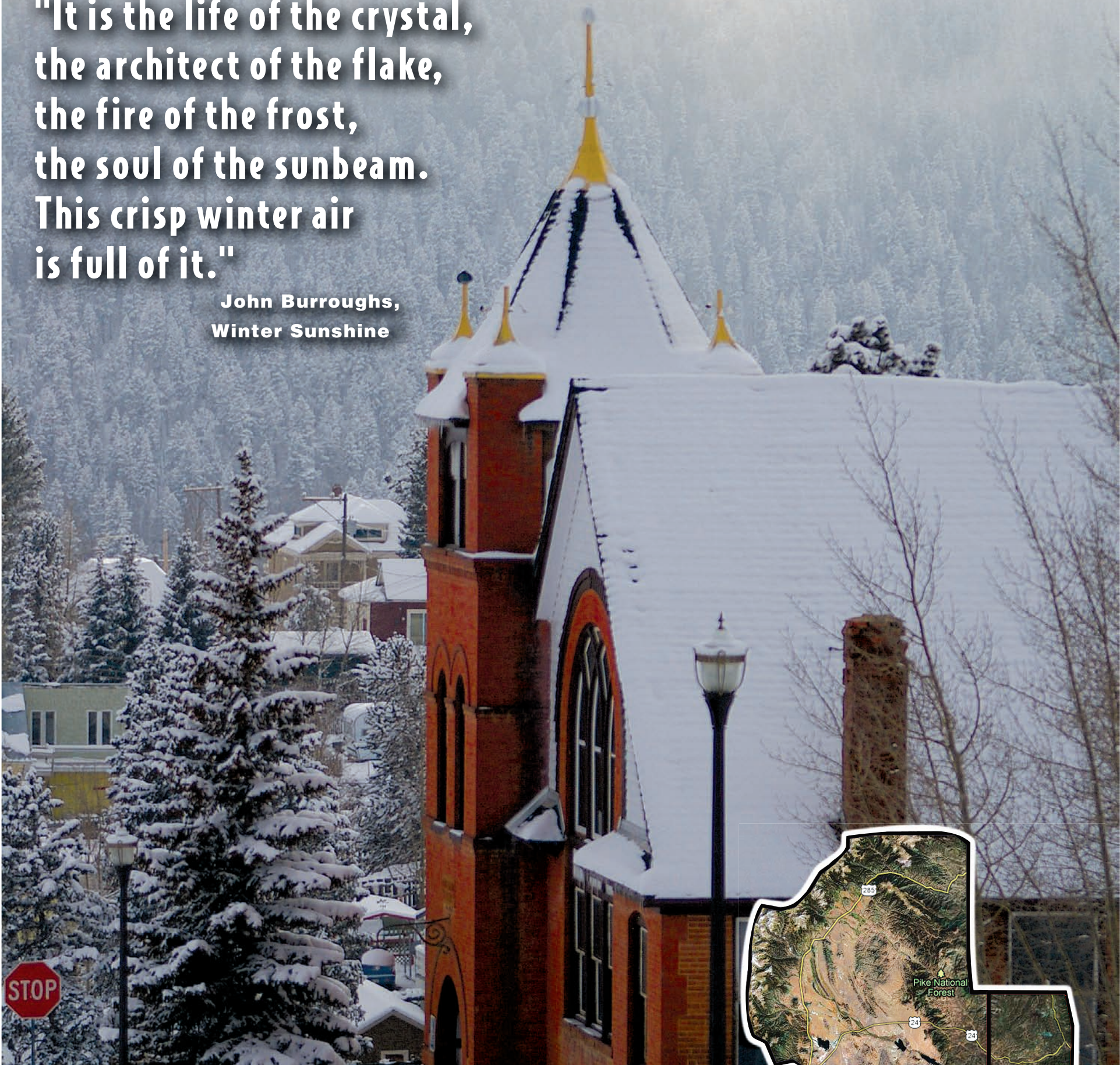


Welcome to Ute Country

"It is the life of the crystal,
the architect of the flake,
the fire of the frost,
the soul of the sunbeam.
This crisp winter air
is full of it."

John Burroughs,
Winter Sunshine



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On Deck

This month's cover is of an old church in Victor. The red brick really stood out against the snowy backdrop, while the sun began to illuminate the snowflakes. This image reminds us of how our individual differences bring out each other's strengths; it is indeed the contrast that completes the composition.

We are printing 13,000 copies of our March issue because our popularity is growing! More folks are finding our "blue as the Colorado sky" news boxes. They can be found along Hwy 24 from the Western Station east of Woodland Park, all the way to Alma. Look for the box at Mountain Naturals, Mountain Wookies, Family Dollar, Gold Hill Liquor, or Circle H Smokehouse, to name a few. We have a total of 98 distribution locations between Teller & Park Counties. Have you found them all?

Please let us know if you are outside our direct mail or distribution area and need a subscription. Mr. Spaz is delighted to share some fine photos of his neighbors. He looks forward to paving through the pics you send in for the April issue.

Feel free to contact us via email utecountrynews-paper@gmail.com or phone 719-686-7393.

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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Thymekeeper: Take a walk on the wild side

by Mari Marques

"Nature patiently waits and we have only to turn back to her to find relief from our suffering"

D. r. Bach

While many Americans spend millions, if not billions of dollars to eradicate the "weeds" from their perfectly groomed lawns, many of us in Teller and Park Counties prefer to let our properties grow wild. Going beyond the aesthetics, let's delve a little deeper into a few good reasons that it is better to allow Mother Nature do what she does best; that is, to provide food and medicine for all.

Currently there are pharmacies in every supermarket in the United States. We also have other pharmacies readily providing (sometimes addictive) prescription drugs 24/7 with the added convenience of a drive up window and a list of harmful side effects as long as your arm. This gives rise to the question, what did people do before pharmacies were readily available? How did our ancestors heal themselves and their families?

This herbalist will ask you to step outside, let your hair down and take a healthy walk in the outdoor pharmacy that has been available since the beginning of mankind. Herbs provide comforting relief when we are sick with no harmful side effects and they are FREE! There is no co-pay involved; all it takes is a little adventure and a step off the beaten path. Let's explore...

One of my favorite plants that grows abundantly in the area is Yarrow (*Achillea millefolium*) AKA Plumajillo or Little Feather. Yarrow is a common weed native to the Northern hemisphere that grows freely in grassland, roadsides and other sites with well-draining soil. Yarrow was found amongst other medicinal herbs in the Neanderthal burial site in Iraq which dates from around 60,000 BC and has become famous in herbal medicine as one of the earliest indications of human's use of medicinal plants.

Yarrow is a wound healer

Perhaps the most famous and most ancient use is as a wound healer. Mythology tells us this plant was used by Achilles to heal the wounds of his troops. Hence the Latin name Achillea. The fresh plant is a fairly substantial hemostatic very effective in stopping bleeding. It can be collected, bruised and packed into an open wound. It is possibly the most useful wound herb we have as it staunches bleeding and is antimicrobial and pain relieving too. The leaves and flowers can be rolled up and put into the nostril to stop a nosebleed; it is commonly used on horses in this manner. The dried flowers are an excellent styptic to have on hand for staunching blood from a razor nick.

Fact:

- Yarrow can cause skin rash, people who are sensitive to ragweed should avoid Yarrow.

Useful Tips:

- When collecting Yarrow, don't use the roadside plants as a medicinal if it can be avoided due to pollution from car exhaust.
- Try to avoid plants that could potentially be sprayed by man or beast for example, plants in the park or public spaces.
- Although there are many hybrids and colorful Yarrows, traditionally the white Yarrow is used for medicinal purposes.



Yarrow grows abundantly in this area.

For Colds and Flu

Taken as a hot tea it is a diaphoretic. It helps make you sweat in the case of a fever. When fever is building, drinking hot teas of yarrow can help break a fever by relaxing the circulation and the pores of the skin, allowing us to sweat freely and rid the body of infection. Taken as a cold tea it is a diuretic.

Yarrow for the circulation

Yarrow tones the blood vessels at the same time as dilating capillaries and moving the blood, thus giving it a wide range of applications. When combined with other herbs can be used to control the blood pressure and also has a reputation for being able to prevent blood clots. Because it is tonifying to the blood vessels, it is very useful for varicose veins and for people that bruise easily. Yarrow moves where necessary and tones where it is needed. This dual action has given it a reputation as being both able to cure and to cause a nosebleed.

Yarrow for the Digestion

Being bitter, pungent, and aromatic, means that yarrow is particularly useful for stimulating the digestion and getting the bile and pancreatic juices flowing assisting with digestion. It also has the ability to tone and heal the mucous membrane of the digestive tract making it useful with colitis or diverticulitis. It was also an old traditional remedy for bloody diarrhea and dysentery.

For the reproductive and urinary systems

Yarrow is a wonderful herb for the reproductive system because it can both staunch heavy bleeding and stimulate scanty bleeding. It is also wonderful when there is congestion resulting in dark clotted blood and painful menses.

Yarrow is a good urinary anti-septic and, when drunk as a warm or cool (rather than hot)

infusion, the diuretic properties are emphasized making it a useful remedy for cystitis and urinary tract infections. It has also been used for helping cases of urinary incontinence.

Another little known fact is the root and leaves of the Yarrow bring very effective pain relief when chewed for toothache. Many herbalists refer to Yarrow as herbal aspirin for its ability to ease such a broad range of discomforts.

It may seem like a plant of contradictions but Yarrow is just another example of how wonderfully complex the herbs can be. It has over 120 identified compounds. These plants require that we know them, rather than just a list of their actions, and that we let go of linear thinking to delve into the realms of understanding through the experience of personal interaction.

Many of the plants that grow wild in our area literally provide a backyard pharmacy as well as providing good healthy foods that can support ongoing health. In the Spring, Summer, and Fall months of the year, we have a bounty of medicinal herbs at our disposal. With the amount of moisture that we've received and given that there is snow on the big mountain in January is a good indication that we will have plenty of spring flowers to work with.

Simply taking a walk among the wildflowers in the majestic Rocky Mountains could be considered the best anti-depressant known to man. While you are there, take time to smell the flowers. Getting your hands in the dirt or walking barefoot on the Earth is a great way to recharge, reboot or re-energize yourself. So before you reach for the pharmaceutical drug, consider this, Mother knows best.

Mari is a certified herbalist and owner of The Thymekeeper—an herbal apothecary. To purchase herbs, supplies or for a private session regarding your health concerns contact her at mugsyspad@aol.com or 719-439-7303. thethymekeeper.com

Upcoming class with The Thymekeeper

Medicine Making 101-Make your own home remedies. Learn how to make herbal teas and the wide variety of uses for them, as well as, tinctures, poultices, liniments, lozenges, syrups, capsules and much more. We will also demonstrate how to make an herbal salve or lip balm and share the best resources for supplies. Herbs, oils and supplies will also be available for purchase.

When: Saturday March 8, noon-2 p.m.

Where: Florissant Public Library 334 Circle Drive 748-3939

What to bring: Pen, paper and your imagination. The possibilities are endless!

This class is funded by donation. Everyone is welcome.

The 18 Toes Dog Club from left to right

~ Ryan Mason holding the small llama rug, Sebastian Vermillion holding Coco, Emily Mason, and Amy Mason holding the large llama rug.



with a drawing for a small and a large llama fiber rug. The llama fiber came from the Mason's llamas and was commercially woven into two beautiful rugs.

Drawing tickets are \$1 for the small rug and \$5 for the large rug said Mason and tickets are available from any of the members, at the vet clinic in Guffey or at next month's fundraiser dinner.

After the youth dog training classes, Mason said she would like to offer adult dog training classes as well.

The next meeting of the 18 Toes Club will be March 3, at the Guffey Fire Station. It will be a potluck starting at 6 p.m. The meetings will be once a week. For more information, to sign up for the club or to buy a drawing ticket contact Mason at: 719-689-2262. For more information about 4-H or to sign up for 4-H, contact extension director Deb Lester at: 719-836-4296.

Howbert

by Linda Bjorklund

Elevenmile Canyon Reservoir was completed in 1932 by the City and County of Denver, to serve the water needs of the growing capital city of Colorado. Elevenmile Park was built around the reservoir to provide fishing, camping and other outdoor activities for the vacationing public.

Not many of the visitors who now launch their boats from the marina at Elevenmile know that underneath the 100,000-acre-foot of water there used to be a booming town, through which a railroad track connected with the rest of South Park and the world.

The town of Howbert was named after Irving Howbert, who, at the age of 14, trudged along with his Methodist minister father through the mountains in 1860, preaching the gospel to early miners. William Howbert preceded Father John Dyer, who took up the same task shortly thereafter. Irving grew up to become active in politics in the Colorado Springs area.

The first humans in the area were, however, Ute Indians. If you look to the southwest from the marina at the reservoir you can see an island protruding out of the water. This has been identified as one of four hunting ground sites used by the Utes. On the other side of the reservoir to the right of the island is approximately where the town of Howbert stood. The campground site at that location is named for its predecessor town.

Joseph Rogers, born a French-Canadian, came to the United States with his brother; both working at various occupations—farming, lumbering, freight hauling, mining. In the spring of 1870 they brought 300 head of cattle and settled at a ranch four miles west of what would become Howbert. Joseph bought out his brother shortly thereafter. In 1873 Joseph married Lucinda Alden, whose lineage came from John Alden, of Puritan fame, and whose family ranches near Fairplay.

Originally known as Dell's Camp, the town was named Howbert on the 1887 application for a post office, with Benjamin R. Dell as the first postmaster. The Colorado Midland Railroad had completed laying its track through the town that year, on its way from Colorado Springs to Leadville, and the freight business was picking up.

There were several sawmills in the area and Howbert became a loading point for livestock from nearby ranches.

The town plat of Howbert was filed for record with the Park County Clerk in 1888. In the plat there were 12 blocks, each with 10 lots 50 X 125 feet. The Streets were named Dell, Midland and Petty avenues, crossing with Streets named First to Sixth.

Dell was working on building his store. The main floor was to be used for sales of general merchandise and included the post office. The basement was used for storage and the upper floor intended for church purposes and meetings.

Hardy Epperson was building his South Park Hotel, which featured a restaurant as well. The town also offered a shoemaker shop, a butcher shop, a cigar and liquor store and, of course, several saloons.

James B. Sims, a rancher who had located nearby in 1870, met with Joseph Rogers in the post office one day prior to the 1888 presidential election. The conversation went, "I always feel depressed under a Republican administration," remarked Sims. "I feel the same way you do, only different," said Rogers. "I feel depressed under a Democratic administration."

Rogers vowed that he would gladly kill the largest and best steer on his ranch, and they would have a barbecue, should the Republican win. Sims, not to be outdone, pledged not only his biggest steer, but all the trimmings, should the Democrat win.

The politics in far-away Washington, D.C., were fairly chaotic. Grover Cleveland, the incumbent president, was a Democrat. His Republican opponent in 1888 was Benjamin Harrison, a descendant by nine generations, of William Henry Harrison. When the votes were counted, Cleveland won the popular vote, but Benjamin Harrison won the electoral vote. So, technically, Rogers won the bet and prepared to put on a magnificent barbecue.

