's opinion on firearms, gun laws or guns in general, pro or con, strict 2nd Amendment advocate or gun control proponent, the evidence clearly



*There are currently over 1800 concealed carry permit holders in Teller County, according to the sheriff's office. The sheriff routinely has 30 to 50 more application in process on any given day.*

shows that gun ownership in Colorado, and particularly in Teller County, is considered to be an important choice for a significant (perhaps majority) number of residents. Violent criminals and those contemplating larceny should probably think twice before selecting Teller as their area of operation, because despite the drought, we still have plenty of blades of grass.

## Local writer releases new book on Fairplay

by Kathy Hansen

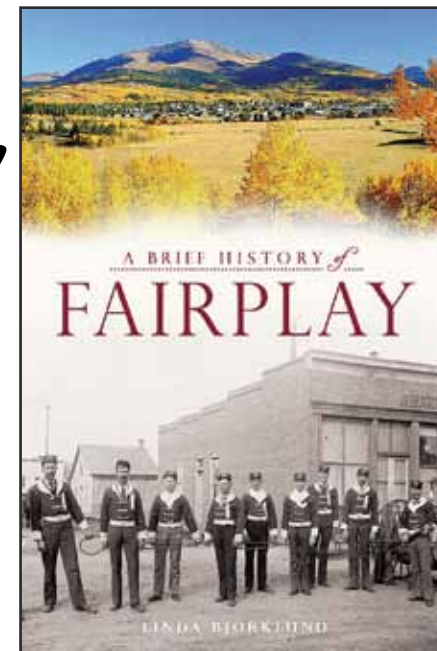
"A Brief History of Fairplay" is the title of the latest book by local author, Linda Bjorklund. History Press was immediately interested in Linda's manuscript and it is easy to see why. This book is a very well written account of Fairplay from its orogeny to present day.

Linda is a storyteller at heart. She fondly recalls going along with her mother to freshen the flowers laid on their family's cemetery plots and listening to the stories of relatives passed on. She also recounts how her first class in Western Civilization opened the door to history well told. Those early fires had been rekindled after she moved to Colorado in 1997 with her husband. It didn't take Linda long to find the Hartsel Library.

Next thing she knows, someone has handed her a stack of over 50 "Flumes" and that spark flew to the pen. Feeling a sense of responsibility and compassion to make their story come alive, Linda began to read and organize the historical records. The stories unfolded on the page. She began to understand how it is that Fairplay has survived the battles, the mining, the droughts and the fires because of the quality of people who populated the area. Linda felt humbled by the experience and felt an obligation to give back by recording the stories of those who settled this land.

Linda has several self-published books in addition to A Brief History of Fairplay. She is working on her next project intended to be *Pioneer Women with Altitude*.

The e-book is available through Barnes & Noble and Amazon. The hardcopy is available at both the Museum and the Ranger Station in Fairplay.



### It Isn't the Town, It's You

**If you want to live in the kind of a town  
Like the kind of town you like,  
You needn't slip your things in a grip  
And start on a long, long hike.**

**You'll only find what you left behind,  
For there's nothing that's really new.  
It's a knock at yourself when you knock your town,  
It isn't the town, it's you.**

**Real towns are not made by men afraid  
Lest somebody else gets ahead;  
When everyone works and nobody shirks,  
You can raise a town from the dead.**

**And if while you make your personal stake,  
Your neighbor can make one too,  
Your town will be what you want to see -  
It isn't the town, it's YOU!**

*from the Park County Republican, March 2, 1917*

## August 9, 10 & 11

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# The Thymekeeper - Symptoms tell us our body is out of balance

by Kathy Hansen and Mari Marques

A body out of balance will display symptoms to let us know something is off kilter. If we view our symptoms as something to be eliminated we may miss their message as to how we are out of balance and may end up down a road that leads to a life sentence to medication in order to abate the symptom. However, if we listen to our symptoms and understand what is out of balance, we may have a very different result. We will explore two separate symptoms and what they have to tell us about the balance our bodies seek.

## Heartburn

The first example is heartburn, or Gastro-Esophageal Reflux Disease (GERD). Heartburn is painful. It occurs when the acid in our stomach splashes into our esophagus via the cardio-esophageal sphincter (yes, we have more than one sphincter). If left untreated, symptoms tend to get worse, the esophagus can erode, or worse; to save itself, the esophagus will start to close. When that happens, food gets stuck (this can be life threatening) and the esophagus needs to be stretched open via surgical procedure. Scary!

Allopathic medicine tends to treat GERD by giving a prescription drug, an over the counter (OTC) medicine such as Nexium or Prilosec, or even Rolaids or Tums. Their goal is to eliminate the symptom by neutralizing the acid. Sounds simple, right? Yet, what we ingest will have effects that occur beyond the intended use. These are often referred to as side effects. Take time to read the list of side effects of prescription medication and OTCs so you can make your own choice about the potential trade off: symptom relief vs. additional or side-effects.

The problem is that we NEED to have stomach acid for digestion; it breaks down food so our intestines can absorb the nutrients. If our acid is neutralized and our food is not properly broken down, we become unable to absorb the nutrients our bodies need. We need stomach acid; we just need to keep it in our stomach where it belongs.

One of the causes of GERD is age. As we age, we tend to lose elasticity in our body's structural tissue. The cardio-esophageal sphincter gets a bit lax, doesn't close all the way, and acid begins to seep through the opening. This often happens at night when we are lying down to sleep. If we choose to see that we need to tone the cardio-esophageal sphincter we will seek something that can do that.

Two potential options are slippery elm bark and marshmallow root. Both are demulcents, coming from the Latin "to caress". A demulcent is an agent that forms a soothing film over the mucous membrane, relieving minor pain and inflammation (definition by Wikipedia).

Remember, our digestive system begins at the lips and ends at the more commonly known anal sphincter. On the inside, we are skin covered in mucous membranes. Mu-



Slippery Elm

cous helps to trap foreign particles the body does not readily recognize. The mucous surrounds the particle and latches on, which makes it easier for the body to expel.

This is important to remember, especially as we approach cold/flu season: Clear mucous is healthy mucous. When it turns yellow and thick, it is a sign of stagnation. Thick and green mucous signals infection has set in. Marshmallow root can help liquefy the mucous so that the body can easily

move it out, facilitating the body's natural process of healing. Slippery elm bark will cool and nourish your mucous membranes from top to bottom. It can help soothe a canker sore or a sore throat (especially the dry scratchy type). Slippery elm can soothe and heal the eroded esophagus (fragile tube that it is), the stomach, and the many feet of small/large intestine that follow. Most importantly, slippery elm bark can tone the cardio-esophageal sphincter, which can potentially reverse the condition.

We must always be aware of additional effects that occur with anything we ingest. The additional effect of slippery elm bark could be mild diarrhea, typically easily tolerable. The additional effect of marshmallow root is liquefaction of mucous. Please consider how these additional effects could impact your specific situation.

Allopathic medicine's answer is a prescription that you are likely to become dependent on the remainder of your life. Consider the cost. Even the OTC remedies will add up over the course of a year, or decade. Slippery elm bark and/or marshmallow root costs less than one dollar per treatment.

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But that is not all.

What your doctor is not likely to tell you is that the body continues to seek balance. So if you are taking something to stop those acid pumps from pumping all that acid, over time your body will try to catch up. When it does, there is a significant surge of acid production, often at night. This is when people will wake up because the acid just pushed that little particle of food, along with lots of bitter bile, right up into the back of your throat. You can wake with a mouthful. The body has achieved balance. It is possible you will not wake up and instead aspirate on your own vomit. We must remember the body seeks balance. Consider your choices as you recognize the body's need for balance. Also consider eating your evening meal several hours before bedtime.

Remember - the symptom has something to tell us. Keep a food diary to help identify foods that tends to result in reflux more often than other foods. It could be coffee, soda, citrus fruits/juices like orange or grapefruit, it could even be milk. Perhaps it is quantity: one or two cups of coffee may be consumed without issue but that third cup may put the acid over the edge. If we become conscious of what we are putting into our bodies and quantity, self-control may be a simpler answer.

We need to also look at our lifestyle. What do we do to relieve stress? If you can't answer that, it is possible you are holding stress in a muscle or organ, such as the stomach. We all tend to hold stress in places in our bodies. Maybe there is a situation at work you just "can't stomach" or a person in your life that "just makes you sick" and your stomach mirrors your strong feelings. Perhaps you need to incorporate exercise, meditation, or additional support systems. It is up to you to find the best fit for stress relief to reset the balance your body is seeking.

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## Fever

Our second example is fever. The body temperature rises above that fragile 98.6°F. This is a sign that the body is fighting an infection. Did you know that most bacteria and viruses cannot survive in temperatures above 100°F? If the fever is low, and our body is healthy, our best course of action may be to sweat it out.

The body may need to maintain a fever to radiate enough heat to kill the quickly reproducing bacteria. Fever increases circulation. The benefit to sweating is that the



Horseradish

pores open, releasing heat, which prevents overheating. The "chills" we get with a fever is the process of our body firing up to fight the intruder and sweating; heat is released through the pores, so we cool down. The sweat we produce helps to rid the body of toxins; it is a form of cleansing.

It is best to monitor a fever. This means taking the temperature every two hours or less, using blankets as tolerated, and providing lots of liquids, especially water. Doing so can give the body the fuel it needs to fire up against the bacteria or virus, without adding chemicals that can be very hard on the liver and kidneys. Remember that a high fever of 105°F or more will heat the blood and begin to damage the brain and other organs, eventually causing death. Please monitor fevers closely and be sure there is sweat.

Three common herbs can help: Yarrow, horseradish and cayenne are all diaphoretics, substances that have the power to induce sweat. The yarrow and horseradish are commonly found growing in Teller and Park Counties. Cayenne can be found in any grocery store. Each of these herbs will facilitate sweating, helping the body to expel the invader.

Perhaps we need to give ourselves permission to listen to the symptom and try to understand what it is telling us about balance. All too often, reaching for the answer in a bottle or an injection is a quick fix paying no attention to long term effects. Each of us needs to weigh potential side effects and make the choices that best fit our lifestyles. Individually, we will experience the consequences of our choices.

When we allow ourselves to see that our symptoms are telling us something about how we are out of balance, the manner in which we swing back into balance may be less expensive, cause less damage in the future, and may not require a life sentence to a prescription.

For educational consultation, to purchase herbs, or if you have concerns/questions, please contact Mari via email [mugsyspad@aol.com](mailto:mugsyspad@aol.com).

# Eagle Scout project results in a new kiosk at the Midland Depot

by David Martinek



Zachary Menz poses beside his finished project. Photo by Mary Menz.

The Midland Depot at Divide is a Teller County historic landmark. Recently, an informational kiosk was erected to tell the story of how the depot came into existence, as well as the important role it played in the life of the Colorado Midland and Midland Terminal railroads. Visitors can view the kiosk along Weaverville Road at the south corner of the depot property just beyond the entrance. The kiosk was an Eagle Service Leadership Project of Zachary Menz of Woodland Park Scout Troop 230. One of the final requirements for earning Eagle Scout status is to plan and execute a project that will benefit the community. Menz' project involved coming up with the design, securing the funding and materials and leading a construction team of fellow scouts to erect a kiosk which tells the Midland Depot story.

The plan was approved at the beginning of the year by the Teller Historic and Environmental Coalition (THE Coalition), the non-profit group currently preserving and renovating the Midland Depot. Menz' project was completed, signed off and accepted by THE Coalition in early July.

"It was a fun project," said Menz. "Now people who pass by will understand the history of the building."

Menz worked with Miriam LeBold, a Woodland Park graphic designer who generously contributed her time and efforts to design and print the signage. THE Coalition provided the photos and interpretive text, while Foxworth Galbraith donated most of the materials. Menz and his fellow scouts provided all the labor.

