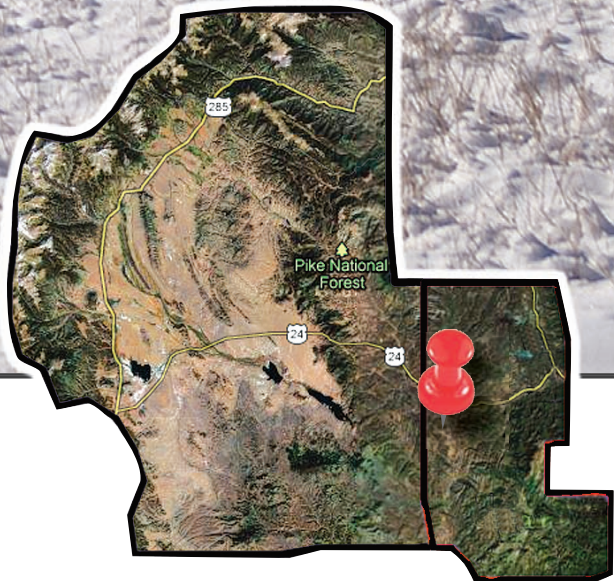


**"Winter is the time for comfort,  
for good food and warmth,  
for the touch of a friendly hand  
and for a talk beside the fire:  
it is the time for home."**

**Edith Sitwell**



**INSIDE**

On Deck .....	2	CUSP: Keeping it clean .....	7	The ten essentials.....	15
From Prussia with love: the Pourtales family .....	2	The Old Courthouse.....	8	Junior Achievement news.....	15
Giant smoky quartz crystal reunited with "Brother" at PPHS Museum.....	3	Love and respect.....	10	The Colorado Columbine.....	16
Mueller State Park programs & events.....	3	The legacy of James John Hagerman (Part 1) .....	12	Stromatolite Haiku.....	16
The homeschool enrichment classes.....	4	Ute Indian cradleboard one of Colorado's Top 10 artifacts.....	13	Guffey School hosts Fifth Annual Pie-Palooza February 13th ...	16
Rampart Library news .....	4	Little Chapel Food Pantry begins 2014 with a banquet .....	13	Ute Country Businesses.....	17
Investors can learn much from Super Bowl teams.....	4	Handouts harm wildlife .....	13	Out and About.....	18
Could sugar be as addictive as heroin?.....	5	TCRAS : Adopt Me.....	13	Ute Country Businesses.....	18
Critter Corner.....	5	The Thymekeeper-			
Mountain Top Cycling news.....	6	Antibiotic overuse and the rise of the "Superbug" .....	14		
A Gold Camp "Thank You!" .....	6	Closed head injury makes way for modern-day miracle .....	15		
		Teller County CASA honored.....	15		





This month's cover is of the Adeline Hornbeck Homestead off Teller 1 in the Florissant Fossil Beds National Monument. She was one of the first female land owners in Colorado. The legacy of her pioneering spirit gives us the inspiration to move onward with our goals.

Our primary goal at the Ute Country News is to keep the "unity" in community. If you have something happening in Teller or Park Counties that you would like to share, feel free to email us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

We are printing 13,000 copies of our February issue because our popularity is growing! More folks are finding our "blue as the Colorado sky" news boxes for a fine read, in addition to our direct mailing. Please let us know if you are outside our direct mail or distribution area and need a subscription.

Mr. Spaz started his year off with a plethora of photos to paw through. Please keep sending your favorite critter pics his way.

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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# From Prussia with love: the Pourtales family

by Celinda Reynolds Kaelin © 2001

January, 2014, "Ute Country News" carried a story on the Pourtales, which gives me a wonderful segue for sharing more on this fascinating and colorful family. Count Louis Otto Pourtales' grandson, Chuck Walts, left the bequest that made the Pikes Peak Historical Society Museum possible.

In 1832, Washington Irving and three friends traveled from the east coast into the heart of Indian Territory (Oklahoma). He celebrated these travels with his popular books "A Tour on the Prairies and Western Journals." Count Albert-Alexandre de Pourtales, his aristocratic companion on this journey, also recorded his experiences in a book "On the Western Tour with Washington Irving." Irving describes Pourtales as "dashing about in the buoyancy of youthful spirits" dressed in a "gay Indian hunting frock of dressed deer skin, setting well to the shape, dyed a beautiful purple, and fancifully embroidered with silks of various colors; as if it had been the work of some Indian beauty, to decorate a favorite chief. With this he wore leathern pantaloons and moccasins [sic], and a double barreled [sic] gun slung by a bandolier athwart his back; so that he was quite a picturesque figure as he managed gracefully his spirited steed."

Young Pourtales was the son of Count Fritz Pourtales, Napoleon's master-of-the-horse, and Countess Louise de Castellane-Norante, the former lady-in-waiting to Napoleon's Empress Josephine. He was born in 1812 in Neufchatel, Switzerland, but was educated in Geneva and Berlin. After he returned from his travels in America, he entered diplomatic service for Prussia and was ambassador to Paris at the time of his death in 1861.

No doubt Pourtales' romantic tales of adventure in American's wild west inspired his nephew, Count Louis Otto de Pourtales, to homestead near Crystal Peak, Colorado in 1876 when he was just 20 years old (family history & homestead records). This dashing young aristocrat was described by Colorado Springs' socialite, Frances Bass, as a "horseman and dancer, a born lover, [who] carried a guitar on which he picked a few chords, singing a monotonous tale of unrequited pas-



Countess Bertha  
"Pourtales Family/Author's Collection"  
courtesy of the Pikes Peak Historical Society.



Count Louis Otto, with his wife, Laura Mary Montgomery, and their daughter, Laura Berthe de Pourtales, named after her aunt, Berthe. Laura Berthe is Chuck Walts' mother.  
"Pourtales Family/Author's Collection" courtesy of the Pikes Peak Historical Society.

sion as persistently melancholy as the call of a mourning dove." He became somewhat notorious over his infatuation with Queen Palmer, General Palmer's young and beautiful wife. He often rode down to Palmer's palatial home in Glen Eyrie to sing his "melancholy" love songs under Queen's window. Bass and her friends dubbed him the "Mute Seraph" – perhaps for his manner of quietly hovering around any attractive woman. Eventually, however, he lost his heart to the intelligent and beautiful Laura Mary Montgomery and they married in 1881. Ever the romantic, Count Louis Otto deeded his large Florissant ranch to his new bride for "one dollar and the consideration of love and affection."

Count Louis Otto and Laura opened their arms and their home to his sister, Berthe, after the end of her tragic marriage to the wealthy Bostonian, Sebastian Schlesinger. Berthe was tall and gracious, with knowledge of several languages, and was considered one of the loveliest women of her day. Bass wrote that Berthe appeared in Colorado Springs "closely veiled, wearing a red cloak tightly buttoned about her throat, with a gray fur collar. She came there broken in health and sad of heart, seeking strength."

Berthe's cousin, Count James Pourtales, left his vast estates in Prussia to follow her to Colorado in 1884. He was smitten by Berthe's beauty, and determined to make her his wife. Count James was a tall and imposing man, well over six feet. He wore a large black beard, constantly smoked a pipe, and was followed everywhere he went by a brace of devoted dachshunds. He was considered a "good fellow" on account of his never-failing good humor.

While in Europe, Count James was an intimate of Chancellor Bismarck, and easily fit in with the society of Colorado Spring's "Little London." His mother had been a German princess, and was the toast of Paris at the Court of Empress Eugenie. In the midst of wooing his cousin Berthe, Count James was also smitten by the beauty of a failing Colorado Springs dairy farm, the Broadmoor. The Count bought the 1,600-acre farm and implemented numer-

ous reforms in an attempt to make it a profitable enterprise.

He steadily increased his land holdings, and is credited with being one of the earliest settlers to understand the importance of water rights. He bought 250 acres of nearby ranch land, irrigation ditches and water rights from the Rose brothers. He then built Cheyenne Lake, and entered a constant feud with the prairie dogs that were determined to burrow throughout the dam and drain the lake. In a further scheme to enhance his income, Count James platted Broadmoor City, and then dreamed up a fancy European-style casino as an added attraction. He and his beloved Berthe were finally married in

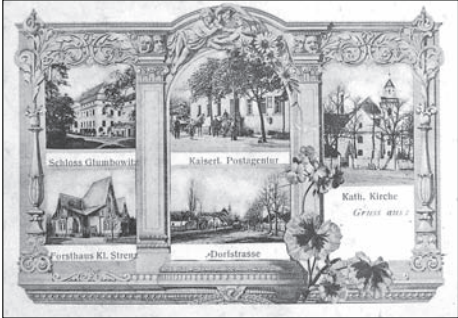
1886, and became the cream of Spring's society.

In September 1891, Count James boarded a Colorado Midland train for Florissant, and from there rented a buckboard to Cripple Creek. Gold had been found in this high mountain valley, and the Count's curiosity was piqued. His Broadmoor dream turned out to be a financial nightmare, and he was casting about for another source of income. Cripple Creek's gold was unusual – it is not the usual vein of bright yellow embedded in milky white quartz. Instead, it is an andesite breccia commonly known as porphyry because of its deep purple color. The ores from this breccia are the tellurides, calaverite

and sylvanite, which reveal their gold content only when heated. Ironically, this was the same gold ore found in the Count's native Transylvania mountains. Most American miners were unfamiliar with this new genre of gold ore, however, and a little more than distrustful of its odd appearance. Furthermore, extracting the gold from this type of ore is an expensive process, and so Cripple Creek languished, waiting for investors.

Count Pourtales arrival in Cripple Creek was like that of the prince who rides into the palace, awakening Sleeping Beauty with a single kiss. News of his investment in the gold camp splashed across the "Gazette" on November 10, 1891. He was one of the most glamorous members of Little London's social set, with his title, beautiful wife, estates in Prussian and engaging manner. What Count James did, the others sought to copy. Suddenly, Cripple Creek exploded with rich bankers and playboys from Denver and Colorado Springs.

The Pourtales legacy enriched Teller County even further in 2005. Count Louis Otto's grandson, Charles (Chuck) Walts, left a bequest to the Pikes Peak Historical Society which (combined with generous grants from Part State Bank, El Pomar, Pikes Peak Community Foundation and Boettcher Foundation) enabled them to purchase the current Pikes Peak Historical Society Museum in Florissant.



Pourtales Estates in Prussia.  
"Pourtales Family/Author's Collection"  
courtesy of the Pikes Peak Historical Society.

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# Giant smoky quartz crystal reunited with “Brother” at PPHS Museum

by John Rakowski

The Pikes Peak Historical Society Museum in Florissant is the proud recipient of a second huge smoky quartz crystal donated by local miner Rich Fretterd in December 2013. Previously, with financial assistance from the Cripple Creek and Victor Mine, Mr. Fretterd gave the first large crystal to our museum. This second crystal was donated by Rich Fretterd to our museum in honor of his recently deceased brother and digging partner Vincent “Scruffy” Fretterd. Mr. Fretterd felt that the two crystals should be preserved and displayed in Teller County where they were formed over a billion years ago.

The new, smaller 345 pound smoky quartz crystal was found in 2002, in the same Holy Moses Pocket as the PPHS Museum’s larger 439 pound smoky quartz crystal. To our knowledge these are the two largest documented intact North American smoky quartz crystals in any collection. They are exceptional and unique specimens.

Each crystal has its own unique character with the new crystal being more slender and slightly longer than the other heavier, stockier crystal on matrix. Both crystals were formed in a pegmatite vein on the Godsend Lode Claim in the Pike National Forest about five and a quarter miles north of the PPHS Museum. A pegmatite vein is a zone of late stage crystallization from a granite body and is manifested by individual crystal sizes that are typically an inch or more in size. In some pegmatite veins there exists sufficient space in “pockets” for crystals to grow larger and to exhibit nearly complete form. Smoky quartz crystals exhibiting good shape and longer than a foot in length are quite rare in North America, making the four foot plus length of the “brothers” exceptional.