Four years later, Cleveland was to win back the presidency, but for now, the people of Howbert geared up for a massive celebration, complements of Joseph Rogers. Three pits were dug in the ground. One was for potatoes, one to bake bread and the third to barbecue the meat. The barber shop was run by a black man who lived there with his family. He was heard to brag, "Theh ain't nothin' ah can't bawbah or bawbahue," and he proved his point.

Horse races and a dance were also on the schedule and guests began to arrive early in the morning. Race horses were sent from Littleton,



1894 South Park Hotel courtesy of Harry C. Epperson Estate

Castle Rock and Denver. A local horse that was known thereafter as Bal-ing Wire, because his rider used strands of that item instead of a whip, was the big winner that day. Out of town competitors declared that their horses couldn't run as well in the altitude.

The final event—the dance—was held on the second floor of Dell's store. Young cowboys who came to rendezvous with their ladies were called upon to help transport the flour sacks that served as luggage for the young ladies. They brought ball gowns, dancing slippers, curling irons and other implements necessary to display their wives to potential dance partners. The Dell family served as the entertainment committee, as they provided their fiddler, banjo player and organist. Their son-in-law, Bill Hammond, was the dance caller.

A sign at the entrance of the hall proclaimed, "Please Check Gun with Rest of Equipment." Dell was not about to allow the dance to become unruly. As each person entered the hall, a number was issued. The num-

bers were called to pair up dancers in such a way that no one was left out. There were two quadrilles and then a round-dance, which consisted of Polka, Schottische, Waltz, Suvianne, and Minuet. Dancing went on until daylight.

A newspaper article printed in May of 1889, the following: "The town of Howbert is a very prosperous village. Out of about 125 lots which were laid out as the town site Mr. B. R. Dell, the proprietor, has sold off down to about 80 and some 25 buildings are completed and occupied. There are two stores, a good hotel conducted by the old-time South Park people, Mr. and Mrs. Hardy Epperson, a saw mill, meat market, blacksmith's shop, church, schoolhouse, parsonage and several dwellings. The great want of Howbert is some good open roads leading off from the town in various directions. No doubt this want will in time be fully supplied. The numerous saw mills and the surrounding ranch trade insure a good future for the town."

One of the saloons in Howbert was owned and operated by a young man named Jim Clark. He was a very likable fellow who played poker frequently at his own tables. He went by his own system in the poker games and always seemed to have a good hand, even if the winning cards weren't dealt to him. One day three Texans rode into town and sat down to a friendly game with Jim. As the evening progressed and the Texans didn't seem to have much luck, the leader of the three waited until all the money in the house was on the table. As he was about to lose the game, he drew his gun and said matter-of-factly, "I guess I've won this hand." Jim was heard to reply, "Yes, that sure beats my hand."

Another of the saloon owners was Dell's son-in-law, Bill Hammond. His place made the news one day in September of 1890 when two fellows from rival saw-mill operations got into an argument over a card game in the saloon. As Sam Scott and William Langeley let their tempers flare, one of Scott's men pulled his weapon and shot in the direction of Langeley, who immediately pulled out his own revolver and fired away. All of those shots went wild. A schoolteacher who happened to be in the saloon tried to muscle Langeley into another room, but Langeley side-stepped the teacher and went after Scott, who had gone out the front door. Both had revolvers primed and ready, but Scott was the one who fired. The shot hit Langeley to the right and below the breast bone and it thought to have also caused a flesh wound in the hand of the teacher, Langeley fell.

Sheriff Hall, who happened to be in Howbert, placed Scott under arrest. Scott went willingly, declaring that he had shot in self-defense. Langeley surprisingly survived the gunshot wound and was recovering.

Howbert began to decline when the Colorado Midland was put out of business as a result of government decrees in 1918, during World War I. Cattle and sheep ranching continued to prosper in the area, but the town was no longer a shipping point.

In 1926 the City and County of Denver began survey work for the dam and reservoir that was to be heralded as an "engineering triumph."



Mark J. Bentele, DDS, MS, PC

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Winter Hiking Safety Tips

by Janet Bennett, TCSAR

Winter backcountry exploration can present dangers that far exceed those of hiking in the summertime. Heavy snowfall followed by slow warming and rain can progressively load and stress a multitude of weakened layers, creating dangerous avalanche conditions. Hikers, skiers and snowshoers need to do plenty of advanced planning and take every precaution before hitting the trails. Here are some tips for safer backcountry exploration in winter:

- Always check avalanche conditions. This website has great information: www.avalanche.state.co.us.
- Choose your destination wisely and always let someone know where you are going and when you expect to return. Remember that there are other risks besides avalanches - getting stuck in a tree well (the hollow in snow at the base of a tree) is a surprisingly common cause of injuries and fatalities in winter recreation.
- Always pack the Ten Essentials (outlined in



last month's Ute Country News). During the winter months, you might want to also include a portable shovel and avalanche beacon (and know how to use it).

- Bring navigation skills. It's easier to get lost in the winter. Snow makes the landscape look uniform and can obscure landmarks. Map and compass skills are essential for winter backcountry travel.
- Be safe and stay warm!

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Lawrence E. Jantz May 8, 1925 - February 7, 2014

The Reverend Lawrence E. Jantz left us to be with the Lord our God, on February 7, 2014. Lawrence was known as Larry, Pastor Larry, Brother Jantz, and Uncle Lawrence. He was born in Newton, KS to Peter and Lulu Pearl Jantz on May 8, 1925. Larry Jantz attended school in Newton and worked on the family farm and neighboring farms.

In 1945, after graduating from high school, he joined the army. He served in the 209th Military Police Company assigned to General MacArthur's 8th Army HQ, following the surrender in Japan. He was heard many times on the Armed Forces Radio GI Gospel Hour during his assignment in Japan. Lawrence received an Honorable Discharge from the Army in November 1946 and joined the Kansas National Guard.

Upon returning to his hometown he found work with the Santa Fe Railroad as fireman and soon achieved a young man's dream by becoming a licensed Locomotive Engineer and Instructor. Larry had the opportunity to master Steam Engines, Diesel Hydraulic, and Diesel Electric Engines.

Between the long days and nights on the railway, Lawrence found the "love of his life," Dolores Bernice Foth. On June 15, 1949, after her graduation from high school, they were married.

In 1952, sensing a calling to Christian ministry, Lawrence and Dolores entered Bethany Nazarene College in Bethany, OK. They lived in a small trailer and both worked part-time jobs to pay the tuition. In 1956, Lawrence graduated with a Bachelor of Arts degree with honors as Summa Cum Laude and was admitted to the Alpha Nu Honor Society of the Phi Delta Lambda.

In 1957, Lawrence graduated with a second degree, a Bachelor of Theology, and Dolores graduated with a Bachelor of Arts in Music Education. During the college years, Lawrence

served as an Associate Pastor of Music with the Reverend L.S. Oliver at Enid, OK.

Together, Lawrence and Dolores served congregations in Oklahoma, Illinois, Missouri, and Michigan. In 1977, they moved to Colorado Springs where he served as Registrar at Nazarene Bible College. They fell in love with the mountains, the weather, their new home, and the friends that they made. They never moved again.

After retirement from Nazarene Bible College in 1985, Lawrence and Dolores became affiliated with Little Chapel of the Hills in Divide, CO. In 1977, Lawrence and Dolores began, once again, using their gifts, skill, and resources to support a small group of people desiring to begin a new church in the Lake George, CO area. God used them both in unique and powerful ways to help this small congregation. It became Community Fellowship of Christians, a thriving congregation in Lake George, CO. Lawrence's expertise in parish ministry and Dolores' musical skills were of great help. They served this small growing congregation until Dolores' death in 2009.

Lawrence and Dolores will be remembered as true and faithful servants of the Lord Jesus. God blessed them and they have blessed others with their kindness, generosity, and love.

Lawrence will be laid to rest next to his wife at the Restlawn Gardens of Memory Cemetery east of Newton, KS on Hwy 50.

A Worship and Memorial Service will be held in memory of Lawrence and Dolores Jantz at 10:30 a.m. March 2, 2014, at the Community Fellowship of Christians on Hwy 24 in Lake George, CO.

Memorial Contributions may be made either to the Community Fellowship of Christians, POB 542, Lake George, CO 80827 or the First Church of the Nazarene, 1000 N. Main, Newton, KS 67114.

OBITUARY

Adopt Me Heidi

by TCRAS

I'm a mover and shaker who loves being out enjoying life! I am looking for a forever person who is as passionate about life as I am. I have a great personality and am quite charming when I want to be. I will need to be in a home with only male dogs; I like to be queen! If you are looking for a new companion to get out there and shake things up with you please come by and ask for me- Heidi. Call TCRAS, the no-kill shelter in Divide, at 719-686-7707 for more information or checkout our website to see all the available animals! www.tcrascolorado.com



Doctor seeks the right techniques

by Kathy Hansen
photo by Jeff Hansen

"The whole is greater than the sum of its parts."

This curious quote from Aristotle and the term Gestalt repeatedly came to mind as I reflected on the interview I had with Dr. Steven Neeley of Peak Integrative Spinal Care. Gestalt is: "a structure, configuration, or pattern of physical, biological, or psychological phenomena so integrated as to constitute a functional unit with properties not derivable by summation of its parts."

Dr. Neeley had already achieved a list of qualifications longer than the spine itself, in areas including biomechanics, neurology, energy and cranial work. He had practiced with positive results for many years, but felt unsettled. The practice he and his wife, Rita developed in Clarksville, IN, was indeed successful by most people's standards. Yet something didn't feel quite complete. What could be missing?

The nagging void continued to nudge him until one day when he was chatting with his acupuncturist friend, Susan, when she said to him, "Your kind of chiropractic doesn't work anymore." Her words thundered inside him, refusing to be silenced.

You see, Dr. Neeley wanted to be known for being good at his work. While his patients were improving over time, he was frustrated by how long it would take to get noticeable results. Being the compassionate man he is, it troubled him to see how many sessions it took to chisel away at the pain reflected by his client's face and gait. His impatience fed the words that continued to resonate inside him.

Being good at what you do requires comprehensive understanding of all of the parts involved and how they flow between and amongst each other. He knew the structure of the spine, skull, muscles, and nerves. He knew how the parts were connected. He knew how energy moved through. He had many techniques as tools for healing, yet he wanted a bigger tool box.

Somehow it seems to be true that when the student is ready the

teacher appears. In this case, the teacher was Dr. David Denton, who created the Vector Point Cranial Therapy. This technique is a spinoff of Sacral Occipital Technique, developed by Dr. Major Bertrand DeJarnette, who happened to be the teacher of Dr. David Denton. Dr. Neeley was honored to have been taught by the masters and excited to incorporate this new technique.

Vector Point Cranial Therapy is a non-invasive technique, advanced in the analysis and treatment of the spine, where he can move the bones by manipulating the dura. The dura is the membrane that holds the brain, spinal cord and the cerebral-spinal fluid.

Think of a bracelet that has a kink in the chain as a representation of the spine needing healing. Insert the bracelet into a balloon, which represents the dura. Imagine the balloon is filled with water, which represents the cerebral-spinal fluid. A kink-free (pain-free) bracelet is suspended by the water inside the balloon and can move freely. Vector Point Cranial Therapy is the technique of unkinking the links of the bracelet by manipulating the balloon, by ONLY TOUCHING THE HEAD. Dr. Neeley may ask the client to move their feet, which tends to elongate the balloon and gently unkink the chain. It is as though he isn't treating the structural, rather the space in between.

Dr. Neeley combines Applied Kinesiology (muscle testing) and Vector Point Cranial Therapy, along with a variety of additional techniques, to provide significant reduction in pain in only one session. Dr. Neeley enjoys treating each individual based on the needs they present. He has at times, incorporated as many as eight



Dr. Neeley and his wife, Rita

different techniques at once to treat an individual.

The muscle testing helps to diagnose poor muscle functioning and imbalances, the need to correct structural or organ function, as well as nutritional deficiencies or toxicity. It is no wonder discussions about diet and nutrition tend to be incorporated into the session as well. This is all part of treating all aspects of a person, because the individual is more than the sum of its parts.

The reward for Dr. Neeley is watching his clients get off the table and walk fluidly and painlessly out of his office after the first session. He encourages them to continue to walk because walking tends to integrate the changes in the brain that the muscles, bones, nerves, come to. Walking also is great exercise to keep the movement fluid.

While there is significant reduction in pain after only one session, there may be a need for follow up visits to confirm the change. However, follow up visits tend to be limited to four to six sessions to assure stabilization. He would rather see you become well and move on with your life than to create an unnecessary dependency.

Dr. Neeley is now pleased with the tools as techniques in his toolbox. He delights in meeting a variety of people in his current practice located at Woodland Professional Building, 400 W. Midland Avenue, Suite 208 in Woodland Park. Please call 719-551-9399 and definitely visit his website to learn more www.peakintegrativespinalcare.com. Go to the place you are treated as more than the sum of your parts; let Dr. Neeley help you work the kinks out of the spaces between.

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Dinosaur track.

A Dinosaur track meet?

by Jack Shimon
photos by Julie Shimon

My "fossil Grandpa" took me to visit this neat site when I was in Texas last summer. We drove away from Austin to a small rural community where it seemed there wasn't anything to find. My Grandpa pointed me to a small trail, full of flowers that Jane stopped to admire, which eventually led down a steep trail into the river bed. This was definitely not a popular hiking trail and I doubt many people except geocachers have been to this spot.

The site is an Earthcache which is a type of geocache that teaches you about a unique geoscience feature. I have been to several Earthcaches in Texas and in at least four other states (Colorado, Iowa, North Carolina and Florida) and learned some interesting lessons. Our job was to study the dinosaur tracks and answer some questions.

What type of dinosaur made these tracks? A theropod like velociraptor or T-rex, or maybe even the recently discovered *Lythronax argestes*. Some type of carnivorous predator, and to think, I was standing right where it walked so long ago! It was a little frightening to imagine one coming along and what that would be like in real life.

The first task was to measure the stride. The stride is the distance between two footprints (right- right), not the step length as shown by Jane and I (right-left). I calculated the stride length as 112 inches.

Next I had to measure the length of one footprint. I measured several and took the average to be 18 inches long.

Then I calculated the hip height, which equals five times the print length, or 5x18 inches, which is 90 inches. My hip measures only 30 inches high.

Next I calculated the length of the dinosaur, which is 10 times the print length, or 10x18 inches, which is 180 inches. I am only 52 inches long but I also don't have a tail like a theropod.

The final task was to determine if the dinosaur was walking, trotting, or running. To do this you divide stride length by hip height, which is $112/90 = 1.244$. I first guessed that it was walking because the prints were so clear and there was no smudging. Was I right?

Yes, I guessed correctly! For the calculation stride length divided by hip height the following values correspond to motion: <2.0 is walking, 2.0-2.9 is trotting, and >2.9 is running.

I had a lot of fun at the Earthcache with my Grandpa and enjoyed learning how to interpret dinosaur tracks. As we were exploring some more he showed me these interesting layers. The thick hard white layers are deep water limestone deposits. The thin bedded gray layers in between are shallow water mudstones. The dinosaur tracks were found at the base of the lower mudstone layer.



Jane and I at the dinosaur tracks. We are each standing by a footprint.



