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Vol. 7, No. 2

Welcome to Ute Country

What is life?

It is the flash of a firefly in the night.
It is the breath of a buffalo in the wintertime.
It is the little shadow which runs across
the grass and loses itself in the sunset.

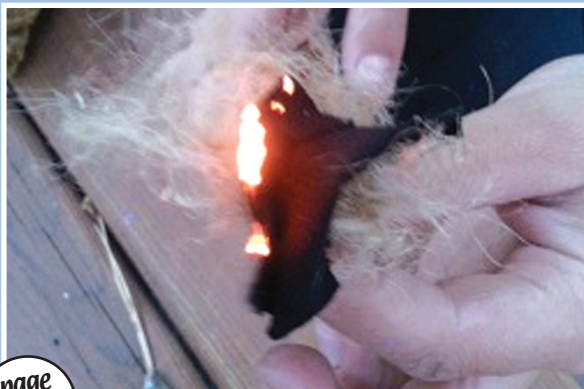
— Crowfoot, Blackfoot warrior and orator

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Winter Goddess by Danielle Dellinger



This month's cover photo of the buffalo, one of the "wild west's" natural inhabitants in its indigenous environment was taken off Hwy 9 just south of Hartsel. Since most of Colorado's human population came from someplace else, this buffalo reminds us of some of the common reasons we moved here: to enjoy this beautiful state, to observe wildlife in their natural habitat, and to become the people we were intended to be while respecting our environment.

Whether you are new to Colorado or your family lived here for generations, there is something for you to learn in this issue. We each have our own gift or ability to benefit our community in some way. Our February issue has many stories about life in our mountains we hope will inspire you. Read interesting articles about gardening challenges at high elevations and meet Karen, the Plant Lady. Learn from the Thymekeeper about how herbs can be healthy for your soil. Do you want to be more self-sufficient? Lean how to apply to get a mentor to teach you how to survive in nature. We have many interests for many people. It is by learning about each other's gifts and talents that our own tend to shine more brightly. Please remember to pay a visit to our advertisers; without them these issues are not possible. Let them know you saw their ad in the *Ute Country News*!

Do you have comments about this issue? Perhaps you have a human interest story or some good news to share. As always, feel free to contact us via email utecountrynewspaper@gmail.com or phone 719-686-7393. Make sure we have the chance to help you get your word out! Mr. Spaz was delighted to receive a photo of Fluff to show Shadow he's not the only gray cat around. He pulled the Hereford bull from July. I don't know why; he has his catty photo editor reasons. Mr. Spaz and Shadow would love to paw through your submissions to Critter Corner. Simply email utecountrynewspaper@gmail.com.

Thank you,
—Kathy & Jeff Hansen

A special thanks to all listed here for their professional work and time to make this possible. If you have any questions please contact the publishers.

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HAMET

by Flip Boettcher

The United States Army out of Fort Carson in Colorado Springs, has applied for a right-of-way (ROW) grant from the Bureau of Land Management's (BLM) Royal George Field Office (RGFO) in Canon City to use approximately 35,000 acres of public land and establish approximately 45 helicopter landing zones (HLZ's), in south central Park, southwest Teller, and north Fremont Counties for its High Altitude Mountain Environment Training (HAMET) program.

HAMET is designed to train and provide helicopter pilots experience flying and landing in high altitude mountainous terrain for overseas operations.

The first phase of the application process has been completed. Ft. Carson has submitted a Plan of Development (POD) to the BLM. The BLM then opened up the POD for public comment, the scoping period. The scoping period is now closed. The BLM will use the public comments to focus on issues in preparing the National Environmental Policy Act (NEPA) document, the next step.

The BLM is now in the planning stages of preparing the NEPA document to evaluate the potential environmental effects of HAMET on BLM lands. The NEPA document can be either an environmental assessment (EA) or a more rigorous environmental impact statement (EIS) according to the BLM Instruction Memorandum (IM) regarding military use on and above public lands.

According to the BLM, Ft. Carson has used public lands in the RGFO district for HAMET operations since 2010, but on a temporary and infrequent basis. In May, 2013, Ft. Carson requested a longer term agreement with the BLM.

At that time there was a great public outcry, but the BLM granted Ft. Carson's request to extend the casual use designation until December, 2013. The BLM determined that a ROW grant would be the method for authorizing possible longer term use.

The Federal Land Policy and Management Act (FLPMA) and the Eagle Act state that public lands be managed for "multiple use and sustained yield." The IM says that the mission of the BLM and that of the Department of Defense (DOD) are inherently different and often are in conflict, but it is not the roll of either to challenge the other's mission.

The IM continues that no special status be given to a military request to use public lands. The military must comply with NEPA, natural and cultural laws, executive orders and steward the public participation process. The NEPA analysis must also address why existing military lands cannot accommodate the proposed public land use.

Both the military and the BLM have a stewardship responsibility on all public lands the military is authorized to use stated the IM.

The casual use designation which Ft. Carson has had since 2010 for the use of its 25 HLZ sites implies activity levels which have essentially no impact on the environment or on other public land users. The activity is transient or of short duration stated the IM. Most of Ft. Carson's HAMET activity has fallen in this area.

"The biggest problem with applying casual use to a military situation is determining the threshold when the activity generates sufficient impacts to require an authorization," according to the BLM IM. Apparently that threshold has been reached with the application for the ROW grant by Ft. Carson.

According to the Ft. Carson proposal, the only active Army post in the U.S. with mountains high enough and in close proximity to replicate mountains in high altitudes operations around the world is Ft. Carson.

The POD states that the ROW grant which is for 10 years, will allow Ft. Carson access to certain public land in order to utilize approximately 45 HLZ's for the HAMET program (about 235 acres). It is not clear if that is only helicopter access to these public lands at the designated HLZ's, or are other forms of access as the HLZ's are surrounded by approximately 35,000 acres the army wants access to called Military Training Areas (MTA's).

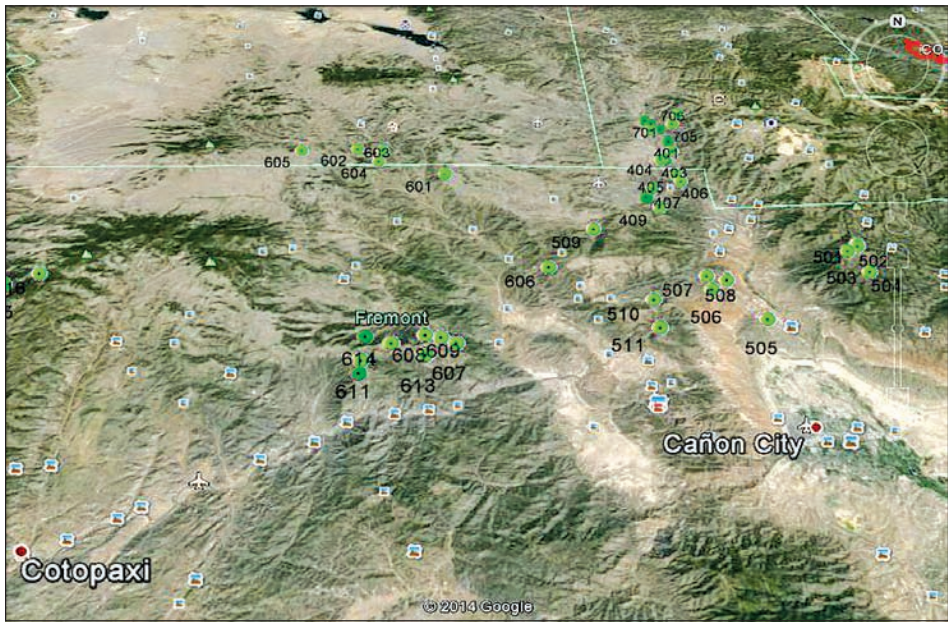
The MTA's are surrounded by private lands and that is where the public outcry is coming from. The military does not have a good environmental impact record.

These areas will be used by on-base and off-base military units from Ft. Carson to fly over and land large military helicopters day and night with continuous training throughout the year by on-base personnel and two rotations of off-base personnel per year, stated the POD. Hours of training will generally be from 2 p.m. to 6 p.m. and 7 p.m. to 10 p.m. but may vary depending on training requirement, according to a HAMET fact sheet from the Ft. Carson public affairs office.

In a letter to the BLM during the public comment period, Guffey resident Richard Mandel, Attorney at Law, did the math on the number of possible helicopter landings based on the army's POD figures.

According to the POD the minimum on-base unit usage would be approximately 16.25 landings per year per each of the 45 HLZ's. The maximum usage by off-base units would be approximately 1,440 landings per year per HLZ.

According to Mandel, when combining both usages a reasonable approximation of the number



The landing zones 601, 602, 603, 604 and 605 are just south of Guffey. 400's and 700's are in west Teller County, and the 500's and the other 600's are in north Fremont County. Courtesy of Jim Smith.

of landings could exceed 1,500 landings per year per HLZ. Even if only 25 percent of the HLZ's were used that would be over 16,000 landings per year with a potential of 50,000 landings per year.

Whether people live near a HLZ or not, everyone in the area will be impacted by the over flights, approaches, departures, and low altitude training activities around the HLZ's, continued Mandel. The BLM said that the POD represents the highest level of army use not actual use.

People move to rural areas for the peace, quiet, beauty, and isolation they offer. It is hard to imagine the invasion of the rural space with all the helicopter landings. Many residents responded to the BLM during the public comment period.

Many people are angry over this issue. Take your war games somewhere else. We do not like it. Nor do our pets, livestock, horses, chickens, coyotes, foxes, deer, elk ...

Heather Buckner, area resident

According to Heather Buckner in an email "People want the Army to take more time to listen to residents and to do an Environmental Survey (not analysis done by the Army for the Army)." Many people are angry over this issue, Buckner stressed.

Buckner continued "take your war games somewhere else. We do not like it. Nor do our pets, livestock, horses, chickens, coyotes, foxes, deer, elk, eagles, hawks, migratory birds, turkey vultures, pigs, dogs, cats, bear, mountain lion, and all other forms of life."

Mike Brazell, Guffey-area Park County Commissioner, said the minimum fly over altitude above public land is 500 feet. According to Guffey resident Tim Bratten in his public comment letter to the BLM, "Having a helicopter passing over your head at full speed only 500 feet above you is literally an earth shaking experience. ...and imagine it happening over your house repeatedly for the next ten years." This can happen day or night according to the ROW grant.

Guffey resident Jim Smith wondered how HAMET would affect his property values, besides the noise. Smith is very much opposed to HAMET because five of the HLZ's are south over the hill from his property. Smith said, "the U.S. Army will probably be 'low flying' right over my house for the next ten years practicing landings and takeoffs."

According to the POD the minimum altitude between MTA's would be 500 feet above ground level. Between HLZ's within the MTA the minimum altitude would be 200 feet above ground level. Within 1,000 meters of the HLZ the altitude would be terrain flight or 200 feet and below.

Also according to the POD, terrain flight modes consist of low level mode — constant altitude and speed from 80 to 200 feet; contour mode — constant altitude with varying speeds from 25 to 80 feet within 1000 meters of the HLZ; and Nape-of-the-Earth (NOE) mode — varying altitudes and speeds from ground level to 25 feet within 1000 meters of the HLZ.

Another area of public concerns is soil compaction and damage with every landing and take-off of these large, heavy helicopters. According to Smith, if you look at the HLZ maps they all seem to be located in high altitude meadows.

The high altitude ecosystem is fragile and any soil compaction and damage can last decades if it ever recovers. In an email Guffey resident John Buckner who studied soil science in college said, when soil is compacted it is devastating for the natural environment. The bigger the helicopters are the more soil compaction happens, Buckner stressed. Native vegetation is lost, weeds take

over and wildlife will eventually move out of the area for lack of food, Buckner added.

Buckner said that since each HLZ site had such a diversity of flora and fauna each site should have a separate Environmental Study done. Guffey resident Douglas Boucher, retired USAF Major who has done site surveys for the Air Force, said that one important aspect of the site surveys was an on-the-spot ground assessment of each site and the travel routes to that site. Otherwise you could be in for surprises when you went to use the site if you only used maps for the site survey.

Other areas of concern are for public safety, accidents, hazmat spills, wildfires, and air ambulance access.

Acting Chief of the Guffey-based Southern Park County Fire Protection District Aaron Mandel voiced the district's concerns to the BLM about how the HAMET operations might affect the district's use of air ambulances. Air ambulances are the district's main means of transporting patients. Would HAMET operations affect the district's air ambulance service?

Other issues Chief Mandel raised were about a crash on private land and who was responsible? What if that crash started a wildfire, who was responsible? All good questions that Mandel said need to be addressed but could be worked out.

Ft. Carson listed some operational considerations for the HAMET program in the POD which included "Avoid areas of concern which include National Register of Historic Places, sensitive plant and wildlife habitat, high use recreational areas, and other sensitive or protected resources." Also pilots are to avoid HLZ's when humans or livestock are present. Since the Guffey area and all of South Park is a National Heritage Area should the army be avoiding the area? Listed on the BLM map from 2013, there are areas of critical habitat for the Mexican Spotted Owl as well as areas marked as being of critical environmental concern. Should the army be avoiding these areas? Smith asked what does the word "avoid" mean. Should the army be here at all, Smith questioned.

In an email from Lee Colburn, contact at Congressman Doug Lamborn's office (Lamborn is Guffey area's representative), Colburn said he understood that the HAMET issue was a very intense one for the citizens in and around the greater Guffey area.

Colburn said that Congressman Lamborn is very aware of the proposed HAMET program between the army and the BLM and has been following it for the last six months attending public interest sessions on it.

Congressman Lamborn is aware that this proposal is a formalization of the existing temporary agreement which allowed critical HAMET helicopter training to occur on BLM lands in the past. Colburn continued Congressman Lamborn believes that the defense of our nation is a prime directive. The unique training environment of the mountains here is a national training asset. This training has been responsible for saving pilots and their troops' lives in combat missions in Afghanistan.

Congressman Lamborn added that the army's high altitude training program needs to be a blend of selected HLZ sites and balancing the ecological, environmental, and recreational impacts to local residents and recreational users. Congressman Lamborn supports an EIS versus an EA study for all federal land and air space use.

With the comment period closed, the BLM will be addressing all the public issues in the draft EA report or EIS which will be open for a 30 day public review and comment by late winter, 2015 according to the BLM website. The final study should be out by spring, 2015. To find out more on the army's HAMET program, the ROW grant, the POD, the IM and the status of the EA survey, visit the BLM website at <http://www.blm.gov/co/st/en/fo/rgfo/planning/hamet.htm>.

To sign up for the HAMET contact list, please send an email (with HAMET in the subject line) to RGFO.Comments@blm.gov or call Nancy Keohane at 719-269-8531.

Hospital stay in Fairplay

by Linda Bjorklund

The hospitals in Fairplay are now all gone.

The last one was in the McNamara Building, which was recently condemned, demolished, and replaced with a new Park County Communications Center. The first hospital was established in 1889 when the Park County Commissioners accepted the proposal of J. W. Gibson. The minutes of the December 7, 1889, meeting reflect the decision: "It was resolved by said board that a county Hospital be established for the purpose of taking care of the paupers of Park county." The Gibsons began to take care of the 'paupers' in the building at 550 Castello Street, collecting the generous sum of \$6 per week for their efforts.

The paupers and the ill were housed at the Castello Street hospital until 1917, when another resolution appeared on the Commissioners' books: "Whereas it has become necessary to make some changes for the better regarding the Park County Hospital, and whereas, Wm. H. Hunter and Hannah B. Hunter have offered to sell to Park County the building known as the Fairplay Hotel, situated on Front Street, Fairplay, Colorado, together with the furniture and fixtures therein for the sum of \$1200."

This was, coincidentally, the same hotel from which the infamous shooting by John Hoover earned him a noose around the neck by vigilantes from the second floor of the County Court House.



Evon on steps with her fiancé, Thomas Clevinger.

The county's poor and infirm were taken care of by Dr. Duffy in the Front Street facility, also known as the County Poor Farm, until 1929. Dr. Duffy demanded a rather substantial increase in his stipend that year, and the commissioners declined to comply. The Castello Street property was still owned by Park County and in January, 1931, it was quietly announced that "the new hospital is practically completed and the patients and equipment were transferred this week." The Front Street hotel/hospital was demolished in 1942.

On August 26, 1948, the usual "Fairplay Hospital Notes" was published in the Fairplay Flume. Those admitted, those retained and those dismissed were noted by name, and other news added. On this date, Eva Thomas was one of those admitted. Eva, (who went by that name although it was really Evon) was brought to the hospital after the auto she was riding in with her fiancé, Thomas Clevinger, broke a tie rod and flipped on the road between Alma and Fairplay. The driver of a pick-up truck stopped and gave them a ride. Eva remembers that they had to climb into the bed of the truck for that ride. At the hospital Eva was examined and an X-ray revealed that she had suffered a broken collar bone. A cast was applied, but later had to be painfully replaced, as the bone was not healing correctly.

While in the hospital, Eva began to notice her surroundings. There was a separate section in the building for the elderly near the kitchen, and there were three or four of them living there at the time. At night there were sometimes no hospital personnel there and Eva made friends with the other patient, a little boy with a broken arm, six or seven years old, whose room was next door to hers. One night, Eva recalled, they were both terrified when a drunk appeared and rampaged up and down the halls near their rooms. She and the little boy crawled under a bed to hide until the intruder left. They were apparently the only patients in residence that evening.

On another occasion, the janitor showed them a secret door on the second floor. He explained that beyond the door, steps led down two stories to the basement. There, a meeting room was set up for the local Ku Klux Klan members. There was very little printed locally about the Klan, as theirs was a very secretive society and they avoided publicity. The organization first appeared right after the Civil War during the Reconstruction Era in the 1860s. They began as several veterans of the Confederate



Evon in car. All photos courtesy The Clevinger family.

Army refused to acknowledge any system that did not support their views of white supremacy.