The Godsend Claim is in an area that was intensively prospected since the 1870’s and from which many fine specimens of smoky quartz and blue-green amazonite have been mined. But not everything was found! Rich Fretterd is a different breed of smart, stubborn and hard-working miner. He found a pegmatite vein with

small crystals and decided to follow it underground. His experience as a hard rock miner ensured that he was proceeding safely; normally underground mining is far too dangerous for the typical mineral collector. Persistence led to a few small pockets from which Mr. Fretterd extracted smoky quartz crystals of size increasing to almost a foot long. But each pocket thinned to a small seam of pegmatite that, with distance, opened to a new pocket.

With his persistence Rich found the Holy Moses Pocket. The two large crystals were not fully exposed but only showed a small tip teasing Rich to dig further. The crystals were encased in iron stained clay, smaller quartz crystals, sharp fragments of quartz and other material.

After the crystals were fully exposed in the narrow tunnel, Rich manhandled the huge, heavy crystals onto wooden sleds which friends helped to slide out of the tunnel using a wooden composite floor joist as a rail track. A block and tackle was used to hoist the crystals from the hole. They were placed into an acid bath in an old hot tub for several weeks in order to remove the coating of red iron oxide. Finally they were removed and the remaining acid was neutralized. Now he could proudly display the unique pair of phenomenal sized crystals!

The PPHS Museum is located in Florissant, Colorado on Teller 1, a few hundred yards south of the intersection with US Highway 24, and is 45 minutes west of Colorado Springs. The museum is open to groups by reservation and open to the public Saturdays 10 a.m. to 4 p.m., Sundays 1 p.m. to 4 p.m. from April to November, and from Memorial Day to Labor Day also open 10 a.m. to 4 p.m. on Fridays and Mondays. The museum number is (719) 748-8259.



Holy Moses! Brothers together at last.  
photo by Bob Carnein

**CORRECTION:** The January issue of the Ute Country News’s article “Prospectors, Season 2 Reality Show” printed that “... Rich Fretterd decided to donate the 348 pound smoky quartz crystal...to the Teller County District Museum ...” which should have been the “...345 pound smokey quartz crystal ... to thePikes Peak Historical Society Museum...”. We apologize for the error.

## Mueller State Park programs & events

by Abbie Walls

Winter at Mueller is beautiful! Come join us and enjoy the crisp mountain air, spectacular views, snow kissed mountains and the blue skies of the high country.

All of our offered programs are free, but you must have a \$7 daily parks pass or a \$70 annual pass on your vehicle to enter the park. When enjoying the outdoors, always have a map and be prepared with water, sun protection, dress in layers, and have proper footwear.

For weather updates or for more information, call Mueller State Park at 719-687-2366.

Mueller State Park is located four miles south of Divide on Highway 67.

### Sunday, February 9th

**Program: Snowshoe Series. Meet at Elk Meadow Trailhead 10 a.m.**

Join Mueller volunteer naturalists, Joe & Felicia Mendygral on the second in a series of three Snowshoe outings. We’ll meet at the Elk Meadow Trailhead for a three mile loop snowshoe. During this session, we’ll discuss bridging, avoiding traps, climbing uphill and downhill safely. Dress in layers; bring plenty of water, a power snack and a lunch. The next outing in the series will be on Sunday, February 23, meeting at Homestead Trailhead for a five mile snowshoe.

### Friday, February 14th

**Hike: Valentine’s Day Full Moon Hike. Meet at Outlook Ridge Trailhead 5 p.m.**

Hike to Lone Eagle (weather permitting) with volunteer naturalist Russ Frisinger on this two mile round trip hike under the beautiful bright moon. Dress warm and bring flashlights for this special evening adventure!

### Saturday, February 22nd

**Program: Rock Clinic. At Visitor Center Auditorium 10 a.m. to noon.**

Please join us at the Visitor Center Auditorium for a two hour program introducing the basic kinds of rocks on the earth: igneous, sedimentary, and metamorphic. We will learn where the rocks come from, how they are categorized, what they are composed of, their textures, and how to identify them. There will be plenty of hands-on examples of our common Colorado rocks in each category to enhance learning.

**Touch Table: Special Rocks – Metamorphic. At Visitor Center 1p.m. to 3 p.m.**

View, feel, touch, and identify rocks from around this region. In addition, there will be special specimens of Metamorphic Rock. Check out the hands-on samples and learn about local geology with volunteer naturalist Bob Hickey. Bring your favorite rock to show Bob!



### Sunday, February 23rd

**Program: Snowshoe Series. Meet at Homestead Trailhead 10 a.m.**

Join Mueller volunteer naturalists, Joe & Felicia Mendygral on the third in a series of three Snowshoe outings. We’ll meet at the Homestead Trailhead for a five mile loop snowshoe. During this session, we’ll discuss avalanche safety and how to build a snow shelter. Dress in layers; bring plenty of water, two power snacks and a lunch.

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# The homeschool enrichment classes

by Elisabeth Newton

Once again, the halls of the Community Fellowship of Christians Church are filled with light and laughter every Thursday. After a Christmas break, the Teller and Park County Enrichment Classes, known fondly to the participants as “Thursday Classes,” have started up again with flying colors for the new school semester. We continue to “Homeschool above the Clouds and Under the Cross,” the Enrichment classes’ motto.

The Teller and Park County Homeschoolers are a group of Christian homeschoolers that meet on Thursdays at the Community Fellowship of Christians Church in Lake George, CO. The group meets two semesters a year, in the fall and spring, and each typically run 12 weeks long.

Classes are offered for homeschoolers of all ages—from preschoolers to parents. This semester our classes include a Chess club, various levels of Spanish, Writing, Arts and Crafts, Drama, World Literature, Beginning Cooking, Speech, Sign Language, Bible Studies, the

AWANAs program (Approved Workmen Are Not Ashamed), and so much more!

Following the end of the fall semester in November, the group continued to meet for fun events over the Christmas break. In December, the World Literature class dressed in togas and held a Grecian-themed mystery dinner accompanying a viewing of the epic Ben Hur. Also, the Second Annual Old-Fashioned Christmas Ball was held in Divide the week before Christmas. Laughter, group dancing, music, a potluck, and fun accompanied the group and everyone dressed in formal or historical costume.

The group would like to thank Rena Smith and many of the other moms for being in charge of the classes and making everything happen. We would also like to thank the Community Fellowship of Christians Church for allowing us to use their facilities to host this amazing group.

We’re now looking forward to another great and exciting year!

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# Rampart Library news

by Antonia Krupicka-Smith

February is Library Lover’s month! Without you, our wonderful patrons, the Rampart Library District would not be here. We would like to take a moment to let you know all of the different ways that you can love your library. The first is to come in and use the library. One of the Rampart Library District branches is open every day of the week for you to stop in and checkout a book, use a computer, use our wireless, attend a program, or just find a quiet place to relax and enjoy a book. You can also access a selection of books and magazines online 24/7 with our ebook, audiobook, emusic, video, and emagazines selections through the Marmot OverDrive Digital Collection or Zinio emagazines. All you need to love your library is a library card, available at your local library branch.

Another way you can love your library is through volunteering at the library. When volunteering you will do things such as straightening the shelves, help with processing the collection, and helping staff members with special projects. To learn more about volunteering at the library contact Phyllis Delaney at 687-9281x102 or stop in at a branch and pick up a volunteer application.


The final way you can love your library is by making a donation in memory or in honor of someone special including pets. You can also support the Rampart Library District Foundation through donations of any size. For more information on how to donate to the Rampart Library District go to <http://rampart.colibraries.org> and click on “Support Your Library”.

To celebrate Library Lover’s Month the Rampart Library District will be encouraging members of the community to come into either branch and decorate hearts with statements about why you love the library. These hearts will be on display at both branches for all to see how much we love our library. Supplies will be provided at both branches. Stop by your local library branch anytime in February to find out more.


Finally, February will be a busy month for programs at both branches of the Library District. The Woodland Park Book Club will be discussing “Snow Flower and the Secret Fan” by Lisa See on February 4th at 10:30a.m. On February 5th in Woodland Park from 9 a.m. 1p.m., AARP will conduct a Driver’s Safety course. The cost is \$15 for AARP members and \$20 for non-AARP members; to register call 687-9281. On February 19th the Florissant Book Worms will be discussing the book “The Best Exotic Marigold Hotel” by Deborah Moggach. They will follow this discussion with a viewing of the movie. Also on February 19th, the Woodland Park Public Library will partner with the Pikes Peak Regional Hospital Senior Circle for the program “Don’t Break Your Heart!” a presentation by Dr. Metz, Colorado Springs Cardiology from noon to 1:30 p.m. A healthy luncheon will be provided and seating is limited. To RSVP call 719-686-5802 or email [kareneareley@pprh.net](mailto:kareneareley@pprh.net). This program is free and open to the public.

For children’s programs, February will bring Lego Club every Friday at the Woodland Park Public Library from 3 p.m. to 5 p.m., and Storytimes every Wednesday and Thursday at 10:15 a.m. In Florissant Storytimes will be every Thursday at 10:30 a.m. with the themes of groundhogs, growing, green, and giants. For questions about Woodland Park children’s programs contact 687-9281x112 and for Florissant children’s programs call 719-748-3939.

We hope to see you in the library in February at a program, checking-out a book, or simply showing your love for your local library!




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# Investors can learn much from Super Bowl teams

If you’re a football fan (and probably even if you aren’t), you are aware that we’re closing in on the Super Bowl. This year’s event is unique in that it is the first Super Bowl held in an outdoor, cold-weather site — New Jersey, to be specific. However, the 2014 game shares many similarities to past Super Bowls in terms of what it took for the two teams to arrive at this point. Some of these same characteristics apply to successful investors.

Here are a few of these shared traits:

- A good offense — Most Super Bowl teams are adept at moving up and down the field and crossing the goal line. Good investors know how to choose those investments that can provide them with the gains they need to keep moving toward their own goals, such as a comfortable retirement. That’s why, at every stage of your life, you will need to own a reasonable percentage of growth-oriented investments, such as stocks and stock-based vehicles.
- A strong defense — Even a good offense usually isn’t enough to vault a team into the Super Bowl, which is why most participants in the Big Game also have strong defenses. Similarly, the best investors don’t just put all their money in a single type of aggressive instrument and then forget about it — they know that a downturn affecting this particular asset class could prove extremely costly. Instead, they “defend” their portfolios by diversifying their holdings among a range of investments: stocks, bonds, government securities, certificates of deposit, and so on. You can do the same. Keep in mind, however, that although diversification can help reduce the impact of volatility on your portfolio, it can’t guarantee a profit or always protect against loss.
- Perseverance — Every team that makes it to the Super Bowl has had to overcome some type of adversity — injuries to key players, a difficult schedule, bad weather, playoff games against good opponents, etc. Successful investors have also had to overcome hurdles, such as bear markets, bad economies, political battles and changing tax laws. Through it all, these investors stay invested, follow a long-term strategy and continue to look for new opportunities — and their perseverance is often rewarded. You can follow their example by not jumping out of the market when the going looks tough and not overreacting to scary-sounding headlines.
- Good coaching — Super Bowl teams contain many fine players, but they still need coaches who can analyze situations and make the right decisions at the right times. Smart, experienced investors also benefit from “coaching — in the form of guidance from financial professionals. It’s not always easy for busy people to study the financial markets, stay current on changing investment-related laws, monitor their own portfolios and make changes as needed. By working with a financial professional who knows your situation, needs, goals and risk tolerance, you will find it much easier to navigate the increasingly complex investment world.

