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June 2015 P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com Vol. 7, No. 6

## Welcome to Ute Country

How did it get so late so soon?  
It's night before it's afternoon.  
December is here before it's June.  
My goodness how the time has flown.  
How did it get so late so soon?

Dr. Seuss

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State's official symbols declared





Jeff took this month's cover photo one day on Highway 9, just south of Guffey. Our unusually cold and persistently precipitous May made it feel a lot more like winter than spring. This is the first year in the 14 we've lived here that our aspens did not leaf out over Memorial Day weekend. We felt the Dr. Suess quote seemed to fit both our weather as well as the photo.

Do you have a helpful gardening hint to share? How about a question about high altitude gardening? Feel free to ask "Growing Ideas" a gardening question or share a gardening tip. Simply email to utecountrynewspaper@gmail.com

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Mr. Spaz is back to his old self, again, just a little thinner. He's hoping to meet some new indoor or outdoor neighbors and needs you to send some photos. Email your photos to utecountrynewspaper@gmail.com.

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!

Thank you,  
—Kathy & Jeff Hansen

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



**Publishers:**  
High Pine Design  
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Divide, CO 80814  
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First Class subscriptions are available for \$36 for 13 issues.

## Companions: Jodi and Brenda

by Kathy Hansen

photo by Jeff Hansen

Some say I was young when I began my training, but for my family, starting at one year is common. We have pretty high standards. The expectations have always been looming; I could sense it even that first year. There were watchful eyes, short comments about a behavior, and that ever-present connection; it was as though I was under constant scrutiny but had no idea what they were looking for. It actually became easier once the formal training began.

To be chosen to attend Schutzhund training was an honor; the two and a half years seemed to fly by. Dr. Clifford Glade was one of many great instructors; some had trained my parents and siblings, which only fed my desire to be the best, as I could not let my family down. Loyalty is among many virtues we hold dear. I learned very quickly obedience means I must put my needs aside and pay attention to trainer, "It's not about you, Jodi". Early on I took a risk: my friend galloped into class with a look in his eye, and all I would have needed was one quick sniff to know what he is thinking and feeling. I could even tell what he had for breakfast. Before my brain could process the whiff, my instructor gave me an abrupt "NEIN!" and never again will I allow my own needs to come before my duty. It's not about me, Jodi.

I learned my lessons well. The commands were easy for me to master; surely there is something more for me to learn. I practice every day, even before I take a nap I review my routine. I am loyal, intelligent, strong, and I can sense my surroundings so keenly I will have you safe before the danger is near. I know my commands; my body immediately goes into the stance associated with each word. I'm eager to meet people, other animals, and navigate the outside world. How will I find the person I need to help? How will that person find me? I have so much to offer. Just how does one go about finding their counterpart?

Brenda Lawry is an intelligent, independent, compassionate woman who embraces life and all it has to offer. Fascinated by the world around her, she found her passion for teaching extended to humans as well as Chesapeake retrievers, which she raised all of her life. Brenda moved to the USA from England after college. She met her husband, David in New York when he came to work at a children's camp where Brenda was teaching. It is truly a beautiful moment when two souls meant to find each other eventually collide. They fell in love, were married, and had two beautiful children; Rachel and Mark.

Life's journey brought the Lawry's to Hawaii the same time Mark was stationed at Pearl Harbor, and moved Rachel to Toronto. Mark was transferred to Fort Carson and the Lawry's decided to move to Colorado as well. They found Florissant to be a more comfortable environment to settle into than the flat land of Fountain. Besides, it gave them the space for cats and dogs, as well as the opportunity to raise chickens and ducks. Collecting fresh eggs each day can be very rewarding. Life can feel like a fairytale.

In 2008, a swift slip of the surgeon's scalpel changed Brenda's life forever. She was horrified when she woke from surgery to find she had lost all but 10 percent usage of her right leg. She spent the next year wheelchair bound, enduring custom casts and endless hours of physical therapy. Eventually, the teacher taught herself to walk again, only with the use of a quad-cane on the right side and the rock solid support of David on the left.

Life wielded another blow to Brenda in 2013 when her life partner of 44 years, Da-

### "Jodi helped me live again.

Brenda Lawry

vid, literally her "left-side-man" died. Rachel didn't want her mom to live alone; it seemed way too risky. Mark didn't either, and he'd since been transferred to South Korea. Brenda didn't want to leave the haven she and David had created, their lovely home in Florissant held precious memories. Besides, Brenda had always been independent.