The result is a fine addition to the depot. The informational kiosk is a two-sided affair providing a pictographic history of the depot from its initial construction in 1904 to the present. Also included is information about the first depot, built in 1887, which burned



David Martinek, Chair of THE Coalition congratulates Menz for a job well done. Photo by David Martinek

in the 1890s and was replaced by the current building a decade later when the Santa Fe owned the Colorado Midland. Unique in its time, the Midland Depot at Divide served two railroads and was active until the Midland Terminal ceased operations in 1949. After complete renovation, the depot will someday house historic exhibits, interpretive signage, education programs, trailhead facilities and a visitor's center.

Zachary Menz graduated from Woodland Park High School in May 2013 and will be attending Colorado State University in Fort Collins in September.



A view of the depot side of the kiosk showing the pictographic presentation. Photo by David Martinek

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# Cowgirl Cookie and the Case of the Missing Chocolate Chips

by Florissant Public Library's Summer Drama Club

Get ready to cheer, gasp, boo, and hiss! On Friday, August 16th, at 6 pm, the Florissant Public Library's Summer Drama Club will perform an old-fashioned melodrama at the Florissant Grange. The play, "Cowgirl Cookie and the Case of the Missing Chocolate Chips", was written and directed by Alexi Alfieri. The play is free, but donations will be gratefully accepted in support of the Rampart Library District. There will also be cookies for sale before and after the show by the Friends of the Florissant Library.

The Florissant Library's Summer Drama Club is a group of 25 local youth, ages 10 to 16, who have been meeting weekly at the Florissant Library since the first week of June. Led by Alfieri, the group has been learning drama skills through a variety of theater games and their work on the melodrama performance. "The drama group is much larger than I anticipated, but we are having so much fun together," said Alfieri. "I wrote a custom script so that everyone had an opportunity to shine on stage."

"Cowgirl Cookie and the Case of the Missing Chocolate Chips" is a play written in the style of an old-fashioned melodrama in which the audience is encouraged to participate by cheering or booing when prompted. The melodrama takes place in a tiny mountain town in the Wild West and tells the story of Cowgirl Cookie, a young girl who loves to read and is dying to



The cast of "Cowgirl Cookie and the Case of the Missing Chocolate Chips".

solve a real mystery. Lucky for her, one comes along when her Grandma Sugar can't find a single chocolate chip in town to make her prize-winning chocolate chip cookies. Cowgirl Cookie has a sidekick, Snickerdoodle, not to mention six sisters (Oatmeal

Raisin, Ginger Snap, Molasses Spice, Macaroon Meringue, Peanut, and Butter) who appear to help. Meanwhile, Sheriff Nutter Butter and Deputy Shortbread are searching for the members of the notorious Mustache Gang (Greasy, Mushy, Crummy, Soggy, Yucky, and Burnt) who show up right under their noses. Three grannies (Miz Snappy, Miz Sticky, and Miz Chewy) sit side stage to constantly interrupt the narrator with personal comments and shameless plugs for the local library. Several sign holders prompt the audience to participate throughout the play, and the town librarian, Miss Butterscotch, has the final word.

Alfieri has been writing and directing children's plays for over ten years and is a published playwright. "I love the challenge of writing a custom script for a particular group of kids," says Alfieri. "I have to consider the number in the group, their age range, and their dramatic abilities. I weave in a theme appropriate to the occasion, and I try to keep things simple as far as the stage and costumes so it can be done on a small budget. Above all, I really love to write a play that's just pure fun for kids to perform."

"Cowgirl Cookie and the Case of the Missing Chocolate Chips" promises to be a lot of laughs for kids and adults alike. Come watch the performance on August 16th and support your local library! For more information, call the Florissant Public Library at 748-3939.

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## Florissant Fire pancake breakfast and Florissant Heritage Day

by Kathy Hansen  
photos by Jeff Hansen

July 27th was the day to be in Florissant, Colorado. The day began with a pancake breakfast held at the Florissant Fire Station. Hungry people were served with a smile a delicious breakfast of pancakes, scrambled eggs, sausage, biscuits and gravy. The Florissant Grange Jammers entertained the breakfast crowd during the silent auction.

A training trailer was outside for kids to experience in a controlled environment, what it is like to be inside the kitchen when the toaster starts on fire, the microwave has metal in it, or there is smoke pouring through an outlet. There are heat guards the simulated smoke sets off so children can experience what it is like to feel the heat as the smoke thickens near the ceiling. What better environment to explain, "Stop, Drop, and Roll"?

The training trailer also has a bedroom where simulated smoke bellows through the electrical outlet and the door heats up. Here, the children can feel the heat on the door as they are reminded to exit through the window, which they actually practice with assistance.

Please continue to support the Florissant Fire Department by calling to set up your donation 719-748-3909.

Across the street the Florissant Grange hosted Florissant Heritage Day. A two-horse drawn wagon gave hay rides; many vendors offered their wares; music played throughout the day; various presentations were held; and there was plenty of food to enjoy.

Be sure to visit the Florissant Grange Saturday August 3rd for their breakfast. You'll be glad you did!



El Paso-Teller County Training Trailer.



Florissant Grange Jammers entertain the breakfast crowd.



Florissant Heritage Day at the Grange.

## Mountain Arts Festival

More than 70 artists from 31 cities and towns throughout Colorado and from as far away as California, Indiana, Oklahoma, New Mexico and Texas will be displaying and selling their works at the Mountain Arts Festival. The 27th Annual Festival will be held outdoors at the Ute Pass Cultural Center in Woodland Park, CO, on Saturday and Sunday, Aug. 3-4, 2013, from 10 am to 4 pm on both days. Dean Tinder, who will have a booth at the Mountain Arts Festival, explains how he will add more shrubs, and by using a toothbrush, spatter white paint for snowflakes to this unfinished oil painting. For more info email Carolyn Dimig woodlandjane@aol.com.



Artist Dean Tinder

## Senior Circle at Pikes Peak Regional Hospital

Senior Circle is designed for people age 55+. The program offers a wide variety of activities, medical screenings and other services to enhance their wellbeing plus provide a chance for folks to meet new friends. As we age, we become increasingly susceptible to chronic conditions, such as heart disease. Education about healthy living, early detection and knowledge about health care options will help to improve overall lifestyle for this age group. Joining Senior Circle is easy and inexpensive – the cost for an individual, lifetime membership is \$5. Members may benefit from the following:

- **Health Screenings and Services**  
Periodic free or discounted health screenings, such as a "Balance Clinic."
- **Educational Seminars**  
Quarterly seminars covering a wide variety of topics on aging and healthy living.
- **Support Groups**  
Chronic disease management as well

as other support groups for a variety of health conditions.

- **Cafeteria Discount**  
A 20 percent off discount in the PPRH Café, to be enjoyed at breakfast or lunch.
- **Medication Checks**  
Opportunities to speak with a pharmacy team member about medications you are taking, possible side effects or interactions, and other questions.
- **VIP (Very Important Patient Program)**  
When Senior Circle members are hospitalized at PPRH, they receive a visit from a Senior Circle representative, a small welcome gift, and a cafeteria coupon for a visiting friend or family member.

To join Senior Circle visit www.seniorcircle@pprh.net for more information and online enrollment. Or contact Karen Earley, Senior Circle representative, at (719) 686-5802.

## Guffey Community Association meeting

by Flip Boetcher

The Guffey Community Association (GCA) had a surprise guest, Mr. K.C. Noble of Fall Creek, Wisconsin, at their semi-annual meeting on July 17. Noble is the new found owner of the Guffey cemetery, thus ending a years-long search by the GCA and a more recent search, by Amy Unger, Preservation Planner for the Park County Office of Historic Preservation.

Lately, there has been a lot of turmoil and controversy surrounding the cemetery, with Sheriff Fred Wegener finally saying no one is to visit the cemetery until ownership is found and access is solved.

Noble stated that he had been talking to all the parties involved in the controversy finding that all seemed to have had good intentions at heart. Noble would like to let things cool off and settle down. Noble said he takes his stewardship of the cemetery very seriously.

Noble, who lived in Guffey from 1965 – 1972, said it was like "coming home" when he returned in April of this year. David A. Noble, K.C.'s father, was president of the board of directors of Sports Enterprises, the company who created the 5,000 acre Cover Mountain subdivision just east of and bordering on Guffey in the late 1960's. A lot of the street names in the subdivision were named after relatives of his.

Noble remembers spending a lot of time in the cemetery when he lived here, climbing and picnicking under one of the big ponderosa pines.

Noble, who has been a craftsman and artist for the last 25 years, has raised four children and currently resides in Fall Creek, WI. After a current three year commitment there, he would like to move to Guffey, he said at the meeting.

When Noble visited in April, he said he filed a quit claim deed with the county, transferring ownership of the five acre cemetery property from his father's name into his name, as his father had handed K.C. the project.

Noble wants to pursue getting historical designation for the cemetery. Unger has started the nomination process for historic designation.

Since ownership of the cemetery has now been settled, the access issue can be worked on and was discussed at the meeting.

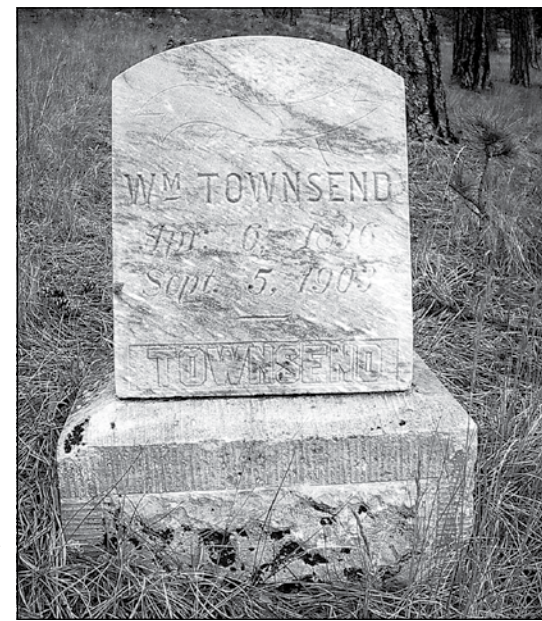
The cemetery is land locked by private property with traditional access being a walk-in footpath only, essentially trespassing over private property.

After consulting a map of the cemetery showing surrounding property owners, the best access appears to be up platted 6th Street to the east end with an easement over private property to the north to the cemetery. According to the state constitution, stated Geri Salsig, owner of Mountain Light Real Estate, attending the meeting, you can't have a land locked property, so someone will have to grant Noble an easement to the cemetery.

Noble said he would definitely try to contact the property owner, who lives in Parker, Colorado, about an easement. Noble stated that he would like to keep the access to walk-in only.

Noble passed around a drawing he had made showing his proposal of an entry gate for the cemetery. The drawing had wrought iron work on both sides with an arch saying "GUFFEY CEMETERY" also in wrought iron, supported by two large native stone pillars. The pillars had space for some history, names of people buried there and a small dedication to the Noble Family. The entry gate would hopefully be located at the end of 6th Street. Noble added that all this would probably take several years to complete.

Another big question in the cemetery con-



Headstone of William Townsend, 1836 - 1903, buried next to his wife, Matilda, 1840 - 1909, whose headstone is now just a large rock. Matilda acquired lots 9 and 19 in block 19 for \$1.00 from Gus Cohen, owner of the town site of Guffey, in 1901, and built the Townsend Hotel. The hotel was located behind the old Guffey General Store/ Gold Hill Antique building. At a particularly rowdy party at the hotel it is said that Matilda dumped a bucket of water on Gus Cohen's head to cool things off, which it did. Matilda's sister, Helen Curliss married civil war veteran William Boutwell and both are buried in the Guffey Cemetery.

trovery was what about the slash piles left from the now defunct cemetery committee's clean-up? Jon Klima, meeting attendee, asked Noble if he wanted the slash piles removed and Noble said "No, please leave the piles."