As we’ve seen, some of the same factors that go into producing a team capable of reaching the Super Bowl are also relevant to investors who want to reach their own goals. By incorporating these behaviors and attitudes into your own investment strategy, you’ll be following a pretty good “game plan.”

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



# Could sugar be as addictive as heroin?

by Carol Grieve`

Most of us know that refined sugar is not healthy for our bodies and can lead to obesity, Diabetes and other diseases--so why do we eat so much of it?

Sugar, or high fructose corn syrup, is found in almost all processed or packaged food sold today in America. It is also found in soft drinks, fruit juices, condiments and baked goods. So what exactly is high-fructose corn syrup ("HFCS")?

As part of a chemical process used to make HFCS, the glucose and fructose -- which are naturally bound together -- become separated. This allows the fructose to mainline directly into your liver, which turns on a factory of fat production in your liver called *lipogenesis*.

This leads to fatty liver, the most common disease in America today, which affects over 90 million Americans. This, in turn, leads to diabetes -- pre-diabetes and Type 2 diabetes. So, HFCS is the real driver of the current epidemic of heart attacks, strokes, cancer, dementia, and of course, Type 2 diabetes.

Again, this begs the question, why are we still eating this stuff? Have we become so uneducated about our health and well-being, or is it that we just don't care? Or, could it be something else we may not be aware of?

Before we delve more fully into the why, let's discuss the history of HFCS a bit more. It became popular in the United States in the late 1970's because it became a much cheaper alternative to regular cane sugar. On average we are consuming 27 teaspoons of sugar per day, while the recommended daily allowance from the American Heart Association is no more than six teaspoons a day for the average woman, and no more than nine for the average male. (I would have to say I disagree with the AMA on this one though and will explain why later in another article).

Why are we consuming so much sugar? Why exactly is sugar added into almost everything we eat? These are questions you may not have thought about but they need to be explored if we want to have a healthy body.

Paul van der Velpen, head of Amsterdam's health department warns that sugar is a dangerous, addictive drug and sugary foods and soft drinks should be labeled with warning labels similar to those on cigarette packages, except these would be warnings for obesity, diabetes and other health concerns. (Source: <http://commonhealth.wbur.org/2013/09/sugar-most-dangerous-drug>.) If sugar really is an addictive drug, does it come as a surprise that it is added to so many of the foods that we consume on a daily basis?

Is high fructose corn syrup really addictive? Is this why we can't seem to get enough? Dr. Francesco Leri certainly seems to think so. Dr. Leri is an Associate Professor of Neuroscience and Applied Cognitive Science at the University of Guelph, Ontario, Canada. On May 23 Dr. Leri presented his study that caused behavioral reactions in rats that linked to the same problems



produced by addictive drugs. Dr. Leri stated that, "Addiction to unhealthy foods could help explain the global obesity epidemic." Professor Leri also said "We have evidence in laboratory animals of a shared vulnerability to develop preferences for sweet foods and for cocaine." David Kessler a former head of the Food and Drug Administration believes that sugar is just as addictive as cigarettes and he says that it is "highly pleasurable, it gives you this momentary bliss. When you're eating food that is highly hedonic, it sort of takes over your brain." (Source: <http://commonhealth.wbur.org/2013/09/sugar-most-dangerous-drug>)

Dr. Jennifer Lee said that, "Rats addicted to sugar ingest it in a binge-like manner that releases dopamine in the accumbens during and right before consumption, much like heroin use in humans. And also like drug addiction, this sugar bingeing causes changes in the expression and availability of dopamine receptors in the brain: the next "high" will require even more sugar to achieve the same effect."

Last August, there was a study by researchers at the University of Utah found that sugar in mice is "toxic" in doses currently considered safe: (Source: [http://unews.utah.edu/news\\_releases/sugar-is-toxic-to-mice-in-safe-doses/](http://unews.utah.edu/news_releases/sugar-is-toxic-to-mice-in-safe-doses/))

"Just like alcohol and tobacco, sugar is actually a drug. There is an important role for government. The use of sugar should be discouraged. And users should be made aware of the dangers..."

"This may seem exaggerated and far-fetched, but sugar is the most dangerous drug of the times and can still be easily acquired everywhere."

Paul Van der Velpen cites research claiming that sugar, unlike fat or other foods, interferes with the body's appetite creating an insatiable desire to carry on eating, an effect he accuses the food industry of using to increase consumption of their products.

"Sugar upsets that mechanism. Whoever

Carol Grieve`



uses sugar wants more and more, even when they are no longer hungry. Give someone eggs and he'll stop eating at any given time. Give him cookies and he eats on even though his stomach is painful..."

A question to ask yourself: Is it possible that sugar and high fructose corn syrup is being used as another means of control to keep us mindlessly consuming and addicted to very unhealthy products? I might add that it is doing a great job keeping many sick and distracted, that's for sure.

## How do we avoid this stuff?

First and foremost, start reading labels. As I have said before, it is important to know what is in your food and don't believe the sometimes deceptive labeling that may say things like "healthy or natural". Don't make assumptions about what you buy. HFCS is found in some of your everyday food items like, breads, salad dressings, tuna, canned vegetables, crackers, ketchup, soups, yogurt, vitamin drinks, sport drinks and many more products. It is much easier to avoid HFCS if you shop at your local health food market and by preparing and making your own food. I suggest that when you make your own cookies, sweets, sauces, etc., use some natural or organic sweetener. Local honey, real maple syrup and coconut sugar are three of my favorites and you won't feel deprived of that sweetness. These three sweeteners are not addictive and actually have nutritional value!

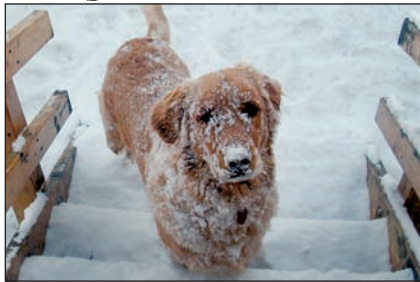
If you are a person who likes soda, there are more natural types of soda that you can buy that contain real cane sugar and no artificial colors and flavors. It may take a few weeks to break the addiction to HFCS so give yourself time. Try replacing water for soda for even just one week and it won't take long before you physically feel a difference, and if you usually drink a lot of soda, you'll probably lose a few pounds too!

Since HFCS is so addictive, don't try to avoid sugar altogether, because then you may get stuck on sugar alternatives and sugar substitutes. When a product is openly advertising as "sugar free," or "diet" and it is generally a sweet product, be weary. These products most likely contain aspartame, which is also a neuro-toxin and is dangerous for you to consume.

With all this information that is now available about the dangers of sugar and HFCS it is truly a wonder how substances such as these are added in such abundance to the foods that we eat every day. Refined sugar also greatly lowers your immune system but that is a whole other article! Being educated and well informed on topics such as these is our first step to reclaiming our personal freedom and health. Be well!

Carol Grieve` is a Certified Life Coach and Health and Wellness Coach and the host of the widely acclaimed talk radio show, Food Integrity Now ([www.foodintegritynow.org](http://www.foodintegritynow.org)). For more information on health and wellness coaching, go to [www.foodintegritycoaching.com](http://www.foodintegritycoaching.com) or contact Carol at [carol@foodintegritynow.org](mailto:carol@foodintegritynow.org) or call 415-302-7100. Phone or Skype sessions are available.

## Critter Corner



Pancho - Linda & Dave Karlin, Florissant



Idefix & Pirate



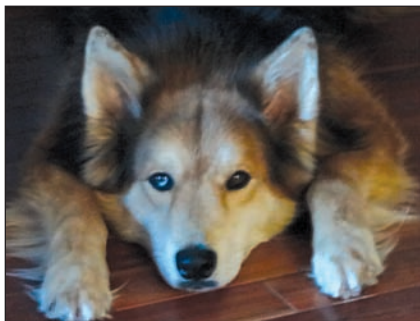
Buster - Stefanie Skidmore, Guffey



Buck hanging out in Divide



One of Cripple Creek's residents taking his daily walk thru town - Monica L DeLuca, Divide



Are you on the computer again? Grizzly - Jo Labonte, Florissant

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.



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Mountain Top Cycling news

by Deborah Maresca

The Mountain Top Cycling Club will be meeting February 4th at Serrano's Mexican Restaurant at 730 E. US Hwy 24, at 6 p.m. Dr. Bill Koppari, of Life Source Chiropractic, on 212 Chestnut will present "The Five Essentials of Maximized Performance". You will learn about those secret principles of life, performance and natural healing necessary to exceed your current level of performance. This information is for the amateur to competitive level athletes.

The bicycle was invented in China around 2300 BC and the first bike accident was around that same time so come to Serrano's Tuesday night and find out the benefits of injury prevention. The February grand door prize will be a Cat Eye Strada Wireless Computer donated by the Mountain Top Cycling Club valued at \$45. Visit [www.mountaintopcyclingclub.com](http://www.mountaintopcyclingclub.com) for more information or call Debbie 719-687-2489.

Mountain Top Experience Ride

Thank you for taking an interest in our 2014 Mountain Top Experience Ride. If you want to check out our website, [www.mountaintopcyclingclub.com](http://www.mountaintopcyclingclub.com) to see this year's jersey, route and details of the ride click on the Experience Ride tab. Prerace.com has the registration link, search Experience Ride, you can check out our roster and see that we have riders coming from Wyoming, Denver, Littleton and Estes Park.

Our Title Sponsor PGI, Summit level Sponsors - Denny's, Foxworth Galbraith, and Tim Taylor's Home Improvement. Park State Bank will be on the Cripple Creek and Victor High School Mountain Bike Team.

This year's proceeds will benefit the Teller County Youth Cycling Programs. It is our desire to number one: start a Mountain bike team at the Cripple Creek and Victor High School. Number two: to send the Woodland Park Middle School Mountain Bike Club to Mountain Bike Camp if funds allow it. Number three: to support the Woodland Park High School Mountain Bike team.

ists by having a short five mile parade starting and finishing at the Woodland Park High School parking lot followed by a reception. The Ice Cream Social is where the club buys ice cream for everyone that rides their bikes with us.

The Mountain Top Cycling Club will continue to support the Monday night Bier Werks Run and Ride Program, the Teller County Bike Rodeo, Teller County Health Fair and Pro Challenge Activities.

Our club membership is \$25 for individual and \$40 for families. The Club has Saturday rides in the summer, social meetings the first Tuesday of the month, and currently has spin classes at Paradox Brewery.

We do our fundraising in January through May to raise funds to support these programs. The donations raised will help buy needed equipment for the high school mountain bike team, and pay for insurances as well as operating costs for the Experience Ride.

The Mountain Top Cycling Club is adding the Mountain Bike Camp to our events for 2014. The Club is also checking into partnering with the local Boy and Girl Scout clubs to offer assistance with the cycling program. We will look into adding some events at Mueller State park and a Wednesday Cruiser Ride. In 2015 we hope to roll out the first annual Mountain Bike Race.

Our registration fee for the 2014 Experience ride is \$40 in February, \$50 in March, \$60 in April, \$70 in May, and \$80 in June. We are offering free lunch, free massages, free t-shirt, free century patch, and free first beer at our beer garden.

The Century Ride is 106 miles with over 10,000 feet of elevation gain. A 50 mile half century route that goes from the Florissant Grange Hall to Cripple Creek and Victor loop for 4,000 feet of elevation gain. The 75 mile loop goes through Guffey with 6,000 feet of elevation gain.

Our registration tripled from our inaugural 2012 Experience ride of 40 registered riders to 127 registered riders in 2013. Everyone loved the event and said they would be happy to return again in 2014.