They wore costumes that included robes, masks, and conical hats to disguise their identities and cause maximum intimidation. This group began to die out in the early 1870s. They re-emerged as a group in the 1920s. Now a more formal organization, they added cross burnings and mass parades to their activities. They retained their hatred for any persons not white, but added Catholics and Jews to their enemy list. They strongly supported Prohibition during that era. For a time they carried a heavy political clout

in government offices. A third emergence of the Klan came in the 1950s and 1960s, when much of the Civil Rights Movement was going on. Here in the mountains a single article in the December 6, 1894, edition of the Fairplay Flume raised questions about an occasion which some have concluded show the existence of such an organization. You read and decide:

In Ghostly Apparel
"The night of December 4th, 1894, was one of rare beauty, not a breath of air stirring to molest the peaceful serenity of the splendor, and the stars looking down from the cloudless firmament lit up the snow covered surface of old Mother Earth in the city of Fairplay, making a scene of splendor such as can be attained only in the cold and high altitude of the Rockies. It was on just such a night that one might suppose something would happen."

Something did happen, for about eight o'clock were seen issuing from the portals of the Radford mansion some thirty or more figures clad in ermine garments apparently of the grave, and in single file parading through the streets of the city. Our curiosity is aroused as we behold the deathlike assembly, not a sound being audible to give us a clue as to the end in view of this curious procession, now marching slowly to the hospital, which they silently enter, taking quiet possession thereof. We enter also, and behold those beings in white raiment comfortably seated around the rooms, lavishing bows and hand-shakes in profusion; but never a sigh even is uttered to give us an idea who these mysterious guests may be. Suddenly the strains of music greet our ears, and as suddenly those of the white garments were on the floor engaged in waltzing, after which the figures mechanically shed their garments,



Evon Clevinger with her son, Rex, and his wife, Barbara, in Nov 2014.

when we see standing before us flesh and blood ladies and gentlemen of our own town, come to surprise and pay honor to their friends, Miss Mae and Mr. Harry McClure.

A very pleasant evening was spent by all present and all seemed to enjoy themselves to the utmost. At a reasonable hour the ladies produced from some hidden corner, well filled baskets, containing all kinds of goodies. The ladies of course procured partners with whom they divided the contents of those dainty baskets, after which another waltz was engaged in, which finished the programme of the evening."

There were apparently no Klan meetings held while Eva was in the hospital, at least none that she noticed. On September 23, 1948, the Fairplay Hospital Notes listed Evon Thomas among those who had been dismissed. Evon's fiancé, Thomas Clevinger, who had been working in Breckenridge, trying to recover from his asthma, found a job at a restaurant in Fairplay. Evon's mother boarded a bus and came to get her, both of them returning to Missouri on a bus. Evon later married Thomas and they spent a number of years together until he passed away in 1985.

A few months ago Eva and her son and daughter-in-law visited Fairplay and found their way into the Fairplay Library. Knowing of my interest in Fairplay history, the Library Director phoned me and asked if I wanted to meet with them. I quickly rearranged another meeting and drove to Fairplay. I listened to Eva's story intently, because I had just recently been researching information about the various hospitals in town.

The pink stucco building that was the hospital in 1948, was replaced in 1966 with the McNamara Hospital, named after Dr. Bradley McNamara, fondly known as Dr. Mac. The new hospital was located only a few blocks down Castello Avenue and was next door to Dr. Mac's office building.

But the old hospital building that Eva remembers was purchased in 1985 by the Doty family of Denver. The building had been uninhabited by humans for a year and was full of trash and evidence of small animals. The

Doty's went to work converting the old hospital into apartments. Doty noted that, "That old steam boiler in the basement was about the size of a Toyota station wagon." The x-ray room was turned into a kitchen. The old morgue in the back became part of an apartment even though some of the locals thought it was still haunted. As the building was readied for tenants, Doty commented that he hadn't seen any ghosts, but named the one who wasn't paying any rent, "Harvey."

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Historic love Presenting Anna May Wellington & Edwin Stanton Armentrout



Anna May Wellington



Edwin Stanton Armentrout

This exhibit brought to you by the Ute Pass Historical Society and the Woodland Park Public Library, celebrates the legacies of these two historic figures and features archival documents, wedding clothing, and vintage photographs. Anna May Wellington and Edwin Stanton Armentrout will be on display through March at the Woodland Park Public Library on the second floor, just outside the Colorado Room.

The union of Anna and Edwin brought two fascinating young people together. Anna was a remarkable young woman of her day whose amateur photography of the 1890s recorded history in the making. Edwin made history of his own, serving as the first forest ranger in the Pikes Peak region. Anna May Wellington (1877-1953) was born in Mason City, Iowa. She and her family moved to Colorado Springs in 1881. Her father was a carriage maker and carpenter for Winfield

Scott Stratton. The family later moved to Ute Park (now Chipita Park) where they homesteaded land and Anna learned photography from a visiting cousin.

Anna's photographs record many aspects of 19th century life in the region: early days of Bennett Avenue in Cripple Creek, tent camps in Green Mountain Falls, ranching, the Midland Railway, etc. Over 200 of her glass plate negatives were found by her daughter several years later and graciously donated to the Ute Pass Historical Society. Edwin's hard work protecting the Pike Peak National Forest is documented in his U.S. Forest Service diaries. His area of responsibility included Cascade, Green Mountain Falls, and Teller County, which he patrolled on foot, horseback, train, and automobile. His love for Anna is illustrated in a letter to her parents, requesting her hand in marriage, and a dear poem that he wrote for her in later years.

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Making a flint and steel fire

by Jack Shimon

This project all started when I made a flint knife. I was showing it to my Grandpa and he suggested we use some flint to make a fire. After that, we researched online how to start a fire with flint and steel. It sounded a lot more complicated than just making a spark with these two components but I became obsessed with the idea. So my Grandpa and I spent an afternoon collecting materials and trying to make a fire this way.

Step 1- Gathering the supplies

You can't start this project without the proper materials. You need jute rope, char cloth, steel and flint. You must first prepare the char cloth. To do this I cut up small pieces, about 1 x 1/2 inch, from my dad's old undershirt (you should ask first before taking a shirt) put them in an Altoids tin (not overlapping) with holes punched in the top and then placed the tin in the embers of a fire we started in our fire pit using a lighter. We made about 10 pieces so I would have a supply of them. As the box heats smoke rises from the holes and the cloth turns black. It is fairly crumbly and will ignite really easily. The jute rope we cut into pieces about 3 inches long and then unraveled each strand to create a nest of fine jute fibers. I found flint in my rock bin that I discovered on a collecting trip, and we bought a steel file from Home Depot.

This is much harder than you expect and even when you get a spark it doesn't necessarily ignite the char cloth so you have to be very patient!!

Why flint? I tried using different rocks I had collected in my yard and on trips. Some of them broke because they were too soft, and none of them caused a spark until I used flint. Flint is a hard sedimentary form of quartz. When flint strikes steel the hard edge of the flint shaves off a particle of steel which exposes iron, which then reacts with oxygen in the air creating a spark.

Step 2- Prepare the fire pit

Before trying to create a spark and light the fire you need to set it up. My method was to start by sticking a little newspaper in, balled up. Then I added lots of pine needles. After, I put some small wood kindling on top. Caution — don't build the fire with wet twigs or needles.

Step 3- Getting a spark

This is much harder than you expect and even when you get a spark it doesn't necessarily ignite the char cloth so you have to be very patient!! Take a piece of flint and a steel file and strike with great force while holding them close to a piece of char cloth. I tried several ways as shown, holding the char cloth on the flint in one hand and striking with the other. But I had the best luck putting the flint on top of the char cloth (with most of it visible) all on a flat surface like a log and then striking the flint with the steel. When you finally get a spark that lands on the char cloth you need to act fast. It will be obvious what is happening because the char cloth will turn orange where the spark hit and will start to burn.

Step 4- Lighting jute rope with the char cloth

This is the most exciting step. We managed to ignite many jute rope nests but some of them went right into flames and we dropped them before we even got them to our fire pit. These components burn very fast. With the lit char cloth stick it quickly into the jute rope nest and blow very hard. You will start to see smoke and then the whole thing will catch on fire. You want to be ready to stick it in the fire when this happens.

Step 5- Ball of flame used to light the pile of sticks

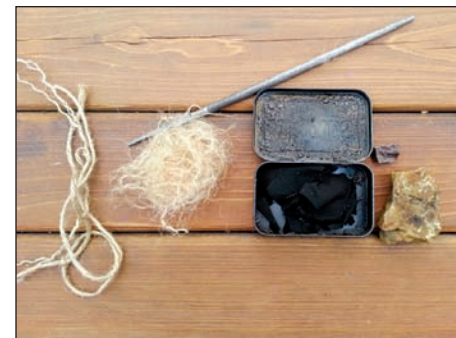
Once your jute rope nest is on fire, before it burns your fingers or you drop it, you need to stick it in the fire you built at the bottom so the newspaper and pine needles will catch on fire. You might need to blow on it some more as well. The goal is to create enough flame that the kindling catches on fire. I had a difficult time with this part and had to light several jute rope nests to get my fire. I also got really tired of blowing so hard on it.

Step 6- Get the fire going

If you manage to get your kindling burning you need to pile on more sticks and small twigs. As it grows add logs. This is the same method we use any time we start a fire when we are camping or using our fire pit. We have worked so hard we don't want to spoil it so we have a pile of logs ready to go and chairs set up around the fire pit for a night of fun.

Step 7- Enjoying s'mores and perhaps a scary story

No fire is complete without s'mores. Recommended additional supplies before starting your flint and steel fire are marshmallows, Hershey's chocolate and cinnamon graham crackers. With your nice hot fire you can roast a squishy marshmallow and then make the perfect s'more. I invited my friends over and we also told scary stories in the dark. Enjoy!



Here are the materials used to start a fire.



Here is how I set it up.



You have to be patient.



See the orange glow of the cloth.



Ball of flame.



Once the ball of flame is going add a log.

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Fundraising banquet a success! 3rd Annual event for Little Chapel Food Pantry

by Kathy Hansen

Woodland Park Community Church was filled with excitement January 24 as it was the venue for the 3rd Annual Little Chapel Food Pantry fundraiser and silent auction.

There were a multitude of items to bid on, everything from artwork by local artists, to horse-back rides, to locally made chocolates, to hand-knitted hats and scarves. Items began at very reasonable prices, with low bidding increments. Entertainment was provided by Jim & Jean DeSmidt, and the WPCC Singing Waiters. Many volunteers stood to give their testimonies of how LCFP has changed their lives. Ken and Judi Hesselberg are sincere in their ministry to help people; they see the entire person, not just the empty belly.

Lynn Telford, CEO & President of Care and Share, gave lots of statistics on hunger in Teller County. Did you know 12.3 percent of Teller County residents go to bed hungry? That is 2,853 people, 900 of which are children. Even more staggering is that over half of these families are employed. Lynn stated when someone has fallen onto hard times; it takes six to nine months of food assistance for that family to get back on their feet. Also, food in Teller County is priced 12 percent higher than the national

average; for example the national average for the cost of a meal is \$2.74, but in Teller County the average cost of a meal is \$3.07.

In 2014, LCFP distributed over 600,000 pounds of food to needy families.

Goals for 2015 include covering the monthly utility expenses for the new building, and a dependable refrigerated truck to transport the food that is donated. They hope to expand by adding two wings to the new building.

Thanks to Table Sponsors: Bargain Mart, Black Hills Energy, Black Mountain Pump & Drill, Coldwell Banker, Marc Detteneider, Divide Mountain Rentals, Exostrategies, Les Ezzell, Glaser Energy Group, Impact Life Group, Keller Williams, Loaf'n Jug, PK Enterprises, Quality Science Labs, Six Point Construction, Storehouse Ministries, Sydney Del Bianco, Ute Pass Saddle Club, and Keith & Liz Watkins. Thanks also for silent auction items donated by the community, and for the many volunteers who made this event happen.

Can you help Ken and Judi feed the multitudes? To contribute your gift of time or money call 719-322-7610 or email littlechapel-foodpantry@outlook.com

"Queen of the Week" Chaffee County Fair & Rodeo Queen named to post

The 2015 Chaffee County Fair & Rodeo Royalty court attended the National Western Stock Show in Denver on January 17-18, 2015. The National Western Local Rodeo Royalty Volunteer Program provides opportunities for statewide fair and rodeo royalty to promote their respective events as well as the Stock Show, the western way of life, the sport of rodeo, and mentoring youth development. The Local Rodeo Royalty Program (LRR) has been a valued part of the volunteer program since 2004 and has maintained an outstanding reputation throughout the National Western organization.

Volunteer assignments include, but are not limited to: welcoming guests to the Stock Show and other premier ticketed events (meet and greet), Super Dogs Show, Coors Western Art Room and the Founder's Memorial Service; assisting young cowboys and cowgirls at the Stick Horse Rodeo held in the Children's Activity

Pavilion; presenting ribbons at various livestock competitions; and escorting box-seat ticket holders to their seats at the daily rodeo performances, referred to as Gold Buckle seating.

Of special note, 2015 Chaffee County Fair and Rodeo Queen, Savannah Krivanek, was selected by newly crowned 2015 Miss Rodeo America, Lauren Heaton (former Miss Rodeo Oklahoma), as the "Queen of the Week" at the National Western. Savannah is the daughter of Mark and Heidi Krivanek of Salida. Savannah is 15 and attends Salida High School. The Chaffee County Fair & Rodeo Princess, Analyse Watts is the daughter of Mike and Jeannie Watts of Nathrop. Analyse is 12 and attends McGinnis Middle School. Also in attendance as Local Rodeo Royalty volunteers were 2015 Chaffee County Fair & Rodeo Queen Attendant Bobbie Kay White of Buena Vista and Princess Attendant Hannah Martinez of Salida.

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Nature gardening Techniques from olde tymes for all tymes

by Mari Marques

"In the seed and the soil, we find the answers to every one of the crises we face. The crises of violence and war. The crises of hunger and disease. The crisis of the destruction of democracy."

— Vandana Shiva

With so many seed companies being bought up by Monsanto and other big corporations, how do you know you're getting safe seeds? Some of the trusted sources I've used in the past are Horizonherbs.com, Johnny's Selected Seeds, Seed Savers, and mountainroseherbs.com. High Mowing Organic Seeds (non-GMO) can be found at Ute Pass Feed Store in Florissant and Mountain Naturals in Woodland Park. I faithfully write to companies to ensure their seeds are GMO free before ordering. Burpee's Seed Company adamantly claims that they are GMO free and if a company that large is going to lay claim to that in writing, I'll take their word for it but would still rather keep it closer to home and support some of the smaller seed companies.

The nation that destroys its soil destroys itself.

Franklin D. Roosevelt (1882-1945),
President of the United States

You will also need to ensure plants that are pollinated by insects or through the air are not contaminated by GMO plants. This is a little hard to do as pollen can travel for many miles. It pays to be aware of what is growing around you in gardens and on farms when taking this into consideration.

I find three of the most important aspects when gardening is providing the correct soil, nutrients and of no less importance, protection.

If you intend to grow an organic garden, it is vital that you protect your garden and compost pile from runoff. If your neighbors use chemicals in the garden, or if you live close by a roadside, you'll need to take precautionary measures to prevent contamination. The state of Colorado mandates that each county spray the weeds alongside the roads. Some of the chemicals used for weed control are highly leachable in water, can persist for several years, and can turn your compost pile into "killer" compost if caution is not taken.

Something of extreme importance that is often overlooked is the health of the soil. In two handfuls of soil there are more micro-organisms than there are people on the planet. When chemical herbicides and pesticides are applied to the soil, it literally destroys it. Roundup or glyphosate is an anti-biotic, meaning against life. It does not distinguish good from bad; there are plenty of good organisms necessary to the health of your garden being destroyed as well.

A safe herbicide that I have used with great success is apple cider vinegar. It even kills those gnarly thistles that Roundup doesn't eliminate. Armed with a little determination, apple cider vinegar is very effective and you can direct it at one plant instead of randomly spraying and possibly killing other plants in the process. I have seen Roundup create complete dead zones with one thistle poking up out of the middle; apple cider vinegar to the rescue. It may take more than one application, sometimes it takes being as persistent as the plant you are trying to rid your garden of. Another thing worth mentioning is I find it best not to wage all-out war on any

one plant. I've seen that go horribly wrong with a barefoot friend determined to rid the land of yucca. Yucca won, suffice it to say.

Protection

Most people couldn't imagine a beneficial use of the dreaded thistle but imagine if you were in need of protection. What could be a better ally? Plants that act as protectors for other plants include thistle, rosemary and other pungent aromatics or extremely bitter plants. Tomato stems and leaves can be hung around to deter pests. My chickens won't even go near tomato leaves and reportedly aphids are repelled by them as well. Aromatic biters also deter birds at seed planting time. Thistle (that dreaded thistle) is extremely effective when picked young and green while the thorns are still close together to provide an excellent barrier for slugs, caterpillars and other animals that hatch out of the ground and climb up onto the plants. This spiky barricade does no harm to the plants and can be removed in winter when the plants are finished bearing fruit. Any thorny type of brush (sagebrush) can be used to protect bush vegetables from birds and when packed into mole or prairie dog holes will discourage prolific overpopulation on your property. In the words of Emerson, "A weed is an herb that has not yet been recognized for its virtues." I wholeheartedly agree.

Bugs

Every insect has a purpose on the planet just as every plant does. It is important that we don't eradicate any one species but of course managing the populations of insects is advisable. Consider this, one role the fruit fly plays in the whole scheme of things is to spoil much of the plant's fruits so as to protect the health of the plant itself from being damaged by bearing too heavy a crop caused by modern cultivation. You may have less fruit to sell or eat but the overall health of the plant is improved and the quality of the fruit is better. Cayenne pepper can be sprinkled on fruits before they ripen to deter the fruit fly. It is a tonic to the plant and harmless to human beings but despised by the invading fruit fly.