Noble also mentioned he would like to eventually write a book on the people buried in the cemetery, which was one of the goals of the original cemetery committee, according to GCA meeting minutes.

When the author last visited the Guffey cemetery, the remaining headstones and markers clung precariously to the hillside site. Of the 31 marked and known sites from the Harold Warren plot map from the 1970's, only 14 of those sites are still marked.

The people buried in the cemetery deserve to be remembered as part of Guffey history. The first recorded burial in 1897, a baby Buford Swope, only 16 months old, whose father was W.R. Swope. Buford had lots of siblings. According to an August, 1908, Flume article, W.R.'s second daughter, Edith, accidentally swallowed poison, but was recovering nicely. W.R. Swope also owned the first automobile in Guffey. After some shady dealing back east, Swope showed up in Guffey with the automobile. The last recorded burial in 1941, Andrew Jack, who was run over by his own tractor; all buried there should be remembered.

Contacting living relatives of people buried in the cemetery for history and pictures was another goal of the cemetery committee. According to Klima, the committee was contacted by living relatives of William Flavivus White, 1835 – 1908, and his wife, Catherine McBeth White, 1866 – 1903, both buried in the cemetery. "The GCA has gotten some history and pictures from them as well," added Klima.

The association is always searching for anyone with history and pictures of the Guffey area. Visit the GCA website www.guffeynews.com for more historic information on Guffey. Contact the board of directors: bod@guffeynews.com with any historic information.

Noble wanted to thank everyone who came to the meeting and for expressing their opinions, as well as for all everyone did in finding him.

Noble also hoped that everyone he has talked to feels better about the whole cemetery issue.

## Junior Achievement returns to Teller County

The start of the 2014 school year is just around the corner and Junior Achievement will be back in action in the Teller County schools!

If you are interested in volunteering in the classroom to help teach students about financial literacy and entrepreneurship – please

contact Sherri L. Albertson, Teller County Area Coordinator, Junior Achievement of Southern Colorado, Inc. at (719) 650-4089 or via email to sherri.albertson@ja.org.

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# Youth Writing Contest

hosted by UTE COUNTRY NEWS

We will be hosting a writing contest for the issues of October 2013 through June of 2014. It is open to high school seniors, home school, and GED equivalent students. There will be cash prizes for first, second and third place each month. Plus, the top three winning entries will appear in the Ute Country News each month.

## Rules:

- Contest is open to any high school senior, any home-schooled student at the high school level, and to GED-test-eligible student aged 19 or less.
- Entrant must be a resident of Teller or Park County.
- Only one submission per individual per month.
- Entry must be typed in Word or pdf format.
- Entry to be submitted to publisher via email (utecountrynewspaper@gmail.com) or website (www.utecountrynews.com) by midnight of the 15th of the month to be considered for the following months contest.
- Entry length to be no longer than 1500 words.
- Entry must be an original work, never before published.
- Subject matter to have relevance to Teller or Park County (person, place, historical event, plant, animal, mineral, geographical, river, mountain, etc.).
- Submission must include contact information: name, address, email, and phone.
- Subject matter can be fiction, non-fiction, journalism, memoir, poetry, or creative writing.
- Photographs or graphics included are publisher's option to include and will bear no relevance on scoring.
- All submissions become the intellectual property of the Ute Country News upon receipt.
- Any student below the age of 18, as of the date of the submission, must have a parent or guardian's release giving permission to the Ute Country News to use the student's personally identifiable information (name, address, age, etc.) in the contest.

## Parameters for scoring:

- Grammar, spelling, punctuation, sentence/paragraph structure.
- School appropriate subject matter and language.
- Organization and logic: the story develops, pieces fit, and it makes sense.
- Topic development: definitions, clarity, knowledge of subject matter.
- Flow – does the piece move fluidly, include segue for transitions, sub-headlines, or marks to let reader know we're going someplace different.
- Was it interesting? Yes, this one is subjective.
- Originality and creativity – something new or it can be a new spin on an old topic, creative slant, and unique perspective.

## Prizes and Awards:

- First: \$100, Second: \$75, and Third: \$50.

## Benefits to student:

- Students who have been published tend to find their grades go up across the board and self-esteem rises. A deep sense of confidence is built.
- Win prize of \$100, \$75, or \$25.
- Certificate to include on resumes, college applications, and scholarship applications.
- The work world needs writers. This could develop into a full time job, part-time paid passion, or an enjoyable outlet.
- Every opportunity to practice helps to hone skills.

## Benefits of sponsorship:

- Sponsors will be identified in three issues: announcing upcoming contest, current month contest, and the following month when the photo/check/certificate presentation is printed. Sponsors may choose to remain anonymous if they like.
  - The satisfaction of knowing you have done something significant to change an individual's life for the better.
  - The satisfaction of knowing you have made a positive impact in the community, potentially the world.
- To be a sponsor, call 719-686-7393 or visit our website and look for the Youth Writing Contest page.

Special thanks to Community Partnership for use of their conference room.

## Divide Slash Site & fire ban info

Weekends only! Fri-Sat-Sun from 9am-3pm

East of Hwys 24 & 67 in Divide; take Hybrook Rd South, the site is to the left, just past the Post Office.

- Max length = 6 feet
- Max diameter = 8 inches
- We cannot accept: stumps, roots, lumber, tires, dirt, household trash, metals, weeds, grasses.
- Mulch is free – load yourself up any weekend.

For more info or to volunteer contact CUSP: 719-748-0033 or CUSP@upper-southplatte.org

Please check the websites below when in question of status of current fire restrictions or bans. If you smoke, please smoke only inside your vehicle and DO NOT THROW YOUR BUTT OUT THE WINDOW! There is STRONG potential for fire and cigarette butts take hundreds of years to decompose.

**Remember to respect the land so it can be enjoyed for generations to come.**

Caver's Creed:  
Leave nothing but footprints  
Take nothing but photographs  
Kill nothing but time.

Stage I Fire Ban in effect for Teller County at the time of this printing. For the most current information see www.co.teller.co.us.

No Burn ban in effect for Park County as of the time of this printing. Please check by calling 719-836-4160 or see www.parkco.us.

## Quilter's Above the Clouds - Quilt Show, August 10

The seventh annual show of Woodland Park's Quilter's Above the Clouds Quilt Guild, "Quilts in the Aspens" will be held Saturday, August 10th from 9am - 4:30pm at the Woodland Park Middle School, 600 East Kelly Road. More than 100 quilts will be displayed including traditional bed-sized quilts, lap quilts, wall hangings, art quilts and Pinwheel Mystery quilts. Admission to the show is \$2; children under 12 years are free.

Area individuals or quilting groups are invited to enter a quilt into the show. Entry fee is \$5 per quilt (limit 2 quilts). Entry forms are available at Nuts and Bolts fabric store and other local quilt shops or at www.quiltersaboveclouds.org. Quilt check-in will take place at Nuts and Bolts, 200 Chestnut Street in Woodland Park on Thursday, August 8 from 1-6pm.



A quilt featuring appliquéd woodland scenes



Marilyn Morford holding a quilt she made

techniques and includes over 70 quilters of all skill levels from novice to master. In addition to the monthly meeting, the guild also hosts two monthly work sessions to construct quilts for charitable donations, which is a major emphasis of the group.

For additional information about the quilt show or Quilter's Above the Clouds, contact Betty at 719-687-0104 or gettings0104@msn.com.

## 3rd Annual Divide Wide Yard Sale is Saturday, August 24th

Summit Elementary School is the place to be on August 24th for the 3rd Annual Divide Wide Yard Sale from 9am – 3pm. This event is sponsored by Divide Chamber of Commerce and Summit Elementary School.

Spaces are limited; reserved upon receipt of full payment and application. No shows are non-refundable. Two parking spaces cost \$15.

Set up time is 8am – 9am. There will be no vehicles in the lot after 9am. For more information contact Joe Kain at 719-687-2278.

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### 2013 SUBARU IMPREZA 2.0i

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Fox in front yard



Turkey at Zion National Park -  
Margarethe Binkley, Divide

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

# The Spirit and The Fawn

by Danielle Dellinger

The big, brown eyes of a mule deer fawn--named for the mule-like ears--scanned the meadow from behind a bush. His ears swiveled back and forth, staying alert for any unfamiliar sounds. His mother had left him there to go graze without interruption. Panic slowly started to settle in the little one's chest as time marched on. But finally, his mother came back for him and they left to go find a place to nap for a while. Thunder growled in the distance, and the doe picked up the pace, heading for a thicker part of the forest to ride out the storm. The pair laid down in a large bundle of bushes and the fawn pressed his face into the warm side of his mom. Rain soon fell around them, dampening their senses. Calls from birds were the only thing that alerted them to the flash flood raging down the mountainside toward them. The two of them jumped to their feet and began racing away just in time. The fawn was only a couple months old, having been born in June, so he was still working on building up his stamina.

The dirty water began closing in on them, making instinct kick in. The mother jumped right while her baby jumped left. Both kept running since the stream of the water kept rapidly growing. The fawn jumped up onto a large rock to rest as the murky water swirled around, stranding it. His legs crumpled and he lay there shaking, calling for his mom. The rain still fell, soaking the baby deer. All it could do was curl up and try to stay warm. The clouds lifted soon after and weak sunlight penetrated the trees. The fawn still trembled as he looked around tiredly, calling sadly for his mother again. The trickling of water was the only response. The fawn's eyes closed and his head flopped to the side.

A large but graceful figure strode silently through the trees. The forest spirit, still in the body of half human, half elk, surveyed the new damage to its territory. It touched nearly every tree that it passed, looking up into the leaves as it listened to the trees and plants chatter. There was a rumor that a mule deer fawn was stranded on a rock in the middle of the flooded area. The forest spirit quickened its pace, stopping when it saw that the rumor was true. The spirit made its way through the muddy water over to the fawn. It watched him a moment, relieved to see that he was still breathing. It looked around, hoping to see the mother coming for him. No one came. Looking back to the bundle of fur, the spirit reached out and carefully gathered him up into its arms, holding him close. The spirit made its way to a meadow where it knew that the sun was strong and warm.

Keeping the fawn in its arms, the spirit laid down in the tall meadow grass. A warm breeze came from the far side of the clearing, helping to dry the baby deer's fur. The spirit finally felt him stir and he slowly lifted his tiny head to look around. He looked up at the forest spirit and began trembling again, not understanding why this being was holding him. His eyes scanned the meadow quickly, and he began calling again for his mother. The spirit let him do so for a few minutes, but then it slowly started stroking under his chin. That eventually quieted him.

Once the baby deer was dry, the spirit set him down in the grass and stood. It towered over the fawn by almost nine feet, but the deer no longer seemed to fear it. The spirit began walking, heading back into the trees, tipping its head every now and then to avoid knocking its large antlers against branches. It took a few minutes for the deer to

figure out he was supposed to follow. He scampered after it, intrigued by the blend of male and female, and human and animal characteristics. Of course, the fawn didn't really understand what he was looking at; all he knew was that this creature was different and powerful.

The two soon came down into a valley where a few does were grazing. It was a popular spot for the deer, so the forest spirit hoped to find the fawn's mother there. It watched the little thing sniff the air and slowly start toward the group, but then he stopped and looked to the left, then right, then back at the spirit. The spirit gave a slow nod, then turned and started back up the hill. The baby deer hesitated a moment and then followed. The does watched them go, then looked at each other, sharing a concerned look.

The forest spirit came upon a large spread of flowers and laid down, gently touching the petals of one blossom. The spirit's lips moved, but no sound could be heard. The fawn watched it, his nostrils flaring as he inhaled the pungent, flowery aroma. The spirit turned its head to look at the fawn and the two gazed at each other for a long moment. The spirit seemed to decide something and got to its feet. It headed back toward the flooded area. The baby deer reluctantly followed, the scent of muddy water and rain burning his nose the closer they got to the flooded area. He wished to stay with the flowers, but he didn't want to be abandoned.