Castle Rock's Elephant Rock Ride has a cap of 7,500 registered riders and Buena Vista Bike Fest has 800 registered riders. These cycling events have been around for 15 to 25 years. This will be our third annual event and our goal is to provide a unique, quality event that will be fun and rewarding to the cyclists.

A Gold Camp "Thank You!"

by Kathi Pilcher

The Gold Camp Community Christmas Planning Committee would like to thank everyone that helped with the Dec. 12th through 15th event. Thanks to all who were in the parade, to all the children who came to see Santa, and to all who made gingerbread ornaments! Once again, a sincere thank you to: Park and Rec, to the Colorado Springs Chorale, to The Church in the Wildwood Bell Ringers, and to the Woodland Park Community Singers.

Thanks to the many volunteers and the news coverage. Thank you to the city of Cripple Creek, the City of Victor, Ace Hardware, Cripple Creek and Victor Gold Mine, Build a Generation, Aspen Mine Center, and The Cripple Creek District Museum, our official sponsors.

Everyone had so much fun perhaps we'll do it again in 2014!

The Aspen Mine Center was all decked out for Christmas.

Discover the unique history of Fairplay

A Brief History of Fairplay

by Linda Bjorklund

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

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# Keeping it clean

by The Coalition for the Upper South Platte

Most of us don't think much about what happens when we flush the toilet. Unfortunately, when our septic system backs up we're forced to not only think about how we're getting rid of our wastewater but are likely dealing with costly repairs as well. Luckily, we don't need to think about septic systems often if we take simple steps to prevent back ups and failures.

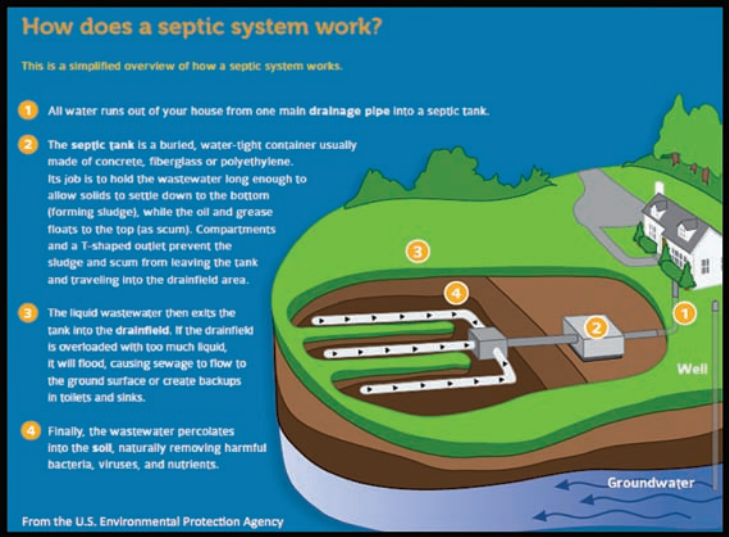
If you're new to septic systems or need a



refresher, here are the basics: In a conventional system, wastewater runs out of the house into the septic tank, where solids settle out and bacteria goes to work breaking them down. The liquid left at the top then flows out into the absorption field (or leach field), where it seeps out of pipes into the soil to be further treated by the microbes in the soil.

Unlike homes connected to city systems, those of us with septic systems need to take the initiative to maintain our systems. By following the tips below, you can reduce the likelihood you will have problems with your system:

- Pump your septic tank every 2 to 4 years to avoid sludge and scum buildup that can damage your system. Pumping on a regular basis is the number one action you can take to maintain a properly functioning system.
- Limit the use of drain solvents, household chemicals, strong disinfectants, and chlorine. These substances can kill good bacteria and slow breakdown of solids, leading to buildup of waste in your tank.
- Keep a diagram showing where your septic tank and absorption field are in relation to your home.
- Keep updated records on when your septic tank was pumped and serviced.
- Never throw sanitary napkins, tampons, diapers, paper towels, cooking oil, grease, solvents, paint, or similar substances down the drain. These can clog up the system and lead to failures.
- If you have a garbage disposal, use it very sparingly and never put coffee grounds, fats, and meats through the garbage disposal.
- Never park or drive vehicles over or allow large animals on any part of the system to avoid damage.
- Do not plant trees or large shrubs over or near the area of your septic system. Roots from these plants can damage pipes throughout the system.



- Do not place sprinkler systems near your absorption field. Surface water runoff should be directed away from the absorption field to prevent further saturation of the soil.
- Stagger the use of appliances that generate a lot of wastewater, such as your dishwasher, shower, washing machine, and toilet, to avoid overloading your system.

Maintaining a functioning septic system is not only good for your wallet, it helps keep the water on your property and downstream waterways clean. Malfunctioning septic systems can contaminate your well and other nearby water with disease-causing microbes that threaten the community's health. Failing systems can also harm local ecosystems by killing native plants and fish. It's very important we each do our part to keep our septic systems working properly and use proven practices to protect the health of our water and our community.

Colorado recently enacted new septic system regulations in an effort to incorporate proven, effective practices into the law. The regulations seek to update minimum standards for the location, design, construction, performance, installation, alteration, and use of septic systems. Local health departments will still conduct septic system permitting, but new local regulations will need to be approved by the state in compliance with the new law. Teller County is working on draft regulations, and will replace the old regulations with the new regulations by the end of June of this year. Look for more consistency between Teller and neighboring counties and more emphasis on monitoring programs in the new regulations.



## Pile burning near Divide & Woodland Park

The Coalition for the Upper South Platte's fuels management crews are scheduled to begin pile burning in the next few weeks. Crews will begin burning piles located north of Divide within the Ute Lakes Fishing and Recreation Club, and east of Woodland Park at the Glen Aspen Boy Scout Camp, off of Loy Creek Road. Burning will occur as weather and conditions allow throughout the next few months.

Smoke may be visible on Highway 24, County Road 5, Highway 67, Rampart Range Road and Loy Creek Road. Smoke-sensitive residents should consider staying indoors and keeping doors, windows and outside vents closed.

Fuels management staff will post road signs around the areas affected by the pile burns and send Nixel notifications. For more information please contact the Coalition for the Upper South Platte at [cupsp@uppersouthplatte.org](mailto:cupsp@uppersouthplatte.org) or 719.748.0033.

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This informative workshop will also include topics like basic research, writing techniques and tips, using illustrations, science photography and publication issues. Several ideas for publication of writing projects will be provided. A certificate of completion will be awarded upon completion of the workshop. All other course materials will be provided including morning snacks. A Writer's Resource Kit CD will be available for purchase for \$5. The course fee is \$20 for adults and \$10 for students (21 and under). WMMI Members receive \$5 off adult fee, and \$2 off student fee.

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**Mail ballots will be sent out in February asking IREA's member-owners to approve amended and restated Articles of Incorporation.**

Our current Articles of Incorporation were adopted in 1938 and were last amended in 1973. The amendments will consolidate the articles in one document and make changes needed to update and clarify the articles. Our purpose as a member-owned cooperative formed to provide reliable electricity as inexpensively as we can will not be changed.

Please look for and return your ballot. Member participation is important. Everyone who submits a voted ballot will be eligible to win one of ten new iPad minis, regardless of how they vote on the ballot question!

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# The Old Courthouse

by Linda Bjorklund

It's empty now. That two-story red sandstone building that sits in the middle of a platted block in Fairplay called the "Court House Square." The Park County Courthouse was built in 1874 at a cost of \$10,500. It would serve Park County for a number of years with the sheriff's office and jail in the basement level, county offices on the main floor and the District Court on the second floor.

Although the District Court has the distinction of being the oldest courtroom still active in the State of Colorado (one case is held there each year to uphold the tradition), probably the most famous part of the structure is the second story window overlooking the front door.

This is where a vigilante committee commandeered an inmate from the jail, marched him up the stairs, put a noose around his neck and thrust him out the window to hang. But, we're getting ahead of the story.

In March of 1879 the Board of Trustees of the Town of Fairplay voted to open up the town ditch and keep it open so that the town's occupants could use the water that flowed into it from Beaver Creek. In April, a young man named Thomas Bennett was hired to clean out the ditch in the vicinity of the Fairplay Hotel, then located near 6th and Front Streets. For reasons known only to him, Bennett interrupted his work in the middle of the afternoon and went into the hotel after he had stopped up the ditch in the process of cleaning out the debris.

John J. Hoover and his wife Euphrasia lived in the house next door to the hotel. Hoover owned and operated the Cabinet Billiard Parlor, one of several such establishments a few blocks further north along Front Street. Hoover was in the habit of generously sampling his supply of spirits and had been indulging in that pastime that fateful day. He noticed that the water from the stopped up ditch was creeping toward his home and immediately became angry. He grabbed up his .38 Colt revolver and went storming into the hotel.

Bennett was standing next to the counter when Hoover challenged him. "I will not have my family imposed upon!" Bennett responded, "Hold on. I don't want any trouble and don't impose on anyone." Whereupon Hoover aimed the handgun and fired, hitting Bennett in the chest. Hoover left the hotel and was waiting at his billiard saloon when Sheriff Ifinger came looking for him. The sheriff confiscated the

weapon and took the now somewhat sobered man to the county jail in the courthouse.

Meanwhile, Bennett had been carried to one of the hotel rooms and awaited the arrival of the doctor. Several witnesses asked him if there had been any quarrel between him and Hoover. Bennett replied, "No no no. Oh my God he did it in cold blood." Mortally wounded, he passed away before the doctor could get there.

Hoover was transported to Denver to await his trial. Throughout that year he and his attorney(s) tried to build a defense for his actions. The trial was finally scheduled for April 27, 1880, and he was brought back to Fairplay to defend himself in the District Court. His lawyers attempted to assert that he had been injured in a mining accident in 1871, wherein he had fallen into a mine shaft, and had suffered fits of derangement since that time. The judge sentenced him to eight years in the penitentiary.

Many of the local citizens were angered at the judgment, which appeared to be but a light slap on the wrist for a vicious crime. About 20 of them gathered together and went to the sheriff's home late that night, demanding the keys to the jail. The sheriff refused, so they went to the basement of the courthouse en masse and overpowered the jail guards. As the angry men broke down the door, Hoover was heard to cry, "Must I die like a dog?" He was answered, "Bennett died like a dog."

The vigilantes hustled the prisoner up the stairs and over to the window from the second story. A noose was quickly placed around his neck and he was summarily pushed out the window. Shortly thereafter, the sheriff arrived. He and the guards cut the prisoner's body down and the noose was retained as evidence.

An inquest was held to determine the cause of death. Nobody was found who could identify any of the men who had taken part in the lynching.

While all this was happening, another inmate happened to be in the cell with Hoover, awaiting his trial, which was scheduled for April 28. The case of the People vs. Cicero Simms came up the morning after the excitement during the night.

Simms had been involved in an altercation with a friend one Sunday afternoon the previous January. The two had been playing cards and were outside a bar in Alma, just horsing around. The friend jokingly knocked Simms' hat off, whereupon Simms demanded that he replace it immediately. When the friend neglected to comply, Simms pulled a revolver out of his pocket and shot the fellow in the forehead.

Courthouse. Recent photo by Linda Bjorklund

Courthouse Circa 1880s. T.C. Miller photo from Ed and Nancy Bathke collection

Front Street Fairplay House  
Source: Isaac S. Smith family

Realizing what he had done, Simms turned around and ran away. It wasn't long before he was found in a boarding house in Denver and arrested for his crime. At his trial everyone, including the judge, must have been jittery because Simms was quickly declared guilty and sentenced to hang.

The execution date was set for July 29, 1880. On that day Simms was taken from the jail to a scaffold that had been built in the field where locals had, on happier occasions, gathered to play baseball. The sentence was duly carried out. This was the first and last public execution that was ever performed in Park County.