If you have a serious ant invasion, it could be a sign that you have a serious aphid invasion as well. Ants milk the aphids for nourishment and a seriously relentless army of ants will lead you right to them. I've found through experience that certain plants can be grown as sacrificial plants. Aphids like mustard greens, tobacco plants, and sunflowers. They tend to stay on their plant of choice and leave the other plants alone. Bugs, if you can't beat them, give them a nice place to live.

Tip: Ants and rodents are repelled by peppermint. You can either grow it or drop the essential oil around their trails.

Dried and finely powdered herbs can be mixed with seeds before covering them with top soil. This method also deters rodents and other seed stealing creatures. These dried herbs are also a tonic to the seeds they are protecting. Every year I take the old dried herbs out of my apothecary and sprinkle them into the garden to provide minerals and nutrients completing the circle from sowing, growing, harvesting, and returning them to the Earth.

Another method is to make a strong tea with the herbs and saturate sphagnum moss or peat moss with the liquid and pack around your plants. This method will retain its protective powers even in strong rain or wind that could blow away powders. If you live in the Rocky Mountains, you know the wind. Another old time insect repellent is the powdered heads of

the African daisy or pyrethrum which I have actually grown with great success in my greenhouse. Any of the powdered herbs mentioned here can also be made into a strong tea and sprayed onto the plants and soil.

Plants as tonics for other plants: sage and mustard.

Herbs for disinfecting the soil are mustard and sage which are easy, inexpensive and rapid growers. At flowering time, simply cut and dig them into the ground. It is a tonic to the plants and kills off any insect eggs that may be lurking in the soil. Mustard is not something new; it has been documented in old farming journals in the days of Queen Victoria. Sage drops its leaves pretty prolifically a couple of times per year. These may be swept up and mixed with manure and wood ash and given to other plants. Sage has historically been used by Mexican Indian workers on thousands of acres of grapes with great success.

Nourishing and fertilizing

Although wood ash is not an herb, as a fine powder it is a wonderful plant food, it deters birds and animals and is harmless to plant and man. Powdered charcoal can be sprinkled on root vegetables to deter insects and wire worms. Straw can be burnt on the surface of the soil before planting seeds to provide extra minerals, deter root pests, and conserve moisture.

Grow comfrey in your garden. Not only is it of the utmost benefit to man and animal as medicine, it is beneficial to other plants. Being deep rooted it doesn't take from the surface minerals or water, keeping the soil rich and moist for the plants around it. The leaves provide nitrogen as a fertilizer when soaked and rotted in water. Strain and dilute half with water.

Salty sea vegetables, green, brown, or red provide an excellent organic fertilizer; they can be well-rotted, dried, or powdered. In general, about a handful per plant per year is recommended. Too much salt can render a plant infertile.

Although using chemical fertilizers, herbicides and pesticides in the garden is a relatively new technique; old time nature gardening seems to me a more nurturing way in which to treat the Earth. It's time tested and herbalist approved. Happy gardening everyone!

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

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Good Seeds

Here is another list of GMO free seed companies right here in Colorado taken from the "Safe Seed Resource List" on the website Council for Responsible Genetics. In 1999, the council created the Safe Seed Pledge. This pledge helps to connect non-GM seed sellers, distributors and traders to the growing market of concerned gardeners and agricultural consumers. The Pledge allows businesses and individuals to declare that they "do not knowingly buy, sell or trade genetically engineered seeds," thereby assuring consumers of their commitment. See more here: <http://www.councilforresponsiblegenetics.org/ViewPage.aspx?pageid=261>

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6 Lbs. Lean Stew Meat
6 Lbs. Rib Steaks
6 Lbs. T-Bone Steaks
6 Lbs. Cube Steaks
12 Lbs. Boneless Rump Roast
Total Weight 100 Lbs.
\$6.09 Per Lb.
\$609.00 Approximate Total

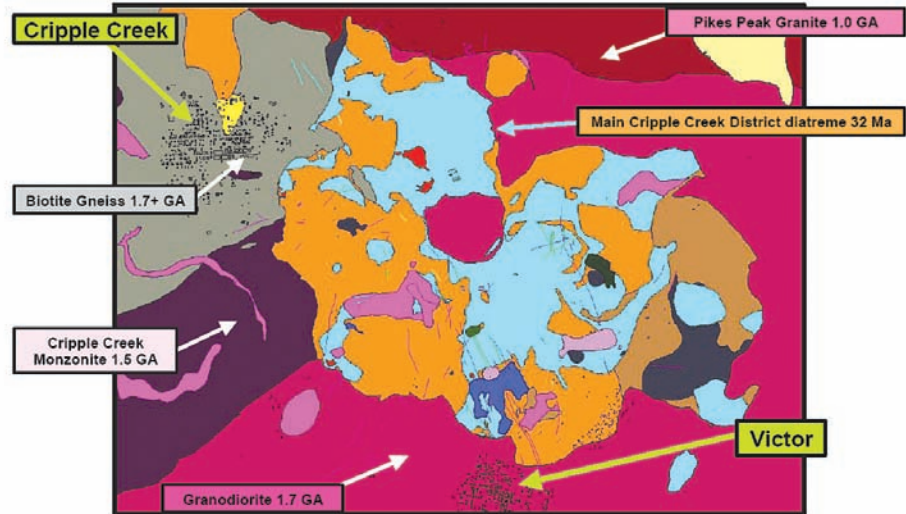
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3 Lbs. Pork Steaks
4 Lbs. Pork Cutlets
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Do you suppose that the gold in your jewelry, fillings, or electronics came from a 32 million year old volcano in Cripple Creek? Geologic map of the Cripple Creek Mining District

Golden volcano

by CC&V Community Affairs

About 32 million years ago, there was some excitement in the Cripple Creek District, although it wasn't known by that name at the time. During this time, the Oligocene epoch, the climate was cooling down and there were changes in the flora and fauna where tropical jungles were being replaced by broad-leaved and coniferous forests, and grassland and prairies were supporting large grazing mammals. In the Cripple Creek area, volcanic explosions were happening where four different Precambrian rock units were intersecting, breaking and mixing the surrounding rock, and forming a crater that would hold a surprise for miners millions of years later and create even more excitement for the area.

Toward the end of the volcanic cycle, in a process called mineralization, gold was placed in the rock near the surface throughout the volcanic complex. Hydrothermal activity (super-heated water) pushed the gold into porous rock in veins and pipes forming high grade and low grade ores.

Early miners, beginning in the 1890s, found and extracted the high grade ores in underground mines to the extent that the technology of the time would allow, creating a gold rush, the "World's Greatest Gold Camp", millionaires, and a rich history. Today, the Cripple Creek and Victor Gold Mine is able to work with low grade ore through the process called heap leaching, where a weak solution of sodium cyanide is dripped over small-sized ore to dissolve the gold on the surface. That golden volcano has yielded the precious metal for the last 120 years, and still has potential for many more years of mining richness.

At the CC&V Visitor Center, 371 E. Bennett Avenue in Cripple Creek, we have exhibits and more to showcase the excitement that gold mining has contributed to our heritage. Winter hours are Saturday and Sunday from 10 a.m. to 4 p.m., and Monday morning Coffee Club starting at 10 a.m. Call 719-689-2341 or 719-689-5042 for more information.

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Guffey and AARP

by Flip Boettcher

The eclectic mountain community of Guffey, located in southeast Park County, is listed as the number two of six hidden destinations to visit in the U.S. according to the AARP (American Association of Retired People) website: <http://travel.aarp.org/articles-tips/articles/info-08-2012/getaway-best-vacation-places.page.1.html>.

The website says that it is best to avoid the obvious and when it comes to travel this means skipping the urban and resort destinations and heading for the hills, the mountains, the valleys, the islands the bayous and the bays unknown to most tourists.

The six AARP hidden escapes from number one to number six are Morgan City, Louisiana; Guffey, Colorado; Waipio Valley, Hawaii; Bath, North Carolina; Solomons, Maryland; and Mackinac Island, Michigan.

According to Eric Peterson, author of the one paragraph Guffey AARP write-up, "Guffey has 98 human residents who look to their pets for political leadership: Citizens have elected cats and dogs as their mayors for as long as anyone can remember. The town itself is a ramshackle masterwork of roadside Americana, taking cues from the Wild West and the Psychedelic '60's in equal measures."

Everything Peterson says about Guffey rings true except the population. According to Peterson the population of downtown Guffey is 98. Actually, the downtown population has expanded in the last year or so to about 40 residents with several hundred residents in the greater Guffey area. The Guffey Community Charter School is experiencing its largest enrollment in many years.

Over the years, Guffey's population has varied widely. In Guffey's gold rush years, 1895 to 1902, the population soared to 500 residents with more than 40 businesses including a female barber and three newspapers.

The 110 acres of the Guffey town site was purchased by Gus Cohen in 1896 for \$1.25 per acre or \$137.50, according to "Guffey: One Hundred Years of Memories", edited by Guffey resident Helen Cahill. The book is a compilation of recollections by past and current residents of the town site of Guffey.

People were originally brought to the Guffey area by the lure of gold because its geology was very similar to Cripple Creek with its huge gold strike.

Little of value was found and the mining



The sprawling metropolis of downtown Guffey. photo by Flip Boettcher

boom was replaced by the ranching and home-stead boom. The cattlemen's association met regularly at the Guffey Town Hall.

Guffey was also a social center with dances at the Town Hall which were known far and wide. According to Virgil F. White (whose father is buried in the Guffey cemetery) in the Guffey 100 Years book, "I remember at Guffey when they had a dance in the hall, there was a check stand, and everyone was compelled to check his six-gun and spurs."

Another past Guffey resident, Rose White in the Guffey 100 years book wrote, "I remember when I was 10 or 12 years old, one young man rode his horse into the dance hall just to show off." The rodeos in Guffey were very popular as well.

After the ranching boom, Guffey dwindled down to about 13 people when long-time Guffey resident Pat Ownbey arrived in 1945. Everyone was related, Ownbey said, and she was related to them. Ownbey is related to early Guffey area pioneers the Dells and by marriage the Hammonds.

After Ownbey's arrival in 1945 the population gradually climbed to the high twenties and remained somewhat constant until this last year or so with the population exploding to 40.

Guffey has three eating establishments: Freshwater Saloon, Bull Moose Restaurant and Bar, and the Rolling Thunder Cloud Café. There are two gift shops: Strictly Guffey and the artists gallery located in the RTCC, but NO gas station.

"Accommodations come in the form of funky, inexpensive cabins [without running water or electricity] and dining is at a bar and grill, making Guffey the perfect destination for a lost weekend", said Peterson on the website.

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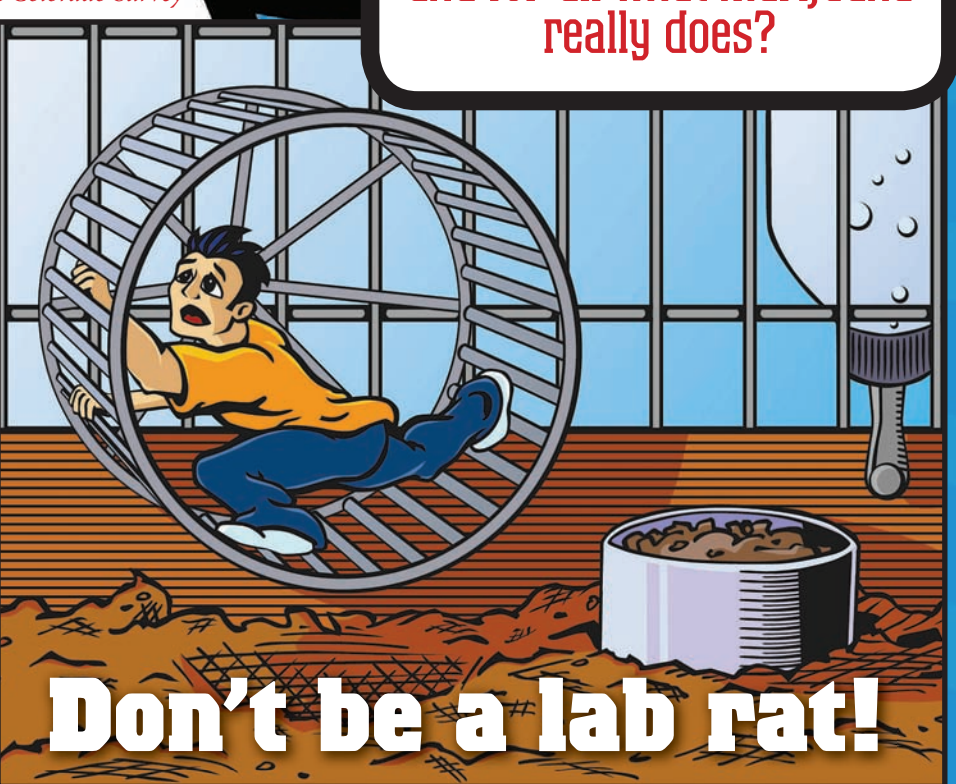
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Still, some people question this research. They say that the studies need to go deeper. Look further.

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The time is right for a sign at Divide, and a legend

by David Martinec

Many years ago (the exact date is lost to recent antiquity) when the stars were aligned and the constellations were fixed in the heavens so that Orion's Belt pointed directly to the summit of Ute Pass, a wise man declared that Divide was not just in the center of Colorado, it was the "Center of the Known Universe." Years have come and gone since then, and about the only time one sees that phrase in these days is when it is used by the Divide Chamber of Commerce (it's their official, copyrighted logo). But things are about to change.

For nearly a decade the Divide Chamber has nursed a project to place an appropriate welcome sign along U.S. Highway 24 to alert both travelers and locals alike that they are approaching what many consider a cosmic spot on the face of the earth, unlike any other. Before the highway was widened to four lanes, there used to be a smaller welcome-to-Divide sign in the field near the entrance to Meadow Park. But that sign disappeared with the road work. A couple of years ago, at the chamber's prompting, the state *did* post one of their green road signs marking the westbound approach to Divide. But



Welcome to Divide (westbound)



Midland Depot at Divide (eastbound)

according to many, that sign is not enough.

Until the last few years, the chamber's sign project has lingered. But time, effort, and good people have been able keep the project alive, doing things that others thought impractical; now the sign project is about to become a reality. The board of directors of the Divide Chamber of Commerce, in order to more fully promote the community of Divide, is about to accomplish what has been a dream for many years — the erection of a worthy sign of welcome and a monument for the Midland Depot at Divide, as well.

The planning process has been long, and seemingly endless, but permissions from the Colorado Department of Transportation (CDOT) and the Teller County Planning Department have been secured. Not long ago, the Board of County Commissioners passed a resolution approving the project.

Scheduled to be in place by spring 2015, the sign will be large and located at the northeast corner of the depot property just east of Weaver-ville Road (see drawings). It will tower over the boundary fence along the highway on the south, a two-sided, angled affair with the silhouette of a train carved in iron at its apex. While the sign itself will not have the chamber logo on it, below the sign will be space

to hang the chamber banner or other banners and post announcements. The entire structure will be supported by three 30 foot logs standing majestically skyward to mark the center of the universe as we (who are "in the know") know it.

All the elements are coming together. An artistic volunteer with a plasma torch is set to burn out the train silhouette, and a sign maker has begun assembling the words on a field of wood. When these are finished, and when the weather co-operates, a general contractor and several supporting contributors are ready to connect all the parts and make the sign appear as soon as the time is right.

It will mark the spot of our existence in the cosmos. While the aim of Orion's Belt may be at another place on earth now, perhaps to the Pyramids in Egypt or to the Nazca Lines in Peru, one can still look up in the night sky and see those five bright stars and imagine that at some time in the past the center of that constellation pointed here. Here at Divide. *At least, that is the legend.*

Note: Funding and some materials for the sign project are made possible through the generous donations of Divide Chamber members, as well as contributions from community individuals, but more help is needed. Interested contributors towards the cost of the sign project may contact the chamber through Lisa Lee at Shipping Plus in Divide (Tel: 719.686.7587), or by contacting the Divide Chamber of Commerce directly (Tel: 719.686-7606, Email: chamber@dividechamber.org)

What do low oil prices mean for investors?

As you have noticed, your trips to the gas station have been a lot more pleasant these past several months. There's not much doubt that low oil prices have been welcome to you as a driver. But when oil is cheap, is that good for you as an investor?

There's no clear-cut answer. But consider the following effects of low oil prices:

Positive impact on economy

When you spend less at the gas pump, relative to recent years, what will you do with your savings? Like most people, you'll probably spend most of it on goods and services. If you multiply the amount of your increased spending by the millions of other Americans who are also saving money on gas, you can see that you and your fellow consumers are likely adding billions of dollars to the economy. Typically, a strong economy is also good for the financial markets and for the people who invest in them.

Different results for different sectors

Different sectors within the financial markets may respond in different ways to low oil prices, even if the overall effect is generally positive. For example, businesses such as consumer goods companies and auto manufacturers may respond favorably to cheaper oil and gas. But the picture might be quite a bit different for energy companies.

You could spend a lot of time and effort trying to adjust your investment portfolio in response to low oil prices. In fact, you may well want to consult with your financial professional to determine which moves might make sense for your indi-

vidual situation. Yet there's actually a bigger lesson to be learned here: Don't overreact to temporary developments. The recent decline in oil prices has certainly had an economic impact, but no one can predict how long these prices will stay low or what other factors may arise that would affect the financial markets. That's why you can't reconfigure your portfolio based on particular events, whatever they may be — oil price drops, interest-rate fluctuations, political squabbles at home, natural disasters in faraway lands, and so on.

If you can keep from being overly influenced by specific events, you may be able to gain at least two key benefits: First, by not making trades constantly in reaction to the headlines of the day, you can avoid piling up heavy fees and commissions — costs that can reduce the return rate on your investments. Second, you'll find that if you aren't always thinking about what's going on in the world today, you can focus your investment efforts more intensely on where you want to be tomorrow. The most successful investors set long-term goals and don't focus on factors they cannot control, such as oil prices, interest-rate changes or other economic events. Instead, these investors make adjustments, as necessary, to accommodate changes in their goals as well as other changes, such as revisions in tax laws, but they basically stick to their same approach for the long term.