The stride is the distance between two footprints (right- right), not the step length as shown by Jane and I (right-left).



The tape measure indicates the length from head to end of tail.



The dinosaur tracks were found at the base of the lower mudstone layer.

About the author:



Jack Shimon is a member of the Pikes Peak Pebble Pups in Colorado Springs, and is in the Colorado Springs Mineralogical Society Unit. He is 9 years old and enjoys cub scouts, mountain biking and playing the drums. He is always conducting research on Earth science topics either through science or art.



Next I had to measure the length of one footprint.



The tape measure indicates the height of the dinosaur hip.

Casserole contest in Lake George

by Maurice Wells
photos by Maurice Wells

The Lake George Library held its 21st Annual Community Cook-off and Tasting on Saturday, January 25 at the Lake George Charter School. The over 70 attendees were treated to an assortment of casseroles, entrees, and desserts. Contestants vied for trophies in categories such as "Everything but the Kitchen



Attendees fill up their plates

Sink" and "Clean your plate! There Are Starving Children in China."

Jill Smith, life-long resident of the community, has entered in 20 of the 21 years, winning a prize in all but one of the years she competed. When asked why she participated she said, "I want to support the library! Also, entering brings out the best in you. You have to reach deep to come up with the best recipe each year."



Contestants show off their trophies

5th Annual Pie Palooza

by Flip Boettcher

The excitement ran high in the packed multi-purpose room at the Guffey Community Charter School for the 5th Annual Pie Palooza on February 13.

About 120 people plus 21 students attended the Palooza for the melodrama and pie auction with Guffey-area resident Chris Downare as the auctioneer. "There was a record 68 pies entered for the contest," stated school Principal, Pam Moore. Last year there were 53 pies entered. The funds raised in the auction were to help purchase the 20 acre parcel behind (east) the school.

Before the Palooza started, Moore announced that the Board of County Commissioners (BOCC) had passed the school's Conservation Trust grant for \$25,000 to help purchase the 20 acres. The property will be the site of a line-of-sight tower to South Park Telephone's tower on Dick's Peak which will provide much needed high speed internet access for the school. (See article "Guffey Broadband" page 21.)

Perhaps in light of this, there was a tie for the highest selling pies at \$270 each, breaking last year's high record of \$200 for the Grand Champion Pie. The next highest selling pie was \$210 followed by one for \$110 and \$100. Most of the pies sold between \$50 and \$90. According to Moore \$3,641 was raised for the school at the pie auction.

There are three categories of pie at the Palooza - cream, fruit, and other pies. The three judges - local residents Jim Tubbs, Marion Carver, and Betty Royse, had their work cut out for them with the 68 entries.

From the first place winners in each category, the Grand Champion Pie is selected. This year, First Place in the "other" category was Rita Mick, with her Mile High Italian Pizza Pie. First place in the fruit category was Norma Farmer's Pitter Patter Cherry Pie with chocolate mice on top. First Place in the cream category was Sue Laup with her Banana Cream Pie.

Finally, the Grand Champion Pie this year went to Norma Farmer. "The Grand Champion Award is a traveling trophy of a mounted pie pan with dangling baking utensils that resides in the winner's home until next year's Pie Palooza," said Moore.

This year the Grand Champion Award will stay in the Farmer household, as Norma's husband, Gene Farmer, won Grand Champion last year with his pomegranate and mixed berry pie.

Other past Grand Champions have been Dawn Carrica, 2012, Alexi Alfieri, 2010 and yes, Norma Farmer in 2011 with her Chicken Pot Pie.

The Palooza started with the second part of a



The judges and winners in the 5th Annual Pie Palooza left to right: Jim Tubbs, Sue Laup, Norma Farmer holding Grand Champion Award, Marion Carver in the way back, Betty Royse and Rita Mick in front.

three part melodrama series written by former Guffey school teacher, Alexi Alfieri, entitled "A Question of Pie".

The play starts with the Pie sisters, Besta, Lotta, and Honey Pie, discussing the upcoming Pie Palooza. Besta had won the contest 60 years running, with help from her mother, the pie judge, with her pickle pie. When mama passed away Besta retired, and her sister, Honey, won the contest last year.

This year though, Sweetie Pie, a distant cousin from Texas, was arriving to enter the contest. The main question was whether or not Sweetie used store bought pie crust?

Sheriff Rolland Dough, who has a crush on Honey Pie, proposes to her at the contest, but gets turned down.

The villains, who stuffed an unbaked store bought crust with strange ingredients, were failures in the contest.

The sheriff announced Honey Pie as the Grand Champion winner with Sweetie Pie winning honorable mention. When asked if she used a store bought crust, Sweetie said "Maybe, maybe not."

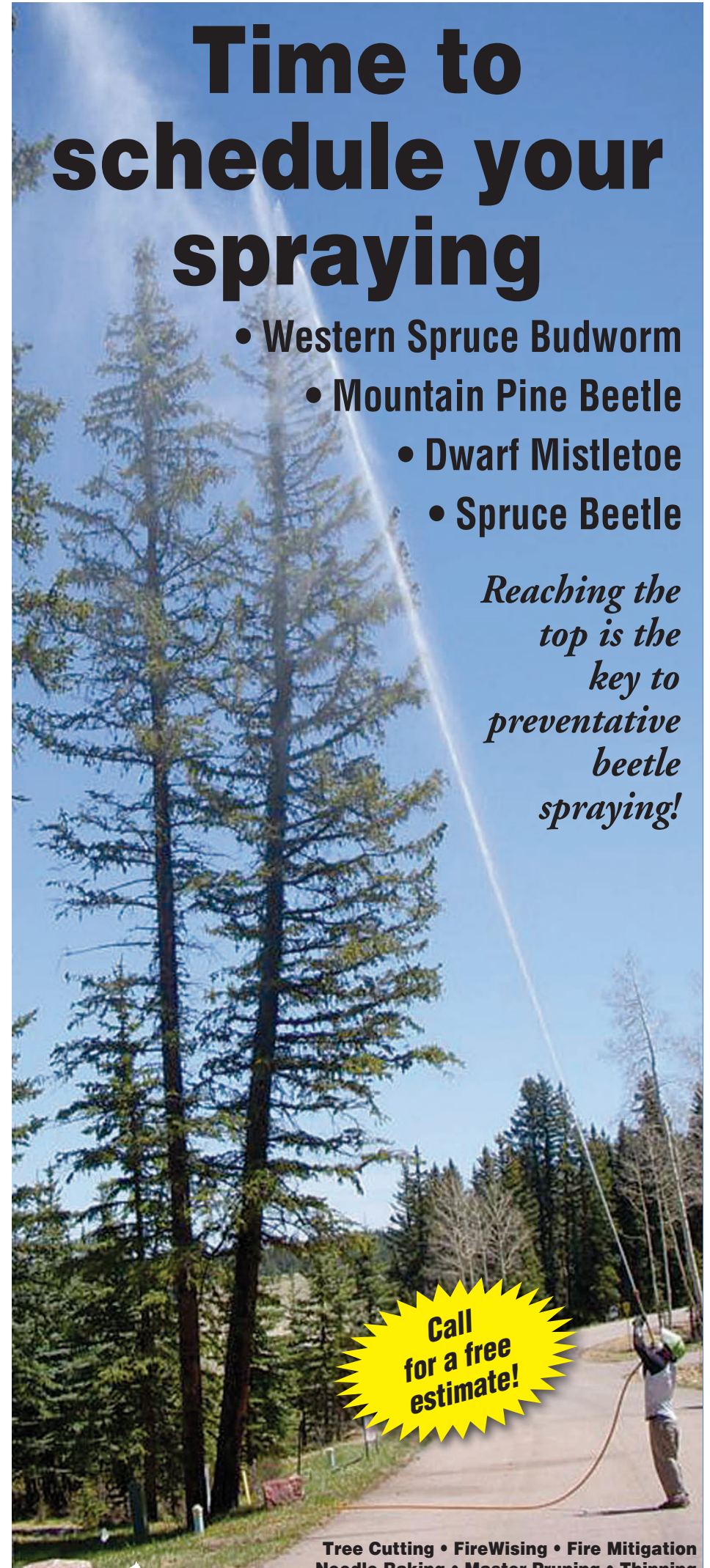
Between the melodrama and the pie auction the audience got to sample any or all of the 68 pies.

Guffey resident Dana Peters announced Guffey Heritage Days and Chicken Rodeo to take place this summer on July 4 and 5.

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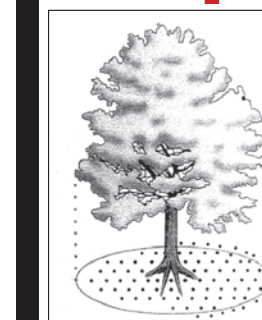
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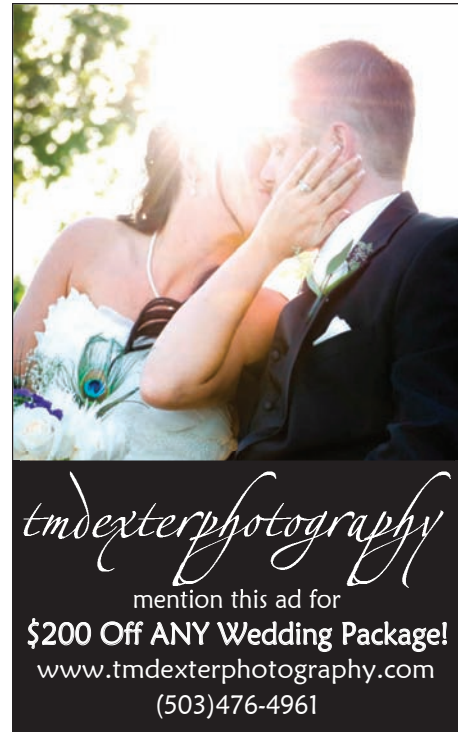
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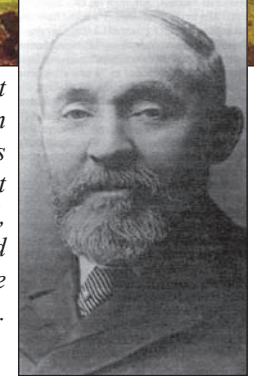


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The University of Michigan was established in 1817 in Detroit while Michigan was still a territory. It was re-founded in 1837 on 40 acres in Ann Arbor after Lansing was chosen as the state capital. The first classes were held in 1841; the first commencement in 1845 graduated eleven students. By 1866, enrollment increased to 1205 students. Women were admitted in 1870. It is one of the original eight public Ivy League Universities.

The legacy of James John Hagerman - Part 2

by David Martinek

In this continuing profile of James John Hagerman, an American industrialist who was the driving force behind the building of the Colorado Midland Railway; we study his adolescent and college years.

Growing up - a hard childhood.

Hagerman's childhood was pretty rough. "My father lived [in Newport] until he was nineteen years old," wrote Percy Hagerman in his 1932 biography of his father, "James John Hagerman, a Sketch of His Life". "It was a hard life and not a happy one. His father was a strict disciplinarian and a hard task master, a hard-bitten Methodist and a conscientious follower of the biblical injunction not to spare the rod. His mother, a gentle Irish soul, often took his part and did her best to protect him..." James Parrott had become severely ill at an early point after moving to Newport. During his convalescence, the family was sustained and cared for by a group of local Methodists, after which he converted to Protestantism. Hagerman recalls in his memoirs that Sundays were torture for him.

His father worked at many tasks in Newport, including his own carpentry shop where he made window sashes, doors and furniture. From the age of 10, young Hagerman worked in the carpentry shop, stoking the boilers, running the engines, splitting wood blocks for the lathes and becoming quite handy. At around 14 he would often be sent alone to deliver furniture up and down the Saint Clair River, down to Lake St. Clair and north along Lake Huron, to towns 50 or 60 miles away using a small schooner which he learned to sail quite proficiently.

Hagerman's father was also employed by Captain E. B. Ward in his shipyard. Ward was a ship builder, owner and a rich community leader. His fleet of paddle-wheelers plied the Great Lakes and rivers in the area, providing the only means of long-distance transportation. He and his sister, called Aunt Emily, would be very influential in young Hagerman's life.

Later, his father built a flour mill and Hagerman worked in the mill, as well, doing a man's job at a very early age. In 1855, when Hagerman was 17, his father sold the flour mill and moved to a farm about two miles inland from Newport. At that point Hagerman rebelled against the hard farm work in favor of more schooling, since he had a fervent lust for reading and a desire for more education.

Up until the age of 12, Hagerman spent only a few months in school. Work always came first. But in 1850, Aunt Emily, Captain E. B. Ward's unmarried sister, established an academy for boys in Newport and Hagerman was allowed to attend for three months during the winters of 1850-51, and for a shorter time a few years later. The experience ignited his desire for learning, even though his father never encouraged him. So when the farm work became unbearable, Hagerman naturally sought a method of escape.

Hagerman had always found opportunities to expand his mind in spite of his little schooling and his father's ambivalence. While working in the carpentry shop, Hagerman became friends with an old Scottish employee who was educated and had a huge box of books. He would borrow them to read, often on Sundays when he should have gone to church. He and his old friend would sometimes sneak away to an island in the river to read all day and talk about other-worldly things - like the writings of Charles Dickens, the poetry of Robert Burns or the exploits of Napoleon. Hagerman found these times uplifting, although he sometimes was punished for not attending church. He wrote that "these bouts of reading turned my Sundays from times of torture to unalloyed bliss."

Going to college- the University of Michigan at Ann Arbor.

In 1857, encouraged by Aunt Emily, Hagerman made up his mind that he was going to attend the University of Michigan and announced his decision to his father, perhaps at the dinner table one night, which was met with a "storm of protest!" But Hagerman would not back down. Finally relenting, his father consented and Hagerman scurried off to Ann Arbor that fall with 80 dollars of his father's money and another 200 borrowed from a friend of Aunt Emily's.

Despite his lack of regular schooling, he gained probationary admittance to the university through preliminary testing in just about every subject. Doubtless those Sundays spent reading with his old Scottish friend help to fill in some of the blanks in his knowledge. Even though he had meager funds, Hagerman managed to overcome the freshman probation and keep up with his class. He completed his first year at Ann Arbor without interruption.

The University of Michigan was originally established in Detroit in 1817 while the area was still a territory. Once statehood occurred, the university was re-founded in 1837 on 40 acres near Ann Arbor, after Lansing (not Ann Arbor) was chosen as the state capital. The first classes in the new location were held in 1841 and the first commencement four years later in 1845 - for 11 graduates. By 1866, the enrollment increased to 1205 students; women were admitted in 1870. The university is one of the original eight Ivy Universities.

But in 1837, the university ranked as one of the first colleges in the country to be founded without denominational affiliation. As a result, it drew many diverse young men to Ann Arbor, as well as several renowned teachers, among them Andrew D. White. White was a young Yale graduate and later one of the founders and first president of Cornell University, also established with the same non-religious support. White and Hagerman remained close friends throughout their adult lives.

After his freshman and sophomore years, Hagerman worked in the summers at Captain Ward's shipyard to make money for the next fall. He kept Ward's books or labored as a clerk on one of his steamers. More often than not during the first two years at the university, the money made during the summer would run out before the school year was over, and Hagerman would have to leave. Still, he was allowed to return at examination time, which he always passed.