That same year the County Commissioners decided that they should save the county the expense of transporting prisoners back and forth to Denver, so they approved the cost of building a new jail. There was also the matter of prisoners periodically escaping from the jail inside the courthouse. The story was told in the May 29, 1879, issue of the Fairplay Flume under the heading, "Escape of Charlie Murray."

"Sunday morning the sheriff took breakfast into the jail for Charlie Murray and unlocking the cell door in which he was confined allowed him the liberty of the corridor while he was eating. He then locked the outer door and went to town, where he remained for some

hours. Murray eat [sic] his breakfast and then prepared to escape. By piling up chairs and other moveables in the corridor he was able to reach the ceiling and soon knocked loose the light boards that had been placed over the hole in the floor by means of which the defaulting treasurer, Mofatt, made his escape some years ago. The hole is only about eight by 13 inches in size and would seem too small to admit the passage of a man's body, but Murray evidently thought that if it was large enough for Mofatt it was for him and made the venture. When the sheriff returned to lock him in his cell the bird had flown, leaving no trace except the open hole. Search was instituted at once but was soon given over as no trace of his whereabouts was to be found. The county will be saved a large expense in his keeping... while the place that he inflicts with his presence will be the worse off by one sneak thief."

Years later the county offices were moved to the annex located across Main Street and the old courthouse was replaced by a new District courthouse located diagonally across Fourth Street. The Fairplay Library came to occupy the two-story red sandstone structure.

The County Coroner took over the basement and a widely known feline occupant of the library upstairs was known as Judge Kitty. For a time the Park County Local History Archives moved into the vault in the basement next door to the coroner.

One day a few years ago, a building inspector was visiting the library and went into the room where many of the bookcases held volumes of its inventory. In the process of his inspection he jumped on the floor and found that the floor moved noticeably under the weight of his feet. An inspection of the beams below the floor revealed extensive charring.

Researchers began to look through old newspapers and found a short notice about a fire in the courthouse that had happened in 1880. The library was closed until the charred beams could be reinforced and the Archives were moved out of the vault.

Last year the Park County Commissioners approved the purchase of the building on Fourth and Front Streets that had been used as the Fairplay Town Hall since it was built in 1938. The Fairplay Library was moved into the old Town Hall in September.

The old courthouse, having been officially declared a historic structure, awaits plans for its use.



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*by Danielle Dellinger*

"Where ya goin'? Stay and have a drink with me. I want to apologize for running into you."

she couldn't stop smiling. Instead of going home, she went to the store to get the news with her co-worker friend. On her friend's lunch break, Juliana stopped for nearly half an hour, pouring out the details. Juliana got asked if she hoped would happen with Markus, but she just shrugged, saying she wasn't sure what she wanted, except to maybe have another friend.





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felt good to feel this excited about someone new. She soon left the store, going home to do chores.

Staying busy helped, but the more time that passed, the more jittery she got. It wasn't long before she felt herself starting to spiral down. She eventually found herself sitting on the foot of her bed, staring at the floor.

"What am I doing?" she wondered aloud. "Am I even ready to move on, to think about someone else in an intimate way? But maybe I'm getting ahead of myself." She sighed and put her face in her hands, gripping the hair on either side of her head. "This should be easy!" she finally shouted at the floor. "I should just hate the guy and forget him! Leave him behind!" She breathed deeply, her eyes watery with tears. She finally lifted her head and looked at the clock, seeing that she was going to be late. She actually was considering not going.

**M**arkus sat at a table near the door to the bar. He watched it patiently as it swung open again and again. Still, no Juliana. He looked at his watch. He'd been there for over 15 minutes. He sighed and picked at a fruit sticker stuck to the table. He'd never been stood-up. Besides, how long were you supposed to wait for someone nowadays? Did anyone even know anymore?

"You're still here."

Markus looked up and blinked in surprise when he saw Juliana standing on the other side of the table, gripping the collar of her coat nervously. "Yeah, I am," he said, offering a small smile. He then got up and went around to where she was standing and pulled out her chair for her.

She stared at the seat for a moment, rather amazed at such a kind act.

"Please, sit," he encouraged.

She nodded and sat down, removing her coat.

He returned to his seat. He watched her and smiled. She shyly returned the smile. They ordered their drinks, and Juliana slowly started to come out of her shell. They talked about all sorts of things, from the typical topics of music and hobbies to their non-intimate fantasies. They had the same love for hiking, German music, and Gregorian chants. Soon the conversation steered toward previous relationships, as it usually does. Juliana refused to say anything about her recent ex. She kept telling Markus that he really didn't want to know.

However, Markus pressed the issue, saying, "Talking about the past is one of the best ways to get to know a person, and for them to move on."

Juliana shook her head. "This isn't the place. Some of his friends still frequent this bar."

Markus looked around, trying to guess if any of them were there. But, he finally dropped the issue. Closing time rolled around and they walked out together. Juliana thanked him for the drinks, and they exchanged numbers before parting ways for the night.

Over the next couple of months, they spent more and more time together. They became nearly inseparable. Though, if anyone asked if they were dating, they would say no. They didn't feel the need to rush into it; they still had lots to learn about one another. Because they lived so close to each other, they tried to limit their time together to only the weekends, that way they'd have a chance to miss each other.

About eight months after they'd first met, Markus took her six miles out of Alma to Kite Lake. He loved watching her smile as she stood on the lakeshore, soaking up the sun. He hugged her from behind, kissing her neck.

"I bought you something," he mumbled in her ear.

"You did?"

He smiled, holding out a box big enough for a necklace. She took it and opened it. Inside was a pendant of a small piece of pure, rare rhodochrosite crystal encased in gold.

"I promise I'm not trying to buy your affections. I just wanted to give you something that's new to put on the chain you always wear. I still remember the story of how your ex stole and pawned off the pendant you usually wore. Juliana, I have so much respect for you. I would never hurt you like he did. This isn't like a promise ring, either. I don't believe in those. It's just my way of showing you that the special kind of person you are is rare, just like that crystal." Markus moved in front of her. "Also, Juliana, I want to know if you'd officially be my girlfriend. Because, I'm in love with you. You're the jewel of my life."

"I love you, too, Markus," she said, then kissed him deeply. So, this was what love and respect felt like.





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## Real Estate Review

Sellers often ask me to provide advice on what's the best bang for the buck in preparing homes for sale. Taking a look and evaluating a home's shortfalls is typically a quick and easy process. Many times there are some simple, inexpensive fixes that can greatly enhance the sales process.

Check your entrance to the front door, where typically it's best to start the tour with buyers. Is it shoveled and free of ice? Are the steps safe? Make sure the front door is cleaned, sweep the porch and steps, and remove any items of clutter - that first impression is important. The interior entry area should be as clutter-free as possible, and a bench for removing shoes in inclement weather is a nice touch.



Sellers thinking about putting their home on the market can take advantage of my expertise; easy remodeling ideas and staging are part of my services. Call or email me for an appointment and let's get moving.

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# The legacy of James John Hagerman (Part 1)

by David Martinek

Here is the series of articles telling the story of a man who rose from humble beginnings in Canada and Michigan, and who through hard work and remarkable perseverance made his mark in 19th Century America in a variety of capacities – as a young clerk on paddle-wheel steamers along the Great Lakes, as an iron manufacturer and industrialist, as a gold and silver mine owner, and in his later years a New Mexico railroad, irrigation and town developer. But perhaps more important to the people of central Colorado, this is the story of the man who was the driving force behind the building of the Colorado Midland Railway, the first standard gauge railroad to conquer the Continental Divide and bring the world to the doorstep of the Rocky Mountains.



James John Hagerman (1838 – 1909) – iron magnate, industrialist and the man who was the driving force behind the building of the Colorado Midland Railway.

Crown throughout his life, a loyalty that cost him dearly during the American Revolutionary War. Refusing to renounce his allegiance to King George III, Abraham’s home was burned and he and his family driven from their land. They fled to Canada along with other like-minded Tories and, after a period of wandering, settled near Port Hope – located on the northern shore of Lake Ontario across from Rochester, New York, and about midway between Toronto and Kingston, where the St. Lawrence River empties into the lake. There he built a new house on another parcel of land granted by the British government and

started a new life. Abraham’s son, James Parrott Hagerman, was born in the new house near Port Hope, grew up there and eventually inherited the house as his own, the same house where his son, James John, was born two decades later, making it a home for three generations.

That man was James John Hagerman. An early graduate of the University of Michigan at Ann Arbor, many of Hagerman’s subsequent life adventures proved successful, but not all them. Nevertheless, the record of his public accomplishments is testament to the abilities and resourcefulness of a man who learned from his failures and grew rich from his endeavors. His careers read like a road map for any ambitious, hard-working entrepreneur during the American industrial revolution. He enjoyed the action that business produced; he was tenacious, and he wasn’t afraid to get into a good scrap now and then. As a result, he collected a host of famous and obscure friends, and several enemies along the way.

If not for his poor health (tuberculosis), though, he might never have come to Colorado in the first place, nor made a difference in the proliferation of rail transportation in the state in the late 1880s and 90s. He might never had taken control of a disorganized railroad plan on paper and turned it into an enterprise that changed the lives of so many people from Denver and Colorado Springs to Grand Junction and beyond.

Despite his business prowess he was private man, and his sons, Herbert and Percy, agreed that as a father and husband he was good at both. He was also a good citizen, as was his wife Ann, and a loyal friend to many. In the end, his personal human attributes count as much or more than his public accomplishments in measuring the character of one of the most interesting men in American history.

## From Port Hope to Newport.

James John Hagerman was born near Port Hope, Ontario, on March 23, 1838, the first son of James Parrott Hagerman and his wife Margaret Crawford Hagerman. On his father’s side of the family, his ancestors were German and Dutch, on his mother’s side, Irish. At the time of his birth, his parents lived on a farm in a house built by his grandfather, Abraham Hagerman, a Hanoverian and British subject who served as an officer in the English army in Quebec.

History recorded that after Major General James P. Wolfe defeated the French in Quebec in 1759, his army was reassigned to the British colonies in New York where several officers, including Hagerman’s grandfather, Abraham, resigned their commissions and were given land grants in recognition of their service. Abraham was granted two thousand acres along the Hudson River near Poughkeepsie. He settled down and married a Dutch woman named Hanna Lake. He became prosperous and remained loyal to the British

In the 1840s Michigan was a virtual wilderness, a primeval forest of giant oak, hickory, maple and elm filled with plenty of game and quit a few Native Americans – the Amikwa, Chippewa, Ottawa, Potawatomi and more. It was the Ottawa Indian word *wichigama*, which means “great water,” from which the state took its name (the Ottawa’s used the word to describe Lake Michigan). Most of the countryside was wild and untamed, being peppered with small communities established along the rivers or on the shores of one of the Great Lakes. The states of Wisconsin, Illinois and Indiana were just beginning to be settled.

Travel was difficult. There were few roads and no railroads west of Buffalo, New York. So the European immigrants that flooded into the northern American frontier in the early 1800s, mostly from the British Isles, Germany and Scandinavia, had to endure great challenges to reach their “promised lands.” Those heading for the small town of Chicago, for example, had only one mode of transportation, the watery highways on the lakes and rivers via paddle-wheel steamers and sailboats, all of which passed by young James John Hagerman’s house on the Saint Clair River in Newport and filled his head with dreams of being a boat captain or running away from home to become a sailor. *(to be continued next month)*

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# Ute Indian cradleboard one of Colorado's Top 10 artifacts

The Ute Boy's Cradleboard, a treasured object in the Ute Pass Historical Society collection, has been selected as one of Colorado's Top 10 Significant Artifacts. Colorado Connecting to Collections sponsors the annual campaign "to honor and recognize Colorado's cultural heritage organizations that care for and preserve documents, films, diaries, books and other artifacts. Each item tells a story and collectively represents the diverse history of Colorado."