So be aware of low oil prices, but don't get so "pumped" about them that you sludge up your consistent investment strategy because that strategy has the energy to keep you moving toward your important objectives.

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

Thymekeeper presents Chautauqua

by Pikes Peak Historical Society

Have you ever wondered if those pretty wildflowers seen in mountain meadows are good for anything besides photographs? What about the lichen found on trees and rocks, isn't it just animal food?

The Pikes Peak Historical Society invites you to join Mari Marques as she talks on the varied uses of local plants, flowers, trees and shrubs. Mari, a certified herbalist, studied at the Rocky Mountain Center for Botanical Studies in Boulder. She has been practicing herbalism for 17 years along with wild-crafting and making herbal remedies. Mari, at one time, had an herb store in Manitou Springs called "The Thymekeeper" and currently has a small shop in Florissant. Mari also teaches classes as well as writes for the local paper.

"Common Mullein, also known as Shepherd's Staff, Old Man's Flannel, Velvet Plant, Indian Tobacco, Camper's Toilet Paper, and many other common names including "those

darn cabbages!" can be found throughout this region. Although considered a "noxious weed" by the state of Colorado, Common Mullein is invasive but noxious, not so much. Consider that mullein is one of the first plants to come back in the Hayman burn area speaks to one of its many uses. Invasive plants that form dense clusters in disturbed habitats help to protect areas from further degradation."

The Pikes Peak Historical Society invites you to learn more about local plants and their variety of uses with Mari Marques on Sunday, February 15, at their monthly Chautauqua (free program), at 2 p.m. at the Florissant Library. The Library is located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free, and refreshments are served. Seating is limited. For more information, call 719-748-3562.

Rampart library news

February is "Love your Library" month

by Anne Knowles

"Love your Library" month has been a tradition at Rampart Library District for the last 10 years. Please come into either library, decorate/fill out a paper heart and place it on the library tree in the front of each library. While you're here, check out a good book, read today's newspaper, attend a meeting or get some help from one of our friendly librarians. We would love the opportunity to let you know how much your patronage and support is appreciated and we want to hear your thoughts on the library.

February brings another annual event at Florissant Public Library, the highly anticipated Children's Winter Fun Day on Saturday, February 7 from 10 a.m. to noon. Brought to you by the Friends of the Florissant Library, it is a chance for the whole family to enjoy games, art activities, temporary tattoos, jewelry making, Valentine cards, music, Legos, pretzel decorating and snacks. There will also be some good used books available for a suggested donation of 25 cents each.

The AARP Smart Driver Course for drivers aged 50 and over will be held at Woodland Park Public Library on Wednesday, February 25 from 9 a.m. to 1 p.m. Completing this course may qualify you for lower insurance rates. Preregistration is required. Please call 719-687-9281 ext. 113 or stop by the Circulation Desk at Woodland Park to register. There is a charge of \$15 for AARP members and \$20 for non-members.

The one-on-one free self-help legal clinic via computer link takes place at both libraries from 2 p.m. to 5 p.m. on the first Friday of each month. Upcoming clinics will be held on February 6 and March 6. Space is limited and you must register in advance by calling Woodland Park at 719-687-9281 ext. 103 or

Florissant Public Library at 719-748-3939.

The book clubs at our libraries are growing and would love to have you participate. The Book Worms at Florissant Public Library meet on the third Wednesday of every month from 10:30 a.m. to noon. They will be discussing "Isaac's Storm" by Erik Larson on February 18. The book club at Woodland Park meets on the first Tuesday of each month from 10:30 a.m. to noon. It will meet on March 3 to share thoughts on "The Stolen Life of A.J. Fikry" by Gabrielle Charbonnet.

Florissant Public Library has themed story-times every Thursday at 10:30 a.m. You won't want to miss "Igloos" on February 5, "Italy" on February 12, "Impolite" on February 19 or "Invisible" on February 26. Attendance at these storytimes has been increasing so stop by and see why they are popular. Woodland Park Public Library has storytimes on Wednesdays and Thursday at 10 a.m.

The IRS is cutting back on the tax forms available in print form. When they ship them, our libraries will only receive the 1040, 1040A and 1040EZ forms. The IRS will not send us any instruction booklets or other forms. We have links to the IRS, Colorado tax forms and information and tax forms from all 50 states on our home page <http://rampartlibrarydistrict.org>.

Volunteers from VITA (Volunteer Income Tax Assistance) will be at Woodland Park Public Library on Thursdays afternoons beginning in February for the tax season. You need to make an appointment through VITA to get help. Please call Vicki at 229-9868 for more information and to make your appointment.

Make February the month you visit our libraries either in person or through our website or Facebook and find out all we have to offer you!

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Sixth Annual PIE-Palooza

Guffey School hosts event February 12th

by Pam Moore

On Thursday, February 12th starting at 5 p.m., the Guffey School will be all about PIE as they host their Sixth Annual PIE Palooza. The Palooza evening features a PIE contest, a western melodrama about PIE and a live PIE auction, which last year topped over 50 PIES raising close to \$3,500.00 for the school. The PIE Palooza is both a pie contest and an auction so you'll need to bring two of each PIE that you enter, one to be judged, and one to be auctioned off during the event. Entries for, "auction only" are welcome too. This year, funds from the Palooza will be used to support the school's technology upgrades.

New! There will be four different PIE categories, which are: fruit, cream, other, and a new category, savory. Ribbons will be offered for first, second, and third place in each category. One talented PIE baker will be honored with a Grand Champion and join



This Best in Show trophy was recently returned to the school by the 2014 PIE Palooza winner Norma Farmer who's winning entry was a Pitter Patter Cherry PIE. Who will be the 2015 PIE Palooza Grand Champion? Enter and it could be YOU!

former Palooza champions Alexi Alfieri, Norma Farmer, a two time winner, Dawn Carica, and Gene Farmer. Early entry forms are at the Guffey Library, the school, and on the school's website.

Entertainment will be provided by the Guffey School Players, who will be performing an original old western-style melodrama entitled "All's Fair in Love and PIE," written by Alexi Alfieri and directed by middle school teacher, Hillevi Peterson-Hirsch.

Local auctioneer extraordinaire Chris Downare, who last year auctioned 53 PIES, will again be conducting the auction. Refreshments of, what else, PIE, will follow the awards ceremony.

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



Pearls of Wisdom

by Shari Billger

February's pearl is a gift of love to yourself! Valentine's Day is a day where lovers, friends and family celebrate across the United States with love cards, roses, candy, candle lit dinners, presents and romantic get-aways. From this year forward, let's also make it a day of self-love, a time to embrace all the good and beauty in YOU!

It has been proven that affirmations help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible. The power of positive

affirmations frees the mind of negativity and helps create a life of happiness, abundance, peace and joy. Where your mind goes, energy follows. My challenge and gift of love to each of you is to read the following affirmation to yourself; then wrap your arms around yourself with a big hug. Repeat this each day for one month and see if your world doesn't change always remembering that you are the world, that each of us is God's favorite person!

See Wholistic Networking Community in Out & About page 23 for more information.

Valentine to Self

I LOVE YOU FOR THE PERSON YOU ARE.

I love you for being my greatest teacher.

I love you for accepting me unconditionally.

I love you for forgiving others when they are less than perfect.

I love you for forgiving me when I am less than perfect.

I love you for your willingness to replace judgment with discernment.

I love you for your willingness to be transparent and authentic with yourself and others.

I love you for speaking your truth.

I love you for your compassion.

I love you for seeing that the darkness is only the shadow-self.

I love you for the kindness you offer to the stranger on the street.

I love you for knowing that you are the change you wish to see in the world.

I love you because together we are making the world a better place to live, day by day.

Happy Valentine's Day, today and every day!

"Shari and Melissa 2015" (Melissa is my daughter)

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Winter Goddess

by Danielle Dellinger

The land was silent. There wasn't even a slight breeze to rustle the dried up weeds. Mother Nature glided over the snow, not leaving a trace that she'd been there. The winter months were cold and long for all the creatures, and she didn't see any of them out. The sun was about to disappear behind one of the collegiate peaks, Mt. Yale, which is part of the Sawatch Mountain Range. Mother Nature stopped to watch the last of the golden ball dip behind the massive landform.

She was standing in the spot where the town of Buena Vista would exist in about 60 years. It would be settled in 1864 by settlers attracted to the area by the plentiful water, making the land ideal for agricultural practices. It would become a popular stop for all types of travelers who were making their way up toward Leadville. The town would get its name based on a suggestion by a local woman of German descent, Alsina Dearheimer, in the year 1879 when the town would be incorporated. The name is means "beautiful view." It was intended to sound like the word beautiful.

But right now, there was nothing. Mother Nature looked up at the clouds as they turned a goldish pink from the setting sun, and bathed the land in a strange, magical hue. The snow occasionally sparked with the last light of day. "Beautiful, huh?" came a female voice from behind Mother Nature.

Mother Nature's form rippled and twinkled with surprise at the sudden voice. She turned around to face the being who had spoken — and what an elegant being she saw.

It was a slender and tall woman, dressed in a white lace dress with a high collar and bell sleeves and a cape that attached to the shoulders and dragged slightly on the snow behind her. The dress was of the Victorian style of the early 1800s. Her skin was like porcelain, and even whiter than the untouched snow on Mt. Yale's peak. Her hair was a mixture of light silver and white.

"Who are you?" Mother Nature asked, suspicious.

"I'm Winter Goddess," the woman replied, admiring her nails as if she were bored.

She looked up at Mother Nature with crystalized white eyes, and smirked.

Mother Nature's form shimmered with annoyance. "Why're you here?"

"I've come to visit the land, maybe take over for you," she replied calmly, but her eyes sparked.

Mother Nature could see the faint outline of a silver, eight point snowflake on the woman's neck. "Take over for me?" she asked, her eyes narrowing.

"Well, some of us were talking, and we think you've been around long enough and that it's time for some fresh powers to take over. We're the gods and goddesses of the four seasons. We each want a turn."

"You're joking, right?" asked Mother Nature, in disbelief.

"No. What's joking?" Winter Goddess deadpanned, looking completely serious.

Mother Nature stared, unable to believe that someone had the audacity to challenge her. "You're only going to create extreme chaos with what you want."

Winter Goddess shook her head. "I came here to be polite and ask if you would step aside, dear Mother Nature," she said, her tone cool but sharp like ice.

"Oh, that was thoughtful of you," Mother

Nature retorted, rolling her eyes. "But this was all a waste for you. I will maintain my power and you will suffer the consequences if you try to overthrow me. Just know; your arrogance today hasn't done you any favors."

The moon was beginning to rise high into the now-cloudless sky. Winter Goddess chuckled icily. "Stubborn old hag, aren't you?"

"Watch yourself, child," Mother Nature warned. Winter Goddess' eyes glowed in the light of the full moon, and she smirked defiantly at Mother Nature. "I think it's you who should watch yourself, hag. Times are changing. Your time has ended."

Anger rippled through Mother Nature and down into the ground. There were loud booms as boulders fell and the ground cracked and shifted against itself.

"Someone has a temper," Winter Goddess cooed, nonchalantly stepping to the side of a crack as it appeared in the snow. "Careful, you wouldn't want to harm your precious creatures and environment."

A growl rumbled out of Mother Nature. "You test my patience. You better leave now, and tell your group there is no room for your kind of chaos in this world."

"You know my grandmother was the cause of the Ice Age, right?" asked the woman.

"I'll deal with you in the same manner that I dealt with her." Chunks of snow were now lifting up behind Mother Nature as she prepared to throw them at Winter Goddess.

"You can't lock me away like you did her. I can't be contained. But I heard she weakened you tremendously. That you were the size of a ferret at the height of her power."

"Don't believe everything you hear," snapped Mother Nature, and hurled a chunk of snow at her challenger.

Winter Goddess exploded the snow into snowdust with one flick of her finger.

Mother Nature threw a few more chunks at her, and each one met the same fate as the first one.

Suddenly, Winter Goddess was right in Mother Nature's face, her hand at her throat and her long, pointed fingernails disappearing into where her neck would be. "Age must be slowing you down," hissed Winter Goddess.

Mother Nature went to jab a sharp rock into Winter Goddess' side, but the woman disappeared into a shower of snowflakes. She appeared to the side of Mother Nature, laughing.

"I wanted to believe the stories that dear Mother Nature is ageless. At least for a while, you were a hero to us gods and goddesses," she mocked.

"You'll never be a hero, Winter Goddess. Not if I have anything to do with it."

"I'm not looking to be one. I'm looking to be a ruler, to take your place. You've ruled this spherical rock long enough."

Mother Nature rushed at the Winter Goddess, morphing into an eagle and trying to scratch at her eyes and face.

Winter Goddess shrieked so high and loud that Mother Nature heard the ice crack and hiss from the nearby frozen stream. She was able to be impressed for only a moment before Winter Goddess grabbed her by her wings and hurled her away into a snowbank. She squawked when she hit the crusty snow. She changed back into her original form and glided quickly toward Winter Goddess.

"This can't go on, Winter Goddess!" she said loudly, her shimmering arms slowly rising up as she brought a wave of snow up behind her.

"You're right, it can't because I'm getting bored," Winter Goddess

replied, stifling a yawn.

She faced Mother Nature and started moving her hands in circular motions over and around one another. The two moved toward each other swiftly, and they met with a big crash. Winter Goddess hurled a charged snowball at Mother Nature, just as she brought the wave of snow down on them both.

For a brief moment all was still and quiet. Then they both came up out of the snow and rose into the air. They morphed into orbs of light and snow, and swarmed around each other, like angry bees or hungry piranhas, slashing at the other with whatever weapon they could create. But soon they knocked into each other and were sent careening away in opposite directions. Hundreds of feet separated them when they landed, and they immediately morphed back into their original forms.

"That is it!" screeched Winter Goddess, staggering to her feet. Her hair was a tangled and disheveled mess. She held out her arms in front of her, palms down toward the ground, which began to quake and groan. The snow behind her began to shift and writhe as something moved beneath it. Occasionally, a red eye could be seen as a head partially appeared. A moment later snow was sprayed everywhere as a massive creature emerged.

Mother Nature stared in awe at the white dragon behind Winter Goddess. He was almost as big as Mt. Yale. Foggy breath rose from his nostrils as he turned his head to look at Mother Nature straight on, his eyes merciless.

"Your dragon won't survive long here! The environment is too unstable and restricting for it!" warned Mother Nature, but she was ignored.

"Snow dragon, end her!" called out Winter Goddess.

The dragon's mouth opened and out came a beam of ice shards and snow.

Mother Nature gasped and disappeared, reappearing off to the side of the beam as it tunneled into the ground a bit while also creating an ice sculpture. When the beam stopped, she could hear Winter Goddess laughing loudly.

"So it takes a dragon to put you in your place!" sneered Winter Goddess. "Excellent. I have no qualms with it." She pointed at Mother Nature and the dragon lurched forward and began to charge her.

Mother Nature's shimmer dulled the more worn out she became. Her ghostly form rippled slowly with exhaustion as she raced to come up with a plan. But the dragon was already bearing down on her. Another beam of snow and ice shards shot out from his mouth. Mother Nature was a bit too slow getting out of the way, and part of the beam clipped her side. A gasp rattled out of her as she flopped into the snow. She looked up just in time to see another strike headed right for her. She mustered her strength and disappeared to a few hundred feet away.

From where she lay, she extended her hand toward the dragon and began to transform the ground beneath him, hoping to encase his legs in frozen rock. Unfortunately, she was in range of the dragon's tail and he whipped it down on her, sending snow up into the air.

Mother Nature had moved just in time. Now she was hiding in some bare bushes. She watched the dragon as it looked for her, studying it to figure out how to defeat it.

"Where'd you go, Mother Nature?" Winter Goddess cooed. "I know you wouldn't really allow yourself to be squashed like a bug." She began walking, coming up behind the dragon, whose tail was in the air and slowly winding from side to side like a slithering snake. Winter Goddess' eyes narrowed as she scanned the foliage nearby.

"There!" she shouted suddenly, pointing right at the bush Mother Nature was in.

The dragon's head snapped in that direction and another round of ice shards and snow exited from his mouth. The bush was obliterated, but Mother Nature wasn't. She was gliding southwest, hoping the dragon would follow her.

"Go! Go!" shrieked Winter Goddess, pointing frantically at the shrinking figure of Mother Nature.

The dragon rumbled and turned around, starting out at a swift run after her.

Even though she was gliding just above the ground, she could still feel the tremors from the dragon's running. She hoped he wasn't squashing any burrowed animals that might be in his path. They continued for miles like this, and soon the dragon launched into the air to keep up. More beams of snow and ice came down at Mother Nature, and she barely missed all of them. She put on a burst of speed when she saw the steam rising from the ground several hundred feet away. As she got closer, the rotten smell was powerful and unforgiving. They had reached the hot springs.

Mother Nature reached the edge of the large pool and stopped, looking up to see the snow dragon circling overhead. She knew he would stay in the air because of the smell, but she needed to bring him closer. She reached a hand up toward the sky. A tornado began to form out of her palm, and rapidly grew bigger. As it grew, lightning began to flash inside it. The dragon angled himself and growled, baring his large teeth. Then the tornado began to pull him inside itself.

The dragon roared and writhed, trying to escape.

"No!" screamed Winter Goddess as she appeared on the scene.

Mother Nature thrust her free hand out at Winter Goddess and made a closed fist. Winter Goddess froze and looked like she was choking. Mother Nature focused hard on the dragon as he was pulled into the center of the tornado. She sealed the top and the tornado morphed into a sphere around the dragon. By now the ground was quaking and shifting. She then thrust the sphere up higher into the air, then in one swift motion, waved both hands to the side and down toward the hot springs pool. The sphere went rocketing down into it, vibrating the ground as it splashed into the water. Mother Nature knelt by the pool and put her hand to the water.