But after his sophomore year, he wrote that "I was never hard up for money after my second year at Ann Arbor, but I had none to fool away. I was able to buy respectable clothes, live better, to buy the books I needed and chip in on anything for which money was needed for the class." By working full-time during the summers and through extraordinary dedication and discipline at school, James kept up with his studies and graduated 12th in his class of 65 on June 24, 1861. He was 23 years old.

Later, he wrote in his memoirs that "I felt that under the circumstances I had done pretty well, and my classmates, professors and friends seemed to think the same. Aunt Emily was radiant and my sister was happy. Aunt Emily and my father and my sister attended the commencement; my father was the happiest man in ten states."

(to be continued next month)

Hungry for help

by Kathy Hansen
 photos by Jeff Hansen

One in 10 children of Teller County goes to bed hungry every night. Okay, I admit it; Feeding America's local branch, Care and Share, would say I am being politically incorrect. They would prefer I say "One in 10 children of Teller County goes to bed food *insecure* every night." Maybe I am mincing words or maybe I am making a statement that "hungry" carries more impact than "insecure". In either case, any child going to bed with an empty belly is a problem, and that problem isn't limited to Teller County.

Just ask Ken and Judi Hesselberg of the Little Chapel Food Pantry in Divide, they have been the directors for the past nine years, and they are hungry for help. They need to raise \$25,000 in order to match a *potential* donation of \$25,000. If they cannot come up with the \$25,000 by March 31st, this opportunity is lost.

The result will be that not only will one in 10 children of Teller County experience groaning tummies, so will people from Park County, western El Paso County, and Sedalia. Can you hear the chorus of empty stomach rumblings?

It might surprise you to know they do not need the money for food; it's needed to purchase a 24 X 72 foot connex along with the 12 foot wings on each side, walk-in freezers and coolers, fixtures, conveyor belt, pallets, chairs, and concrete. The concrete is to fill in the "Sea of Galilee" the area that is a low spot, where water collects making it difficult to get from the back of the church to where the food is stored. The Sea of Galilee is the location in the parable where Jesus fed multitudes of people loaves and fishes.

Ken and Judi have a passion for feeding hungry people. They have been very resourceful finding several sources for food, including Care and Share, Bargain Mart, Loaf N Jug (near City Market), and several other sources that prefer to remain anonymous. They merged their mission to feed the hungry with other local churches such as Woodland Park Community Church, Impact Christian Church, and of course, Divide's Little Chapel. They also work with other pantries in the area, such as the Aspen Mine Center and Storehouse Ministries.

Many volunteers are needed to receive the food, unload trucks, sort the food, and organize the food distribution which happens the second and fourth Monday of every month; from 4:30 p.m. to 6:30 p.m. Volunteers are essential, yet easy to lose from autumn through spring when the cold winds blow through Divide, making it difficult for those who distribute the food. A team of five to eight volunteers begin set up a week ahead of distribution. It takes the team at least three hours to get the shelf stable food



Ken and Judi Hesselberg look over the "Sea of Galilee", imagining the new distribution center. They plan to sell the 2 existing connexes and put that money toward the walk-ins or conveyor belt.

ready for distribution day.

The distribution process begins at 4:30 p.m. Each family will get a number. There is no need to bring your identification or provide proof of residency. Groups of 10 are called from the waiting area, where live music is performed by Jim and Jean DeSmidt. (There is also a Children's Room, staffed by certified teachers to keep the little ones occupied.) The group of 10 families will sign in and begin the rounds, going from inside the church where the shelf stable foods are set up, to outside, across the Sea of Galilee to get frozen foods and fresh produce. Volunteers are available to help the families get the food to their cars, especially for the elderly or infirm.

Ken and Judi estimated each family leaves with approximately 95 pounds of food, totally about 30,000 pounds each distribution. That's a lot of bellies! They said last Thanksgiving they handed out food to 2,000 families.

Once the food is distributed, it is time to clean up. Volunteers willing to stay for clean-up are almost as hard to find as the volunteers working the food tunnel over the Sea of Galilee. There is another set of volunteers who prepare food to feed those who assisted with the distribution so that they do not have to go home to prepare, cook and clean up.

Part of their passion is to respect those in need and build relationships with them; they become family. Judi shared the story of a gentleman who had been down on his luck long enough that he had lost hope. This gentleman developed a plan to end his life. He decided to go to the Little Chapel Food Pantry to get one last meal. He was greeted with a warm, friendly smile and respect, and given his number. He waited with many others and shared the camaraderie of their companionship, which gave him a feeling of acceptance. He realized he was not alone in his plight. He decided to change his plan and became a regular. He has now become part of their "family". A life was saved, a sense of purpose was instilled and a volunteer was born. It seems the Little Chapel Food Pantry feeds more than empty bellies.

The Little Chapel Food Pantry has other programs to be aware of. They host a USDA Care and Share Senior Program for those aged 60 and over. This program is based on income. They have 10 Community Garden Beds, which are supported by the Harvest Center and Community Partnership. This program allows folks

to use the garden beds to grow their own food over our short growing season. The goal is to add another 10 beds. They also have an emergency food program, where a family can call 719-322-7610 and meet at the Little Chapel Food Pantry to pick up a box of food. There is also a team willing to deliver food for shut-ins or those who cannot drive.

Ken and Judi have worked hard to develop community support for those in need. They rely on volunteers, individuals, and businesses for support. For example, Mick Bates of Black Mountain Pump Service provides water service for the community garden. Snare Construction loans their generator construction lights to illuminate the parking lot and Sea of Galilee over the dark winter month so everyone can see



The sign at the entrance is another project.

where they are going. The City of Woodland Park donated 11 carts and two laptops.

What expertise, talent or time might you have to contribute? There are many ways. Their plywood sign is splitting and needs to be replaced. Volunteers are needed, not just to help with the food, but also to support the volunteers. Perhaps you'd like to help keep the kids occupied while they are waiting.

The time sensitive need is to raise the \$25,000 by March 31, 2014, in order to receive the matching donation. If they reach this goal, they can apply for grants which require they raise at least half of the money they are seeking. The total they need for this project is \$250,000. Credit card donations can be accepted, simply call 719-322-7610, mail your check to Little Chapel Food Pantry, 69 County Road 5, Divide, CO 80814, email your intent to volunteer foodpantry@jklint.com or see the side bar of the fundraisers they hold throughout the year and attend one of those. You will help to fill more than an empty tummy.

Keep your eyes peeled for the chance to attend these events and support Little Chapel Food Pantry Fundraisers:

- May 17th - 2nd Annual Little Chapel Food Pantry Spring Break-Out Golf Tournament
- June 14, 15 & 16th Colorado Pro Rodeo Association -serving burgers and brats
- Woodland Park Saddle Club's Gymkhana Competition throughout the summer, every other weekend June through August
- July 4th at Memorial Park - serving cotton candy, snow cones, and popcorn.
- Late July, early August - Teller Country Fair - Children's Tent with games for the kids
- Cruise Above the Clouds - serving food
- Oktoberfest

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Ute Indians: Masters of the horse

by Celinda Reynolds Kaelin © 2010

My Ute name is Sunif Mamuch (Wolf Woman). My adoption by the Ute and my subsequent cultural and ceremonial involvement with them can be directly attributed to horses. I grew up on a ranch in New Mexico, where my father often observed that "you can tell a man's character by the way he treats his animals." When I first moved to Colorado over 20 years ago, I heard the story of William Byers at Hot Sulphur Springs. He disparaged the Utes, saying that they didn't have sense enough to use the hot springs for themselves, but instead bathed their war ponies in the healing waters. This was just the character endorsement I needed, and from that moment I fell in love with the People.

Spanish Mustangs are direct descendents of the horses that Spaniards brought to the new world in the 1500s. The Spanish crown decreed that Columbus bring these wonderful animals to the Americas on his second voyage. Descendents of this coveted Spanish stock can still be found on the Uintah-Urury Reservation in Utah. In fact, when the Spanish Mustang Registry was established in 1957, they used two stallions (Buckshot, a grulla, and Ute, a red dun) from the Ute reservation as foundation sires. How and when did the Utes come to possess these Spanish horses? This is one of the more fascinating stories of history, and I will try to answer these questions. I had just returned from the Uintah-Urury Reservation where I was asked to make a presentation on Ute Horsemanship at the Shoshonean Language Reunion. This reunion included the Ute, Shoshone, Paiute, Comanche, Bannock, and Goshute Tribes. After their encounter with the Shoshone, Lewis and Clark labeled this language group Shoshone.



"In former times if the Utes were gathered in a large camp a 'parade' took place every morning. Both men and women were on horseback, the men preceding the women..." Densmore, Frances, Northern Ute Music, (Washington, D.C.: GPO, 1922), p 166. (Drawing, courtesy Oklahoma Historical Society)

However, it is actually part of the larger Uto-Aztecan language group, which includes about 30 different tribes, including the Hopi and Nahuatl (Aztec, Mexican). The Uto-Aztecan language presents one of the first (and most intriguing) part of our mystery. How and when did the Aztec language arrive in North America?

Language authorities state that "Northern Uto-Aztecan appears to have 'arrived' from a homeland in northern Mexico some 5,000 years ago, moved into the area of the southern Sierra Nevada/Mojave desert, and diverged into four branches (Hopic, Tubatulabalic, Takic, and Numic [Ute]) about 3,000 years ago..."¹ This lengthy presence, then, would explain why the Ute are one of the few North American tribes who don't have a migration legend. Instead, their oral tradition says that they were created here.

Prior to European invasion, Ute lands included all of Colorado, most of Utah, and northern New Mexico. As you might guess, the state of Utah is named for the Ute. Contact with the Spanish in New Mexico probably came in the early 1600s, and contact with the

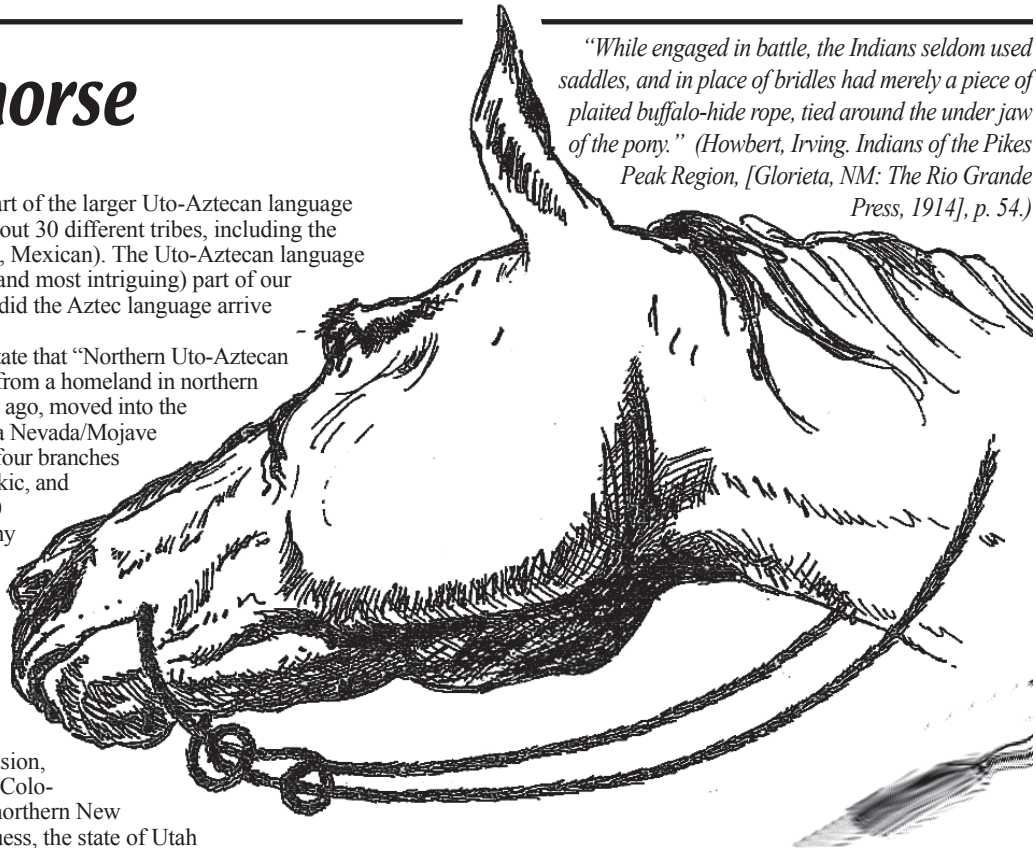
horse was probably coeval. Certainly by 1637, they had become accomplished horsemen.

Governor Luis de Rosas reported from Santa Fe that year that his troops had a pitched battle with *mounted* Ute warriors, killing many of them and taking 80 prisoners. This is the first written documentation we have of North American Indians possessing horses.² Navajo and Pueblo Indians, living in close proximity to the Spanish, most likely had the earliest horse contact.

However, a Spanish law enacted in 1555 specifically states that "...no license be given for them [Indians] to have horses, except to the principal chiefs, for if the Indians become accustomed to them many will learn to ride and will want to set themselves up in time as the equals of the Spaniards."³ Quality of life, rather than equality with Spaniards, was probably the motivating factor, however, when a band of Utes attacked in 1659 and drove over 300 Spanish horses into their mountain stronghold.

Sometime shortly after acquiring the horse in the 1600s, the Shoshone Tribe split away from the Ute, and expanded their territory into the northwest. It was there, near the Three Forks, that the explorers Lewis and

"While engaged in battle, the Indians seldom used saddles, and in place of bridles had merely a piece of plaited buffalo-hide rope, tied around the under jaw of the pony." (Howbert, Irving, Indians of the Pikes Peak Region, [Glorieta, NM: The Rio Grande Press, 1914], p. 54.)



Clark had their fortuitous encounter with the Shoshone in 1805. Lewis feared that "without Shoshone horses, without Shoshone information, the expedition might as well turn around and go home..."⁴ Finally, the Corp of Discovery was able to procure 29 horses from the Shoshone and complete their epic journey.

Their Ute cousins continued the tradition of liberating Spanish horses well into the 1840s. At this time, an enterprising Ute Chief named Walkara struck deep into Spanish territory, rounding up a sizeable herd. He had partnered an 1839 horse raid with Peg Leg Smith, garnering almost 5,000 horses. Now, he and his small band of warriors drove their stolen horses all the way to the Colorado River with the New Mexicans in close pursuit. Unfortunately, this newly liberated herd stubbornly refused to enter the frigid water or swim its frothy currents:

Before the Mexicans reached the Colorado crossing they were met on the trail by a tall and slender young Indian, battle-weary, begrimed, and hanging precariously from his saddle. He and a few tired warriors were driving a small part of the stolen herd, and appeared overjoyed at meeting the Mexicans. They were a part of Walkara's band, the Indian confessed in fair Spanish. They had shared in a bloody rebellion, at the crossing, against the cruel and tyrannical Ute chieftain. In this mutiny, the spokesman declared, he had lost three of his own best men. His little group, however, had managed to escape, and with a part of the stolen horses. Would the Spaniards please reward him for battle losses in their behalf? And, for the return to them of at least some of

their horses? Generously the grateful owners cut the herd in behalf of the dark-skinned Robinhood, [sic] and then turned back toward their homeland.