The mud stuck to the baby deer's feet, and he struggled to keep up with the spirit who strode on, just as graceful as ever. The fawn made small whimpering noises each time he got stuck and finally, the forest spirit looked back and saw what was happening. It came back and picked up the deer, holding him in one arm as it kept going. They soon found themselves back at the rock, which was splattered with dirt. The forest spirit barely paid any attention to it as it kept walking, seeming to be following the trail of something. But then the trail appeared to end and the spirit stopped, slowly looking around in every direction. The spirit figured that the mother they were looking for was a yearling, since there was only one fawn, which was typical. Her lack of experience may have been the reason for them getting separated.

The flood had flowed down steep embankments, possibly taking the mother with it. The spirit began walking up the hill to get a better vantage point. When the forest spirit got to the top, the light was beginning to fade, making it difficult to get a clear view of anything. The spirit sighed softly out of frustration and started down the other side of the hill, adjusting the fawn under its arm. The spirit found a small stream and set the deer down. He quickly went to the water and began drinking deeply. The spirit laid down in the tall, green grass and watched the baby deer step into the clear water. The mud on his hooves lifted off and swirled about his ankles.

When the deer felt refreshed, he came back to the spirit and laid down right against it. The spirit slowly stroked his back with its long, slender fingers. This began lulling the fawn to sleep. The spirit couldn't help but smile a little as he watched the little guy nod off. There had been a part of the spirit that had always wondered what it was like to be a parent. Sure it may have been a parent to all the living things in its territory, but they weren't biologically related. The spirit vowed right then that it would be the fawn's parent if his mother couldn't be found. It wanted to give him the best chance at survival it could, and it would

do so without excessively interfering with Mother Nature's plan. She ultimately had the final say on who lived and who died.

The fawn slept soundly for most of the night, but just a couple hours after midnight a shrill shriek rattled through the forest. The fawn instantly jumped to his feet, looking around frantically. The spirit stood and looked in the direction the shriek had come from. It began quickly walking in that direction, the fawn bounding after it and staying close to its flank. The fawn's 310 degree view of the world around him, coupled with his better nighttime vision, put him on high alert as they crested the hill where they had been looking before bedding down for the night. Both he and the spirit saw the fight occurring on the steep, rocky part of the embankment where the spirit had first suspected the doe had fallen. There she was, struggling to kick off two coyotes that were after her. The spirit could see that her left front leg was broken, and the coyotes were taking advantage of that. Her breathing was labored and foam coated her lips. The coyotes were close to ending her life with just one more well-placed bite. She was already close to giving up.

The spirit turned to the fawn and picked him up, placing him in the middle of a bush that would protect him if need be. The spirit then leaped down onto a boulder right above the fight. Its antlers began to glow a bright blue. The coyotes stopped and looked up at the spirit fearfully. They knew who this was. The spirit clapped its hands together silently then quickly pulled them apart, which is when the actual clapping sound came, along with an explosion of white sparks that rained down onto the coyotes. They yipped and howled, scrambling down to the base of the embankment as fast as they could. The doe looked up at the spirit with half-closed eyes, her energy fading fast.

The forest spirit stepped off the boulder into mid-air, standing just off to the doe's side as it looked down at her, quickly looking her over to see how much damage had been done. The doe's eyes finally closed and her breathing began to quiet and slow dramatically. This alarmed the spirit and it quickly scooped her up, walking in mid-air back up to the top of the hill. The fawn wiggled his way out of the bush and met them, calling softly to his mom. His cries really tugged at the spirit's heart, making it more determined than ever to save the doe's life.

They took the doe to where they had been sleeping by the stream, and the spirit laid her down in the cool grass. She responded by sighing contentedly. The spirit laid down beside her and put its hands on the most severe wound, the one that was about to end her life. Just as its hands began to glow a soft silver, a familiar voice spoke from behind it, "Just what do you think you're doing, Forest Spirit?" The spirit quickly looked over its shoulder and saw Mother Nature standing there. She was standing in a manner that let the spirit know it was in trouble. "You're pushing the limit of your power."

The spirit frowned, worry reflected in its eyes.

"This is my decision now," Mother Nature said, gliding towards them.

The fawn ran between her and the spirit, looking up with pleading eyes. His big ears stood erect, and Mother Nature smiled at his cuteness. But the smile slowly faded. "I'm sorry, little one, but this is how it must be. Her time is up. It'd be cruel to let her live and suffer with the pain of that broken leg. It's a wonder the coyotes didn't rip it off with the way it just hangs there."

The fawn bowed his head and sniffled, moving back against the forest spirit and huddling against its body for comfort. The spirit patted his side as it looked back to the doe, who lay so still that she may have already died. Mother Nature moved to the other side of the doe and knelt down. Her shimmering hands stroked the deer's side and they all watched as the doe seemed to take in the deepest of breaths, then slowly exhale. The fawn began making small cries to his mother, nuzzling her head. Even though his big ears stood tall, they quivered.

The spirit couldn't stand to watch the baby deer crying. It didn't want to see him orphaned. Its eyes narrowed and it looked to Mother Nature for a moment. She was watching the fawn as well. The spirit reached out and quickly put its hand over hers to stop her. It tipped its head

slightly toward the fawn when she made eye contact. Its eyes pleaded with hers to let this doe live, to let this baby buck grow up with a mom.

Mother Nature shook her head. "I'm terribly sorry. Please take the fawn and care for him. This is your chance to see what it's like to be a parent."

The spirit just stared at her, feeling a bit appalled that she would say that. Sure, it wanted to know what being a parent was like, but it didn't want to get a child this way. "Go, please. It's better this way," she said. "If you don't take him, I will be forced to and you won't like how it'll happen."

The forest spirit abruptly got to its feet and collected the fawn into its arms. It stopped a few yards away and looked back. Mother Nature looked to it and said, furiously, "Get out of here now, or I will strip you of your powers! This no longer concerns you!" The spirit started walking again, the fawn's cries getting louder. The spirit didn't know where they were going. It would walk until it found a nice piece of the territory to raise the fawn.

Mother Nature sat there with the doe for a long time. She looked her over and realized that, despite being a yearling mother, she was one of the healthiest does she'd come across in a long while. The clouds parted for a moment and let the moonlight fall onto the scene. The doe lifted her head slightly and looked back at the keeper of life and death. Mother Nature reached out and pushed her head back down. "It must be done," she muttered, cupping her hand over the doe's muzzle. The doe whimpered a little, struggling slightly. Mother Nature quietly shushed her and slowly pulled her hand away from the doe's muzzle, bringing an orb that glowed a soft white out of her mouth. Mother Nature stood, the orb hovering in the palm of her hand. She gazed at the lifeless doe a moment and then turned, walking into the trees. As she left, the moonlight slowly faded, like she was taking it with her, too.

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## Post-fire flooding will threaten Highway 24 for many years

by Coalition for the Upper South Platte

We've witnessed dramatic scenes of mud and debris flowing down Highway 24 and filling homes in the last several weeks as anticipated flash flooding becomes a reality. In line with the summer monsoon season, thunderstorms dropping moisture over the Waldo Canyon burn scar have created havoc for many that rely on Highway 24 and those living along Ute Pass.

As predicted, the burn scar has intensified the level of flooding from post-fire rainstorms. After the Waldo Canyon Fire swept through the steep hillslopes and narrow canyons west of Colorado Springs last June, the area became particularly prone to flooding. Drastically reduced vegetative cover paired with the steep terrain means water falling on the burn scar gains momentum quickly, with little to slow it down. This fast moving water can pick up sediment and debris, creating very dangerous flood waters and mud slides. The water and debris funnels through canyons and drains out through pour points, spreading onto the floodplains below the burn scar. The floodplains below, including areas of Highway 24 and communities along Ute Pass, such as Green Mountain Falls, Chipita Park, Cascade, and Manitou Springs, are therefore highly vulnerable to flood flows. This kind of flooding is consequently very destructive not only to the environment - by washing away soil and accelerating erosion - but also threatens life, safety, and property.

On Monday July 1st a storm over the burn scar caused Fountain Creek to swell and sent mud into downtown Manitou Springs. Houses, businesses, and vehicles in the path of the flood experienced damage as a surge of water carrying sediment and debris accelerated down hillslopes and spread through low-lying areas. Several homes were destroyed when the forceful flow struck the area. Another rainstorm hit on Wednesday, July 10th, this time sparing Manitou Springs but stranding motorists along Highway 24. Mud and muck came rushing out of Waldo Canyon, surprising those traveling along the highway and sweeping cars off the road. After the brief storm was over and crews had cleaned the debris off the roadway, people stuck on either side of the closures were free to travel again. These first few destructive floods promise not to be the last.

Previous fires, most notably the 2002 Hayman Fire, have taught us increased flooding will impact surrounding areas for many, many years. Drawing from past experience, the Coalition for the Upper South Platte (CUSP) and partnering organizations from government, nonprofit, and private sectors recognized the threat of post-fire flooding early on. Work to restore the burn scar and mitigate post-fire flooding began soon after the fire was contained, and in-depth study of affected areas began shortly thereafter. By studying the landscape and hydrology of the burn scar and areas below, this group of partners has developed a clearer picture of how water will move when rainstorms hit. This work, along with the examination of historical flooding and flood zone data, guides the ongoing restoration prioritization and flood mitigation.



Damage from the July 1st flooding in Manitou Springs.

CUSP has been working closely with partnering organizations, businesses, and residents to address impending threats from flash flooding. Extensive planning and on-the-ground efforts are both essential to minimize damage and danger from flash floods. Flood mapping and emergency planning exercises have been important tools for engaging residents and businesses in the flood preparedness process. Installing sandbag walls, strategically placing erosion control structures, constructing sediment catchment basins, promoting the growth of native vegetation, and cleaning up debris in critical waterways that could become projectiles during a flood event are also part of the



Flooding in Williams Canyon

effort to keep people safe and protect property and infrastructure. CUSP has played a role in post-flood cleanup as well and will continue along with efforts to keep Highway 24 open, while assisting community preparation for more floods during the monsoon season.

Although the Waldo Canyon Fire burn scar may not be in your backyard, post-fire flooding will affect many throughout the region. Highway 24 is a critical thoroughfare connecting mountainous areas to the Front Range. The highway, sitting below steep, fire denuded slopes, is particularly vulnerable to flood waters and debris coming off the burn during rainstorms. Although rain may not be falling directly overhead, flood flows from above can come down suddenly and forcefully. Work is underway in drainages leading onto Highway 24 to address dangerous mudflows entering the highway in the event of more flash flooding. But if a very heavy or lengthy storm were to settle over the burn scar, mitigation efforts would likely only slow the flow of sediment-laden rainwater. The threat of debris and mud entering onto the highway and into communities below the burn scar will last for many years, which is why we must all stay apprised of changing weather conditions in the area.

### BE FLOOD AWARE!

If you plan to travel via Highway 24, make sure to check the weather before you go. Thunderstorms are often fast moving and can drop large amounts of rain very quickly. Even small amounts of rain over the burn scar can lead to major flooding. During a flood event, move to higher ground and do not walk across, play in, or drive through flowing water. Even water flows that look shallow can be fast moving and very dangerous. Sign up for weather alerts and avoid Highway 24 during storms. Helpful resources include:

- The National Weather Service: <http://www.crh.noaa.gov/pub/>
- Waldo Canyon Fire Information: <http://waldofire.org>
- City of Colorado Springs Flood Risk Information: <http://www.springsgov.com/Page.aspx?NavID=4488>
- WeatherCall Storm Warning Service: <http://www.wcsyslp.com/cusp>



## Can You Benefit from Municipal Bonds?

Over the past couple of years, the economic picture has brightened for many cities and states — but some of them are still facing potential financial problems. As a citizen, you may well have concerns about these issues. As an investor, these financial woes may affect your thinking about one particular type of investment vehicle: municipal bonds.