Breathing hard, she muttered out a spell, "Do'track vis kos pah grrie maht." A sheen went across the water like it was freezing over, but there wasn't any ice.

"What're you doing?" growled Winter Goddess, rushing toward Mother Nature.

Being so exhausted and having to split her concentration allowed for Winter Goddess to break free. Mother Nature was tackled and they rolled around in the dirt and wet snow. Her hands were soon around Winter Goddess' throat.

"I will break you," Mother Nature growled.

"I'm a goddess! I'm unbreakable, you old witch."

Mother Nature stared into Winter Goddess' crystallized eyes as she used her powers to freeze Winter Goddess again, whose eyes widened some just before she became completely frozen. Then Mother Nature rolled to the side and dumped the body of the goddess into the hot springs pool. Mother Nature propped herself up to look into the water, and saw black cracks appearing all over Winter Goddess' body. She thought she could hear the goddess screaming. As Winter Goddess floated into the darker depths, Mother Nature saw movement as a veil to another dimension rippled and winked into existence. Then the snow dragon abruptly swam into view and took Winter Goddess with him out of sight.

Mother Nature watched the veil disappear. Once it had, she rolled onto her back and stared up at the sky. Sunrise was in a few hours. She wasn't the size she had been when the sun had set, so she desperately needed the time to rest. Her eyes closed and she took deep breaths, sending herself into a meditative state.

A while later the sky was a pinkish grey as the sun began to rise. Everything was peaceful. Mother Nature groggily opened her eyes and looked up at the sky, her memory flashing images from hours earlier across her mind's eye. She carefully sat up after a moment and looked down at herself, pleased to see that she had grown some in size. It'd take a few days for her to return to normal.

She got up and began walking back to the future site of Buena Vista, waving her hand back and forth in front of her and erasing all traces of the night's battle from the land.



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Ice fishing trips

by Jeff Tacey

It is time for another ice fishing trip. Blue Mesa Reservoir (9,000 acres) just west of Gunnison on US Highway 50 is full of fish. As of this writing, the eastern end of the lake was frozen and the western end still has open water, not bad for a lake that is 20 miles long. Rainbow, brown, cut-bow, brook and lake trout swim here, along with yellow perch and kokanee salmon. Fish the rocky points for the perch, which were illegally stocked years ago. Wax worms and tear drop jigs will catch perch, rainbows and browns. Fish the drop offs by shore for rainbows and browns. Jig with one pole and let the other pole sit, deadstick. Fish the river channel over the deeper water for salmon. A jigging machine will attract the salmon to your bait. Try fishing at Dry Creek, Elk Creek, or the Narrows for lake trout. A large tube jig with sucker meat will catch them. Bounce it off the bottom. You'll be fishing 40-200 feet of water for lakers and salmon. There are hotels in Gunnison for overnight trips.

Another good area is Granby Reservoir (7,200 acres) off of US Highway 34 in Grand County. Rainbow, brown, cutthroat, lake trout

and kokanee salmon fin these waters. Nearby are Shadow Mountain, Willow Creek Reservoirs, and Grand Lake. Anglers jig the deeper water at Granby and Grand Lake for lake trout. Use tube jigs, large spoons, or airplane jigs with sucker meat. Fish near the shore for rainbow and brown trout; meal worms, Power Bait, and wax work well. Lodging is available in nearby Granby, Fraser and Hot Sulphur Springs. You can use a snowmobile or four-wheeler at both lakes as they're National Recreation Areas.

Check Fish-N-Map maps for areas. Check the 2014-2015 Colorado fishing booklet for all rules and regulations.



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Erosion: What you can do

by Coalition for the Upper South Platte

It's ubiquitous. Whether it's carving out magnificent canyons or contributing to water pollution, erosion is happening all the time. Erosion is the process by which the surface of the earth is worn away by water or wind. This natural process normally changes landscapes very slowly, but a number of factors can change the speed and the way in which erosion affects the environment. When accelerated, erosion can have detrimental impacts.

One of the most obvious and widespread impacts of accelerated erosion is environmental degradation. When topsoil is rapidly eroded away by water and wind, the land is stripped of nutrient-rich soil needed to grow vigorous trees and healthy vegetation. As topsoil disappears faster than it can regenerate, the soil's ability to hold water diminishes, leaving thirsty plants unable to grow to their full potential.

If sediment and soil move from one place to the next quickly, land and aquatic habitats are altered. Rapid erosion disturbs habitats by changing the physical environment and therefore the kinds of vegetation and creatures able to survive in that environment.

For example, as more sediment is washed from the hillslopes into waterways, the sediment buildup in streams starts to affect the ability of fish to live and reproduce. As the water becomes cloudy, fish can have a harder time seeing, finding food, and breathing. As more sediment settles to the bottom of a riverbed and changes the composition of the streambed, fish can even struggle to find places to lay their eggs where their offspring will be able to hatch and survive.

It is not just fish that are impacted when streams are overrun with sediment. Sunlight cannot make its way as far into the water when it's clouded by sediment. This means plants may not be able to get enough sunlight to create food for themselves through photosynthesis. As the sediment settles, it can also smother insects that many other creatures rely on for food. These impacts at the base of the food chain have cascading effects on other species.

Nutrients like phosphorus can also bind to sediment particles as they make their way into streams. This sediment-delivered overload of nutrients in the water enables the overgrowth of algae (algae blooms) that drain oxygen available for other aquatic species.

In addition to environmental and ecosystem impacts, erosion can have detrimental effects

on manmade systems. When too much sediment is in our waterways, streams and culverts are not able to pass as much water, so waterways overtop and flood more easily. As we have seen in many parts of the state in recent years, flooding can be devastating and greatly impact lives and vital infrastructure.

We live in an area that is more prone to erosion than most. The decomposed granite that makes up much of our soil does not stick together well and is highly erosive. This fact, along with human activities that accelerate erosion, means one of the major causes of water quality degradation in the Upper South Platte Watershed is sediment loading in our rivers and streams. Many factors, from how land is developed to natural disasters, influence the rate of erosion.

So what can you do to reduce erosion?

Stay on marked trails

Using or starting social trails (unplanned trails created by heavy foot traffic) can contribute significantly to erosion. Unlike planned trails, social trails are not designed with environmental impacts in mind and are not maintained to reduce erosion. Created as the fastest and easiest way to get from point A to point B, social trails often lead you up or down steep slopes. Traffic along bare, steep slopes quickly causes soil and sediment to move downhill and into waterways. So, do recreational areas a favor and stay on marked trails.

Support healthy plants

Doing your part to ensure native plant communities and pastures thrive helps reduce erosion. Bare soils that lack plant cover are much more likely to be washed away and contribute to erosion problems. Invasive weeds can also accelerate erosion as they out-compete native, groundcover plants that hold soil in place. Eradicating noxious weeds and maintaining healthy vegetation on your property goes a long way to slow erosion.

Consider erosion when building and maintaining roads

The way a road is constructed can determine how likely it is to expedite erosion. The placement, sloping, and maintenance of a road all determine how much sediment a road will

This is an example of erosion along Trail Creek, near Westcreek, with the Hayman burn scar visible in the background.

move. Maintenance activities as standard as plowing snow can contribute significant levels of sediment to nearby streams as plows pick up and move sediment along with the snow being cleared. Consult your county for more resources on how to reduce erosion when designing and maintaining roads.

Create a buffer between your field and streams

Whether you have cattle grazing or are growing hay, having a riparian (streambank) buffer between agriculture and waterways is an important practice. A buffer is a healthy mix of native vegetation (willows, shrubs, groundcover, trees, etc.) along the bank of the stream. This buffer helps hold soil in place and capture incoming sediment to prevent the bank from eroding away. Buffers also improve habitat for wildlife and help filter other types of pollution coming off the land before it enters the water. A good rule of thumb is to have a buffer of 20-25 feet between a hay field and a river.

Implement wildfire mitigation on your land

A catastrophic wildfire changes an area dramatically. One consequence of an intense

wildfire is increased erosion. When mountainsides have been largely stripped of vegetation after an intense wildfire, there is very little to hold soil in place or slow the impact of rainfall. This barren landscape is ripe for accelerated erosion, and can send many tons of sediment into streams, roads, and other features below. By thinning your trees to reduce your wildfire risk, you also make way for more native groundcover species that will hold soil in place. Doing your part to reduce wildfire risk on your property and support wildfire mitigation in your community reduces the risk of your home being consumed by wildfire and has many environmental benefits like reducing erosion.

Environments and ecosystems are in constant flux, and erosion is a natural process that contributes to the ever-changing character of the natural world. When in balance, erosion serves an important function in an ecosystem. However, if sediment movement is out of balance it can be detrimental to stream systems, ecosystems, and infrastructure. Once we all understand and address challenging erosion issues together, it will go a long way toward improving the areas where we live, work, and play.



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Food and Dis-Ease What has changed in the last 25 years!

by Carol Grieve

How have we gotten to where we are today in this country—with skyrocketing rates of auto-immune diseases, Diabetes and Cancer and other diseases?

Do you remember in the early 1990's when many people started believing that fat was bad? Low-fat diets were rampant, and the food industry responded with many options to eat low fat—or was it the other way around? If you went to the grocery store, you would see hundreds of items labeled low-fat and Americans were buying them up quickly.

Who was doing the research on this and why did so many of us accept this concept so blindly? The concept that fats in general are bad was a great fallacy perpetuated by the food industry and maybe even the pharmaceutical industry. The Pharmaceutical companies certainly had something to gain. Diabetes is now a billion dollar industry. It's always important to follow the money. Look at the correlation between this timeframe and the increase in Diabetes. Little did the American public know that these products were loaded with processed sugar. We now know that fats are essential to the body and especially to the brain. We also know that not all fats are created equal.

Good dietary fat is a rich source of energy for the cells in our brains, which along with exercise can stimulate new brain cells and improve memory. The brain is 60 to 70 percent fat and it is made from the fats that are in your diet. The reason we eat fat is because it is very high in calories and is an incredible energy source. Dr. David Perlmutter, M.D., Board Certified Neurologist and author of the best-selling book, Grain Brain, explains it like this:

"The parts of the cells that make energy are the mitochondria, when you power the cells with carbohydrate you dramatically increase the production of what are called free radicals. These are chemicals that damage your tissues, they damage your protein, they damage your fat and even damage your DNA. When you power the brain's mitochondria with fats, far less of these free radicals are produced. It creates a beautiful environment for a flourishing brain. It even allows your brain to grow new brain cells."

The human brain has the ability to grow new brain cells. It is a process called neurogenesis. We stimulate neurogenesis by cutting back on carbohydrates, increasing healthy fats, and getting more aerobic exercise. Studies are showing the just 20 minutes of aerobic exercise per day can improve memory. Aerobic exercise helps to grow new brain cells in the brains memory center and that translates to a better memory.

The low-fat diet fad of the late 1990's did much damage to the health of the public. The amount of sugar that people consumed in many of these products labeled "low-fat" was astronomical. In my opinion, processed sugar is poison! It is mainly made up of chemicals and much of it is from genetically modified sugar beets. Sugar can drastically lower your immune system—which is why so many people get sick around the holidays.

So just what are these beneficial health-promoting fats that your body, and particularly your brain, need for optimal function? They include organic butter from raw milk, clarified butter, organic grass-fed butter (pasture butter), olives, organic extra-virgin olive oil and coconut oil, nuts like pecans and macadamia, pastured eggs, wild Alaskan salmon, and avocados.

Fast forward and here we are in 2015 and we are hearing about so many people who

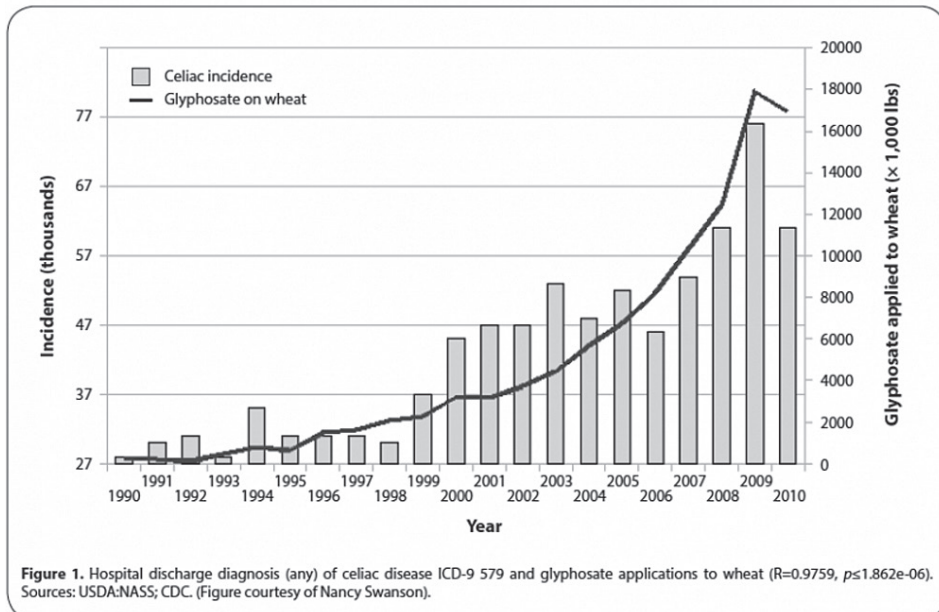
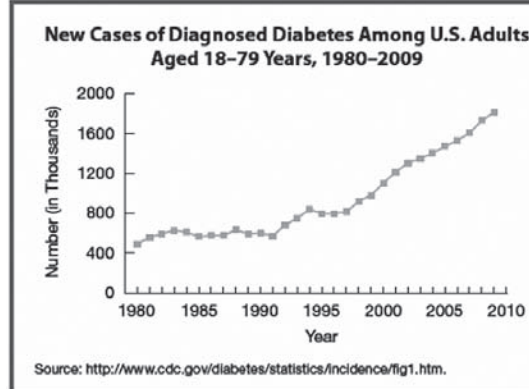


Figure 1. Hospital discharge diagnosis (any) of celiac disease ICD-9 579 and glyphosate applications to wheat (R=0.9759, ps1.862e-06). Sources: USDA/NASS; CDC. (Figure courtesy of Nancy Swanson).

have leaky gut, gluten intolerance, and Celiac disease. What has changed? We didn't have an epidemic of these issues 25 years ago. One very important thing that changed is that GMOs and the corresponding chemicals that are used in conjunction with GMOs, in particular, Glyphosate (RoundUp), were introduced. We are now at a point where 80 to 85 percent of all the food in the mainstream grocery store is either genetically modified or sprayed with toxic pesticides and herbicides.

Are you starting to connect the dots?



What exactly is leaky gut? The leaky gut story begins in a very important organ, your small intestine. The small intestine is so important because most of the vitamins and minerals in the foods you eat are absorbed there. In order for the vitamins and minerals to be absorbed, the small intestine contains microscopic pores so the nutrients can be transferred into the bloodstream. Once transferred, the nutrients are then shuttled and deposited all around the body by the blood.

The wall of the intestine is considered to be semi-permeable. This means the pores only allow certain things to enter the bloodstream and block other things from entering the bloodstream. For instance, specific molecules and nutrients are allowed to pass through but toxins and large undigested food particles are blocked.

The problem with leaky gut is it causes the pores in your intestine to widen. When this happens, the undigested food particles and toxins that are supposed to be blocked are al-

lowed to make their way into the bloodstream. Because these items are not supposed to be in the blood, they cause the immune system to go into attack mode, which can often lead to allergies. How many people do you know who have some sort of food allergy?

This again begs the question—What has changed? Glyphosate (RoundUp), the most widely used herbicide in the world, has been found in our gut, blood, urine and even human breast milk. Just so happens that Glyphosate is a mineral chelator. This means it binds

minerals and makes them unavailable. So when this Glyphosate gets in our gut, it binds the good minerals like Manganese and Calcium, making them unavailable. Manganese and calcium and other essential minerals keep pathogens in check in the gut and help balance the flora. So when you when you take the good bacteria out or make them unavailable, the bad bacterial take over because there are no voids in nature. We all have good and bad bacteria in our digestive system. When your gut flora is in balance the bad bacteria pose no threat. But when the bad bacteria outweigh the good, irritation and inflammation occur, again, causing the pores of the intestine to open up.

How do we heal our gut? The best way is to first eat organic and non-GMO. It is important to re-populate the gut with good bacteria by taking probiotics and eating fermented food. Avoid food that causes inflammation like dairy, sugar, processed foods, and grains. There are many anti-inflammatory diets that you can research to see which one works for you.

Unless we get back to an organic food system, this epidemic of dis-ease is going to increase. This is about quality of life. What quality of life do you deserve?

Carol Grieve is a Certified Life Coach and Wellness Coach, the host of the widely-acclaimed talk radio show, Food Integrity Now (www.foodintegritynow.org), a speaker and writer. For more information on health and wellness coaching contact Carol at carol@foodintegritynow.org or call 415-302-7100. Phone or Skype sessions are available.



The Psychic corner

by Claudia Brownlie

The intuitive mind is a sacred gift and the rational mind is a faithful servant.

Albert Einstein

Welcome to the first of many articles that will be focused on the subject of all things psychic. This new column will be two-fold: first, each month I'll offer information that can help you to dig deeper into the intuitive side of yourself, to find out what it is you're feeling and/or perceiving, different methods you can use to develop and fine tune your abilities, along with lots of other interesting tid-bits I'll pull out of my storehouse of knowledge. Secondly, I'll offer my psychic response to a reader's question.