What they did not know was that the Indian from whom they had purchased back their horses was the very thief who had driven them to the Colorado – notorious Walkara himself.⁵

Horses had become an integral part of Ute daily life. Their buffalo hide tepees could now be easily transported between encampments, and their hunters enjoyed a wider range and variety of game. In order to protect this precious resource, Ute women brought new foals into their tepees to protect them from predators and to facilitate human bonding. A society of elderly grandmothers, the Twisted Hairs, took on the responsibility of monitoring breeding.⁶ When they were gathered in a large camp, the Ute began each new day with a horse parade. Frances Densmore documented this tradition and 10 of these Horse Parade songs: "Both men and women were on horseback, the men preceding the women. At the head of the procession rode two leaders side by side, beating on hand drums, while all the company sang the Parade songs."⁷

Ute ability as accomplished equestrians is wonderfully illustrated by a contemporaneous account by Richard Townshend in 1869, in the mountains west of Saguache:

When the council broke up and the Indians returned to their tepees we sought our tents, and presently a message came from the Ute chiefs that, as all was settled and peace was now secure, Shawano himself would give us a grand display of his warriors in full array. It was noon, and I noticed that the Indian visitors who had hung about our camp disappeared. We had just eaten our midday meal, when the cry was raised, "Here they come!" and, running out, Matthews and I behold, half a mile off, a long, long line of Indian warriors riding towards us at a gallop. Out they dashed fully 800 strong from the timer, where they had evidently been gathering, into the open park, their gleaming guns in their hands, their faces black with war-paint, their naked bronze bodies shining in the bright sun, the feathers in their long hair dancing behind them in the breeze. Shawano himself in all his glory led them, his gorgeous warbonnet of eagle-plumes streaming out four feet behind him. To right, to left, he circled in swinging curves, the endless line of warriors following him; then as if by magic he sent separate bands flying this way and that, forwards and

backwards, weaving a maze of figures like a dance. And every man of the 800 as he raced along seemed to be a part of his pony, whose swift-twinkling hoofs bore him hither and thither as though man and horse were one.

"I never saw cavalry do evolutions better," said the General, eyeing them intently, his big, burly form a yard or two in advance of the rest of us, with Godfrey and his wife close up behind...

"How in the world does Shawano manage it, General?" asked Captain Alexander. "He doesn't shout, and he doesn't use a bugle. Yet they all know exactly what he means."

"You've got me there," answered the General. "It's A number 1: but the way he does it beats me."

Nearer to us in the plain scoured the flying waves of horse-men, and closer they wheeled and closer still, till we could count the stripes of paint on their faces and bodies and see each panting pony's wide red nostrils "like pits full of blood to the brim." ...For the next instant there was a terrific yell, and the whole line of Indians came straight for us at the charge, firing their guns. Yell followed yell, and the air was filled with crackling rifle-shots and whizzing bullets...Up, up they came, and then at the last second their line split apart in the middle and each half dashed by us to left and to right, the foam-flakes from their snorting ponies floating to the ground at our feet; and then away in a cloud they dashed off into the pines to reload their empty guns. We stood unharmed.

The babel had stopped, and there was a great silence. "Just a little game to try our nerves," said the General's firm voice to Captain Alexander. "I knew they were only fooling with us when I heard their bullets go high. But I want to compliment that Mr. Shawano on his skill as a cavalry leader..."⁸

If Governor Gilpin had understood more of Ute culture, he would have known that this was not a mounted attack, but a standard gesture of peace. It was a display of military ability, and the guns were emptied in order to show peaceful intent. What is stunning to me is Shawano (Shavano) and his warriors' incredible display of the equestrian art of dressage.

Dressage was originally developed to enable medieval warriors to maneuver their horses quickly and precisely on the field of battle with highly skilled, yet subtle, weight shifts and leg cues to their mounts. This freed the riders' arms for using weapons. Obviously, those Utes who escaped the Spanish in the early 1600s took advantage of their slavery to learn the fine art of dressage.

I have focused primarily on Ute horsemanship in this story. Nonetheless, the



Ute children were virtually raised on horseback, as R.B. Townshend reported in 1869: "The cone-shaped tepees of the Utes stood in clusters, each band grouped, as its sub-chief chose, near wood and water. Naked Indian boys were driving wiry ponies back and forth through the grass..." (Photo courtesy Pikes Peak Library District, Poley)

Shoshone, Bannock, and Comanche share in this horse culture, as they separated from the main body of Ute after acquisition of the horse. The Goshute and Paiute, however, separated from the main body of Ute long before acquisition of the horse.

¹ Madsen, David B. and Rhode, David, Editors, *Across the West*, (Salt Lake City, UT: University of Utah Press., 1994), p 133.

² Marsh, Charles S. *People of the Shining Mountains*, (Boulder, CO: Pruett Publishing Co., 1982), p 15.

³ Simpson, Lesley Byrd. "The Encomienda in New Spain," (Berkeley, CA: University of California Press, 1929).

⁴ Ambrose, Stephen E. *Undaunted Courage*, (New York, NY: Simon & Schuster, 1996), p. 259.

⁵ *Utah Historical Quarterly*, VI (Oct. 1933), p. 123.

⁶ *Consultant V.C., author's notes.*

⁷ Densmore, Frances. *Northern Ute Music*, (Washington, DC: Government Printing Office, 1922), p. 166.

⁸ Townshend, R.B. *A Tenderfoot in Colorado* (Boulder, CO: University Press of Colorado, 2008), pp. 99-102.



Early petroglyph of mounted Ute war party. (Courtesy "Archaeology of the Eastern Ute" 1988)

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New Guffey school teacher

by Flip Boettcher

The Guffey Community Charter School hired a new middle school teacher, Hillevi Peterson-Hirsch, in mid-December, 2013, after middle school teacher, Phyllis Heldman, had left the school. According to Principal, Pam Moore, in an email Heldman decided not to renew her teaching license.

Peterson, who goes mostly by her maiden name, moved to Divide, Colorado in 2009, from St. Paul, Minnesota, with her family.

Peterson is the proud mother of five adult children. Daughter, Rie, is a twice Emmy-nominated songwriter/musician/producer of music



Taken at a Civil War reenactment in California last November advertising for the Nottingham Renaissance Festival.

Peterson-Hirsch on the right in a renaissance costume with her cousin on the left dressed as Abe Lincoln. Since last year was the 150th anniversary of the Gettysburg Address, Hirsch thought her students might enjoy the 300 year costume difference between she and Abe.

Photo courtesy of Hillevi Peterson-Hirsch

for film and television in Los Angeles. Son David, a former army captain, is a newly minted neurologist in Biloxi, Mississippi. Son, Zachery, is a Purple Heart recipient and is now studying nursing in Grand Junction, Colorado. Daughter, Sara, and son, Jackson, are still in college.

Peterson has a Master's Degree teaching fifth through twelfth grade Literature and Communications from Bethel University in St. Paul. She has her Bachelor's degree in Communications: Media Studies from Metropolitan State University in St. Paul and additional degrees in Multimedia and Music Industry Technology from Century College in St. Paul.

Peterson worked for 19 years as an actress, director, musician and an artist in residence in the Minneapolis/St. Paul area. She then returned to college to get additional degrees and worked in video production and graphic design.

Since 1997, Peterson and her husband, Derry Hirsch, have co-owned a recording and media production company, Platamoose Productions, and the couple is currently rebuilding the studio at their home in Divide.

While in St. Paul, Peterson helped found the General John Vessey Leadership Academy. The Academy is a JROTC embedded charter school reaching out to the at-risk youth in St. Paul. Peterson said that she also worked for Apple Computer to "support my 'Mac habit' until moving to Colorado."

Peterson served as the Youth Development Director for Teller 4-H from 2009 – 2011 and then returned part time to teach at the Rocky Mountain Classical Academy and then Wasson High School in Colorado Springs.

Mid-way through the school year last year, School District 11 in Colorado Springs decided to close seven schools. Wasson High School was one of them. This prompted Peterson to look for another teaching position.

When the author talked to Peterson on the phone earlier this month, she said she loves small communities and had been looking at teaching at a small charter school like Lake George. Peterson said she had applied at a school in Canon City and they told her that Guffey Community Charter School (GCCS) was looking for a middle school teacher.

Peterson said she is very excited to be a part of the GCCS. She added that she "loves this

school beyond words" and the Guffey students are amazing. Peterson says on the website that she is "a lifelong learner who teaches because everything is interesting to her."

Peterson sings and plays the guitar and piano. She also enjoys theater, history, hiking, camping, skiing, travel, photography, graphic design, gardening, working/playing at Renaissance faires and is a confessed Apple Computer geek.

Peterson is thrilled to be teaching on the mountain and looks forward to being a part of the GCCS. She said she is "glad to no longer have to drive down the mountain!"

Peterson and her husband have just built on to their house in Divide, but may move to the Guffey area in the future. Right now her contract is only for the rest of the school year. Peterson said, "I hope it is home. It feels like home to me." You can visit Peterson's class website: www.hillevipeterson.com.

"We are delighted to have Hillevi as a member of our school's staff," stated Moore in an email.

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Letting Go

by Danielle Dellinger

The forest spirit trudged through the snow, cradling the young deer in its arms. Even though the forest spirit would rival most of the tallest humans, the snow was just deep enough to be a nuisance. The deer was fatigued from all the walking, so he'd been in the spirit's arms for most of the day. Since the passing of the young buck's mother, he had been glued to the forest spirit's side. The spirit was amazed at how often the fawn needed to eat. Luckily, he was eating solid food. As long as the spirit's territory stayed relatively healthy, the spirit stayed healthy as well. Though, large amounts of sunlight helped out the spirit, too. It thought eating so often must be tiresome. The spirit's silver eyes glanced down at the snoozing young deer, and it brought a happy twinkle to its eyes. It studied the deer's small set of antlers. The spirit's own large antlers were curving upwards more, which happened as the spirit aged. Exhaling quietly, it looked back up to see they were leaving the grove of trees.

The spirit had decided that it would be best to leave Teller County and start fresh. It was all in the fawn's best interest. The fawn still held a lot of grief in his body from seeing Mother Nature take his mother's life. That would be traumatizing for anyone. As the duo crossed into Park County, the sun was about to disappear behind the mountains far off to the west. This county was named after South Park, which was named by early fur traders and trappers. The fawn lifted his head and looked around, sniffing the air. He knew they were someplace new. The spirit's elflike ears twitched, listening for any sound of a threat. It figured that this new territory couldn't be that much different from the old one. Everything looked the same.

It found a spot that was mostly clear of snow and laid down, putting the young deer by its side. The spirit's lower half had the body and coat of an elk that would surely keep its charge warm. The deer nestled in against it, putting its head back down to sleep. The spirit folded its arms across its upper torso, gazing around slowly. It scanned the horizon, trying to familiarize itself with the area. The womanly face of the spirit held a slightly tense expression. It felt they were being followed, and it didn't like that. The daylight soon faded away, and the spirit leaned back against the embankment they were against, shutting its eyes to rest.

The night grew colder than the day as the wind picked up, blowing snow crystals at the two. The spirit finally moved and put the deer between it and the embankment, curling its body around his as much as it could. The small, pointy antlers poked a bit into the side of the spirit's upper torso. The spirit ignored the irritation that it created. It put its head down and let its own antlers push into the dirt of the embankment, which propped its head up and kept it there so the spirit could sleep.

The weak sunlight roused the forest spirit, and it sleepily opened its eyes, looking down at where the deer was. However, there was no deer. The spirit jerked its head up, dirt and rocks from the embankment tumbling loose. It quickly got up, taking a stance similar to that of a startled elk. It listened hard for any sounds of movement. Nothing. Only the slight rustling of grass in the wind. Its large heart thundered loudly in its chest like a stampede of horses. How could the deer have slipped away? What was it going to do? It knew Mother Nature wouldn't hesitate to come along and claim his life as well. But then he'd be reunited with his mother, presumably.

The spirit's eyes shimmered with worry as it looked down, trying to find any tracks. But now all it saw were its own. It walked around the little embankment, still looking down. It finally found some tracks that fit the deer, but then it saw other deer tracks crisscrossing back and forth the entire expanse of snow that lay before it. Sighing, it started walking, doing its best to keep with the line of potentially promising tracks. The forest spirit didn't lift its head for the longest while. When it finally did, it saw the Winter Child standing several hundred feet in front of it, sitting atop his bull elk.

"What are you doing way out here?" he asked, knowing that the spirit could hear him from that far away.

The spirit was not about to admit its failure to properly keep track of its new child. It gave the Winter Child a bored expression, hoping that would be enough of an answer.

"Are you looking for something? Could it be that little deer?"

The spirit abruptly stopped, going still. The Winter Child smirked. "Yeah, I know all about that little guy. We all do, all of us guardians. Word spread fast that you stood up to Mother Nature. I'm surprised you're still here, and with your powers, too."

The spirit's silver eyes narrowed and flashed as it resumed walking, going around the Winter Child and his elk. Both of them watched it pass, the elk's steamy breath rising in front of them and slightly clouding them from view.

"Wait!" the Winter Child finally said. "There's a rumor going around that he might be in what the humans call Lost Creek Wilderness, south of a town called Bailey. That's just a few miles from here."

The forest spirit stopped to listen. It gave a slight nod when he was done, and continued on.

"Try not to mess things up for the rest of us!" the Winter Child called, then sighed and nudged his elk to go in the opposite direction.

As the spirit walked, it thought about this Wilderness place. It had heard of Lost Creek--a perennial stream, meaning it flows year round in parts of its stream bed with normal rainfall--that periodically disappears and reappears before meeting up with Goose Creek that eventually dumps into the South Platte River. The area gets its name from Lost Creek, though, at times, the area is also referred to as Lost Park. The spirit had also heard that there was a mountain known as Bison Peak with an elevation roughly 2,000 feet less than Pike's Peak, and is the highest summit in the Lost Creek Wilderness area. The top looks like rocks were dumped out from a bag.

The wind was beginning to pick up, causing the snow to start drifting, thus mostly erasing whatever tracks there were. The spirit began to canter like a horse would; wondering why the deer had wandered so far away. Maybe he just got curious. Or maybe it was just another unfortunate thing that happened, just like him getting separated from his mother during the flashflood. The forest spirit looked up as it passed a snow-capped granite dome. This formation appeared pretty common for the area.

It stopped and smelled the air, trying to catch the deer's scent. There seemed to be a faint whiff of it, along with someone else's scent. The forest spirit started galloping toward where the scents were coming from. The crunchy snow caused the spirit to stumble on a few occasions. The scents were growing stronger, but so was the smell of water. The spirit's heart kicked into high gear as adrenaline sailed through its system. It worried that the little guy might be drowning. As the spirit ran, the scenery slowly turned from a flat plain to a wide valley. The snow was a bit deeper here. Now it could distinctly see the deer's tracks, but also the tracks of a mountain lion that was following him. So that was the other scent.

The spirit gasped inwardly before running full out. It wasn't long before the snow portrayed a scene of a struggle, along with a few drops of blood. The spirit's heart sank as it figured that the blood was from the deer. But looking closer at the snow, the spirit saw that the deer had somehow managed to get away and continue on, though now there were drops of blood beside the tracks. The forest spirit followed them until it came upon a stream that was somewhat frozen. At the shore, it found the deer collapsed in a heap and breathing raggedly.