Specifically, given the difficulties faced by a few municipalities, should you consider adding “munis” to the fixed-income portion of your portfolio?

It is true that municipal defaults, though still rare, rose in 2012. But we haven't experienced any sharp increases in defaults in 2013. Overall, default rates for municipal bonds are low — much lower than for corporate bonds of comparable quality, according to Moody's Investor Services.

**By adding quality municipal bonds to your portfolio, you can help support worthwhile projects in your community.**

Of course, there are no guarantees, but if you stick with “investment-grade” municipal bonds — those that receive the highest grades from independent rating agencies — you can reduce the chances of being victimized by a default. Municipal bonds offer these benefits:

• **Tax advantages** — Municipal bond interest payments are free from federal taxes and possibly state and local taxes, too. (However, some munis are subject to the alternative minimum tax, as well as state and local taxes.) This tax treatment means you would have to earn a much higher yield on other types of bonds to match the “taxable equivalent yield” of municipal bonds.

• **Civic benefits** — By adding quality municipal bonds to your portfolio, you can help support worthwhile projects in your community, such as construction of schools and hospitals.

• **Steady income** — Barring a default, you will receive a regular, predictable income stream for as long as you own your municipal

bonds. However, if you currently own many long-term munis, you may want to consider reducing your overall position. Eventually, rising interest rates will push down bond prices and long-term bonds carry added risk because their prices will decline more as interest rates rise. Work with your financial advisor to determine the most appropriate approach for your situation.

• **Diversification** — Municipal bonds can help you diversify the fixed-income portion of your portfolio if it's heavily weighted toward corporate bonds. You can even diversify your municipal bond holdings by building a “ladder” consisting of munis of varying maturities. Once you've built such a ladder, you can gain benefits in all interest-rate environments — when rates are low, you'll still have your longer-term bonds working for you (longer-term bonds generally pay higher rates than shorter-term ones) and when interest rates rise, you can reinvest the proceeds of your shorter-term bonds at the higher rates.

Consult with your financial advisor to determine if municipal bonds can be an appropriate addition to your portfolio, as investing in bonds involves risks, including credit risk and market risk.

Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

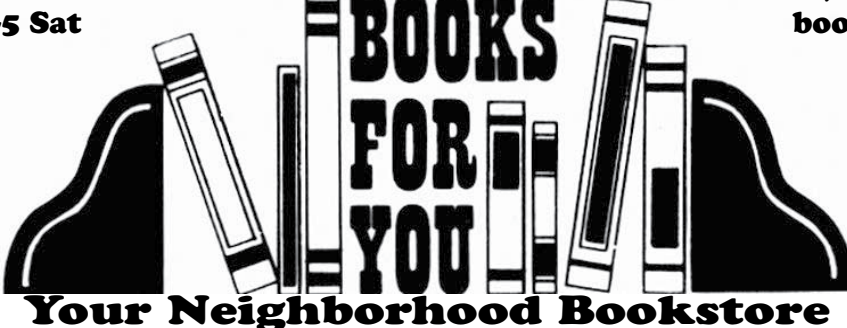
Investors should evaluate whether a bond ladder and the securities held within it are consistent with their investment objectives, risk tolerance and financial circumstances.

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

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## Market Trends

Sales are still up - the number of sales in June for Woodland Park, Divide and Florissant was 42% over last year. While summer can be slower in Teller County for sales, the market typically starts picking up again mid August and into the fall season. This is a great time to think about putting your home on the market to take advantage of the busy fall season.

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Summer fishing in the  
high country

by Jeff Tacey

The dog days of summer are here and you need to get above tree line to catch some good trout. It doesn't get that hot up in the Alpine Lake basins where the brook trout and cutthroat trout are hungry.

Another option is to fish the bigger reservoirs at first light and troll deeply. Elevenmile Reservoir and Spiney Mountain Reservoir are great for fishing now. Try lead core line with cowbells and a spinner. Focus on wet flies later in the summer. If you are stuck on the shore grasshopper, ant, beetle, and bee patterns will work well the first and last hour of daylight. Big northern pike will hit large Rapalas, Storm Thundersticks, and Lucky Craft lures. Rainbow trout patterns are also effective in the shallow water where fish are looking for an easy meal.

The best time for pike is the middle of the day. Try to get away from the crowds and make a road trip to Blue Mesa Reservoir, only 10 miles west of Gunnison off US Highway 50. Blue Mesa is 20 miles long



and about 25 feet low now. Shore fishing in the early morning or late evening is good for rainbow and brown trout. The best way is a night crawler on a circle hook sitting on the bottom of the reservoir. If you want to catch the lake trout or kokanee salmon you will need to be in a boat in the deeper water 50 to 200 feet deep.

A favorite of mine is Taylor Park Reservoir north of Gunnison on State Highway 135. Big northern pike will hit the big stick baits at Taylor. Rainbows will hit wet flies or spoons. At night, big brown trout will bite on night crawlers on the bottom. I've caught some nice pike and brown trout at both reservoirs.

Please check the 2013 Colorado Fishing booklet for all rules and regulations.


## Why CASA?

Why do CASA (Court Appointed Special Advocate) Volunteers do it? Find out Thursday, August 22nd, hear a CASA (Court Appointed Special Advocate) share why they say, "I am for the child believing in his heart that no one cares." "I am there to champion without compromise for what's in his best interest."

Go to <http://www.casappt.org/volunteer-colorado-springs> or RSVP to Kelly at 719-447-9898, ext. 1033 or [kellyp@casappt.org](mailto:kellyp@casappt.org).


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## Mountain Eire

by Clare Powell

Mickie Richardson loves to make the steps match the music. Over the last 11 years she's been teaching Irish dance to children and adults through a Colorado school. Now Mickie wants to support the community where she has also taught elementary school for 19 years by opening a new dance school based in Teller County, Mountain Eire Irish Dance School.



Dance instructor Mickie Richardson

She's gathered a lot of funny stories in her years dancing. Early in her career, Mickie was seven months pregnant with her first child when her group was dancing at the World Arena in Colorado Springs. The arena officials had placed mats over the ice for the dancers; the mats began sliding across the rink.

She also remembers a performance where half the group was dancing upstairs while the second half was changing shoes



Alex Richardson, Ruth Anna Powell, Clare Powell, and Lexi Musgrave.

downstairs. Irish dancers dance both in soft shoes, or ghil-lies, and hard shoes. The group that was swapping out shoes was listening to the others dance hard shoe overhead; looking up, they saw cracks growing across the ceiling.

Mountain Eire offers hard shoe and soft shoe instruction. Classes are held at Woodland Park Senior Center and

the Woodland Jazzercise studio across from Walmart. She teaches beginners to champions and is an adult champion dancer herself. She teaches young children to adults and is launching a program to give students the opportunity to dance either competitively or noncompetitively. Beginner classes run for one hour and cost \$10 each. Tuition is prepaid by the month.

Mountain Eire will be performing locally for Saint Patrick's Day, Christmas, and other celebrations, and can be booked for special events. The school will also be sponsoring a series of Ceili (kay-lee) dances for the general public, which are community gatherings for simple group dancing for all ages and experience levels. The first Ceili was held in July; check the Web site for information on upcoming opportunities.

Anyone interested can contact Mountain Eire at [mountaineire@yahoo.com](mailto:mountaineire@yahoo.com) or call (719) 686-1325. A first tryout class is free. More information can be found at [www.mountaineire.org](http://www.mountaineire.org).

**Publisher's note:** Clare Powell is nine years old and a budding writer. Clare, please keep the ink flowing!

Remarkable trace fossil found near Woodland Park  
May hold clues to an ancient sandstone

by Steven Wade Veatch and Zachary Sepulveda

Winding into the mountains, U.S. highway 24 closely follows the Ute Pass fault, a major fault that separates the Rampart Range from the Pikes Peak massif and the rest of the Front Range. Starting southeast of Cheyenne Mountain, the Ute Pass fault can be traced for about 60 miles and heads north along state highway 67 beyond Woodland Park. The fault zone is relatively wide and filled with broken and fractured rocks that create the course of Fountain Creek in Ute Pass.

There are at least three resistant ridges made up of sandstone exposed along Ute Pass and in the Woodland Park area. These can be thought of as "fault slices" of a sandstone rock unit "jammed" in Pikes Peak Granite during past movements of the Ute Pass fault.

The sandstone rocks are called "injectites" by a number of geologists to describe this remarkable formation. Generally, the color of the injectites is reddish or maroon, but some of the weathered injectites have a buff discoloration on weathered surfaces that is related to the iron oxide cement present in the sandstone.

Today the injectites remain a source of much scientific debate. This was thought to be a sandstone unit called the Sawatch Sandstone that was deposited during the Paleozoic Era in the Cambrian Period—when there was an explosion of multicellular life. Geologists give names to units of rock that were formed generally in the same way at the same time so they can talk about them and map them. Upon closer examination, it is clear this is probably *not* Sawatch Sandstone. During a recent field trip attended by seven geologists studying these features in Woodland Park, the scientists began to consider this sandstone was perhaps Precambrian, formed at a time before there was multicellular life on Earth. During the intense and concentrated discussion during this field trip, the scientists considered it a distinct possibility this sandstone was laid down *before* larger life forms were



Steve Spence, a Pikes Peak Community College Student with the trace fossil he found. Photo © by S.W. Veatch



The tubular structure or the trace fossil was formed by the creature crawling through this ancient sand and can be clearly seen from this side view. Steven Spence specimen. Photo © S. W. Veatch.

present; Steve Spence, a geology student at Pikes Peak Community College, climbed a steep slope of this enigmatic sandstone while the geologists were fervently debating. He came back down with an object he had never seen before and brought it to one of the authors (Veatch) and said, "What is this unusual looking thing?"

Veatch knew exactly what it was—it was a trace fossil of a larger, multicellular creature that once crawled its way through the wet and moist sand millions of years ago. This large trace fossil put the primordial sandstone back in the Paleozoic when there were large, multicellular organisms.

Trace fossils, also known as ichnofossils, are a very important kind of fossil, they record *behavior* exhibited by prehistoric creatures. They are formed by animals performing actions, rather than animals dying and being preserved in sediment. For instance, a trace fossil might be formed by a worm burrowing its way through the sand, leaving a trail that gets preserved for all of eternity; or a dinosaur traveling to its nesting site and leaving a trail of footprints in deep mud.

The term trace fossil may also include other things like remnants organisms left behind, for example, egg shells or coprolites (scat or droppings). Trace fossils leave us with indirect evidence of how past animals lived their lives and how they may have behaved.

Footprint fossils can give us insight not only into the behavior of prehistoric animals, but also into their physical attributes. By looking at footprints we can determine the size, speed, and weight of the animal creating the print. Trace fossils are a valuable source of information on prehistoric animals' behavior and biology.

This is a good example of how science works, and how something can change like the name and age of a sandstone unit. Geologists for decades thought it was the Sawatch Sandstone and now geologists do not know what the name of the sandstone is or the age of it. Now science has a trace fossil from Woodland Park to add to the understanding of this puzzling sandstone. Scientists will soon probe the mysteries of this ancient sandstone embedded in Pikes Peak Granite and hopefully assign a name and age to it.

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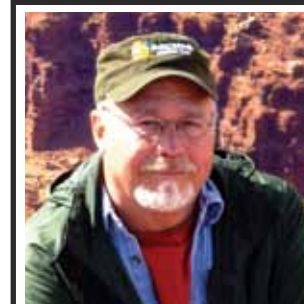
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About the  
authors:

Steven Veatch is a descendant of Cripple Creek miners who worked in the Cripple Creek and Victor Mining District from 1892 to the late 1930s. He teaches the Pikes Peak Pebble Pups to become responsible rock hounds, writers, poets, and scientists. There is a Pikes Peak Pebble Pup unit in Lake George, Colorado.