Brenda knew she needed some help to maintain her independence and she had no idea where to turn. Her experience raising Chesapeake retrievers led her eyes to fall upon the "Dog World" and "Dog Fancy" magazines where she came across an advertisement for Miriam Barkus (no kidding, that is the name) Canine Trainer for show, obedience, service, and breeding help.

Brenda picked up the phone to make an inquiry. Miriam listened carefully; the first glitch is most service dogs are trained to be on the left side, where Brenda needs firmest support on the right. When in doubt, better to ask the question of a colleague, so Miriam contacted Dr. Clifford Glade, a well-known trainer of police K-9 dogs and fire department dogs. Dr. Glade specializes in German bred Shepherds. Brenda was hopeful and ready to travel to Key Largo to meet Dr. Glade.



Jodi and Brenda enjoy their yard.

They met to assess the situation and proceeded to train for eight straight days. The morning was rigorous training for both Brenda and Jodi. Brenda needed to know how Jodi was already trained and had to learn what Jodi would do when her German command words were spoken. Jodi had to learn to adapt to being on Brenda's right side. Dr. Glade needed to assess the proper height of the handle of Jodi's vest to fit appropriate posture for Brenda. Afternoons were spent with Jodi and Brenda getting to know each other, playing together, and bonding. They more or less had to "interview" each other and had only eight days to assess whether they could be partners, companions, and roommates from now on. The evenings were spent with Dr. Glade and his wife, Brenda, and Jodi dining together, reflecting on the day and anticipating the next day's lesson.

It is truly a beautiful moment when two souls meant to find each other eventually collide. Finally, Brenda and Jodi were able to begin their lives together. Jodi had trained over two and a half years for the opportunity to help Brenda get around safely. The specially made vest is the only tool Jodi needs to keep Brenda safe, the rest is skill.

It is amazing to take a walk with Brenda



Jodi paces perfectly so Brenda is sure-footed.

and Jodi. Brenda will carry on conversation and walk at her own pace, as she must see her foot before placing it to assure she is stepping safely. Jodi's becomes honed in on Brenda as she continues to be aware of her surroundings, Jodi's first priority is always to mirror Brenda's gait.

Brenda and Jodi enjoy going to the Community Fellowship of Christians for church. Jodi is welcomed there and loves to see everybody for the weekly "Meet and Greet". Jodi also loves to go to the bank, where the tellers know her and have a treat waiting.

Jodi has given new meaning to Brenda's life. Not only did she come along at a time when Brenda had endured the two biggest losses of her life, she helped Brenda's life have as much normalcy and consistency as possible. Jodi gets along well with Brenda's three other dogs. She has even learned to appreciate the Aussie-Shepard whose primary job is to round up the chickens and ducks each night. Brenda's cats have learned that Jodi is there to help Brenda, so they have befriended Jodi as well. The fish seem to be happy swimming in an active, well-cared for household.

Brenda is enjoying her life in the mountains. She is grateful for Dr. Kurt Weaver, M.D. of Woodland Park, who helped her navigate documentation for Jodi's expenses to be included as Brenda's medical expenses. She is happy for a community that has accepted Jodi. "There has been only one place we had a problem," and with a quiet grace, Brenda went on to count her many blessings, such as her church and her friends. "Jodi helped me live again," as she reflects on a journey that began from a dark place of little hope and transitioned into a bright life full of activity.

Where will Brenda and Jodi go from here? Brenda's voice takes a lighter note as she shares something she's noticed about people; they tend to want to meet Jodi, and Jodi likes to meet them. She is often asked if a service dog would be good for a particular person in a particular situation. While Brenda cannot offer expert advice, she and Jodi can take time to meet people and let them observe how a great team works together.

Brenda believes in the power of hope; there is a reason we're here to live another day. She has been meeting with a Chaplain who works with the Wounded Warriors. They have been discussing how Jodi has changed her life. They are pondering how service dogs might be beneficial to veterans. Brenda and Jodi look forward to opportunities that may come their way, to help other folks learn the powerful way a service dog can change a life.

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## Fly like a bird!

by Linda Bjorklund

photo credit Linda Bjorklund

Ever since mankind looked up in the sky and saw other creatures able to fly, some have dreamed to accomplish that feat.