The forest spirit rushed forward and dropped to its front knees, leaning down and cradling the deer's head in its hands as it looked him over. He had some serious gouges on his hind-quarters and shoulders. The spirit swallowed and shook its head. It got up and put itself between the deer and the stream, laying down close to him and stroking his cheek under his eye. The deer looked up at it and made a small sound. The spirit breathed shallowly, its silver eyes aglow with so many emotions. It stared at the deer for a while, trying to figure out a way to heal his wounds. It only knew how to heal plants and forests, not animals. It guessed that most medicinal plants would be dead for the winter. The spirit felt more helpless now than it had during the Waldo Canyon fire. The spirit squeezed its eyes shut, trying to block everything out for a moment.

All it heard for the longest time was the gentle sound of water flowing behind it. But then a branch snapped in front of it, and its eyes sprang open. It lifted its gaze to find Mother Nature standing just a few feet away between two trees, a mountain lion standing beside her. The spirit's body immediately grew hot with anger as it connected the dots.

"Yes, I've been following you," she said, slowly stroking the mountain lion's back.

The spirit stiffened. That explained so much. The spirit narrowed its eyes, wanting to know why.

She shrugged one shimmering shoulder, making it flicker in and out of view. "I guess to give you a closer look at the circle of life. Also, it's time for your deer to be weaned from you. Maybe we could say that this was a test to see how well you have done raising him. But do know that my mountain lion was going easy on him. So, he would've been killed had this not been a test. Also, your friend the Winter Child had stupidly intervened. That is not something I take kindly to."

The forest spirit breathed quickly and looked down at the deer. It couldn't figure out why Mother Nature was targeting the two of them. All the spirit wanted was to give the deer the best chance at survival, but here she was trying to make everything end in failure and sadness.

"Spirit, did you honestly think you could parent something you know nothing about?" she asked.

It swallowed and petted the deer's neck, not looking up at her. Even though it was a great spirit in size and power, it felt smaller than dust at the moment.

"Leave them alone!" shouted a familiar voice.

Mother Nature looked up to see the Winter Child on his bull elk standing on the other side of the stream.

"This does not concern you," she said.

"What are you hoping to prove?" he asked, his elk striding across the icy stream without trouble.

"Nothing. This is my job. I push all creatures to see if they're strong enough to survive all kinds of adversity."

The forest spirit and the Winter Child knew it was true, and that she had good reason to do it for the good of all the ecosystems, but it was still something they hated to see.

"The deer passed your test. Now heal him and let the two go on their way," the Winter Child said as his elk stopped beside the spirit. The spirit watched as the elk lowered his head and

sniffed deeply at the deer. The deer weakly lifted his head and looked at the elk.

Mother Nature clucked her tongue. "Why are you interfering again, child?" she asked, smirking when she saw him flush.

"Because, the forest spirit is a great creature, and deserves this opportunity to grow. Maybe it'll gain more power from the parenting experience."

"Too much power isn't good," she warned. "That ends in disaster. The forest spirit wouldn't be an exception."

The Winter Child sighed and looked down at the deer as he put his head back down and the elk raised up his own head. "Please. Despite the wounds, this deer is otherwise healthy. There's no reason for all this."

Mother Nature shook her head, her whole figure shimmering. "This is how it goes. I will decide if he lives or dies, just like I did with his mother. There is no changing that."

"Then hurry up and decide!" the Winter Child shouted, tightly gripping the elk's fur out of anger.

Mother Nature's semi-transparent figure shuddered violently and she began to grow in size, nearly rivaling the forest spirit's size. The forest spirit jumped up and charged her just as her mountain lion launched down and went after the Winter Child and his elk. As the spirit collided with Mother Nature, the scenery around them seemed to blink in and out of existence. The forest spirit tried to knock her down, but she would just flit away. Meanwhile, the elk thrust his antlers at the mountain lion, causing it to hiss and growl and lash out. The mountain lion then jumped around to the elk's side and tried to get on his back, causing both the elk and the Winter Child to cry out. The elk kicked at the mountain lion and danced away, being careful of the deer's body.

The battle lasted a while, with no apparent victor. Finally, everyone stopped and panted.

"You've caused a great deal of trouble, forest spirit," Mother Nature said, her tone menacing. "I will not forget this."

The spirit looked frighten as it watched her glide by, going to the deer. She knelt down and placed her glittering hand over the deer's heart. Everyone watched in awe as the deer glowed yellow, however, it eventually frightened away the mountain lion. As the glow subsided, it was easy to see the deer taking deeper breaths. Mother Nature stood up and turned to the forest spirit.

"You are no longer in charge of him. He will live here. Meddle in my affairs again, and you both will be vanquished." She then shrank down to a nickel-size orb and zoomed away.

The guardians watched as the deer got up then bounded away. The two slowly turned and began walking back toward Teller County. The Winter Child put a hand on the spirit's arm.

"I know it's hard to let go, but you saved a life. That's all that matters," he said gently.

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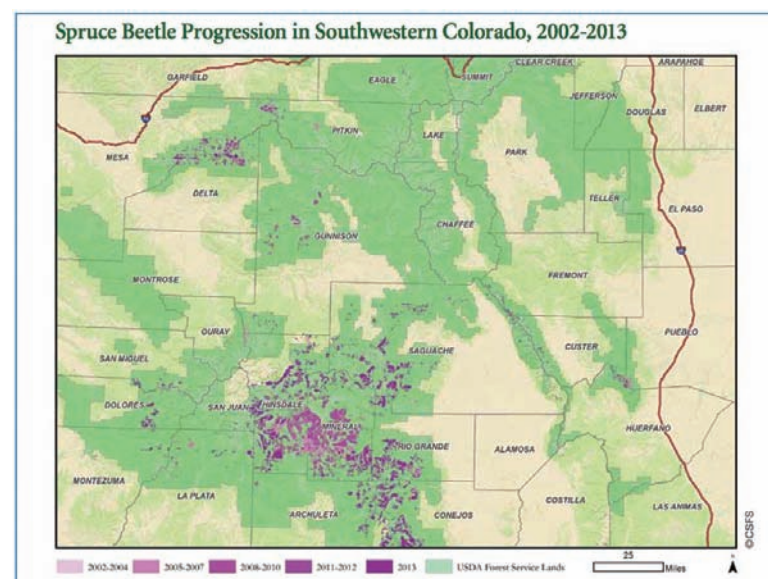
Saving our forest one tree at a time

by Don and Donna Doty

If you haven't recently seen the canvass of our Colorado forest, take a drive through Summit, Grand, parts of Park and Chaffee Counties, and see the devastation of our Ponderosa, Pinion and Lodge Pole Pine forests due to the Mountain Pine Beetle Epidemic. Yes, Epidemic. These beetles have eaten their way to the Front Range.

The Mountain Pine Beetle will attack all species of Pine trees; Bristlecone, Pinion, Ponderosa, Lodge Pole to name a few. While driving on highway 50 Southwest of Canon City you will see the dead standing pinion trees that are being attacked by the Mountain Pine Beetle and the IPS Beetle.

- Areas experiencing the most significant activity are on the San Juan and Rio Grande National Forests in southern Colorado.
- Spruce Beetles typically attack Spruce trees downed by high winds. Once the populations of Spruce Beetles build up in the fallen trees, the stressed trees surrounding them offer little resistance to attack.
- Similar to Mountain Pine Beetle, the increase in Spruce Beetle activity is due to factors that increase tree stress, including densely stocked stands, ongoing drought conditions and warmer winters.



Spruce Beetle Progression in Southwestern Colorado 2004-2012
<http://csfs.colostate.edu/pages/spruce-bark-beetle.html>

Continue southwest into the Gunnison and Pagosa Springs area you will see over a million acres of dead standing Spruce and White Fir trees being attacked by the Spruce Beetle and Fir Beetle. These Spruce Beetles are eating their way toward the Front Range as well. This Spruce Beetle problem is growing near epidemic portions and not going to slow down anytime soon. Heavier infestation is already being seen in the Fremont, Chaffee, and Saguache Counties.

The other major problem for Spruce trees in Park and Teller Counties is the huge outbreak of Western Spruce Budworm. So knowing what your forest is facing we can save your trees one tree at a time....What are our management options to protect our valuable signature trees?

Spruce Beetle

- The Spruce Beetle outbreak is expanding, with 183,000 new acres detected in 2012.
- This brings the total acreage affected since 1996 to nearly 1 million acres (924,000).

Mitigation grant money available

There is dollar for dollar grant money available for Timberline Spraying & Service customers that want to participate in 2014 mitigation programs. There are some criteria that must be met, so call to see if you qualify. This is a great opportunity for people with limited funds to get some mitigation clean-up or FireWising done around their homes. Call 719-687-6811 or email mpinebeetle@aol.com

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cide available. We use Bifenthrin EPA279-3177 or Permethrin EPA279-3141. We use these products for various reasons. They are the safest products on the market for us, the applicator, as well as the environment. These products are fast drying; penetrate into the bark so they do not wash off the tree once the tree is dry. They do not leach into the ground. We have nearly a 100 percent success rate with these products. Nothing is 100 percent when working with Mother Nature.

Timberline Spraying installs many different protocols when applying a pesticide into our environment. One must first determine the "Target Pest". Once the pest has been identified the pesticide label will tell you the maximum amount per 100 gallons need to be effective in the application.

For example, the Mountain Pine Beetle is about the size of a piece of rice. So the amount of pesticide needed per 100 gallon is only one quart. You can see that the dilution levels are very minimal. Any animal in the forest larger than a piece of a piece of rice would have to consume large amounts for it to be toxic.

Some of the environmental protocols implemented in Timberline Spraying's programs are to evaluate the property and the neighboring surrounding. We remove bird feeders, pet dishes, children tools, wash over-drift under the tree where it may drip. We check the wind conditions, as well as the weather.

To spray a tree effectively, one must reach the top of the tree to where the tree gets smaller than the six inch diameter at the crown. The tree should be sprayed heavily, so it runs down the tree and behind as well as in the cracks of the bark. When spraying for the IPS Beetle we need to spray the outer limbs as well as the trunk of the tree. Budworm applications need to have all the needles sprayed. When spraying for Budworm, we also will spray the trunk of the tree which will protect against the Spruce Beetle; two protections for the price of one.

When selecting trees to have sprayed our advice is to select the trees you don't want to lose to any of these bark bores and other insects. It isn't our role to put a value on your trees. We will however, help select trees based on budget. In most cases our clients select the trees around the house, down the driveway on both sides and trees along the main road. Once those trees have been protected we would spray toward the outer boundaries of the property. These trees offer the aesthetic value to your property, which in turn will hold your property values.

Don't let the beetles select the trees for you. When one tree is infested by a Mountain Pine Beetle it will emerge in late fall and attack and kill two to three stressed trees around it. That's



Active Mountain Pine Beetle infestations persisted in mixed Lodgepole, Ponderosa Pine Forests.



Timberline Spraying staff preventatively spraying for the Mountain Pine Beetle



why you see clumps of three to 10 brown dead standing trees that have been killed by the Mountain Pine Beetle. The ideal time to preventative spray and deep root fertilize your trees is in April, May and June. You CAN save your forest one tree at a time.

If anyone has questions, would like to discuss the health and conditions of your forest please call 687-6811 or email me at mpinebeetle@aol.com. I'll be happy to assist.

I look forward to offering information to how to be great stewards of our forest. There will be a series of article forthcoming.

Timberline Spraying & Services is licensed by the Colorado Dept. of Agriculture, Commercial Pesticide Applicator.

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Use "Tax Diversification" to help manage retirement income

You need to save and invest as much as possible to pay for the retirement lifestyle you've envisioned. But your retirement income also depends, to a certain degree, on how your retirement funds are taxed. That's why you may be interested in tax diversification.

To understand the concept of tax diversification, you'll need to be familiar with how two of the most important retirement-savings vehicles — an IRA and a 401(k) — are taxed. Essentially, these accounts can be classified as either "traditional" or "Roth."

When you invest in a traditional IRA or 401(k), your contributions may be tax-deductible and your earnings can grow tax deferred. With a Roth IRA or 401(k), your contributions are not deductible, but your distributions can potentially be tax-free, provided you meet certain conditions. (Keep in mind, though, that to contribute to a Roth IRA, you can't exceed designated income limits. Also, not all employers offer the Roth option for 401(k) plans.)

Of course, "tax free" sounds better than "tax deferred," so you might think that a Roth option is always going to be preferable. But that's not necessarily the case. If you think your tax bracket will be lower in retirement than when you were working, a traditional IRA or 401(k) might be a better choice, due to the cumulative tax deductions you took at a higher tax rate. But if your tax bracket will be the same, or higher, during retirement, then the value of tax-free distributions from a Roth IRA or 401(k) may outweigh the benefits of the tax deductions you'd get from a traditional IRA or 401(k).

So making the choice between "traditional" and "Roth" could be tricky. But here's the good news: You don't necessarily have to choose, at least not with your IRA. That's because you may be able to contribute to both a traditional

IRA and a Roth IRA, assuming you meet the Roth's income guidelines. This allows you to benefit from both the tax deductions of the traditional IRA and the potential tax-free distributions of the Roth IRA.

Once you retire, this "tax diversification" can be especially valuable. Why? Because when you have money in different types of accounts, you gain flexibility in how you structure your withdrawals — and this flexibility can help you potentially increase the amount of your after-tax disposable income. If you have a variety of accounts, with different tax treatments, you could decide to first make your required withdrawals (from a traditional IRA and 401(k) or other employer-sponsored plan), followed, in order, by withdrawals from your taxable investment accounts, your tax-deferred accounts and, finally, your tax-free accounts. Keep in mind, though, that you may need to vary your actual sequence of withdrawals from year to year, depending on your tax situation. For example, it might make sense to change the order of withdrawals, or take withdrawals from multiple accounts, to help reduce taxes and avoid moving into a different tax bracket.

Clearly, tax diversification can be beneficial. So after consulting with your tax and financial advisors, consider ways of allocating your retirement plan contributions to provide the flexibility you need to maximize your income during your retirement years.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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

MTCC goes to the Capital

by Deborah Maresca

Two Mountain Top Cycling Club members, Jackie Grabbert and Deborah Maresca, attended the 2014 Bicycle Colorado Bike Summit February 10-11th at the Embassy Suites Hotel in Denver. Guest speakers were Colorado Governor, John Hickenlooper; John Ricks, Associate Director of the Colorado Tourism office; Andy Clarke, President of League of American Bicyclists; and Dan Grunig, Executive Director of Bicycle Colorado.

Jackie and Deborah attended breakout sessions to learn more about how to promote cycling in Teller County. On Tuesday, Deborah rode on the Denver B-Cycles Bike Program with fellow cyclists from the hotel to the State Capital. Bicycle Colorado provided breakfast and a chance to meet and talk with state representatives. Deborah met with House Representative, Polly Lawrence. Senator Kevin Grantham also made himself available. Bicycle Colorado representative were lobbying for representatives to support the continuation of Safe Routes to School programs and asking that they vote yes to co-sponsor a Safe Routes to School Act.