Zachary Sepulveda attends Palmer Ridge High School in Monument, Colorado. He is from Southern California, and has always been interested in geology, paleontology and biology. He is looking forward to making a meaningful contribution to the field of science. His other interests include creative writing and drawing. Some of his poetry and drawings have been published in magazines such as Deposits and in local newspapers. He wrote and published a scientific article with Steven Veatch about a Florissant fossil spider discovery. Zachary is a member of the Colorado Springs Mineralogical Society (CSMS) and participates actively in the Pebble Pup/Junior program. He is also a member of the Colorado Scientific Society.

## Now on the web



www.utecountrynews.com

## History comes alive at cemetery crawl

by Kathy Hansen  
photos by Kathy Hansen

The Woodland Park cemetery came alive on July 4th during the 2nd Annual Cemetery Crawl. There were 12 individuals in the cemetery portrayed by local residents who dressed the part. Some even added the appropriate accent!



Rose Hackman portrayed by Kenya Lunsford, and Abram Hackman portrayed by Steven Lunsford

It was fun to learn more about the folks who had settled in this area. Each person's story was conveyed through the eyes of the actor/actress in such a way that it seemed so real; many questions from the audience gave the opportunity to ad lib a little.



Moses Baldwin portrayed by Marty Wilson

The actors/actresses did a great job reminding the audience of the challenges their character faced. We tend to take it for granted to make a trip to Colorado Springs and back in just a few hours via automobile; not so for the folks who traveled via horseback. We tend to forget we have cell phones now but there was a time when you went to "call on" a neighbor. The "Angel of the Hill" reminded us that if you are having a medical emergency, there may not be time to get the patient down the hill or the doctor up the hill. Sometimes decisions had to be made in hopes it was the correct one. "It was me or the mushrooms," quipped the Angel of the Hill. Can you imagine it taking weeks to shovel out from a snowstorm?



James Burnside eloquently portrayed by Jeff Hansen

Here's a shout out to all who were willing to portray some of our Summit Park, oops it's now Woodland Park, founders — job well done!

## Soy Good, Soy Bad

by Carol Grieve

How many of us have heard about the benefits of eating soy? For decades, those who market soy have stated that soy is a perfect health food. However, what if consuming unfermented soy is actually dangerous to your health? Notice that I said unfermented soy. Let's discuss the difference.

Asians have been consuming fermented soy products such as natto, tempeh, miso, and soy sauce, and enjoying the health benefits. Fermented soy does not wreak havoc on your body like unfermented soy products do. That being said, Asians consume this fermented soy in small amounts. In China and Japan, about an ounce of fermented soy food is eaten on a daily basis.

When fermented soy foods are used in small amounts they help build the inner ecosystem, providing a wealth of friendly microflora to the intestinal tract that can help with digestion and assimilation of nutrients, and boost immunity. The key words are "small amounts".

Traditionally, fermented soy products include: miso, tempeh, natto, and some soy sauces (as long as it's fermented in the traditional way; not all are). I like naturally-fermented organic tamari soy sauce and it is also gluten-free. Notice that tofu is not included in this list and I do not recommend it.

Unfortunately, many Americans who are committed to healthy lifestyles have been fooled and manipulated into believing that unfermented and processed soy products like soy milk, soy cheese, soy burgers and soy ice cream are good for them.

Dr. Kaayla Daniel, author of *The Whole Soy Story*, points out thousands of studies linking soy to malnutrition, digestive distress, immune-system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders and infertility.

Soybeans, even organically grown soybeans, naturally contain "antinutrients" such as saponins, soyatoin, phytates, trypsin inhibitors, goitrogens and phytoestrogens.



Natto

If you feed soy to your infant or child, these effects are magnified a thousand-fold. Infants fed soy formula may have up to 20,000 times more estrogen circulating through their bodies as those fed other formulas. You should never feed an infant a soy-based formula! In fact, infants fed soy formula take in an estimated five birth control pills' worth of estrogen every day.

Another reason for avoiding soy is that most of it is genetically modified. More than 90 percent of soybeans grown in the United States are genetically modified. Since the introduction of genetically engineered foods in 1996, we've had an upsurge in low birth weight babies, infertility, and other problems in the U.S. Animal studies have shown devastating effects from genetically engineered soy including allergies, sterility, birth defects, and offspring death rates up to five times higher than normal.

Soybean crops are also heavily sprayed with chemical herbicides, such as glyphosate, which has been found to be carcinogenic.



Tempeh

Carol Grieve is a Certified Life Coach and Health and Wellness Coach. She is the host of an internet talk radio show, *Food Integrity Now* (www.foodintegritynow.org). For more information on emotional or health-related issues or for food and wellness coaching, contact Carol at carol@foodintegritynow.org or call 415-302-7100. Skype and phone sessions available.



Carol Grieve

Glyphosate is a major component of Monsanto's Roundup herbicide. (Monsanto also gave us DDT and Agent Orange!) It was created and manufactured on a mass scale by Monsanto and is one of the most widely used herbicides in the world. A number of scientific studies surrounding glyphosate have shed light on the danger it poses to the human body. A new groundbreaking study has now found that the most active ingredient in Monsanto's best selling herbicide "Roundup" is responsible for fuelling breast cancer by increasing the number of breast cancer cells through cell growth and cell division.

The study is published in the US National Library of Medicine (4) and will soon be published in the journal, *Food and Chemical Toxicology*. Several recent studies showed glyphosate's potential to be an endocrine disruptor. Endocrine disruptors are chemicals that can interfere with the hormone system in mammals. These disruptors can cause developmental disorders, birth defects and cancer tumors.

It seems the only way eating soy is of any benefit to human health is in small amounts and fermented. Keep in mind, many products contain soy. Learn to read labels and say no to processed or unfermented soy. Your body will thank you!

## B.A.R.K. Recovery kits come to Four Mile Fire and Cripple Creek Fire Departments

by Animal Angels Resource Foundation

When disaster strikes, family pets are victims, too! Our animal companions can die in fires from smoke asphyxiation and are often victims of pet emergency situations, including drowning. Losing a beloved animal companion is always a difficult experience, but it is more devastating when we realize that it may have been prevented.

Many firefighters have seen families try to rush back into a burning building to save their pets and firefighters understand that pets are indeed beloved family members. Firefighters, first responders, and other search and rescue groups can feel helpless when confronted with an animal victim. They want to help, but often lack the proper equipment to do so. With the right equipment, firefighters and EMS rescuers have a better chance to save a pet's life.

The Breath of Air Recovery Kit (B.A.R.K.) is designed for animals instead of human faces. This mask fits so much better and provides the opportunity to more efficiently funnel oxygen into the animal's snout than the flatter mask designed to fit humans.

Four Mile Fire Protection District was the first to receive a B.A.R.K. recovery kit. Chief Lance Crummett of Four Mile is compassionate about having the kit because it greatly increases the odds of saving the lives of animals caught in disasters and hopes to have a second kit. There are many horses in the area that could benefit.

Cripple Creek



The Breath of Air Recovery Kit (B.A.R.K.) is designed for animals instead of human faces.

was the second to receive a kit. Chief Randy Baldwin and his crew share the community's compassion for the wild donkeys that roam the streets. In fact, they are often called when one of the donkeys appears to be distressed.

"Our vision with B.A.R.K. is to have a kit on every fire truck, search and rescue, and animal welfare group in Colorado which is in need of this type of equipment. With the support of communities across Colorado, we hope to achieve this vision," said Janet Whipker, the founder of Animal Angels Resource Foundation (AARF — not the one based in Teller County, as you will see).

Janet had been a resident of Teller County for years until unforeseen circumstances pulled her away from the foothills to the lower elevation of Colorado Springs. She has dedicated her time and energy to developing a 501(c)(3) organization whose goal is to keep families and their pets together.

"We don't rescue pets, we rescue families," said Janet. "We provide a 'Directory Assistance Service' if you will, connecting families in need to the appropriate resources." Janet keeps her data base of referrals



Four Mile Fire Protection District got one...



... the Cripple Creek Fire Department got one too!

rescues, and local businesses, might sponsor a kit by holding a fundraising event for the cause. Caring individuals can sponsor a kit for their community by sponsoring a kit or a donation toward the project in memory of a loved one or a beloved pet.

Sponsorship donations can be done online at www.aarfhelpp.org. Please add (BARK) in the comment line. Or Mail to: Animal Angels Resource Foundation P.O. Box 61003 Colorado Springs, CO. 80960-1003 (BARK) in the comment line



Left to right - Erica Duvic, Jo Beckwith and Sara Edinberg standing in front of the Guffey Community Center with some of their geocaching supplies.

## Geocaching in Guffey

by Flip Boetcher  
photos by Flip Boetcher

Geocaching arrived in Guffey on June 25, 2013, when Erica Duvic, Projects and Grants Manager for the South Park National Heritage Area (SPNHA), and Sara Edinberg, SPNHA and Vista volunteer, joined Guffey residents Jo Beckwith and Flip Boetcher, president of the Guffey Community Association, in hiding two Guffey geocaches. One is located at the library/community building complex and the other at the Mountain Light Real Estate office at State Highway 9 and the Guffey turn, owned by Geri Salsig.

The two Guffey caches make a total of 55 caches Duvic has hidden as part of the SPNHA geo tour in South Park. "The geo tour gives people more reasons to visit sites and places in the National Heritage area," Duvic said.

Geocaching, which is becoming ever popular world wide, is a real-world outdoor treasure hunt according to www.geocaching.com, the official Global Positioning System (GPS) cache hunt site. Geocaching combines technology with adventure and is fun and healthy for all ages. The sites vary in size, difficulty and location, according to Wikipedia.

Players try to locate hidden containers, called geocaches, using GPS enabled devices and they can then share their experience online.

The first documented placement of a GPS located cache was on May 3, 2000, near Portland, Oregon. The sport has taken off with over 5 million geocaches world-wide. In searching the geocaching website for Park County, 920 geocache listings came up.

Geocaches, ranging from "nanos" (which can be smaller than the tip of your finger) to five gallon buckets, all contain a logbook for visitors to date and sign as well as small trinkets and trade items, if space permits. "Visi-

tors wishing to take any of the trade items usually leave something of equal or greater value in their place," according to Edinberg. Items for trade can include unusual coins or currency, small toys, ornamental buttons, rocks, crystals, SD's, books, marbles, key chains, bouncy balls, and batteries.

"The SPNHA caches ranging from small to large contain the logbook, a pencil and sharpener and various trade items including band aids, whistles, erasers and key chains," stated Duvic. The large container Duvic had had a baseball hat for trade in it.

Beckwith, who has been geocaching several times, said one site she visited had nuggets of iron pyrite to take. While the list of geocaching trade items is endless, please leave no dangerous or illegal items, weapons, food or pornography.

"Containers can be just about anything as well," said Duvic, "but the most common are lunch-box sized plastic storage containers." Military ammunition boxes are the "gold standard" of containers because they are strong, waterproof, animal and fire resistant, relatively cheap and have plenty of room for trade items.

Once visitors have signed the logbook and finished trading, the geocache is replaced as it was found and then recorded online.

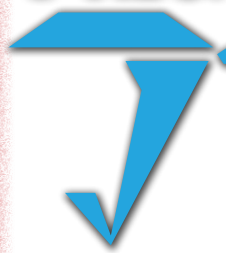
Vandalized or stolen geocaches are reported online and are called "plundered" or "mugged" — borrowed from the Harry Potter books which were popular when geocaching got its start.

"To get started on the National Heritage Area Geotour," said Duvic, "see the rules for the search which can be found at www.geocaching.com/adventures/geotours/coloradosouthpark. There are prizes for people who find 20 or more of the SPNHA caches," Duvic stated.