But before we begin, let me share a little about myself. I have been extra-sensitive since early childhood, and was very adept at sensing other's moods and feelings while growing up. However, I was often told by family members that I was "too sensitive," which sadly only produced confusion and attempts to not be "so sensitive." Fortunately, in the early 1980's, I decided to figure out what was going on within me, and through a divinely orchestrated series of events I met my gifted psychic teacher, Irene, who lead me on a fascinating and challenging learning journey over the course of a very intense year. I learned, in simple terms, that I could "see, feel, and hear" information, along with the ability to contact departed souls and clients' spiritual guides. After teaching me all she could, she informed me that I should go out and assist others by providing professional psychic readings. I followed her advice and now 30 years later ... I am still doing what I was meant to do in this lifetime. My clients have ranged from high-profile politicians to people from every walk of life, and even clients' pets.

So, that's a bit about me. I always tell my clients that it isn't "Claudia" who is making up or figuring out the answers to their questions; rather, it is a Divine gift that I respect immensely, and I am the conduit for that information to come through. I am here to serve and I acknowledge my purpose in life. Through doing so, I get to experience great joy when I know the information brought forth has brought immense relief, or closure, or hope ... or any other of many possibilities experienced by my clients.

Let's explore the notion of "psychic powers"

Psi: few people know of or use this term. It's a Greek term meaning "unknown" or the "unexplained." Psi is the ability to gain information from no apparent source. Modern science is only beginning to understand all its facets. The terms supernatural, clairvoyance, extrasensory, sixth sense, and terminology like this are really all parts of psi. Each one of us are born with psi abilities.

To say someone has psychic "power" is really not correct. We don't say a piano player has special "powers" allowing them to play the piano; thus, since our psi abilities are naturally inherent, do we really have psychic "power" or not? Of course not. While it is part of everyone's inborn nature, it is usually a matter of developing the abilities. Very few people have their psi abilities wide open at childhood, the vast majority need to develop it, but psi abilities are there to use if we wish to tap into them.

Let's talk about ESP. The usual meaning of

To say someone has psychic power is really not correct. We don't say a piano player has special powers allowing them to play the piano...

this is "extra sensory perception." However, I agree more with a woman who I respect immensely and who really can be called the god-mother of modern psychic awareness and studies here in the USA, Bevy Jaegers.

I'll share a bit about Bevy. (Sadly, she passed away in December, 2001.) She was a self-described "ordinary St. Louis housewife." She chain-smoked, claimed she'd never heard of the word psychic growing up, didn't believe in séances or Ouija boards or the like. She was practical and down-to-earth in her research methods. In 1962, as a freelance writer looking for interesting things to write about, she'd stumbled upon a translation of some Russian ESP studies of people who had been trained to see color with their hands. Her interest and investigative nature took off from there. She immediately became engrossed in the subject and it became her life's passion.

She helped solve her first police murder investigation in 1971. Eventually, the story would be featured as a reenactment on Leonard Nimoy's "In Search Of ..." Bevy began receiving calls asking for help on other unsolved murder cases; thus, the U.S. Psychic Rescue Squad, the world's first psychic detective unit, was born. Bevy's squad soon began to solve police murder cases that had been nothing but dead-ends. As time went on, her notoriety grew.

It was back in the mid-1960's that she better defined ESP as meaning "extended" sensory perception, which I agree makes more sense. She stated that ESP is "...a pure and simple means of extending sense you already have to make a welcome and useful addition to your life." It was apparent to Bevy that no "extra" sense was involved, but a sharpening of the ordinary sense far beyond what was considered possible. She stated that perhaps ESP should be expressed as "enhanced" sensory perception to assist us in better understanding it.

So, the good news is that these psi/ESP abilities can be sharpened like any other skill and can usually be learned by anyone who truly wishes to discover their perceptive abilities. There are those, of course, who will have a greater proclivity to honing their awareness and perception as opposed to others.

ESP can be broken down into 4 general categories

- **Clairvoyance** (a French term meaning "clear seeing"; remote viewing)
The ability to gain information from no apparent source. It is an enhanced perception ability.
- **Psychometry** (psychic touch)

This Month's "Ask Claudia" Question:

Dear Claudia: I have the opportunity to go into business with a male friend I've known for years. It will involve my full attention and an investment of a large sum of my money, too. While on one hand he's very talented, a go-getter, and has some awesome ideas that I think will help our business venture to become profitable in a short period of time, on the other hand I'm worried about his dedication and stick-to-itiveness. He also isn't investing any of his money. I admit I'm a bit leery and that's why I'm asking for your psychic feedback. Should I go into business with him? Signed, J

Dear J: I instantly saw a red-flag and felt a strong sense of caution, thus I will begin by saying that you are being cautioned about going into this venture, and I'm being told your leerness is well-founded. To be forewarned is to be forearmed! I sense your friend is a bit of a big-talker, perhaps he might even be considered by some to be full of hot air! But on the other hand, I am being told that he is quite capable of being successful, very successful, in anything he puts his mind to. But yes ... the issue, as you've stated, is him being able to stick to most things for the long haul. Also, I am getting huge warnings (even seeing your spirit guides waving their finger at you) to NOT invest your money with him in the manner you are currently contemplating. I'll wager he's hinted at not getting legal advisors involved. If so, here's another red-flag for you. But if you are willing to deal with the facts about him that you are aware of, you MUST get sound legal advice and everything must be in writing to protect your investment on all levels. You are being a bit too trusting in this situation, and I am being told to encourage you to follow your gut feelings on how to proceed. You know what you do or don't need to do. It's just that your desire to be extremely successful professionally and financially has your better judgment clouded a bit right now. Tread carefully, and again, surround yourself with good legal and financial advice, and I sense you will know exactly what you want to do within the next two or three weeks.

I look forward to receiving a question or concern that you would like to have considered for a response in my next Psychic Corner column. Send your question via e-mail to: claudia@claudiabrownlie.com. Submit one question (please keep it brief, if possible), and the names, birth dates and photos (if available) of yourself and person(s) you wish to ask about. All identities will be kept strictly confidential. See you next month!

The ability to gain information while holding an object.

- **Precognition/Retrocognition** (cognition means "understanding" or knowing")
The ability to gain information from the future or the past.
- **Telepathy** (mind reading)
The ability to gain information by meshing one's mind with another person's mind.

I will also mention there are other very specific types of perception such as clairaudience (ability to hear information), clairsentience (ability to feel), clairalliance (ability to smell), and clairaugustance (ability to taste).

For almost everyone, some or all of these skills can be developed over time and with dedicated practice. Honing one or more of these can certainly help you heighten your sensitivity to the people and the world around you. The good news is for most of us, these abilities can be brought to light sooner than later and usually with a good level of accuracy.

The mind's chain of command

- **Conscious Mind (Beta Level)**
Decides what is desired, makes decisions, chooses what is to be done or not done, which problems are to be worked on, or what skill is to be learned, etc.
- **Subconscious Mind (Alpha Level)**
Accepts the direction of the conscious if put into simple words and commands. Retains the suggestions that are programmed into it and causes the results to become a reality.
- **Superconscious Mind (Theta Level)**
The third factor, the X factor, the portion of the mind that contains access to the collective unconscious, the pool of awareness and knowledge, the doorway to true mental power. Perhaps man's connection to his creator and his cosmos.
- **Then there is Delta (sleep), and Gamma (the unexplored).**

In ESP training, the conscious directs the subconscious to perform a task, whether it be psychometry, telepathy, or predictions of the future. The subconscious learns to perform the tasks, remembers how to do it, and goes to the superconscious to get the answer. Then, the superconscious supplies the information, which is sent back to the conscious mind through the learned-response pattern that has been built into the subconscious.

This feedback system can be accomplished in a fraction of a second! So, if we train ourselves correctly, the correct programming will result in correct operation and correct answers. In the coming months, I'll be sharing ways you can experiment by using techniques such as psychometry and remote viewing. I'll show you methods to flex your psi-muscles (so to speak). I teach Psychic Development classes, and have found that my students resonate well with the methods I share and they have fun, too, while they're experimenting and seeing which psi abilities seem to be easiest for them to work with.

Claudia Brownlie is a Woodland Park, Colorado-based Professional Psychic Intuitive Consultant and certified Life Coach, serving clients locally and world-wide. In-person, telephone, and Skype video chat appointments are available. Claudia also provides classes and lectures, and offers psychic reading services tailored for corporate events and private parties. For more information please call her international office number: (505) 819-3309. Or visit her website: ClaudiaBrownlie.com.

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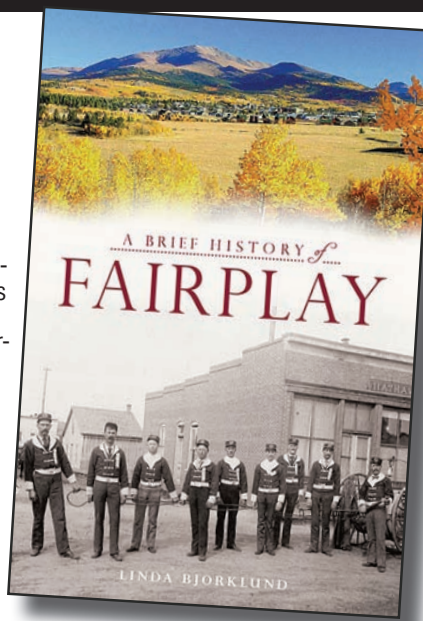
Discover the unique history of Fairplay

A Brief History of Fairplay

by Linda Bjorklund

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

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




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“Tour Teller” iPhone app promotes the legacy of Teller County

by David Martinek

The “Tour Teller” iPhone application is the first of its kind to promote the historical legacy of Teller County, Colorado. Sponsored by the Teller Historic and Environmental Coalition (T.H.E. Coalition), and developed by their Heritage Tourism Committee, the smartphone app guides you on a series of driving tours made up of seven distinct routes — Ute Pass and Woodland Park, Manitou Park, Woodland Park to Divide, Divide to Victor, Victor, Cripple Creek and the Florissant Fossil Beds National Monument, and the town of Florissant.

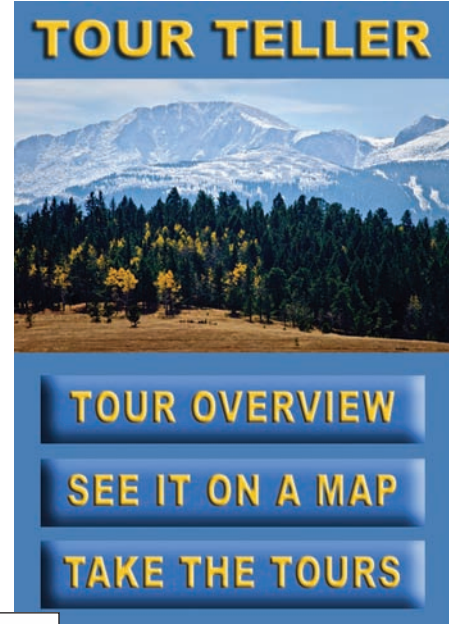
The tours can be taken singly or in sequence — physically or virtually. Each tour includes a narrative enlivened by current and historical photos highlighting suggested stops, points of interest that can be viewed from the road, and optional excursions off route. Tours include audio and video clips that convey the flavor of the past through oral histories and re-enactments of historic characters.

The tours feature the Gold Rush... ghost towns... steam trains... the Wild West... the nation's only Mexican bull fight, and much more. The app brings it all to life and is now available for download to your iPhone — free — through the Apple App Store (see QR Code). An Android version will be available in the near future.

Crowned by Pikes Peak in the heart of Colorado, Teller County is a major gateway to the West. The area's colorful history begins with the Ute Indians and unfolds with mountain men, homesteaders, prospectors and mining magnates who all traversed the ancient corridor now known as Ute Pass. The character of the region still reflects the influence and the imprint of each.

To download the app, use the QR code or go directly to the Apple App Store and search for “Pikes Peak Historic Driving Tour” or just “Tour Teller”. Once the app is downloaded, users may follow each of the routes even where cell service is not available. The audio and video clips can be either downloaded or streamed. As long as the smartphone can detect a GPS signal, there are also handy maps for reference.

Together, the routes touch on the major attractions of Teller County: gold mining (historic and present day), remarkable railways that served the mining and timber industries, National Historic Districts and landmarks, Victorian architecture and stunning mountain scenery, plus several historic personalities. A State Park and open spaces offer hiking, camping, wildlife viewing (such as birding), and relaxation. A National Monument showcases



Home page of the Tour Teller App

34 million-year-old fossils and some of the largest petrified redwood stumps in the world.

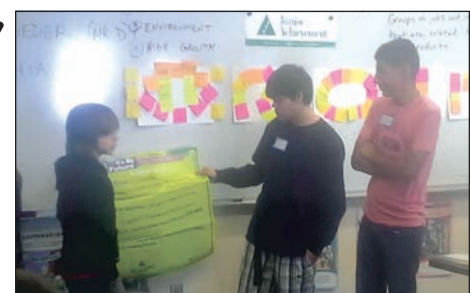
The “Tour Teller” app is made possible through the generous donations of local individuals, corporations and foundations, as well as the creative input of local historians, history consultants and design specialists. The Heritage Tourism Committee worked for over a year and a half to compile the input for the app and work with the designer.

“We’ve been fortunate to be able to tap into a vast group of experts, historians, re-enactors and others whose talents and knowledge help to shape the story of Teller County history,” said Marion Vance, chair of the Heritage Tourism Committee. “And, the entire app is dedicated to the memory of “Dee” Breitenfeld.”

The app was designed by Neotreks, Inc. of Monument, Colorado who have designed similar smartphone applications for the National Civil War Trust, and locally for the Old Colorado City Historical Society.

The Teller Historic and Environmental Coalition is a 501(c)3 non-profit corporation founded in 2000 as an authentic coalition of interested organizations and individuals to facilitate preservation of the historic, cultural, environmental, and scenic resources in Teller County, and to broaden public understanding regarding the significance of those resources. The “Tour Teller” app is the latest fulfillment of that mission.

(Note: Marion Vance, Chair of the Heritage Tourism Committee of the Teller Historic and Environmental Coalition helped provide this narrative.)



Cripple Creek-Victor 8th grade students present their career map to fellow classmates.



Kathy Daugherty, Peoples Bank personal banker, discusses exports and imports with 7th grade students.



Chris Peterson, personal finance teacher, talks about trade and marketplace issues with 7th grade students.



Teller County Commissioner Norm Steen discusses career planning choices with 8th grade students.

Growing ideas Paradise Garden's answer to rhubarb question

Below is a question from Kathy in Hartsel:

I am writing regarding growing at altitude. I have a garden in Ranch of the Rockies outside of Hartsel — we are at about 9,300 ft. Some of my greens grow fine. But I have had this garden for almost 10 years now and my issue is getting anything to grow bigger. I can grow things but they are tiny. Over the years, I have been composting and that has helped, but even my rhubarb that was planted 10 years ago still produces small, short stalks. Is it lack of oxygen? I am looking for what I am missing here. Please help with any suggestions! Thank you. Kathy

Karen Anderson of Paradise Gardens shares her thoughts regarding Kathy's question...

Many thoughts come to mind in considering your question regarding rhubarb and other garden plants. I will attempt to address most of the possibilities as to why your plants are simply surviving rather than thriving.

Are you protected from the wind? I would imagine that the wind in Hartsel can get pretty vigorous to say the least. Also, extremely dehydrating, elementally damaging, and downright torture for plant life. I might suggest installing a simple but sturdy wind breaking fence to “ease the big breeze”, more than likely on the west side of your Garden(s). This simple task could really provide some major comfort for your plants. I agree with Mari (Thymekeeper) about the concept that plants are a lot like people. We like to be comfortable, warm, fed, hydrated, and loved; so do plants. Keep this in mind when you are working in your gardens.

You mentioned that you add compost regularly. This of course is a great practice if your compost is “healthy”. Your finished compost should smell sweet and earthy, not sour. A handful of compost ideally would form a nice moist, fairly firm ball. Is your compost “cooked enough? Could it be too “hot”? Are there grubs or other weird insects present? When and how do you apply your compost and/or other amendments? Spring? Fall? Anytime? Do you simply shovel that “black gold” over the top — or do you cultivate it into the soil? These are questions that need to be considered, and the answers will be relative. There are many methods of applying amendments to the soil.

Compacted soil may be a problem after a period of time, especially if you do not work your amendments into the garden. It can choke the life out of your plants. You mentioned that you may not be getting enough oxygen. This is where you may be lacking in oxygen, as you asked. Compacted soil is like concrete. Noxious or “obnoxious” weeds (as I call some of them) may not have a problem pushing their way through, but other precious crops, not so much. Cultivating compost and the like into the soil is best, being careful not to disturb root systems of any kind.

Watering 101: When you water, water “deeply, madly and passionately”. Then mulch, mulch, mulch. Then water “deeply, madly and passionately” again. Deep watering initially is of the utmost importance. Mulching will help to keep that life giving moisture in the earth and hydrating your roots and plants for much longer periods

“Plant Lady Speaks” series offered

I am planning a “Plant Lady Speaks” series of Gardening Classes throughout the season starting with “Garden Planning”. My vision is to host a “Cozy Fireside Chat”, here at my home, Paradise Gardens, located 5 miles North of Florissant. I need at least five people to participate with a maximum of 10 in order to plan this “workshop”. I am asking for a \$20 offering for facilitating and sharing valuable information that may help you to increase your gardening successes and enjoyment. I invite you to take this opportunity to “pick my brains” as I have nearly 40 years of experience in high altitude organic gardening at 9,000 feet.

This class will be held on Saturday, Feb. 21 from 11 a.m. to 3 p.m. (ish) I will provide coffee and hot tea and please feel free to bring a snack to share. Bring: Notebook, pen, your gardening catalogues, your questions and inquiries, your dreams, visions, and your special energy. Directions will be provided with your call or E-mail to reserve a spot by the fire. Hope you will come and enjoy a day with kindred gardening spirits. Please call Karen 719-748-3521 or E-mail address: plantladyspeaks@gmail.com

of time, therefore, conserving water, which is what we all need to do. Turning your mulch into the gardens at the end of a growing season will help to build the soil to a more humus condition, which will aid in even more water retention.