Ute Pass Historical Society is honored by this recognition and thanks all who participated in the campaign.

The cradleboard is on loan through 2014 to the Southern Ute Cultural Center & Museum in Ignacio, Colorado. See [www.southernutemuseum.org](http://www.southernutemuseum.org). For more information, contact UPHS at 719.686.7512, or [utepasshistoricalsociety.org](http://utepasshistoricalsociety.org).



Ute Boy's Cradleboard.  
photo Courtesy of Ute Pass  
Historical Society

# Little Chapel Food Pantry begins 2014 with a banquet

by David Martinek  
photo by David Martinek

Throughout the years the Little Chapel Food Pantry, located at 69 County Road 5 in Divide (i.e., at the Little Chapel of the Hills Church), has been providing supplemental food for hundreds of families in the surrounding community. Twice a month (on Mondays) a dedicated group of volunteers, supported by the regular and generous donations of money, food from local contributors and food markets, distribute food, vegetables, and other supplies to families struggling to survive. In 2013, the Pantry provided over 695,000 pounds of food to folks in need. Many of these folks insist that they would not have had enough to eat if it were not for the food pantry helping them through the rough spots!

To support their operation, the Panty started off the year with a scrumptious fundraising banquet held at the beautiful Shining Mountain Golf Club on Saturday afternoon and evening, January 25. Through table and individual reservations and a silent auction, the Pantry raises funds and pledges to help finance their programs throughout the year and to enlarge their building fund.

In 2013, the first annual banquet was a "big hit." The event was well attended with several local businesses sponsoring tables and with a silent auction that many said contained some of the most beautiful items they had ever seen.

The 2014 banquet was ever better! Professional chefs at the Shining Mountain Conference Center fed a large crowd that enjoyed a delicious dinner and an evening of fun and entertainment, including Elvis Tribute Artist, Dennis Thornberry and family, as well as Reflections, a choral local group. It was an inspirational event few who attended will soon forget. The silent auction once



The banquet crowd numbered well over 200 members of the Teller County community who came together to enjoy a scrumptious meal and support the Little Chapel Pantry

again offered some unique and wonderful items. The funds raised from the banquet haven't been announced yet, but the Little Chapel Food Pantry should be very happy.

The Pantry is also in the process of raising funds to erect a larger metal building so that their volunteers do not have to work outside in the cold of winter, or the heat and rain of summer and fall. The Little Chapel of the Hills Church has donated the land but the Pantry needs to increase their building fund to finance the construction. Early pledges include a private contributor who will match all subsequent funds donated up to \$25,000. The Pantry is hoping to reach their goal so they can build the larger facility.

For more information on how to contribute to the operation of the Little Chapel Food Pantry, and/or its building fund, contact them by email or phone at [foodpantry@jklint.com](mailto:foodpantry@jklint.com) or 719-322-7610. Ken and Judi Hesselberg, Pantry directors, will be happy to receive a kind donation. And for more information about the Pantry, go to their website at [www.littlechapelpantry.org](http://www.littlechapelpantry.org).

# Handouts harm wildlife

by Abbie Walls

Winter is here and that means animals will have to search a little harder for food. Colorado Parks and Wildlife wants to remind people that the best way to help hungry animals is to let them find their next meal on their own.

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

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

In the wild, deer and elk naturally spread out when grazing or browsing for food. Artificial feeding encourages them to crowd together making it easier to spread disease throughout a herd.

Deer are the primary prey of mountain lions and a large gathering of them can attract lions into neighborhoods, putting people and pets

at risk. The mountain lions are also then put in danger because it may become necessary to kill them if they become a threat to human health and safety.

"If you want to do wild animals a favor, don't change their natural behavior. Watch them from a distance and allow them to remain wild," Madler said.

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

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

For more information, please visit:  
<http://wildlife.state.co.us/WildlifeSpecies/LivingWithWildlife/Mammals/Pages/HelpDeer.aspx>

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- David Turley  
Woodland Park Mayor

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# The Thymekeeper- Antibiotic overuse and the rise of the “Superbug”

by Mari Marques

Taber’s Cyclopedic Medical Dictionary defines antibiotic as “Destructive to life”. Antibiotic literally translates to “against life”. It is often touted that the discovery of antibiotics transformed the world of medicine and it certainly did but not in the way that you might think.

September 3, 1928: The discovery of penicillin by Professor Alexander Fleming was quite by accident. Fleming was sorting through a number of glass plates which had previously been coated with staphylococcus bacteria as part of research he was doing. One of the plates had mold on it. The mold was in the shape of a ring and the area around the ring seemed to be free of the bacteria staphylococcus. The mold was penicillium notatum. Fleming had a life-long interest in ways of killing off bacteria and he concluded that the bacteria on the plate around the ring had been killed off by some substance that came from the mold.

Although it was discovered in 1928, it was only with World War II that it became commercially developed and it wasn’t until after the war that it became routinely used. By 1944-1945 penicillin was named the “wonder drug”. Post 1945 became the era of the antibiotic. New antibiotics were being discovered daily and the arsenal of medicine became overwhelming. With all the excitement about these new “wonder drugs”, no one was paying attention to the warnings regarding improper use of them.

Alexander Fleming noted as early as 1929 in the British Journal of Experimental Pathology that numerous bacteria were *already* resistant to the drug he had discovered. In a 1945 interview, he warned that improper use of penicillin would *inevitably* lead to the development of resistant bacteria.

**With all the excitement about these new wonder drugs , no one was paying attention to the warnings regarding improper use of them.**

At that time there was a mere 14 percent of staphylococcus aureus bacteria resistant to penicillin; by the mid-1950s, the use of penicillin became widespread up to 80 percent of the bacteria had become resistant. By 1995 an incredible 95 percent of staph was resistant. By 1960 resistant staph was the most common source of hospital acquired infections worldwide.

Physicians then turned to methicillin, an antibiotic they found to be effective against the penicillin resistant strains. MRSA, (Methicillin resistant staph) emerged within a year.

Bacteria are among the oldest forms of life on Earth. They have existed for billions of years and have learned very well how to respond to threats to their well-being. Over the time they have existed, bacteria have experienced a huge number of adverse events that they had to learn to survive. One of those is antibacterial substances. Our pharmaceuticals are made or modeled on the antibacterial substances that exist in fungi and plants, for the



most part. Bacteria have already had mechanisms in place to deal with them.

Unfortunately with tremendous amounts of synthetic pharmaceuticals that are bombarding the planet, millions of tons, have stimulated bacterial response a million fold. Bacteria are highly intelligent in response to this. They have learned how to alter themselves as well as the molecular targets of the drugs, etc. They pass this information on as promiscuously as they can to all the other bacteria they encounter. In essence, it is evolution in fast forward. They learn faster and develop resistance more quickly each year that goes by. We are being outperformed by a species tremendously older and obviously more intelligent than ourselves.

Somehow (scientists haven’t figured out how) bacteria communicate with each other in an extremely rapid fashion, and through this communication they are able to transfer survival traits. All bacteria can talk to each other. They make chemical words, they recognize those words and they turn on group behaviors that are only successful when they participate in unison. This is called quorum sensing. There are hundreds of behaviors that bacteria carry out in this way. All bacteria make the same molecule that allows them communication among different species of bacteria.

Dr. Stuart Levy is a pioneer in antibiotic resistance. In a study by Dr. Levy and his colleagues, they found that introducing antibiotics into chicken feed very quickly promoted the spread of antibiotic resistant bacteria in the chickens’ intestinal tracts, as well as the intestinal tracts of the people working with the chickens. The chickens’ guts changed within a week, the farm workers in three to six months. Further, the bacteria sampled were not only resistant to tetracycline (the antibiotic used), but several other commercial antibiotics – they had learned and adapted.

The good news - after they stopped using the antibiotic laced feed for six months, no detectable levels of tetracycline resistant organisms were found in the farm workers. Read more about this study at “The Spread of Antibiotic Resistant Bacteria from Chickens to Farmers”.

After placing a single bacterial species in a nutrient solution containing sub-lethal doses of a newly developed and rare antibiotic, researchers

found within a short period of time the bacteria developed resistance to that antibiotic and 12 others that they had never encountered before. Dr. Levy observes “It’s almost as if bacteria strategically anticipate the confrontation of other drugs when they resist one.”

Wherever antibacterial usage is high, bacterial congregation and rate of learning are also high. Wherever antibiotic and ill people or animals meet in large quantities, resistance cascades occur. Nursing homes, day care centers, prisons, inner cities, factory farms, etc. but they aren’t the worst. There is no place on Earth that contains more resistant bacteria than hospitals despite the perceived cleanliness of them.

**How are herbal antibiotics different from pharmaceutical antibiotics?**

Many pharmaceutical antibiotics are isolated chemical constituents. They are one compound or one chemical – penicillin is penicillin, tetracycline is tetracycline etc. This makes them easier for bacteria to adapt to and counteract. In contrast, herbs are much more complicated. Garlic has over 33 sulfur compounds, 17 amino acids and a dozen other compounds. Yarrow has over 120 identified compounds. In plants, the whole is more than the sum of its parts. The different compounds work synergistically often to produce better than expected results. (See Chapter 2 of Stephen Harrod Buhner’s Herbal Antibiotics for a more detailed explanation.)

Humans are comprised of 99 percent bacteria. There are trillions of bacterial cells in you or on you all with a role to play in your life. These bacteria are incredibly important, they keep us alive. They cover us in body armor that keep environmental invaders out. They digest our food, make our vitamins and educate our immune system to keep bad microbes out.

Every time you take an antibiotic it is equivalent to dropping a bomb in your gut. It is considered a “dumb drug”. It cannot distinguish good bacteria from bad so in addition to killing bad bacteria, it is also destroying beneficial bacteria. This is how Candida is able to over populate in the gut and why many times a yeast infection incurs after taking an

antibiotic drug.

A healthy gut flora is *essential* in order to maintain a healthy immune system. This is also why antibacterial soaps are a bad idea. If you do have to take an antibiotic, follow it up with a good round of probiotics in order to restore the gut flora. Probiotics can be purchased at your local health food store and are found in fermented foods such as sauerkraut, kimchi and dill pickles.

It seems society has been brain washed to believe all bacteria are bad which indeed there are some bacteria that have no place in you or on you. Some can make you very sick, however to this day antibiotics are over prescribed. If our use of antibiotics had been restrained, problems that arise today may have been minor. Since it hasn’t been, we are now faced with the “superbug” phenomena. Yet we continue to over use antibiotics.

Studies show that up to 70 percent of antibiotics in children are unnecessarily prescribed. They have been prescribed for the common cold (for which there is no cure), sore throat, ear infections and as a preventative in many cases when there has been exposure to illness. All of these ailments can be treated with inexpensive home remedies and preventative techniques. Antibiotics were and are to this day the “go to” medication for nearly anything that ails you. People even share amongst themselves in my experience. This over use has made an excellent breeding ground for resistant bacteria.

Fact: Antibiotics do absolutely nothing in the case of viral infection, which the common cold is one. It is essential to distinguish a bacterial infection from a viral infection before taking antibiotics.

Fact: Antibiotics should NEVER be taken as a preventative against illness. This practice of prescribing them as a preventative has only contributed to the problem of resistance.

If all of this is true, it could also explain the overuse of herbicides and the rise of the so called “superweed”. What it adds up to is mankind’s need for superiority over nature is turning out to be a losing battle with devastating consequences.

Historically, as a species, humans have not been known to make the wisest of choices. Especially in the face of propaganda. Fear is a great motivator and a place where good decisions cannot be made. What will we do when ALL bacteria become resistant to antibiotics? I suppose the answer is we will turn back to Nature with our tails between our legs. Epic fail on our part.