Jo Beckwith (left) and Sara Edinberg look at some of the items in one of the geocaching boxes in front of Mountain Light Real Estate. Erica Duvic is barely visible looking in the back of their vehicle.

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<p><b>Woodland Park Only</b></p> <p><b>Any Fresh Salad</b></p> <p>Receive \$1 off and Fresh Salad of your choice.</p> <p><b>\$1 Off</b></p> <p><small>Limited time offer. Limit 3. Not valid with any other offer. Valid only at participating locations. Coupons cannot be sold, transferred or duplicated. Expires 8/31/13</small></p>	<p><b>Woodland Park Only</b></p> <p><b>Any 2 Pizzas</b></p> <p>Receive \$5 off any two Family Size Pizzas purchased at regular menu price. (Excludes deLITE® Pizzas.)</p> <p><b>\$5 Off Family Size</b></p> <p><small>Limited time offer. Limit 3. Not valid with any other offer. Valid only at participating locations. Coupons cannot be sold, transferred or duplicated. Expires 8/31/13</small></p>

~OUT AND ABOUT~

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

ALMA

Alma's Only Bar:  
2 Cherry Veil perform  
9 The People Abstract perform.  
16 Yawpers perform.  
23 King and I perform.  
30 Kronen perform.  
17 The 33rd Annual Ed Snell Memorial 10K Run/Walk from Fairplay to Alma. Call 719-839-1480.

COLORADO SPRINGS

17 "Say Goodbye to Stress!" from 1pm to 5pm at Celebrations Metaphysical Center at 2209 Old Colorado Avenue. This class addresses the major causes of stress for most Americans and teaches how to protect against and neutralize stress. It is taught by Intuitive Consultant Lane Robinson and Licensed Clinical Hypnotherapist, Barbara Stafford. The course will cover lifestyle changes to eliminate stress as well as stress relieving meditation exercises. Registration fee is \$60 in advance, \$75 at the door. To register, visit [www.laneknows.com](http://www.laneknows.com) under the Live Events tab.

COMO

17 Boreas Pass Railroad Day. Call 719-836-2031.  
19-24 The Como Mountain Man Rendezvous. See [www.comorendezvous.com](http://www.comorendezvous.com) or call 719-836-2698.

CRIPPLE CREEK DISTRICT MUSEUM

10 Mr. & Mrs. Wyatt Earp: The Sunset Years at 7pm at Gold Bar Theatre, 123 N Third Street. Order tickets in advance by contacting 719-689-9540. Proceeds benefit the Cripple Creek District Museum.  
16 - 18 The City of Cripple Creek welcomes the Salute to American Veterans Rally August 16th - 18th, 2013 for a show-stopping, patriotic display that recognizes our nation's finest. Join us on Saturday for an impressive parade and the 26th Annual POW/MIA Recognition Ride - Colorado's largest procession of motorcycles.

DIVIDE

12 Divide Little Chapel on the Hill - Food Pantry 4:30pm-6:30pm. For more info 719-322-7610.



Capo Zero performed at The 10th Annual Bluegrass at the Bird in July.

Thunderbird Inn is Florissant's musical hotspot this summer!

photo by Jeff Hansen

Are you ready for some live music? The Thunderbird Inn has tunes for you this summer. In fact, every weekend up through Labor Day a different band is booked. The 10th Annual Bluegrass at the Bird in July featured Bruce Hayes, ACME Bluegrass, Florissant Fossils, Anthony Hannigan & Border Drive, Capo Zero, Ron Lynam & Cowtown. Lissa Hanner and Super Chuck played on July 27th and Kevin Deal performed July 28th.

The August line-up features Michael Berg of the Florissant Fossils August 3rd beginning at 2pm, Plastic Mojo August 10th at 2pm, the 9th Annual Beach Party on August 17th with One Eleven and Lethal Lisa at 1pm, TBA August 24th and Labor Day Weekend enjoy Mike Steele and Bertye Maddux on Saturday, Sunday September 1st is Chaz DePaolo, and Labor Day enjoy the horseshoe tournament. Call 719-748-3968 for more information.

24 Divide Wide Yard Sale 9am-3pm at Summit Elementary School.  
26 Divide Little Chapel on the Hill - Food Pantry 4:30pm-6:30pm. For more info 719-322-7610.  
September 1st - Divide Fire - Shoemaker Station Pancake Breakfast on CR 51 (Cedar Mountain Road). Call 687-8773 for more information.

FAIRPLAY

9-11 Bohemian Festival at American Safari Ranch call 719-836-2700 or see [www.americansafairanch.com](http://www.americansafairanch.com).  
10 High Country Old House Fair from 9am-4pm at South Park High School, Fairplay, Colorado. See page 4 for more information.  
10-11 Annual Fairplay Bead and Fiber Show on Front Street call 719-836-2698 or visit [www.backroombeads.com](http://www.backroombeads.com).  
10 & 11 Living History Days. See page 2 for more information, or visit [www.southparkcity.org](http://www.southparkcity.org) or call 719-836-2387.  
23 TGIFairplay free concert at the Fairplay Beach. Call 719-836-2622.  
28 RE-2 School begins. Call 719-836-3114.

FLORENCE

23-25 Americana Music & Art Festival. Three days of food, music, arts & crafts and fun. For more information and tickets, on sale now, at [www.AmericanaMusicandArt.com](http://www.AmericanaMusicandArt.com).

FLORISSANT GRANGE

3 Breakfast at the Grange. Come join us again for the best breakfast in the area. Homemade biscuits, homemade sausage gravy (the gravy and sausage are homemade), scrambled eggs, bacon, hash brown potatoes and make your own breakfast burrito. This is another in a series of fundraisers to help the Grange get a new roof. So join us from 7am - 11am on Saturday Aug. 3. For more information call 748-0358.  
16 The Florissant Public Library's Summer Drama Club will perform an old-fashioned melodrama "Cowgirl Cookie and the case of the missing chocolate chips" at 6pm. See page 6 for more information.  
17 Back by popular demand, Pine Needle Basket Making Class. Join us to learn how to

make these beautiful baskets. If you have already taken the class, come again to show us your work. If this is your first class, just bring yourself and enjoy. All supplies will be supplies for the first class. For more information call 748-0358.

24 Sewing Day is Aug 24th. Bring your own project and have a couple hours of uninterrupted sewing, or join us in making a fun project. The project for this day will be a two toned tote bag. If you don't know how to sew and want to learn, this is a great day to learn. The Tote is a simple project, great for beginners. Crocheting, Knitting, Embroidery, quilting.... all welcome. For more information call 748-0358.

NEW at the Florissant Grange... POTATO FESTIVAL, Sept 7th from 12:00 to 3:00. Years ago the Florissant Area was known for growing potatoes and each year at harvesting time they held a Potato Festival. Let's bring it all back with our own Potato Festival. Join us for the First Annual Potato Festival. We will: play Potato Games; Create your own Potato Fashion for the Potato Sack Fashion show; bring your favorite potato dish to share or enjoy baked potatoes on the grill with a potato bar and brats; decorate your potato (Mr. Potato Head) contest, join in the Potato hunt, potato toss and much more. For more information call 748-0358.

Jam Night - Every Thursday all year the Grange Hall is open from 6:00 to 9:00 pm for the Jammers Music and Pot Luck.

Yoga - classes are held each Monday evening at 5:30 and Tuesday and Thursday mornings. Call Debbie at 748-3678 for more information.

FLORISSANT - THUNDERBIRD INN

3 Michael Berg of the Florissant Fossils beginning at 2pm  
10 Plastic Mojo at 2pm  
17 The 9th Annual Beach Party with One Eleven and Lethal Lisa starting at 1pm  
24 To be announced.  
31 Mike Steele and Bertye Maddux  
September 1st Chaz DePaolo Labor Day enjoy the horseshoe tournament. Call 719-748-3968 for more information.



2012 Cow Pie Putt in action.

20th Annual Hartsel Days - August 3rd and 4th

The fun begins at 10am on Saturday with a Farmer's Market (Saturday only). There will be a community yard sale, craft vendors, rubber duck race, cow paddy bingo, water balloon targets, cow pie toss, games for the kids, watermelon seed spitting contest, horse shoes, silent auction (ends 2pm Sunday and benefits the Hartsel Depot), horse rides for the kids, money mountain, BINGO at the Community Center (Saturday only, starts at 1:30pm), egg in the spoon race, 3-legged race, Annual Book & Bake Sale at the Library, BBQ in the Beer Garden at the Highline Café from 11am-3pm.

Come to see Smokin' Bear arrest Nefarious Bald Face Pete. Here's a clue: Nefarious Bald Face Pete's bail is his pocket change.

The Jacob Austin Bank will entertain the crowd several times a day and will also perform at the Highline Café Saturday night. Just in case you miss them, they will also play at Cowboy Church on Sunday.

Sunday only events include: Pancake breakfast in the Gazebo at the Community Center, Cowboy Church at 9:30am, and the Hartsel Days Parade at 11am.

GREEN MOUNTAIN FALLS

3 Ute Pass Historical Society Traveling Bookstore will be in Green Mountain Falls for the 75th Annual Bronc Day celebration. Watch the parade then check out our new "Green Mountain Falls: Stories of the Early Years" book, which is available for \$18 + tax. We will also have many more historical books and cookbooks from which to choose. Cash or check only, please. For more information, contact UPHS at 719.686.7512.

GUFFEY

10 Grammy's Mountain Market 9am-3pm at 3044 Hwy 9, Guffey, CO.  
17 Friends of the Guffey Library Quarterly Meeting, Tuesday, August 27 at 11am - noon at the Guffey Library. Everyone is Welcome! Call 689-9280 for more info.  
21 School begins at Guffey Community Charter School. Call 719-689-2093.  
24 Grammy's Mountain Market 9am-3pm at 3044 Hwy 9, Guffey, CO. See article for more!

HARTSEL

3-4 Harsel Days. Parade Sunday only. For more information see article on this page or call 719-836-2233.  
10 Harvest Center of Colorado - Food Pantry noon- 1pm.

LAKE GEORGE

16-18 Annual Rock and Gem Show (next to post office). For more information call 719-7483861  
17 Lake George Fire Department Spaghetti Dinner 4 - 7 pm at the Lake George Fire Department. Music by the Florissant Grange Jammers.  
17-18 Antique Tractor Pull in Lake George Park.  
17-18 Lake George Extravaganza: Book sale, crafts, food. Lake George Park.  
19 Classes begin at Lake George Charter School. Call 719-748-3911.

LAKE GEORGE LIBRARY

Ongoing  
Wed: 9am Low Impact Exercise  
1st & 3rd Fri: Lake George Quilters Square 9:30-1:30pm  
4th Fri: 9:15 Friends of the Library - Book Clubs "Tainted Tea" and "Titles" meet afterward.  
Help U Club: We have our meetings the 3rd Thursday of

the month at the Lake George Community Center, starting with potluck at noon and our meeting at 1:00 pm. We are all "Good Cooks." We are seeking new members. This would be a good place for new members to the community to meet people while helping out their community.

WOODLAND PARK

3 & 4 Mountain Arts Festival Food Booth - Ute Pass Historical Society will be at the annual festival again this year. We will have yummy burgers, hot dogs and brats. A plate consists of one sandwich, a drink and chips-all for \$5.00! Look for us near the Cultural Center. For more information, contact UPHS at 719.686.7512.  
10 Ute Pass Brewing Company presents Lissa Hanner performing from 7:30pm-10:30pm. There is no cover charge, simply come on in and enjoy!  
10 Ute Pass Historical Society offers free public tours of History Park the second Saturday of the month from June through September. The next tour is on August 10th, and starts at 10. Come explore the museum buildings, and learn some of the history of Ute Pass. The historic walking tour of downtown Woodland Park meets at 10:30. Both tours begin at the Museum Center, 231 E. Henrietta Avenue, next to the Woodland Park Public Library. The gift shop in the Museum Center building will also be open from 10 to 3. Please contact UPHS at 719.686.7512 or e mail [uphs@peakinter.net](mailto:uphs@peakinter.net) for more information.