Speaking of mulch, do you mulch? If so, what do you mulch with? There are many different options, but I like to use straw. Straw is my friend. Broken down straw is my best friend in the gardens. By broken down, I mean adding manure or other nitrogens to a pile of “raw straw” in order to leach out weeds and create a more manageable, less fly away covering. I will be teaching how to turn “Straw into Gold” at Paradise Gardens this spring, see below. At any rate, mulching is one of the most important things you can do to improve conditions in the garden.

Most all garden crops prefer continuous, even moisture rather than completely drying out which weakens your plants and lends susceptibility for disease and insect attacks.

Do you allow your rhubarb to bloom? If so, how often? The blooming process is a fascinating and beautiful process, but you don't want this to occur, unless you are collecting seed. Blooming takes a lot of energy out of the plant itself and production of the edible stalks could be severely affected and thus — stunted. So, if you see this happening and it will be fairly early in the spring, cut off the flower bud to conserve energy for healthier, happier, bigger stalks of rhubarb. Remember, that the leaves of this plant contain oxalic acid which is toxic to most living beings. Do not eat the leaves.

Rhubarb in particular is a very “heavy feeder”,

which means it likes an abundance of composted manure. Also, the Ph level of your soil should be around 6.0 to 6.8. A soil test kit could be helpful to determine this and fix if needed.

Good drainage is also essential even though the goal is to build the soil in order to retain the moisture. It's a balancing act!

Harvesting rhubarb: It is vitally important to harvest correctly. Never cut the stalks. Always pull them gently but firmly so they come out of the crowns cleanly. Think of how celery stalks look. Not doing so may cause a lot of problems with disease underground. Most of us at this altitude are able to get two crops out of one growing season.

Keep mulches a few inches away from the crowns of rhubarb when applying. Otherwise, crown rot may occur.

Have you divided your rhubarb recently? It is necessary to divide your plants on occasion. If the roots are too crowded, it could be another reason why your rhubarb is stunted. Division is a fairly simple procedure, so please consider dividing your patch once every five years or so.

Finally, a few additional notes: Rhubarb is very rarely eaten by deer and I have never had an insect issue. Yay!! Also, nutritionally, it is super high in Vitamin C and in folklore of olde — a spring tonic and very good for the “humours”,




in other words, lifts the spirits. Good stuff!

I hope these tips based on my experience will help to improve your gardening endeavors. If you are interested in learning more about Paradise Gardens and what services I can offer to our local Gardening Community, please call me at 719-748-3521. I am planning on organizing various classes throughout the entire growing season, covering a multitude of tips and techniques for this challenging area. Happy gardening! Please do it organically, and have fun.

Karen Anderson “The Plant Lady” at Paradise Gardens, specializing in High Altitude Organic Gardening Since 1977.


Do you have a gardening question or perhaps a tip you'd like to share with other high altitude gardeners? Send your suggestions or question to utecountrynewspaper@gmail.com. Our goal with this column is to enhance the gardening experience at high altitude by sharing tips, and ideas.



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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 us at 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BUENA VISTA

7 The 30th annual Chocolate Lover's Fantasy fundraiser to benefit the Alliance Against Domestic Abuse will be held at High Country Bank in Buena Vista from 5:30 p.m. to 8 p.m. Tickets are \$20 and include unlimited chocolate and appetizers, wine and beer tasting, silent auction and live music. www.solidadalliance.org
10 Olde Tyme & Celtic Jam from 6:30 p.m. to 8:30 p.m. Creekside Gathering Place at 203 Cedar St., Buena Vista. A fun music jam for all ability levels! No charge, but a small donation is appreciated! Bring a tune to share. Call Carole for more info: 719-395-6704.
12 Collegiate Peaks Forum Series presentation by Dr. Mark Brown, professor of molecular oncology in the Department of Clinical Sciences at Colorado State University. Thursday, March 12 begins at 7 p.m. Buena Vista Community Center, "Molecular Oncology - Exploring the Frontier of Cancer Research on a Quest for Cures". Free admission.
13 Community Dance at Congregational Church at 215 Crossman St. Live music! No partners or previous experience needed. Refreshments. A fun evening for 54 adults, 52 students. Usually dancing contra lines, circle mixers, waltzes. Call Carole & Randy at 719-395-6704 for more info.
14 Whitewater Winter Music Series presents Kort McCumber with special guests Tommy and Sandra O'Sullivan with live artwork by Jesse Crook to benefit the Buena Vista Whitewater Park. All ages welcome. \$10 suggested donation. Call 719-966-6000 for reservations.
14 Winter Sol Fest Chocolate Walk. Meet new folks, have fun and enjoy chocolate treats! Pick up your Chocolate Walk Card at the Community Center and follow the directions (and your chocolate-lover friends) to numerous Buena Vista and Johnson Village shops and businesses that will treat you to a variety of delicious chocolate delicacies! Return card for entry into a reward drawing. Fun for all.

11 First United Methodist Church, 801 Main Street, 1:30 p.m. until gone. Call Erin Trikel 719-275-4191 X111.
CRIPPLE CREEK
7 Sweetheart Ball presented by the Gold Camp Victorian Society at Double Eagle. Social hour 6 p.m. to 7 p.m. Victorian or formal attire required. \$35 per person. Reservations recommended. For more information call Hedy Boyce 719-689-3700 or visit www.goldcampvictoriansociety.org
27 The Emergency Food Assistance Program. Aspen Mine Center's Teller County Food Distribution from 9 a.m. to 2 p.m. Please bring photo ID and proof of Teller County residency. Call 719-689-3584 for more information.

CRYSTOLA

21 Buddy Whittington with The Atomic Fireballs starting at 8 p.m. at Crystola Roadhouse, 20918 Hwy 24. Tickets are \$15 in advance and \$20 the day of show. Tickets may be purchased on line at www.AMusicCompanyInc.com or at the Crystola Roadhouse. For more information contact A Music Company Inc. at 719-576-5945.

DIVIDE

DIVIDE LITTLE CHAPEL FOOD PANTRY
9 and 23 Divide Little Chapel on the Hill's Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com.

MUELLER STATE PARK
7 Hike: Homestead Trail. 9:15 a.m. Meet at the Homestead Trailhead
8 Sunday Snowshoe Series. 9:15 a.m. Meet at Elk Meadow Trailhead
21 Hike: Outlook Ridge Trail. 9:15 a.m. Meet at the Outlook Ridge Trailhead
28 Celebrate Winter and join us for a day full of winter activities!
• Snowshoe Hike to Wapiti and Beyond. 9:15 a.m. Meet at the Visitor Center
• Science of Snowflakes. 10 a.m. In the Visitor Center Auditorium
• Hike: Animals in Winter. 11:30 a.m. Meet at Outlook Ridge Trailhead
• Snowshoe Hike: Elk Meadow Loop. 1 p.m. Meet at Elk Meadow Trailhead
Vehicles entering the park must have a \$7 daily or \$70 annual State Parks pass. For more information about

Colorado's state parks, see cpw.state.co.us

CANON CITY

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

Fremont County The Emergency Food Assistance Program distribution



Molten gold pouring into a doré form.

CC&V VISITOR CENTER. Winter hours are Saturday, Sunday, and Monday. Chat with friends over a cup of coffee, or network with businesspeople at the CC&V Coffee Club every Monday, starting at 10 a.m. at 371 E. Bennett Ave.
14 & 15 and 21 & 22 Learn how gold melts at 1948°F. You'll learn how gold is mined responsibly and, specifically, how gold is extracted from the rock at Colorado's largest, modern, industrial gold mining operation. Runs from 10 a.m. to 4 p.m. on Saturday and Sunday, February 14 & 15, or February 21 & 22, and we will teach you about the gold refining processes.
22 Safety in modern mining. Safety is about preventing accidents and injuries and promoting a healthy workplace. Safety Coordinator, Jeff Roberts, will make a presentation to the community explaining how safety is CC&V's first value at 10 a.m. Contact the CC&V Visitor Center at 719-689-2341, or Brad Poulson at 719-689-4052 for more information.

FLORISSANT

FOSSIL BEDS

14 Valentine's Day. Great Backyard Bird Count from 9 a.m. to 3 p.m. Join expert birders and participate in an international citizen science project by hiking, locating, and documenting birds. Local bird experts will be leading hikes at 9 a.m. and at 1 p.m. There will also be activities for kids all day long.
14 Romance is written in the stars! Join us from 6 p.m. to 8 p.m. as we share some of the epic love stories from constellation mythology. Then take a stroll by starlight to see the constellations themselves, and the cosmic treasures hidden within them. Featured objects in the telescopes include the Pleiades Star Cluster, the Great Orion Nebula, and the king of the planets, Jupiter. Meet at the Visitor Center. For more information please call the Monument at 719-748-3253 ext. 202, or visit our website at www.nps.gov/fflo.

GRANGE

14 Join us at the Grange for Valentine's Day Breakfast. Treat your sweetie to the best breakfast in this area. \$7 suggested donation. Also do some Valentine Day shopping at the Mini Grange gift shop featuring handmade and vintage items. Don't miss it! For more information call 719-748-5004.
Florissant Grange Players - Save the date! A Mystery Dinner Theater Show entitled "The Secret of the Spout" will be performed on Saturday, March 14th at 6:30 p.m. and Sunday, March 15th at 5 p.m. Tickets will be \$12.50 a piece and will go on sale the first week of February. To purchase, drop by Monday or Thursday evenings at the Florissant Grange from 5:30 p.m. to 7 p.m. or call 719-748-5004 and leave a message for ticket reservations.

Jam Night - Every Thursday all year the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck. For more information call the Grange at 719-748-5004.
Yoga Classes: Tuesdays at 9 a.m. for all ages and 10:30 a.m. Yoga for Seniors.

Thursdays Yoga for all ages at 9 a.m. Donations accepted, everyone welcome. Call Debbie for more info: 719-748-3678

Herb class with The Thymekeeper: See page 7 for more info. Making herbal salves and balms. Pre-registration is required as space is limited. Contact Mari at mugsypad@aol.com

LIBRARY

6 Legal Clinic from 2 p.m. to 5 p.m.
7 Children's Winter Fun Day from 10 a.m. to noon.
15 See page 11 for more info about Thymekeeper's Chataqua
18 Bookworms meet at 10:30 a.m. Storytimes each Thursday at 10:30 a.m. See page 11 for more info on Rampart Library News

PLANT LADY SPEAKS

21 Local gardener, Karen Anderson offers a class. See page 21 for more information.

SACRED EARTH SANCTUARY

8 Sweat Lodge at The Sacred Earth Sanctuary open to all who are called. February 8 at 11 a.m. 633 Valley Rd. We have a beautiful community forming around the lodges out here in Pikes National Forest. It is a time for opening our hearts and sharing in song and prayer inside the womb of Mother Earth. Please RSVP pati@sacredearthfund.org

21 Vaccination Clinic by Animal Care Clinic for dogs, cats, and horses at Outpost Feed Supply from 9 a.m. to noon. Call Dr. Wright 719-748-3048 for more information.

LAKE GEORGE

LIBRARY
Adult Writers Group meets the 1st and 3rd Saturday of each month at the LG Library from 10 a.m. to noon. Contact Sandie Summer for details 719-748-8012.

PARK COUNTY SENIOR COALITION POTLUCK

18 Park/Teller County Senior potluck begins at noon at the Lake George Senior Center (yellow metal building by maintenance shop on north side of Hwy 24). We hope to have a guest speaker who will inform seniors over 60 of the many benefits available to them. Meet, dish, table service, and coffee/tea furnished. Call 719-689-5950 for more information.

OLD COLORADO CITY

HISTORICAL SOCIETY

13 "An Evening with the Father of our Country—George Washington" doors open at 5:30 p.m. We all know the story of Washington and the cherry tree as well as the crossing of the Delaware and more. Are these true or myth? Attendees are welcome to bring their own flashlights since Washington did not have electricity. The program is free to Old Colorado City Historical Society members and \$5 for non-members. Seating is limited. Old Colorado City History Center, 1 South 24th Street, C/S. 80904, 719-636-1225

PUEBLO

6, 7, & 8 Eagle Days. This three day event features something for the whole family and includes eagle-viewing opportunities, hands-on activities for the kids, live bird programs and Stephanie Arne, Wildlife Ambassador and Host of Mutual of Omaha's Wild Kingdom presented by Black Hills Energy. For more information about Pueblo Eagle Days visit www.puebloeagledays.org or call Lake Pueblo State Park at 719-561-9320.
27 The 15th Annual Resource Sharing Day for child care professionals will be held Feb. 27 at Pueblo Community College. Please call 719-549-347 for more information.

SALIDA

Chaffee The Emergency Food Assistance Program & Community Supplemental Food Program
First Thursday of each month at Salida Community Center, 305 F Street, from 7 a.m. to 9 a.m. Call Elaine Allemang for more information 719-539-3351.
8 Walden Chamber Music Society welcomes Colorado Symphony Orchestra principal cellist Silver Ainsome and guest violinist Mark Rush to the SteamPlant Theater at 3 p.m., preceded by an infomance at 2 p.m. The concert will also feature violinist Matt Diekmann, percussionist Rachel Hargreder and pianist Jo Boatright. Tickets are \$15 and available online at www.solidasteamplant.com, at the SteamPlant Theater box office, at the Salida and Buena Vista Chambers of Commerce, or at the door. Limited free student's tickets are also available at the door.

~OUT AND ABOUT~

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

www.waldenchambermusic.org

13 Collegiate Peaks Forum Series presentation by Dr. Mark Brown, professor of molecular oncology in the Department of Clinical Sciences at Colorado State University. Friday, March 13 begins at 7 p.m. First Presbyterian Church in Salida, "A Cultural History of Infectious Disease". Free admission.
14 Sweetheart Dance. Take your sweetheart to the Salida Elks Lodge No. 808 Sweetheart Dance. Social hour begins at 5:30 p.m., with dinner at 6:30 p.m., a silent auction and dancing to The Alan and Martin Band. Tickets are \$25 per person. For information and to reserve a table, call the lodge at 719-539-6976 or Jim and Linda Deluca at 719-539-6356. Tickets are available from lodge officers, at the lodge bar after 4 p.m. and at the door. Open to the public!

18 The Teller County Assessor's 3rd Annual Teller County Economic Forecast Breakfast from 8 a.m. to 10 a.m. Featuring local experts from the public and private sectors brought together to discuss the Teller County economy. The Forecast features perspectives on recent trends in the real estate, financial, and construction industries, how they impact our local economy, and what the experts predict for the future. For more information and to register, see www.TellerForecast.com Held at the Ute Pass Cultural Center, 210 E Midland.
RAMPART RANGE LIBRARY
6 Legal Clinic from 2 p.m. to 5 p.m.
17 The Wholistic Networking Community invites you to meet Susan Richards, "Achieving Financial Health & Wellbeing" from 11 a.m. to 12:30 p.m. Improve your relationship with money, center is located at 220 W. South Ave. Call 719-687-3291 for more information.

WOODLAND PARK

FARMER'S MARKET

Second Sat of each month Oct through May inside Ute Pass Cultural Center from 7 a.m. to 1 p.m. SNAP welcomed. For more information call (719) 689-3133 or 648-7286 or email: info@WPlannersmarket.com
3 Mountain Top Cycling Club will hold its March meeting at Fiesta Mexicana at 7 p.m., with social time beginning at 6:30 p.m. Our speaker will be Allen Beauchamp, Adaptive Cycling Specialist, on the fat bike craze. Also on hand will be Borealis Fat Bikes. Come learn how to have fun during our snowiest month! If you have any questions regarding the upcoming meeting or the Mountain Top Cycling Club in general, please contact Denise Symes at 719-440-9738.
7 Living with the Sacred Flame from 10 a.m. to 5 p.m. at Thunder Butte Mountain Lodge 942 Painted Rocks Rd. This is an excellent intro class in learning how to utilize the Sacred Flames taught by the author of the book "Living with the Sacred Flames." Learn how to release old patterns and behaviors that are holding you back from your desired goals. Cost for the day is \$150. RSVP required, limited space. More info on Donna can be found on her website livingwiththesacredflames.com. For more information about event - please email fremountainhealingcenter@gmail.com or call deb @ 303-647-2352
10 Holistic Healing Day from 10 a.m. to noon. Practitioners from the Wholistic Networking Community invite you

to experience the benefits of holistic services on a first come, first served donation basis. You may choose from touch and no-touch Reiki, chakra balancing, essential oils, tuning fork sound healing, and essences and Tarot. Venue: Mountain View United Methodist Church, 1101 Rampart Range Rd., Woodland Park. For more information call Shari Billiger - 719-748-3412, shari1551@aol.com

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RAMPART RANGE LIBRARY

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25 AARP Smart Driver Course from 9 a.m. to 1 p.m. Storytimes are Wednesdays and Thursdays at 10 a.m. March 3 Book club meets from 10:30 a.m. to noon VITA offered Thursdays by appointment. See page 11 for more details on Rampart Library News.

RELAY FOR LIFE KICK-OFF PARTY

Join us on Wednesday, March 4, for our Relay for Life Kick-Off at Circle H Smokehouse from 5 p.m. to 7 p.m. We are getting ready for our 2015 Relay, happening June 12th from 4 p.m. to midnight at the Ute Pass Cultural Center, and we want to see you there! Come sign up your team, have some food, and learn more information about our upcoming event and how you can get involved. Join the community in this family friendly, fun-filled walking event to fight against cancer! For more information, contact Tyler Schultz at tyler.schultz@cancer.

org or 719-630-4978.

TASTE OF THE GRAPE

20 Ute Pass Kiwanis annual wine tasting event. Over 50 different wines plus appetizers and desserts from area restaurants. The event is from 7 p.m. to 9 p.m. at the Ute Pass Cultural Center. Tickets are \$25 in advance and \$30 at the door. Proceeds benefit the children of Teller County. Call 719-315-5004 for more information.