Colorado's childhood obesity rate continues to rise and this program helps reverse it by getting children active by safely walking and



Al Brody from the CSCC, Deborah Maresca, and Jackie Grabbert from MTCC at the summit.

biking to school. The program works: CDOT reports 95% of schools receiving funding saw an increase in the students walking and biking to school, while 25% of morning traffic is due to driving students to school. Safe Routes helps unclog roads for business trips and improves air quality around schools. The Safe Routes to School program can improve safety, not just for children, but for the entire community. It provides opportunities for people to increase their physical activity and improve their health.

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Decade of family fun at Florissant Library

by Kathy Hansen
photos by Jeff Hansen

They say time flies when you're having fun. There has been so much family oriented fun at the Florissant Library that 10 years, yes a full decade, has flown by since they moved into their new building. The Florissant Grange had hosted the Florissant Library prior to this building.

Just what kind of fun can be shared by all at the Florissant Library you ask? Well, there is more than just riding Florissant's only elevator. Let's begin with the friendly staff. Polly Roberts is the Branch Manager, who enjoys working with her two Library Assistants, Dean B. Jaques "The Great" who also serves as "collection protection" (collecting library fines)



Dean B. Jaques, Polly Roberts and Alexi Alfieri staff of "The house of wisdom and knowledge".

and locally renowned playwright, Alexi Alfieri, whose sense of humor is priceless and endless. This trio is happy to share everything the Florissant Library has to offer – for free!

Did I mention each staff member enjoys baking and bringing in snacks, baked goods, and left overs? Florissant library is more than brain food.

There are books, movies (on cds, dvds, and vhs), and music cds to check out. If they do not have what you are looking for, there is access to Marmot, a program that increased their circula-

tion availability by 1000%. This system replaces what had been known as "Interlibrary Loan".

Go ahead and challenge them to find something on a scholarly level, they can and will, being connected to four different academic libraries, namely: Colorado Mountain College, Adam State, Colorado Mesa University and Colorado Christian University.

Perhaps that is why the locals refer to it as "The house of wisdom and knowledge," just ask Dean. Or maybe it is because educational programs abound. "The library has become more progressive since Polly came to town," said Dean.

There are summer reading programs for children and young adults. The monthly Florissant Library Book Club is known as "Bookworms", which meets at 10:30 a.m. the third Wednesday of the month. The Bookworms is quite active, typically 12 - 20 worms in attendance. If the book they feature has also become a movie, then after the book discussion there is a potluck, followed by a showing of the movie! See the sidebar.

There are also a variety of classes offered: Nutrition classes, and Kids Cooking classes; Pikes Peak Historical Society's Chautauqua's; Ladies Tai Chi classes on Mondays, and a variety of Computer classes from Beginners, to Mouse Basics & Keyboard Basics, as well as a variety of Microsoft programs classes (Word, Excel, Power Point and Publisher). Enjoy the luxury of one to one help and support during these classes.

In addition to the computer classes there are six computers, Wi-Fi access, fax and copier service, as well as notary services.

How does the Florissant Library do it all? Aside from the three amazing amigos, the "Friends of the Florissant Library" is a very supportive group of 50-60 volunteers. They help to provide a Children's Fun Day, book

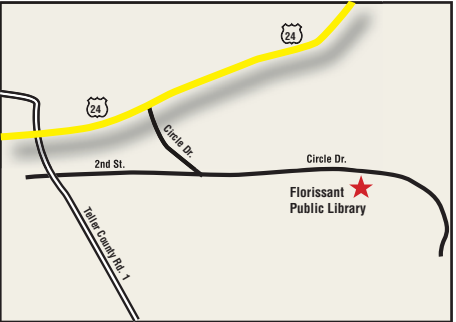


Hard to believe it's been 10 years since the Library's move to its new location.

sale, and offer much support to the summer play with a cookie sale and the stage backdrop. Their next meeting is March 10th and their annual membership fee is only \$5.

The Florissant Library also has several meeting rooms available, which you can even rent for birthday parties.

For more information just call 719-748-3939 or better yet, stop in and "check it out" yourself. They are located at 334 Circle Drive in Florissant (parallel to Hwy 24 and can be accessed from either Hwy 24 or Teller CR 1 – see map).



Bookworms selections:

- March 19 – Breakfast with Buddha by Roland Merullo
- April 16 – One Flew Over the Cuckoo's Nest (and movie)
- May 21 – Garlic and Sapphires: The secret life of a Critic in Disguise by Ruth Reichl
- June 18 – Little Women by Louisa May Alcott (and movie)
- July 16 – American Brutus: John Wilkes and the Lincoln Conspiracies by Michael W. Kaufman
- Aug 20 – Fried Green Tomatoes at the Whistle Stop Café by Fanny Flagg (and movie)
- Sept 17 – For Whom the Bell Tolls by Ernest Hemmingway (and movie)
- Oct 15 – My Beloved World by Sonia Sotomayer
- Nov 19 – Animal Farm by George Orwell (and movie)

Reclaiming nutrition from our lost wild fruits and veggies

by Carol Grieve`

I recently interviewed Jo Robinson, author of "Eating on the Wild Side". Robinson has done a magnificent job of bringing together information from so many diverse disciplines, most of it unknown to nutritional scientists, physicians and people like you and me. Much of this information I will share with you is practical and seems to be a way of creating better health for you and your family.

Many of the fruits and vegetables in our grocery stores are very different and a far cry from the wild fruits and vegetables that our ancestors ate. There is a big difference between the wild plants of our ancestors and our man-made varieties of today. All is not lost though; there are still ways we can get the wonderful antioxidants and phytonutrients without foraging for wild plants. Choosing the most nutrient-dense foods is just a matter of having a bit of information on making wise choices in your stores and markets.

In order to get the most nutrition, we need to choose varieties of fruits and vegetables that have retained as much of their nutrients as their wild ancestors. For example, some tomato varieties sold in your typical grocery store have 10 times more phytonutrients than others. The idea that a tomato is a tomato is no longer true. Many of the varieties of tomatoes in our grocery store may look appealing, but they fail both nutritionally and by taste to a home grown tomato. Moreover, they fail in providing phytonutrients to the body.

Tomatoes

If you know how to identify the most nutritious tomatoes currently in your grocery stores you can triple or quadruple your intake of lycopene. It's important to choose tomatoes by color. The darker red ones win the nutritional prize. Typically, tomatoes that are yellow, gold, pink, green or pale red have relatively low levels of lycopene.

Size is also important when choosing your tomatoes. Small dark red tomatoes have the most lycopene per ounce and they are sweeter and more flavorful. The small is better rule applies to many varieties. The smaller beefsteaks are also more nutritious than the bigger ones. Grape tomatoes are smaller than most cherry tomatoes and are more nutritious as well.

You may be surprised to learn that unlike fresh tomatoes, tomatoes grown for canning and for making tomato products ripen in the field and are processed shortly after harvest. The heat involved in canning increases the absorption of lycopene. Canned tomato paste has the highest concentration of lycopene of all the tomatoes and tomato products sold in our stores. When you cook tomatoes it makes them more flavorful and makes their nutrients more bioavailable. As always, buy organic whenever possible.

Lettuce and greens

First of all know that lettuce is heavily sprayed with pesticides so make sure you always buy organic.

When choosing lettuce in your grocery stores there are a couple of rules. In general the most intensely colored salad greens have the most phytonutrients. Ironically, the most nutritious greens are not green at all; they are red, purple and reddish brown.

The second most nutritious greens are the dark green in color and show promise for fighting cancer, lowering your blood pressure, slowing age-related memory loss, and even reducing the negative effects of eating a high sugar diet.

The next important thing to know in choosing your lettuce is choose plants that have loose and open leaves. Tightly wrapped plants like white cabbage contain very low levels of phytonutrients. As a rule, plants that have a combination of open and wrapped leaves, such as Romaine and Bibb lettuce have a moderate amount of nutrition. You may be wondering why the arrangement of the leaves is so important. The reason is that all plants have a love-hate relationship with the sun. They need sunlight to grow and produce carbohydrates, but the sun's UV can destroy them. In order to survive, they need to manufacture their own sunscreen—pigmented antioxidants that block the harmful effect of the UV rays. Loose leaf lettuce is most vulnerable to UV rays because most of its leaves are exposed to direct sunlight. As a result, the leaves have to produce extra quantities of phytonutrients. We eat this lettuce and we absorb those compounds, which in turn becomes part of our own self-defense system. In buying your lettuce it is always better to buy the whole plants rather than the pre-cut or packaged lettuce.

always buy organic. Did you know that iceberg lettuce is the number one sold vegetable in this country, only second to white potatoes? Iceberg lettuce has virtually no nutrition!

One of the most nutritional greens you can buy, or for that matter pick in your yard, is dandelion greens. Compared to spinach, which I consider a superfood, dandelion leaves have eight times more antioxidants, two times more calcium, three times more Vitamin K and vitamin E.

You may be wondering how they taste. I suggest you try them. Make sure you choose dandelion greens that have not been visited by your neighborhood pets and are pesticide free. Wash them and try them. They may taste a bit bitter at first but you will soon learn to love them. I like them sautéed in olive oil and scrambled in eggs. You can also add them to your smoothie for a very nutritious addition to your drink.

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Root vegetables

Root vegetables like carrots, beets and sweet potatoes are also wonderfully nutritious. When choosing carrots, choose ones with a deep orange color as they have the most beta-carotene. Carrots sold with the tops on are fresher than ones that have been trimmed. Baby carrots sold in bags have had most of their nutritious parts whittled away. Cooked carrots have twice as much beta-car-

Carol Grieve`



Food Integrity Now just won a National award sponsored by Applegate Foods called Cheers for the Changemakers which recognizes work for people making a difference in education about food. *Food Integrity Now* was nominated and won and received the most votes of any other nominees in the country. Way to go Carol!

otene as raw carrots. When cooking carrots it's best to cook them whole rather than chopping them cooking. Carrots contain a cancer-fighting compound called falcarinol. Carrots maintain their nutrition when you steam or sauté them as opposed to boiling them.

Finally, carrots are best for you when you eat them with some type of fat or oil. Beta-carotene is a fat-soluble nutrient that needs to be coated in fat for greatest absorption.

Beets still rank among one of the healthiest of all our most commonly eaten vegetable. They taste sweet but have a very low impact on our blood sugar. They are also a good source of folate, potassium and fiber.

This may surprise you but beets have nine times more antioxidant activity than the typical tomato and 50 times more than orange carrots. They rank right up there with artichokes, red cabbage, kale and bell peppers.

When choosing beets in the grocery store, choose the darkest red variety for the most nutrition. Juicing beets is also an excellent way to enjoy them and will provide you with a powerhouse of healthy nutrients. The beet leaves are even more nutritious than the roots so don't discard them!

Sweet potatoes are not in the potato family but are actually in the morning glory family. They are a wonderful source of antioxidants and have a much lower glycemic index than white potatoes. The most nutritious varieties have orange, deep orange or purple flesh and are often marketed as yams.

Allium family

Garlic, onions, shallots, scallions, chives and leeks are in the allium family and have been celebrated throughout history as savory vegetables, necessary condiments and as lifesaving medicine. We have all heard of the health benefits of garlic.

Whether or not you get all the health benefits of garlic depends on how you prepare and cook it. Raw garlic contains the ingredient needed to make allicin, its most active ingredient, but not the compound itself. Allicin is created when two substances in garlic come into contact with each other. One is a protein fragment called alliin and the other is a heat-sensitive enzyme called alliinase. In an intact clove of garlic, these compounds are isolated in separate compartments and don't mingle until you slice, chop or crush. Then the combustion begins. Studies have shown that heating garlic immediately after crushing it destroys the heat sensitive enzyme that triggers this reaction. As a result no allicin is created.

The solution is that when you chop, slice mince or mash your garlic; keep it away from the heat for 10 minutes. During this time, the maximum amount of allicin is created so the heat sensitive enzyme is no longer needed. Garlic has so many healing properties that waiting those 10 critical minutes will be well worth it.

Junior Achievement reaches over 350 students at Columbine Elementary

by Sherri Albertson

photos by Wanda Gordon, Columbine Elementary

On Wednesday, February 19th, Junior Achievement (JA) of Southern Colorado along with more than 30 Teller County volunteers representing Woodland Park businesses, the Woodland Park Police Department, the City of Woodland Park and local service clubs, plus several community members from Woodland Park, and a Teller County Commissioner, spent the day teaching the Junior Achievement in a Day curriculum, also known as JA in a Day, to the 1st through 5th grade elementary school students at Columbine Elementary.

Guided by the classroom volunteers, more than 350 students enjoyed learning about financial literacy from interactive programs designed to teach personal finance, work readiness, entrepreneurship, and economic skills thereby empower young people to own their economic success. Business volunteers represented Michael Harper Real Estate, Coldwell Banker/The Roshok Group, VECTRA Bank, the Rocky Mountain Dinosaur Resource Center and Century Link. Service club volunteers represented the Kiwanis Club of Ute Pass and the Ute Pass Lion's Club.

Students learned to recognize the difference between wants and needs and understand life outside of their home and school by exploring businesses, the roles of people working in a community and the skills needed to perform certain jobs. Through engaging activities, these students also learned about STEM (science, technology, engineering, and math) skills and resources.

As JA volunteers share their real-world expe-

periences and present JA materials, they help students connect what they learn in school with what they can expect in the world of work. But the students aren't the only ones who benefit from JA – the volunteers enjoy being in the classrooms as well. Kiwanis Club member Pat Hyslop shared that she most enjoyed the interaction with the students and being able to teach them new concepts about business and free enterprise.

"We are very grateful for the Junior Achievement program and for all of the volunteers who took the time to be here with us," said Columbine Elementary School Principal, Veronica Wolken. "JA in a Day has been here for two years now and this event is one of the highlights of the school year for our students and teachers!"

Volunteer with or donate to Junior Achievement and be a positive influence on the future of young people in Teller County. Contact Sherri L. Albertson, Teller County Area Coordinator at (719) 650-4089 or via email to sherri.albertson@ja.org for more information. The JA in a Day program will be held at Summit Elementary in April and at Gateway Elementary



Stephanie Morales and Greg Rodriguez with Century Link spent the day teaching Tim Jones' students about becoming an entrepreneur.



Pat Hyslop, Kiwanis Club member, shares lessons on what it takes to be successful in the business world to Columbine 5th graders.

In May, JA also hopes to start a program for Woodland Park middle graders and to assist with business classes at the high school level.

Thank you for voting us "Best Of" 3 years in a row!

ST PADDY'S DAY WEEKEND

CORNER BEEF & CABBAGE

IRISH FARE

FRIDAY 14TH - MONDAY 17TH

SCHEDULE OF EVENTS:

SUN 3/16.....PARADE @ 2PM IN DIVIDE
MUSIC BY McDEVIANIS @ 6PM

MON 3/17.....TRADITIONAL IRISH MUSIC
@ 6 PM

BAGPIPERS & DANCERS
THROUGHOUT THE WEEKEND

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TO SCHEDULE A MEETING WITH OUR COUNSELOR

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

COLO SPRINGS/DOUBLIN • 1708 Dublin Blvd, Dublin & Academy • 719-598-8383 • Store #06006

WOODLAND PARK • 300 U.S. 24, Main Street U.S. 24 • 719-686-9776 • Store #06073

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• \$25.00 OFF SERVICE CALLS IN MARCH

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My 22 year Great American Smoke Out

by Barbara Royal, CSD, ATP

The Great American Smoke Out Day was created as a day to encourage people in their attempts to quit smoking, which I was not willing to do. Here's my story about how I never quit smoking, and . . .