15-18 Woodland Park Rock, Gem and Jewelry show, 9am - 5pm. Located at the Woodland Park Saddle Club grounds, Hwy 24 between Wal-mart and Burger King in Woodland Park, CO. FREE. We have over 40 dealers with rock and mineral specimens from all over the world. Come see Colorado minerals and the miners. We have crystals, fossils, petrified wood, dino bones, tumbled stones, jade, Cripple Creek turquoise and much more! If you are a do it yourself jewelry maker we have faceted stones, beads and custom cabs and slabs. For the jewelry lover we have many custom jewelers. These folks are talented artists with custom jewelry you can buy on the spot or you can talk to them about making a piece just for you! This will be lots of fun and food for the whole family including a special kids diggin area. FREE!!! Please add contact info: Kim and Bodie Packham, 719-360-9665. [runninboar@hotmail.com](mailto:runninboar@hotmail.com).

20 The Wholistic Networking Community invites you to meet area practitioners and learn about holistic wellness from 11-12:30 at the Rampart Public Library, Woodland Park. "Wholistic" in our name includes all who pursue conscious living, a healthy lifestyle and desire a peaceful, natural world. Shari Billger, international educator, is our presenter. Learn about proven healing modalities, profoundly effective on spiritual, physical, emotional and mental levels; as well as something new that has amazing healing capabilities. We will also learn how to protect ourselves from the extremely damaging Electromagnetic Frequency and Radiation Waves. <https://mail.google.com/mail/u/0/images/cleardot.gif?RSVP> to Barbara Royal, 719-687-6823 or [miraclesofwellness@gmail.com](mailto:miraclesofwellness@gmail.com).

WOODLAND PARK DINOSAUR RESOURCE CENTER

3-4 Critterfest: Wolves, Hedgehogs and Dogs, Oh My! This event has been growing each year with many animal rescue and support groups including everyone's favorite, Standing Bear, founder of The Thelma and Flash Hedgehog Rescue. See some wolves up close with Rocky Mountain Wildlife Foundation and enjoy some good food and face painting with the kids. Four free admissions to the museum if you adopt an animal (must be used at a later date). Check out our website for complete details [www.rmdc.com](http://www.rmdc.com). Saturday 9am - 4pm & Sunday 10am - 3pm.

WOODLAND PARK FARMER'S MARKET

2 Center Street & Henrietta 7am-1pm  
9 Center Street & Henrietta 7am-1pm  
16 Center Street & Henrietta 7am-1pm  
23 Center Street & Henrietta 7am-1pm  
30 Center Street & Henrietta 7am-1pm  
For more info contact [tcfma@q.com](mailto:tcfma@q.com) or 719-689-3133 or [www.wpfarmersmarket.com](http://www.wpfarmersmarket.com)

VICTOR

23-30 Artists paint in Victor. 1890s mining sites and mountain scenery.  
31 Open Art Show & Sale at Victor Elks Lodge 9am - 5pm.

# Mountain Top Cycling Club News

by Deborah Maresca

## Expansion to Victor

Victor Gold Rush Days was Sunday, July 21. They held their First Annual Golden Cycle Citizen Bike Race. It was held at 1pm in Victor. Nine cyclists competed on a three mile Mountain Bike course that the cyclist did three laps. It was very challenging. David Kriegshauser, President of the Mountain Top Cycling Club won first place with a time of 38 minutes. Trophies and some cash prizes were given out for First Place, Second Place, Women's category, and Oldest rider.

The Mountain Top Cycling Club was in Victor working out the details for a Youth Mountain Bike Camp in May 2014. It would be a two day camp that would include lodging, three meals, two mountain bike ride / clinics and two team building clinics to kick off the 2014 Mountain Bike Season. This camp located at the Rocky Mountain Soccer Camp in Victor, [www.rockymountainsoccercamp.com](http://www.rockymountainsoccercamp.com). Mark Perdew a certified training coach and camp director will be working with the Mountain Top Cycling Club to put this camp together. This camp will be for boys or girls ages 11 to 18. Usually these training camps cost between \$300 and \$900 but we are working on getting the whole package for \$99 to \$129.

The Mountain Top Cycling Club, a 501(c)3 organization is going to focus on putting more High School Mountain Bike Teams together from Teller County and surrounding areas. These teams will compete in NICA (National Interscholastic Cycling Association) Races. These teams will be among the recipients of the funds raised by the Mountain Top Experience Ride June 21, 2014.

The Mountain Top Cycling Club is looking for mountain bike donations that can be given to kids that do not have mountain bikes. If you have a mountain bike that is in good shape, that is sitting in the garage or if you simply have too many, now is the time to put those bikes to good use. We will be rolling out a program in the near future as the kids start back to school. There are a limited number of registration spots available for this camp. We will post more information as it become available at [www.mountain-topcyclingclub.com](http://www.mountain-topcyclingclub.com). For more information call Debbie Maresca 719-687-2489.

## Mountain Top Cycling Club says Thank You!

The Mountain Top Cycling Club would like to thank all of the local businesses that donated to the 2013 Mountain Top Experience Ride. Thanks to Banana Belt Liquors, Foxworth Galbraith, IREA, PARADOX Brewery and Seek Out Cycling for their Timberline level Sponsorship. For a complete list off all the sponsors go to [www.mountain-topcyclingclub.com/](http://www.mountain-topcyclingclub.com/).

The Mountain Top Cycling Club was able to make a \$1,000.00 donation to the National Multiple Sclerosis Society and a \$500.00 donation to Teller County Search and Rescue Unit. The Mountain Top Cycling Club would like to thank the many volunteers that helped by donating time and efforts to host this economically beneficial and growing annual event.

The 2013 Experience ride tripled the 2012 number of registered cyclist participating



David Kriegshauser first place winner, Ann Whipple women's first place winner, Brian Hayes over 60 category and Trent Lanning Second Place winner.

in the event. Riders from the British Army, the Air force Academy and eight other states participated in the 106 and 75 mile routes that went into Cripple Creek, Victor and Guffey, Colorado on Saturday June 22. Survey figures are coming back and we anticipate tripling those numbers for the 2014 Experience Ride scheduled for June 21.


## August Meeting

The August meeting will be held at the May Flower Chinese Restaurant located at 1212 E. Hwy 24 in Woodland Park at 6pm. Tiffany Davis will be our guest speaker. She holds a Master of Science in Traditional Chinese Medicine from the Colorado School of Traditional Chinese Medicine. She was awarded a Diplomat in Oriental Medicine by the National Cer-


tification Commission for Acupuncture and Oriental Medicine (NCCAOM) in August 2012. She is a member of the American Acupuncture council (AAC), and the Colorado Council of Acupuncture and Oriental Medicine (CCAOM). Tiffany will be talking about how acupuncture works, how it enhances the body's performance, and how acupuncture is used to quickly and effectively treat sports injuries long term verses covering up an injury short term to have it surface later with a greater degree of pain and difficulty. Nick from Criterium Bike shop will be on hand to talk about what his bike shop offers to local cyclists. Come join the meeting and maybe win a door prize. For more information visit [www.mountain-topcyclingclub.com/](http://www.mountain-topcyclingclub.com/) or call Debbie 719-687-2489.

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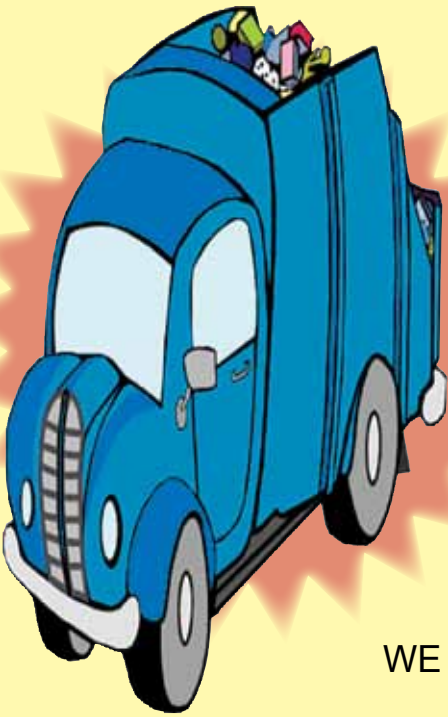
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 <b>2005 Chevrolet Tahoe Z71</b> 4WD, 4-Speed Auto with Overdrive, Silver, Stock #: 713316A, 99407 miles <b>SALE PRICE... \$14,515</b>	 <b>2010 Pontiac G6</b> FWD, 4-Speed Auto with Overdrive, Silver, Stock #: P6643, 53679 miles <b>SALE PRICE... \$16,994</b>	 <b>2007 Buick Lacrosse CXL</b> 4-Speed Automatic with Overdrive, Stock #: 813057A, 73135 miles <b>SALE PRICE... \$11,998</b>	 <b>2008 Buick Lucerne CXL</b> 4-Speed Auto Electronic Enhanced, Stock #: 813081A, 47782 miles <b>SALE PRICE... \$15,267</b>	 <b>2011 Dodge Caliber Mainstreet</b> 2L 2.0L I4 DOHC 16V Dual VVT, FWD, Gray, Stock #: P6648, 28629 miles <b>SALE PRICE... \$15,549</b>	 <b>2012 Ford Edge Sport</b> 4WD, 6-Speed Auto with Select-Shift, Blue, Stock #: 713201A, 14020 miles <b>SALE PRICE... \$34,998</b>
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 <b>2005 Dodge Durango SLT</b> V8, 4WD, 5-Speed Automatic, Mineral Gray, Stock #: 713130D, 211534 miles <b>SALE PRICE... \$5,935</b>	 <b>2005 Chrysler 300</b> RWD, 4-Speed Automatic, Blue, Stock #: X206A, 90001 miles <b>SALE PRICE... \$10,713</b>	 <b>2007 Nissan Altima</b> 2.50L 2.5L I4 SMPI DOHC, FWD, Black, Stock #: 813070A, 67153 miles <b>SALE PRICE... \$12,997</b>	 <b>2005 Nissan Frontier</b> 4L 4.0L V6 SMPI SOHC, 4WD, Stock #: Y114A, 114478 miles <b>SALE PRICE... \$14,899</b>	 <b>2012 Nissan Maxima</b> FWD, CVT, Burgundy, Stock #: P6628, 28676 miles <b>SALE PRICE... \$19,989</b>	 <b>2012 Hyundai Genesis 3.8</b> RWD, 8-Speed Automatic, Burgundy, Tan, Stock #: Y118, 26625 miles <b>SALE PRICE... \$23,498</b>
 <b>2008 Hyundai Santa Fe Limited</b> AWD, 5-Speed Auto with Shifttronic, Maroon, Stock #: Y117, 74815 miles <b>SALE PRICE... \$15,967</b>	 <b>2013 Hyundai Sonata</b> 2.40L 4 cyl 2.4L DGI DOHC, FWD, White, Stock #: Y111, 11060 miles <b>SALE PRICE... \$17,999</b>	 <b>2004 Lincoln Aviator</b> AWD, 5-Speed Auto with Overdrive, Stock #: 8123065B, 84412 miles <b>SALE PRICE... \$12,912</b>	 <b>2010 Lincoln Navigator</b> RWD, 6-Speed Auto with Overdrive, Black, Stock #: Y115, 54020 miles <b>SALE PRICE... \$32,683</b>	 <b>2008 Toyota Highlander Sport</b> AWD, 5-Speed Auto with Overdrive, Grey, Stock #: P6634, 60376 miles <b>SALE PRICE... \$22,544</b>	 <b>2007 Toyota Tundra SR5</b> 4WD, 5-Speed Auto with Overdrive, Tan, Stock #: 713257A, 50780 miles <b>SALE PRICE... \$25,000</b>

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