In the 1980’s, Margaret and Bryce Patterson discovered a leather wrapped bundle hidden under a ledge on BLM land in Southern Utah. In the bundle they found many of the herbs that grow very close to home here in Teller and Park counties. Anti-microbial, antibacterial, and antiviral herbs as well as other tools. Herbs have always been our allies, yet people spend millions of dollars to eradicate them from their lawns, gardens and factory farms every year. Follow the money on that one. The “Patterson Bundle” has been carbon dated and is believed to be around 400-600 years old.

I will leave you with something to ponder; 400-600 years ago humans were not experiencing the rise of antibiotic resistant bacteria so prevalent among us today.

Please feel free to contact Mari Marques, the Thymekeeper via her website [www.thethymekeeper.com](http://www.thethymekeeper.com) or call 719-439-7303. Ask about upcoming classes, schedule a personal consultation, or purchase quality herbs.



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# Closed head injury makes way for modern-day miracle

by Barbara Royal, CSD, ATP

We humans weave so many webs of confusion and disharmony that no single practitioner could be sufficiently trained in untangling all of them. Neither you nor I, nor anyone else completely knows what needs to happen for the achievement of wellness, perfect work, healthy relationships, wealth, or any of our heart's desires. Fortunately we have divine ministers who are "specialists". They can and will assist us in untangling the webs of confusion and disharmony. They can and will assist us in manifesting miracles in our lives. Genevieve (pseudonym) had such an encounter with these divine specialists and has given me permission to share a portion of her story.

Genevieve is a therapist whose skill had been impacted when a car backed up and knocked her down. As a result, she sustained a concussion and closed head injury. Genevieve informed me she has had recurring experiences of powerlessness in her life, usually involving males -- and you guessed it -- the driver of the car involved was a male. Her experience of powerlessness was further magnified by the accident because she was unable to perform her work. In the Miracles of Wellness method, we unite with the energy of divine love, using invocation, intention, decrees, spiritual laws and affirmative prayer. We focus upon changing the underlying cause(s) rather than the specific illness or circumstance. Changing the cause allows the illness or circumstance to heal. In Genevieve's situation we focused upon healing and transforming the cause(s) of her attracting disempowering events in her life. From a human level, we were able to pinpoint the cause originated from abuses in her early childhood. However, the divine works on a level beyond our consciousness and knows the exact underlying cause(s) of any disharmony we encounter. What follows is a summary of her experience as reported to me by Genevieve. Genevieve made her decree claiming strength, power, love and peacefulness. Since the prayer I made on her behalf was for manifestation of her decree and transformation of anything interfering

with its fulfillment, she began to notice the divine at work. She felt the divine healing her head, back and neck. She said it felt like she was being touched on the inside. She saw and felt the tingling of pink light in and around her, and felt as if angels were keeping her safe. She had the sense the angels would remain with her. Genevieve was aware the divine knew her power, and she was able to accept and affirm her power as well. She experienced much more during her Miracles of Wellness session, but telling more would be a betrayal of my agreement with her. Because of her faith in the divine and her understanding of the principles of transformation and the need to change sabotaging beliefs, Genevieve's miracle was achieved in one session. The symptoms of the closed head injury were healed. She is in her power and is fully functioning in her work and her life. At last report, she plans on co-authoring a book that addresses abuses she personally experienced. You too can enhance your faith, as well as learn the principles of modern-day miracle making to achieve wellness, perfect work, healthy relationships, wealth, or any of your heart's desires. Join me on February 22, from 10 a.m. to 3 p.m. at Peoples National Bank, 321 Scott Avenue, Woodland Park, CO 80863 for experiential training in the art of miracle making. Snow date is March 1; same times; same location. Your investment is your time, a desire to change your life and a monetary exchange of \$42.00. Feel free to contact me with questions and to make your reservation.

Barbara Royal is an Interfaith Certified Spiritual Director and Certified Angel Therapy Practitioner®. She is the founder of the Miracles of Wellness method, which gives clients tools to claim blessings from heaven. She may be contacted at 719-687-6823 or [miraclesofwellness@gmail.com](mailto:miraclesofwellness@gmail.com) for a free initial consultation and/or session appointments, which are available by phone or in person.



Barbara Royal



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## Teller County CASA honored

It is with extreme pleasure that CASA of the Pikes Peak Region announces that Teller County resident and CASA Volunteer, Sandy Bridgewater has been selected winner of the Teller County Cares Children/Youth Award for 2013! Angela Komar, CASA of the Pikes Peak Region Teller County's Supervised Exchange and Parenting Time Coordinator & Dependency and Neglect Supervisor, nominated Sandy for the work she does on behalf of children and youth in the Teller County community. Not only is Sandy quick to sign up to facilitate supervised visits, a very needed service for a specific population of Teller County residents, she also

advocates for the needs of young children who have been exposed to severe domestic violence. As a CASA (Court Appointed Special Advocate) Sandy attends court hearings, staffings with other professionals on the case and she is in constant communication with the schools, guardians and most of all the children. She is quick to stand-up for the family, praises them for their achievements and is equally quick to advocate for services to meet their unmet needs. Sandy, Thank you and congratulations for all you have done for children in Teller County! For information about being a CASA Volunteer, contact Kelly at (719)447-9898, ext. 1033

## The ten essentials

by Janet Bennett of Teller County Search and Rescue

The original ten essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for climbers and outdoor adventurers. Packing these items whenever you step into the backcountry, even on a day hike, is a good habit to acquire. On a routine trip, you may only use a few of them. Yet you will never appreciate the value of the Ten Essentials until you REALLY need one of them.

### The Classic Ten Essentials are:

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp or flashlight
6. First aid supplies
7. Fire starter

8. Matches
9. Knife
10. Extra food

### The Updated Ten Essentials are:

1. Navigation (map and compass)
2. Sun protection
3. Insulation (extra clothing)
4. Illumination
5. First aid supplies
6. Fire (waterproof matches, lighter, candles)
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

Have fun and stay safe!

## Junior Achievement news

More than a dozen Woodland Park High School students from Ed Ralston's business class attended Junior Achievement of Southern Colorado's 21st Century Skills Forum on January 10th at UCCS in Colorado Springs. Close to 800 high school students from five Colorado Springs-area school districts, plus RE-2, began the day by hearing a presentation on the importance of ethical behavior from keynote speaker Kent Fortune, vice president and general manager of USAA's Colorado Springs campus. They then attended two educational workshops of their choice and had a brief lunch break before heading back up the Pass.

Instructors from several Colorado Springs colleges/universities and dozens of businesses taught the workshops centered on topics with 21st century themes like entrepreneurship, financial and economic literacy, psychology, government and civics, arts, science, mathematics and many more. The event was presented by Junior Achievement of Southern Colorado, UCCS, Colorado Technical University and Pikes Peak Community College. JA and the three higher-education institutions also sponsored the event along with GE Johnson, AT&T, Security Service Federal Credit Union, Higher Power Electric, and McNew & Associates.

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# The Colorado Columbine

by Ciena Higginbotham

The Colorado columbine, *Aquilegia caerulea*, is the state’s official flower. This flower was first discovered on Pikes Peak by a mountain climber named Edwin James in the year 1820. Many years later, in 1899, it was chosen as the state flower by school children—an overwhelming favorite.

All columbines bloom in a variety of pretty pale pastel colors. But the Colorado columbine is specifically the lavender and white colored species. To some, the blue-purple color of the petals represents Colorado’s vivid blue sky, the flower’s white cap symbolizes the state’s cold winter snow, and its yellow center stands for the state’s rich mining history. The plant has five spurs that protrude from the back of the petals. They look like eagle talons, thus the name “*Aquilegia*”, in Latin meaning “eagle”. The eagle is America’s national bird. What a perfect flower to be named the state flower of Colorado!

At maturity, this plant will grow up to two to three feet tall and will spread about two feet around. Its long, slender stems are adorned with fern-like foliage. Being a very hardy plant, it can grow at very high elevations. It thrives in the Rocky Mountains, at elevations of 11,000 feet. The Colorado columbine grows in a large range of conditions, from along the banks of mountain streams, to shady aspen groves, to underneath tall ponderosa pines.

This charming flower emanates a lovely aroma that attracts bees, hummingbirds, and beautiful butterflies to its nectar. It’s a favorite among hummingbirds: The bird’s skinny beak and long tongue can reach to the flower’s nectar in the base of the spurs. This ability places the hummingbird as the columbine’s top pollinator.

Though it has been said that Native Americans used this flower as a sweet condiment consumed in small quantities, this is not recommended. The roots and seeds are highly toxic. They contain cardiogenic toxins, which cause gastroenteritis and heart palpitations. Consumption of this plant raw can be fatal. The seeds and roots are more poisonous than



The Colorado columbine is the state flower and can be found in Teller and Park County. Original artwork © by the author, Ciena Higginbotham.

the flowers. The flowers are probably safe in small quantities.

The Colorado columbine is very rare and delicate. A law was enacted in 1925 to protect it. It is illegal to uproot the flower on private lands, and the gathering of blossoms is limited. The columbine is a beautiful plant, enjoyed by all. If you happen to spot one of these lavender and white flowers, think of their amazing history. Think of Colorado—the blue skies and fascinating mining history. But also remember not to gather them. Leave them be so that they can be enjoyed by others.

## About the author:

Ciena Higginbotham is a youth member (Pebble Pups) of the Lake George Gem and Mineral Club, Lake George, Colorado. She is a 15-year-old 9th grade.



# Stromatolite Haiku

by Nate Blume

First oxygen source  
Stromatolites with some might  
Form new life on Earth

**Editor’s note:** stromatolites are fossils of early life on Earth. They can be found in the Pikes Peak Region.

**About the author:**

Nate Blume, age 10, is a 5th grader at Rocky Mountain Classical Academy in Colorado Springs, CO.



U.S. Geological Survey , Department of the Interior/USGS  
U.S. Geological Survey/photo by Beatriz Ribeiro da Luz  
Title: Dawn of Life  
Description: 3.5 billion years old stromatolites.  
Location: Marble Bar, WA, Australia  
Date Taken: Sept 8, 2007

# Guffey School hosts Fifth Annual Pie-Palooza February 13th

by Pam Moore

Are you looking for a fun-filled, late afternoon family activity? Do you love pie? Well, we have the event for you! At the Guffey School’s fifth annual Pie Palooza, you’ll be able to enjoy a piece of delicious homemade pie, be entertained by an old western-style melodrama, and join in on some exciting bidding on pies to take home. Or maybe you’d like to win a prize yourself by entering the pie contest! To top it off, you’ll have all this fun while helping the Guffey Community Charter School raise funds for the purchase of vacant land, behind the school. Sound appealing? Then come to Guffey School’s Pie Palooza which will be held at the school on Thursday, February 13th starting at 4:30 p.m.

If you’d like to enter a pie in the contest, you’ll need to bake and bring two of that pie, one to be judged and one to be auctioned off during the event to raise funds for the school. You can certainly submit more than one entry, but you must have two of each pie that you enter. Early entry forms are at the Guffey Library, at the school, and on the school’s

website. There will be ribbons for first, second, and third place in three different pie categories: Fruit, Cream, and Other (pizza, chicken, etc.) One talented pie baker will be honored with a Grand Champion and join former Palooza champions Alexi Alfieri, Norma Farmer, Dawn Carrica, and last year’s winner Gene Farmer.

Entertainment will be provided by the “Guffey School Players”, who will be performing an original old western-style melodrama entitled “A Question of Pie,” written by Alexi Alfieri.

The pie judging and auction will follow the play. Local auctioneer extraordinaire Chris Downare, who last year auctioned 53 pies, will again be conducting the auction. Refreshments of, what else but PIE, will follow the awards ceremony.