As a teenager in 1960, I felt excluded from my peer group and was seeking ways to be part of the crowd. Everyone I knew smoked. Something inside convinced me smoking was a way I could be accepted. So, thinking smoking was the key to belonging, I lit my first cigarette and continued for 30 plus years. I did not mind that I had to give up sports due to shortness of breath, coughing and congestion. It didn't bother me that I wreaked of smoke – we all smelled alike and maybe my new perfume was a way for me to fit in – or so I thought. In later years, I realized that being like others by smoking didn't make people like or accept me – rather, acceptance of my SELF was the key. But, that is another story.

My smoking habit began before the Surgeon General declared smoking was bad for your health. When that declaration was made, I ignored the cautions, the changing cultural view about smoking, and the seemingly negative comments of my co-workers, friends and family. I stood firm – I was not going to "quit" smoking. However, I was told by an alternative health care practitioner I needed to stop smoking if I wished to accomplish a dental/physical health goal.

Wanting to heal my dental/physical situation (but not wanting to "quit" smoking), I began a spiritual process that I had recently learned. In this process, I used intentional prayer and affirmed and felt in my body that my intention for dental/physical health was already accomplished. A shift occurred, and while I had not intended to "quit" smoking, the habit

left instantly. I had no cravings for a cigarette or withdrawal symptoms, nor did I have the expenses incurred by most people to reinforce "quitting" – I just became smoke free, and the dental/physical health issue was changed as well! That was 22 years ago, and I haven't smoked since. This is why I say I never "quit" smoking, but I'm on the Great American Smoke Out.

By the way, during that period I was also going through a divorce and purchasing my home. No stress there! The universe in its infinite wisdom knew exactly what had to be changed in my mind and body for me to achieve what I needed in my life at that time.

While the method I used 22 years ago has changed, the spiritual principles and the divine wisdom within the human body have not. They are timeless and always available to help us achieve healthy, joyful, abundant living. It's up

to us to be willing to work with the divine for transformation of our minds and our lives.

You too can go on the Great American Smoke Out or make any other lifestyle changes you desire. Just ask me how.

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 for a free initial consultation and/or session appointments, which are available by phone or in person.

Barbara Royal

My smoking habit began before the Surgeon General declared smoking was bad for your health.

Organizing for mental clarity and general well being

by Erin Snyder

Most people have at least one area of their life where they would like to be more organized. Many people also think that organizing is simply about making sure everything has its place. It is much more than that though. Organizing our surroundings can help us create the life we envision for ourselves. It can help us improve our mood, save money, save time and enjoy each moment a little more.

Reduce Clutter

When we are visually over-stimulated, it is harder to focus on specific tasks, which makes us less efficient. It also makes it more difficult to find things. When we can't find something, we tend to buy a replacement. That's why it is common to find 3 bottles of cinnamon in the pantry or 8 rolls of tape in the office. Reducing clutter in your home is kind of an organizing cure all; it will be visually relaxing, save time, and save money. One way to reduce visual clutter is to corral like items. Use bins, baskets and jars to hold similar items together while creating a visually pleasing space.

Purge Unnecessary Items

This is similar to de-cluttering, but takes it to the next level. Get rid of any item that is useless in your household. Clothes you don't wear? Donate them. Expired food? Toss it. Books you don't plan on reading? Give them to a local library. This may seem like an over-used tip, but many people are surprised at all of the unused items they have. Do a thorough evaluation of what you actually want to keep and purge the rest.

Make Things Easy

Systems don't work if they are over complicated or don't work for your family. How can the kids help clean up if their toys are kept on higher shelves? If you don't keep a paper shredder where you can easily access it, of course the 'shred' pile is going to build up. You might never use your crock pot because it's stuck in the very back of a cabinet and you hate to dig for it. Take the time to evaluate what systems make sense for your household. If something isn't working, change it! Labels are another way to help everyone stay organized. If items are labeled, there is no need to guess where items should go. Every family is different, so consider what will be the easiest for all members of your home.

Establish a Command Center – This is a place in your home where you can sort mail, keep the family calendar, hang important notices, etc. Make sure the whole family knows what goes in the command center and what doesn't. Make sure to stock it with envelopes, note paper, pens and any other supplies you need to efficiently manage your command center. Other good ideas might be a paper shredder, a gadget charging station, or a designated bin for each family member's items. Make it personal or meaningful. Add a plant, a favorite quote, or a family photo.

Labels are a great way to stay organized

Rare Butterfly Hangs On

by The Coalition for the Upper South Platte

The Pawnee Montane Skipper is a fighter. Unique, rare, and only found in our backyard, this butterfly exemplifies the delicate balance that must be struck to keep our local ecosystem healthy.

The Pawnee Montane Skipper lives exclusively in the foothills of Colorado in the Upper South Platte Watershed. Its habitat is limited to parts of Teller, Park, Jefferson, and Douglas Counties.

The butterfly has a knack for blending in with its surroundings along the South Platte River, the North Fork of the South Platte, and near Cheesman Reservoir. If you search hard enough, you can spot it by looking for brownish-yellow wings with white spots. You will most likely see it flitting among native plants growing in the forest.

The Pawnee Montane Skipper prefers blue grama grass for laying its eggs and as the primary food source for larvae. As an adult, the butterfly feeds on nectar from the prairie gay feather, a tall plant that produces spiky purple flowers. Its optimal habitat is in ponderosa forests with an open canopy that allows the Pawnee Montane Skipper's two favorite plants to thrive.

Coalition for the UPPER SOUTH PLATTE

the butterfly has made a resurgence.

When the butterfly's population was estimated in 2002, during a period of intense drought and following the Hayman Fire, the population had plummeted to about 1,000 individuals. In a survey performed a couple of years ago, the Pawnee Montane Skipper population was estimated to have grown to around 100,000 butterflies. This revival was helped along by wet years that allowed the plants the Pawnee Montane Skipper relies on to proliferate. Butterflies in patches of habitat unaffected by fire were also spreading into the least affected areas of adjacent recovering burn scars.

A wide range of partners including the Coalition for the Upper South Platte, U.S. Forest Service, and individual landowners have worked together to help this recovery along through hillside stabilization, re-vegetation, and river restoration efforts. All these ongoing efforts have served to mitigate post-fire flooding, reduce erosion, protect water quality, and improve habitats.

As the burn scars continue to slowly recover, and precluding another severe drought, the Pawnee Montane Skipper will likely find more and more places to live within its habitat range. In the meantime, the butterfly's story provides a potent example of how natural processes and man-made policies can impact the biodiversity we so enjoy in our forests.

For the Pawnee Montane Skipper to thrive, this small corner of the world must be in balance. A healthy forest where robust trees have enough room to grow and understory plants like the blue grama grass and prairie gay feather can flourish is ideal. Overcrowding, drought, and lack of low-intensity fires can all throw off that balance. As an influential part of our environment, we can help restore balance by aiding wildfire restoration and promoting forest management practices that open up canopies through strategic thinning and prudent use of low-intensity ground fires. Seeking balance will benefit the Pawnee Montane Skipper population and our entire ecosystem, not least of all humans that are intrinsically linked to the plants and animals around us.

Information for this article from a U.S. Forest Service presentation entitled "Effects of the Hayman Fire on Population Dynamics of Pawnee Montane Skippers"

Pawnee Montane Skipper balanced atop spiky purple flowers.

2014 Wildfire Preparedness Kick-Off Event

Saturday, March 1, 2014 • 9am – 1pm

The public is encouraged to attend the 2014 Wildfire Preparedness Kick-Off Event, an interactive function dedicated to creating Fire Adapted Communities. The 2014 Wildfire Preparedness Kick-Off Event will give individuals and communities the tools and motivation to prepare for the upcoming wildfire season.

KEYNOTE (9:30a): The award-winning researcher and author, Linda Masterson, of Surviving Wildfire, Get Prepared, Stay Alive, Rebuild Your Life, shares her story of loss and recovery along with a wealth of practical tips to help you reduce your risk and get better prepared for wildfire. www.Surviving-Wildfire.com

OPEN HOUSE: Explore interactive demonstrations and booths presented by the professionals to learn how you can prepare for wildfire.

WHERE: Ute Pass Cultural Center, 210 E. Midland Ave., Woodland Park, CO

WHO: The event is open to the public and sponsored by the Coalition for the Upper South Platte, the City of Woodland Park, Colorado State Forest Service, Northeast Teller County Fire District, the National Fire Protection Association, Front Range Fire Adapted Communities, and the Woodland Park Friends of the Forest Edge, with financial support from the U.S. Forest Service and The Nature Conservancy.

CONTACT: Coalition for the Upper South Platte (719) 748-0033 cusp@uppersouthplatte.org www.wphfi.org

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~OUT AND ABOUT~

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

DIVIDE

10 Divide Little Chapel on the Hill – Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610.

24 Divide Little Chapel on the Hill – Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610.

Pa Kettle (one of Teller County Search and Rescue's blood-hounds) is running for Mayor of Divide and wants your vote (or votes). This is a great opportunity to support Teller County Regional Animal Shelter and bring awareness to your local search and rescue unit. Please visit: www.tracscolorado.com to place your votes. Votes are \$1 each and you can vote as often as you would like. Pa Kettle will soon be traveling around the County for political rallies and debates. He thanks you for your support!

FLORISSANT

PIKES PEAK HISTORICAL SOCIETY MUSEUM
The Pikes Peak Historical Society Museum is located in Florissant at 18033 Teller County Road #1, across from the Florissant Post Office. During March and April, the Museum is open from 1 p.m. to 4 p.m. on Saturday and Sunday. For more information, call 748-8259.

GUFFEY

Save the date of April 19th for the 9 Health Fair. The leadership team is currently recruiting volunteers for the 9Health Fair. If you are interested, please email Linda Parrish at lindaparrish@9HealthFair.org with your name, address and phone number. Please let her know if you want to volunteer for a medical or non-medical position.

HARTSEL

8 St Patricks Day Potluck March 8, 5:30 p.m. Chocolate Dessert Contest. Hartsel Community Center.

LAKE GEORGE

LAKE GEORGE LIBRARY
Ongoing
Wed: 9 a.m. Low Impact Exercise 1st & 3rd Fri: Lake George Quilters Square 9:30-1:30 p.m.
4th Fri: 9:15 Friends of the Library – Book Clubs “Tainted Tea” and “Titles” meet afterward.

LAKE GEORGE COMMUNITY CENTER
Help U Club: We have our meetings the 3rd Thursday of the month

WOODLAND PARK

WOODLAND PARK DINOSAUR RESOURCE CENTER
8 Free Scout Day from 9 a.m. to 5

FLORISSANT LIBRARY

3 Nutrition Class at 2 p.m.
8 Medicine Making 101 – Make your own home remedies. Learn how to make herbal teas and the wide variety of uses for them, tinctures, poultices, liniments, lozenges, syr-

WOODLAND PARK FARMER'S MARKET

8 Inside Ute Pass Cultural Center, 210 E. Midland Avenue, Woodland Park from 9 a.m. to 1 p.m. Winter Harvest: Fruit & veg, eggs, cheese, jams, mustard, meats, dried beans, bread & pastries, salads, pasta, Al-paca yarn & knits, soaps, hot soup, tinctures, wood products, skin care, hot food & drink. For more information: (719) 689 3133 or 648 7286 email: tcfma@qq.com

WOODLAND PARK LIBRARY

4 Teller County Democratic Party's county-wide Caucus will be held on Tuesday, March 4, at 7 p.m., lower level of library. All Teller County precincts will meet at the same location at the same time. Attendees may arrive as early as 6:30 p.m. to sign in to participate. By State rules, the Caucus must begin promptly at 7 p.m. Please enter using the ground level/Midland Avenue entrance doors. Who Can Attend? All registered Democrats in Teller County. For FAQ's on the State of Colorado's Caucus every two year process, visit this website: <http://www.sos.state.co.us/pubs/elections/Candidates/FAQs/caucuses.html> For questions about Teller County Democratic Party, please contact Mrs. Ellen Haase (719)687.1813.

Internet Basics computer class from 10 a.m. to noon

Microsoft Excel II computer class 5

Computer basics computer class 10 a.m. to 11 a.m.

Ute Pass Sleep Support Group.

For everyone out there suffering from poor sleep, please consider joining us at the Ute Pass Sleep

Support Group. March's topic will be "Sleep Hygiene, How to Prepare Ourselves and Our Room Around Us for a Great Night's Sleep!" We meet on the second Tuesday of every month at the Woodland Park Library at 6 p.m. in the Meeting Room. Also, the first edition of my monthly "Snore" Letter will be coming out around the first of March by email. Please let me know if you would like to be added to the list of free subscribers! Contact Mary at 689-0431 or marychosheshealth@yahoo.com.

12 Microsoft Word 1 computer class 5 p.m. to 7 p.m.

15 Discover your optimal health with the help of a free Certified Health Coach. Please join us for a whole new way to think about weight loss and wellness as we share inspiring stories of personal transformations and lots of practical ideas for thriving instead of just surviving! This is not a diet, but a comprehensive health program that can help you or a loved one create long term health in your lives! Please join us for an afternoon of encouragement and enlightenment. Large meeting room March 15th from 1 p.m. to 3 p.m. Please call 719-689-0431 for more information or email marychosheshealth@yahoo.com!

16 Mountain Eire Irish Dancers will be performing Sunday the 16th at the WP Library at 2 p.m. This performance is free and open to the public.

17 Mountain Eire Irish Dancers will be performing Monday the 17th at the WP Senior Center Luncheon at noon. This performance is free and open to the public.

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. "Wholistic" in our name includes all who pursue conscious living, a healthy lifestyle and desire a peaceful, natural world. Be sure to mark your calendar for our regular meetings on the third Tuesday of every month, Carole Bishop, independent distributor of Young Living essential oils, will give us a short presentation called, "Dr. Mom". Because mom is usually the first responder, come learn natural suggestions for dealing with non-emergency situations that can be cared for at home using essential oils. From colds, headaches, sore throats, upset tummies, skateboard scrapes, and insect bites – this information will be helpful for commonplace mishaps and ailments. For more information about the Wholistic Networking Community or to RSVP, contact Barbara Royal at 719-687-6823 or miraclesofwellness@gmail.com.

19 Microsoft Publisher computer class 10 a.m. to noon

19 Microsoft Word II computer class 5 p.m. to 7 p.m. For more information or to request classes at a different day or time call 719-687-9281 X106 or email maryannq@rampartlibrarydistrict.org

WOODLAND PARK

Free spiritual law study group meets weekly every Saturday morning. Learn how to have a happy, healthy, prosperous life by working with the spiritual principles that govern our world. Facilitated by Barbara Royal, Interfaith Certified Spiritual Director, Certified Angel Therapy Practitioner. For more information, call 719-687-6823 or email MiraclesofWellness@gmail.com.

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