TEEN CENTER

We invite you to come to the Teen Center, a fun, safe place for kids!
3 February Birthdays celebration
4, 11, 18 & 25 Weekly Mac & Cheese Wednesday! Special - \$5.00 for a bowl of mac & cheese / \$1.00 for a bowl and a soda.
9 Recycling & Memorial Park Cleanup
13 Friday the 13th Dance Party - You MUST sign-up to attend
17 Redbox Movie Day w/Free popcorn and soda 3:30 p.m.
19 Life Skills Class. Learn how to make a pillow and sew a button!
23 Video Gamerz Trailer free
26 Walk to Rainbow Twist (bring \$1)
27 TAB Meeting. If you're on the Board, please plan on attending this meeting! After school hours: 3 p.m. to 6 p.m. Youth in grades 6-12 are welcome! Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

UTE PASS CHAMBER PLAYERS -

see page 10 for more info.
8 Ute Pass Chamber Players Concert on Sunday, February 8, 2015, 3 p.m., at High View Baptist Church, 1151 Rampart Range Road. Call 686-1798 for more info.

UTE PASS HISTORICAL SOCIETY

Our hours in February are 10 a.m. to 3 p.m., Wednesday, Thursday, and Friday. We will resume Saturday opening on March 7th. Tickets for the Marigreen Pines Tours, scheduled for July 11th and 12th, go on sale on Wednesday, March 4. For more information, please call UPHS at 719-686-7512.

VICTOR

Ute Trail Muzzle Loaders: shoot and meetings the last Saturday of each month at Victor. For information call 719-684-7780.

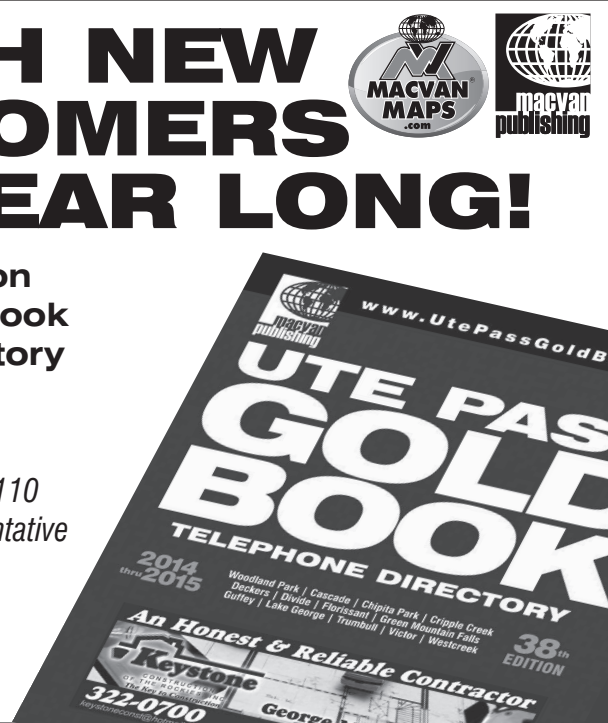
14 Vaccination Clinic by Animal Care Clinic for dogs, cats, and horses at the Victor Fire Station from 9 a.m. to noon. City of Victor will pay for rabies vaccination if city license is purchased. Call Dr. Wright at 719-748-3048 for more information.

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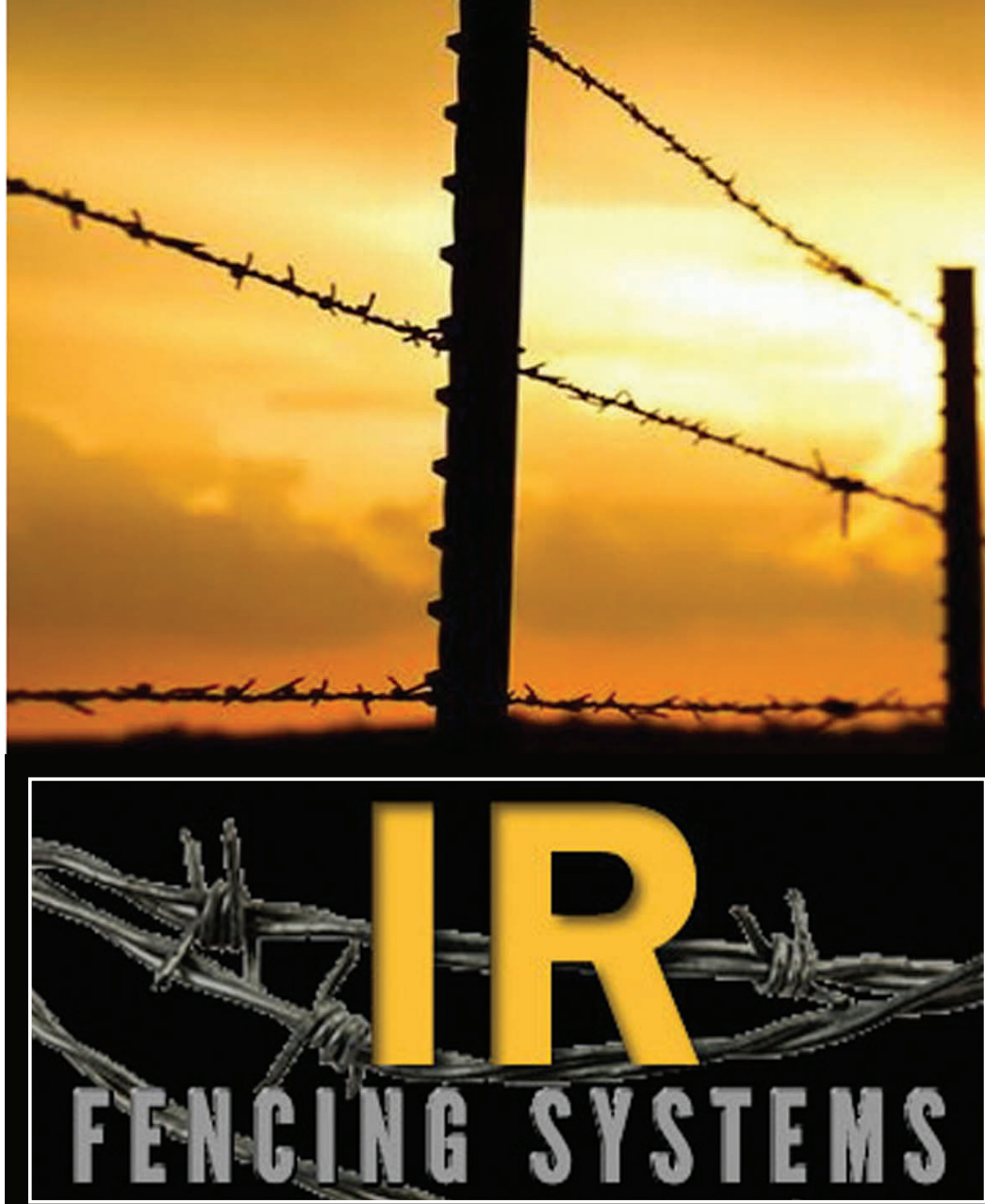
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PPACG seeks volunteer for Community Advisory Committee

The Pikes Peak Area Council of Governments (16 cities, towns and counties in the Pikes Peak region) seeks a volunteer for its Community Advisory Committee, a non-technical citizen group of 24 members that advises PPACG on planning, promotion, and evaluation of its transportation and environmental programs.

Applicants should submit a letter of interest and resume to jpueett@ppacg.org by March 2, 2015. Members must have an interest in serving the community, have time to review pertinent materials, and attend meetings of the committee. Terms are three years; a member not may serve more than two terms consecutively. The PPACG Board of Directors will approve the committee's nomination in April.

The committee ensures the responsiveness and accountability of government, helps create better plans and activities, and generates

support for regional cooperation. Committee members can expect to:

- Identify needs within their communities that relate to PPACG programs
- Generate new ideas and alternatives for PPACG action
- Review and evaluate PPACG plans and activities
- Recommend funding priorities
- Share information about PPACG programs and public input opportunities
- Advise PPACG on appropriate public involvement strategies and activities
- Advocate a regional perspective for problem-solving

The committee meets on the last Wednesday of every month from 3 p.m. to 5 p.m. at the Pikes Peak Area Council of Governments, 14 S. Chestnut St., Colorado Springs.

Wildlife rookies wanted

by Abbie Walls

The great outdoors: vast, beautiful, and scary to some. If you want to learn to love them Colorado Parks and Wildlife wants you for their new Rookie Sportsman program. This program will teach you how to spend a night in the woods alone, catch a fish and feed your family organic meat you harvested yourself. Colorado Parks and Wildlife is looking for individuals or families from El Paso and Teller County, with little or no hunting or outdoor experience, to participate in a free year-long mentorship program. Participants will be paired with a local District Wildlife Manager who will help guide them through activities such as hunter education, firearms handling, small and big game hunting, fly fishing, basic camping and backpacking, field dressing, meat processing and other outdoor adventures.

All activities will be designed for beginners and altered to fit the comfort level of the participants. Equipment will be provided whenever possible and participants are not required to complete every activity. "We hear all the time from people who say they want to get outdoors and try hunting or camping but they don't know where to start," said District Wildlife Manager Steve Cooley. "The idea of this program is that after a year of mentoring they will be comfortable to try some of these things on their own, or with the network of people they've gone through the program with, and maybe even become mentors themselves for some of their friends who are new to the outdoors." Interested parties must contact Wildlife Officer Steve Cooley at area14@state.co.us by Feb. 20 to receive an application.

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The Federal Affordable Care Act is being called the biggest tax changes to the US Tax Code in 20 years. It mandates minimum health insurance coverage nationwide. This will impact most of all taxpayers.

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Our Tax professionals have spent long hours training in anticipation of many filers having questions in connection with how the new ACA will impact their 2014 tax returns. H&R Block tax preparers meet all their Continuing Education requirements as set by the IRS and by H&R Block so that they are best prepared to deal with all types of tax issues.

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• Partnership Returns
• Estate Returns

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Canon City author nominated for EVVY

by Charlotte Burrous

During the initial attack on the Guernsey British Channel Islands in 1940, 44 locals died as enemy planes flew over the islands, bombing everything in its wake.

This and much more are included in the book titled "Intermission: A Place in Time," written by Canon City artist and author, Glenda "Glen" Lee Vollmecke.

"It's a biography and memoirs. It's got a little bit of everything," she said. The book is not only about World War II, but also a story of her ancestors and her life between the ages of 6 and 16.

"I wanted to write about everybody that affected me, that were close to me," Vollmecke said.

During the war, Vollmecke's mother lived in Wallasey, England, where she watched in horror as the Luftwaffe continued its occupation for the next four years while her mother's cousin kept her informed of what was happening on Jersey, a mere 16 miles from France. But her mother's life was not untouched by the war. Vollmecke told the story of her mother talking to the next door neighbor by the front gate one day when a bomb slammed into the neighbor's upstairs bedroom, killing the sleeping baby upstairs. Vollmecke's mother felt the loss of that baby as if it were her own.

During her youth, Vollmecke's father suffered from constant illness, but it didn't stop

him from taking her on many excursions to Leasow Common, where they spent hours exploring the caves in the area while her father told her stories of the Vikings, which she included in her book.

"From the time I started to write, it was almost instant recall," Vollmecke said. "Even though it's a memoir for 10 years from 6 to 16, I felt the history alone would bring in a great deal of interest from retirees. There are still people [alive] who lived through World War II. It was so important to me to bring in a little history of my own area specifically, which was the smugglers and the Vikings, which I'm descended from. We have such incredible history, specifically across from Liverpool, which is my little town of Wallasey, (where the Vikings traveled in the early years)."

One time, her brother found a sword in one of the caves, but her mother gave it to the neighbor, which Vollmecke still regrets.

"I can't even tell where it came from," she said. "It was an old Japanese sword. I wanted to keep it."

During high school, Vollmecke earned an art scholarship to a college in Liverpool, where she met the Beatles at the Tower Ballroom before they were well known.

"People from 8 to 80 love the Beatles. They seem to be timeless. They also were starting out then," she said.

Along the way, she also met Herman Hermits and Jerry and the Pacemakers, as well as Freddie Garrity and the Dreamers.

"All of these people were just starting out," Vollmecke said. "Herman's Hermits (with) Peter Noone when he was just 16 or 17. He always looked like a little kid all dressed up. He's now in his late 60s."

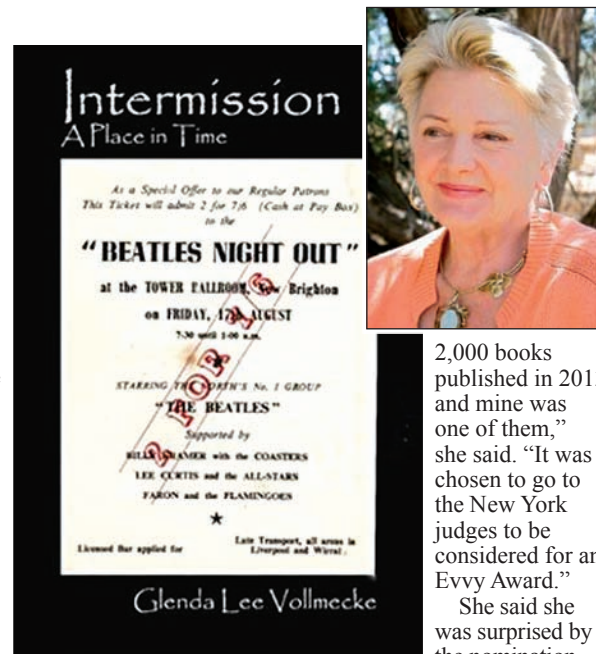
One time Jerry and the Pacemakers came to her house.

"He was at the Liverpool Palitton for six weeks and we were leaving to buy a cottage in Wales," Vollmecke said. "His agent called and asked (if I would show him the house). He came with his girlfriend from London. He cornered me in the kitchen and (asked me) 'don't you remember me?'"

She said she pretended not to because she had her hair in curlers. Once she got an opportunity, she ran upstairs and took the curlers out and combed her hair. These are just a few of the stories related in the book.

Recently, the book was named as a finalist for the EVVY Award.

"My publisher had chosen five percent of



2,000 books published in 2013 and mine was one of them," she said. "It was chosen to go to the New York judges to be considered for an Evvy Award."

She said she was surprised by the nomination. "Being a nominee for my first book, I was absolutely overwhelmed," Vollmecke said. "I was so surprised that it had taken off in such a way because it is from England."

"Intermission: A Place in Time" is available at Amazon and Barnes & Noble for \$19.40. To receive signed copies, order the book at alpacasrus.net or call her at 719-275-0229.

Illegal bait sites discovered by Teller County residents

by Abbie Walls

Colorado Parks and Wildlife has concluded a three year long poaching investigation involving a Kansas man who owns property in Teller County and his brother who resides in Pagosa Springs. Kansas William Hessman, 55, and his brother Torry Hessman, 47, have plead guilty to several wildlife charges after wildlife officers found evidence that the two had set up bait sites for big game and other wildlife species.

The case originated back in August of 2011 when Teller County District Wildlife Manager Tonya Sharp first received information from a resident about a bait site located near the Gold Camp Subdivision and the Pike National Forest. Sharp searched the location, which was located on William's property, and discovered hay, a mineral block, and a large metal stock tank.

"If it wasn't for this person's tip we may never have discovered that this was going on," said Sharp. "We have a lot of ground to cover so it's always helpful to have another set of eyes out there."

Nearly a year later Sharp received a report of another bait site located one mile east of William's residence and in the Pike National Forest. This report also came from a concerned resident who was using the parcel for grazing cattle. The site contained hay, a mineral block, and a large blue molasses lick tub.

"Again, a situation we would not likely have been aware

of if it wasn't for this person reaching out to us to let us know," said Sharp.

Because of those two tips wildlife officers conducted surveillance over three years, through Sept. of 2013. The investigation involved 14 Colorado Parks and Wildlife officers as well as officers with Kansas Parks and Wildlife. It was determined that the two bait sites were related as well as a third bait site discovered by District Wildlife Manager Steve Cooley and Area Wildlife Manager Cory Chik. Ultimately, a total of six bait sites were located both on private property and on federal lands. A search warrant of William's property on Sept. 14, 2013 resulted in more evidence and the addition of several new charges.

William Hessman plead guilty to 15 charges including: illegal possession of three big game animals (elk, deer, bear), unlawful possession of wildlife (bobcat, turkeys), unlawful use of bait, unlawful hunting without the proper license, and unlawfully operating a motor vehicle on federal lands.

William forfeited several items to CPW including his ATV, trail cameras, tree stands, and compound bow. He paid the US Forest Service \$740 in restitution for damage caused by driving ATV's off trail and paid \$11,731.50 in other wildlife fines and court costs. His hunting privileges have also been suspended for life.

Torry Hessman, plead guilty to illegal possession of one cow

elk and the unlawful use of a motor vehicle on USFS lands. He was fined \$1,623.50 and given 25 points which could suspend his hunting privileges for up to five years.

Hunting any wildlife over bait is illegal in Colorado and any wildlife harvested over bait is considered to have been poached. "Colorado's wildlife is a precious resource and we take protecting it very seriously," said Cooley. "If you cut corners and disobey the law you run the risk of never being able to hunt in Colorado or 43 other states again."

Colorado is part of the Wildlife Violator Compact which is a reciprocal recognition of license privilege suspension by member states. There are 44 states in the compact meaning license privileges that are suspended in Colorado would also be suspended in those states. This prevents individuals from committing wildlife crimes in one state and continuing to hunt in another.

"The public often hears us asking for information in poaching cases and this just goes to show that their help really does make a difference," said Sharp.

To report a poaching case or wildlife violation contact Operation Game Thief at 1-877-265-6648, (877-COLO-OGT). Callers may remain anonymous and cash rewards may be offered for information that leads to a citation or arrest. Tips and information may also be emailed to game.thief@state.co.us.

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