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



This Best in Show trophy was recently returned to the school by the 2013 Pie Palooza winner Gene Farmer who’s winning entry of a Pomegranate seeds with blackberry, raspberries, blueberries and strawberries was the top winner. Who will be the 2014 Pie Palooza Grand Champion? Enter and it could be YOU!



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- ALMA**  
7 Whiskey Tango at Alma's Only Bar call 719-836-2214 for more information.  
14 Josh Roberts & the Hinges at Alma's Only Bar.  
15 Alma Foundation - Thai One On 5 p.m. to 7 p.m. Alma Town Hall. Call 719-836-2712 for more information. Ties are mandatory and Thai food as well. Cost \$15.  
21 Beat Bodega at Alma's Only Bar.  
28 Dragondeer at Alma's Only Bar.

- CRIPPLE CREEK**  
12 Teller County Resource Group meets on the 2nd Floor of the Aspen Mine Center at 9 a.m. Call 719-689-3584 for more information.  
14 - 16 Ice Festival on Bennet Ave.  
22 - 23 Ice Festival on Bennet Ave.  
28 Teller County Food Commodities Distribution at Aspen Mine Center 9 a.m. to 2 p.m. Bring your identification to show Teller County residency. Food is provided by the federal government via Care and Share. Call 719-689-3584 for more information.

- DIVIDE**  
2 Super Bowl party. Drink & food specials. Russ' Place call 719-687-5599 for more info.  
8 Dog Sled Days. Hot dog & drink specials. Sled races at Hayden Park. Russ' Place call 719-687-5599 for more info.  
12 Divide Little Chapel on the Hill - Food Pantry 4:30 p.m. to 6:30 p.m. For more info 719-322-7610.  
14 Valentine Dinner for 2. Russ' Place call 719-687-5599 for more info.  
15 Wellness Hour meets on the Third Saturday of every month at the Lost Dutchman Resort at 2 p.m. Learn how to enjoy health with the help of a Free Certified Health Coach. Please call 719-689-0431 for more information or email [mary@wechousehealth.net](mailto:mary@wechousehealth.net)!  
26 Divide Little Chapel on the Hill - Food Pantry 4:30 p.m. to 6:30 p.m. For more info 719-322-7610.

- ELEVENMILE STATE PARK**  
8 Colorado Classic Ice Fishing Tournament 2014 Series, South Park Ice Masters Event call 719-748-0317 or 11milesports.com for more information.

- FLORISSANT GRANGE**  
8 Glass Painting Class 10 a.m. to noon. Come learn this wonderful "one stroke" painting technique.  
22 Sewing Day 9 a.m. to noon. Join us for our sewing project, or to work on your own project away from home without interruption. Our project will be a sock monkey.  
Every Thursday 6 p.m. to 9 p.m. is Jam Night. Bring a dish to share with our pot luck supper, and enjoy great music from The Florissant Jammers. Donations always welcome.  
Yoga - classes are held each Monday evening at 5:30 p.m. and Tuesday and Thursday mornings. Call Debbie at 748-3678 for more information.

- GUFFEY**  
13 Pie Palooza at Guffey Community Charter School. See page 16 for more information.

- GUFFEY PUBLIC LIBRARY**  
15 Join us 10 a.m. to 2 p.m. for the Annual Patron Appreciation Tea. The Friends of the Guffey Library will provide finger food and beverages as a "Thank You" to library Patrons. Everyone is welcome!  
26 The Friends of the Guffey Library will hold our Quarterly Meeting starting at 11 a.m. at the Library. On the agenda: Election of officers

- JEFFERSON**  
15 Valentine's Day Dinner 5 p.m. to 7 p.m. Jefferson Community Center for more information call 719-836-4460 or [jcccolorado.org](http://jcccolorado.org)

- LAKE GEORGE**  
28 Community Fellowship of Christians will be family movie night with a light meal served at 6 p.m. This is free to everyone. Come and join us for fun and fellowship. Call the church office at 1-719-748-5552. Our web site is: [communityfellowshipofchristians.org](http://communityfellowshipofchristians.org)

- LAKE GEORGE COMMUNITY CENTER ONGOING:**  
Wed: 9 a.m. Low Impact Exercise  
1st & 3rd Fri: Lake George Quilters Square 9:30 a.m. to 1:30 p.m.  
4th Fri: 9:15 a.m. Friends of the Li-

brary - 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 meeting at 1p.m.

**ON-LINE CLASS**  
**Quest for Mastery online classes:** learn these tools that can help you to manifest your highest potential, and overcome issues in your life. This program is based on the Metaphysical teachings of Archangel Michael. For more information email Jimena at [Jimena.yantorno@gmail.com](mailto:Jimena.yantorno@gmail.com) or call 719-306-0772. Classes offered in English and Spanish.

**TELLER COUNTY**  
Teller County's Democratic Party is holding organizational meetings and hosting public information programs in 2014. For current information about our calendar, please contact Mrs. Ellen Haase, (719) 687-1813.

**TELLER COUNTY- JUNIOR ACHIEVEMENT**  
19 Junior Achievement of Southern Colorado - Teller County is happy to announce that the "JA in A Day" program will be coming to grades K-5 at Columbine Elementary on Feb 19th. For more information on the school programs or to volunteer, contact Sherri L. Albertson at (719) 650-4089 or [sherri.albertson@ja.org](mailto:sherri.albertson@ja.org). For more information on JA visit [southerncolorado.ja.org](http://southerncolorado.ja.org).

**WOODLAND PARK DINOSAUR RESOURCE CENTER**  
1 Fur, Feathers, Scales and Skin Programs at 11:30 a.m. and 1:30 p.m. The Wildlife Experience is back with Erin Kendall, who will bring snakes, sugar gliders, hissing cockroaches and a tarantula. As an added bonus, the Thelma and Flash Hedgehog Rescue will be here with these unique mammals that are survivors from the time of the dinosaurs.  
15 Mardi Gras & President's Day Puppet show 1:30 p.m. to 2:30 p.m. Look! It's George Washington and Abe Lincoln going to a Mardi Gras Party at DRC. Join puppeteer/storyteller Cathy Kelsay as she spins stories



Cripple Creek Ice Festival 2011.

of our two past presidents and hands out Mardi Gras beads to all children at the show. For more information please call 719-686-1820 x104 or eMail: [custserv@rmdrc.com](mailto:custserv@rmdrc.com) or [www.rmdrc.com](http://www.rmdrc.com).

**FARMER'S MARKET**  
8 Inside Ute Pass Cultural Center, 210 E. Midland Avenue, Woodland Park 9 a.m. to 1 p.m. For more information: (719) 689 3133 or 648 7286 or email: [tcfma@q.com](mailto:tcfma@q.com)

**LIBRARY**  
11 Ute Pass Sleep Support Group 6 p.m. to 7 p.m. Admission is free! Meet downstairs in the Meeting Room. Call 719-689-0431 for more information or email [mary@wechousehealth.net](mailto:mary@wechousehealth.net).  
18 The Wholistic Networking Community invites you to meet area practitioners and learn about holistic wellness from 11 a.m. to 12:30 p.m. at the Rampart Public Library, Woodland Park. Jane Keeran, Reiki Master/Teacher, topics include: auras, chakras; the human energy field and offering techniques for clearing and balancing these energies. Please visit web site [www.mmauracles.com](http://www.mmauracles.com) for more information. For more information about the Wholistic Networking Community or to RSVP, contact Barbara Royal at 719-687-6823 or [miraclesofwellness@gmail.com](mailto:miraclesofwellness@gmail.com).

**MASONIC LODGE**  
8 WP Ceili Club public ceili (Irish dance party) from 6 p.m. to 8:30 p.m. [www.mountainneire.org](http://www.mountainneire.org) or [mountaineire@yahoo.com](mailto:mountaineire@yahoo.com) for more info.

**PEOPLE'S NATIONAL BANK**  
22 The art of modern-day miracle making from 10:00 a.m. to 3:00 p.m. Join Barbara Royal, Interfaith Certified Spiritual

Director and Angel Therapy Practitioner ® in an interactive workshop. If you wish to learn principles for the achievement of wellness, perfect work, healthy relationships, wealth, or any of your heart's desires, then this workshop is for you. Snow date is March 1. The cost is \$42.00. Contact Barbara at 719-687-6823 or [miraclesofwellness@gmail.com](mailto:miraclesofwellness@gmail.com) to make your reservation. Seating is limited.  
**Free spiritual law study group** meets weekly every Saturday morning. Facilitated by Barbara Royal, Interfaith Certified Spiritual Director, Certified Angel Therapy Practitioner. For more information, call 719-687-6823 or email [MiraclesofWellness@gmail.com](mailto:MiraclesofWellness@gmail.com).

**SENIOR CENTER**  
11 Potluck and presentation by Irv Johnson: Ride the Silverton.  
15 Monthly pancake breakfast from 7:30 a.m. to 10:30 a.m. Cost is \$6 all you can eat and kids 6 and under eat free.  
22 The 3rd Annual Chili Cook-off from 11 a.m. until 1 p.m. \$10 entry fee, \$6 to come eat and vote on your favorite.  
25 Catered meal and presentation by Elizabeth Sharp-Henricks.  
**Monday thru Friday:** lunch is served at 11:45 a.m. \$2.25 for those 60 and up, everyone else \$6.50. Reservations are required the day before.  
**Monday and Wednesday:** Noon to 3p.m. Bridge  
**2nd Tuesday:** potluck and program  
**4th Tuesday:** catered meal & program  
**Wednesday and Friday:** 10:30a.m. to 11:30a.m. Exercise for Arthritis (program of Arthritis Foundation).  
**Thursday:** 10:30 a.m. to 11:30 a.m. Bingo and then, Tai Chi from 12:30 p.m. until 1:00 p.m.

Membership is \$20 per year and eligibility begins at 50 years of age. We love new members with new ideas. Contact phone is 687-3877.

**SPIN CLASSES**  
6 David Kriegshauser will continue spin classes at the PARADOX Beer Company 6:30 p.m. The classes will run through Feb. 28th. Call Debbie for more information 719-687-2489.

**UTE PASS CHAMBER PLAYERS**  
9 Please join us at 3 p.m. for the music of Chopin, Schumann, Levno, and Teleman featuring the Levno Flute and Guitar Duo at High View Baptist Church. For more information call 719-748-3344 or visit [www.utepasschamberplayers.com](http://www.utepasschamberplayers.com)

**UTE PASS CULTURAL CENTER**  
19 2nd Annual Teller County Economic Forecast Breakfast from 8 a.m. to 10:30 a.m. featuring local experts from the public and private sectors are brought together to discuss the Teller County economy. The Forecast features perspectives on recent trends in the real estate, financial, and construction industries, how they impact our local economy, and what the experts predict for the future. For more information and to register, see [www.TellerForecast.com](http://www.TellerForecast.com)

**VICTOR**  
8 Pet Vaccination Clinic at the Victor Fire Station from 9 a.m. to noon. Dr. Wright of the Animal Care Clinic of Lake George will be there to provide the vaccinations. The City of Victor will provide free rabies vaccination with the purchase of the pet license. For more information please call 719-748-3048.  
21 Who goes there? Paranormal investigation of the Victor Lowell Thomas Museum 7 p.m. to 9 p.m. See [victorcolorado.com](http://victorcolorado.com) for more information.  
21-23 The 2nd Annual Victor Steam-punk Festival. See [victorcolorado.com](http://victorcolorado.com) for more information.  
22 Battle for power: David Moffat vs. The Woods, and LaBella Steam vs. Skaguay Hydro at the Gold Coin Club 11 a.m. See [victorcolorado.com](http://victorcolorado.com) for more information.  
23 Explore Gold Rush history via the Victor downtown historic van tours. See [victorcolorado.com](http://victorcolorado.com) for more information.


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