Greek mythology tells us the story of Daedalus and Icarus. It seems as though those two characters, father and son, had gained the displeasure of King Minos of Crete. Daedalus, the father, had brilliantly created a Labyrinth for the King in which was kept a Minotaur, a deadly monster. The king disposed of his enemies by imprisoning them in the Labyrinth. But then Daedalus assisted one of the prisoners in escaping a grisly fate.

His betrayal so angered the King that he imprisoned Daedalus and Icarus in the Labyrinth. Daedalus knew that the only way for them to get out was to somehow fly out, as the other means of escape were well-guarded. He fashioned wings from branches of a tree and wax and fit them to himself and his son, Icarus. Being but a young man, Icarus was so enthralled with the act of flying like the birds, he became reckless. He flew up and down, ignoring his father's warnings that the sun would melt the wax and destroy the wings.

Icarus swooped up into the sky and down toward the ocean, then up again until he gained such height that the wax in his wings began to melt. His means of flight destroyed, Icarus fell into the ocean and drowned.

The famous artist, Leonardo da Vinci, was more than a painter. Born in Italy in 1452, da Vinci is still remembered for two of his best known paintings: the *Mona Lisa* and *The Last Supper*. But he mastered a number of other skills, among them musician, engineer, inventor and mathematician. He was fascinated by the phenomenon of flight and studied the methods that he saw in birds to accomplish that feat. He wrote a treatise in 1505, "A Codex on the Flight of Birds".

He drew designs for several different flying machines, mostly based on his studies of birds in flight. None, however, were ever built or tested.

Sir George Cayley was an English engineer. Also an English politician, Cayley served as a Member of Parliament for a few years. But he is remembered largely for his scientific skills, especially in aerodynamics. He is credited with the concept of a fixed-wing flying machine. In 1799 he designed the first successful glider to carry a human being into the air. He outlined the four principles of flight: weight, lift, drag and thrust. The principles that he employed were instrumental in the development of hang gliders.

Cayley also developed the landing wheel using wires or spokes. The wire-wheel principle is still used in bicycles, automobiles, and other vehicles. Although he contributed to the development of several engineering projects, such as self-righting lifeboats, seat belts, and a kind of prototypical internal combustion engine fuelled by gunpowder, he is best known for his work on a piloted glider.

Jean-Marie le Bris was born in Brittany, France, in 1817. He became an aviator and accomplished a glider flight in 1856. Also a sailor and sea captain, le Bris sailed around the world. He was especially fascinated with the Albatross; a seabird of the pelican family. He carefully studied the birds on his ocean voyage, analyzing the interactions of their wings. He called the aerodynamic phenomenon of lift "aspiration."

Le Bris built a glider inspired by the shape of an Albatross and named it "The Artificial Albatross." When he accomplished his glider flight, he placed the aircraft on a cart and hitched a horse to the cart. As the horse galloped, the glider lifted up and became the first "heavier than air" flying machine. The glider rose to a height of 100 meters for a distance of 200 meters.

Otto Lilienthal was born in 1848 in Prussia, a predecessor of Germany. He became a professional design engineer. Lilienthal began experimenting with the force of air, interrupting his studies to serve in the military during the Franco-Prussian War. In 1889 he



A tethered plane waits at the Buena Vista airport.

published a book, "Birdflight as the Basis of Aviation." He researched the flight of birds, particularly the stork, and made diagrams to describe the aerodynamics of their wings.

In 1892 Lilienthal built a training area near Berlin. The training area was a hill with a tower on top of it. The hill was 10 meters high and served as a jumping off place for his experimental aircraft. He built several other training sites in succeeding years. There are at least 25 patents on record for Lilienthal's various aircraft.

### In 1965 a representative of the Federal Aviation Agency came to Fairplay to discuss the possibility of building an airport nearby.

In 1896 Lilienthal went to use one of his training sites to test his newest glider. His first flight recorded a distance of 250 meters. But during the fourth flight the glider inexplicably pitched forward and did a nosedive. He fell from a height of 15 meters and hit the ground. Although he was immediately transported to town in a horse-drawn carriage and attended to by a prominent physician, he had fractured a cervical vertebra and died about 36 hours after the crash. His last words to his brother were, "Sacrifices must be made!"

The Wright Brothers, Wilbur and Orville, were two of the seven children born to their



The photo is of the Odd Fellows Hall in Como turned into a hangar.

parents, in 1867 and 1871, respectively. They credited their interest in flying to a toy brought home for them by their father. The toy was made of paper, bamboo and cork and featured a rubber band that, twirled around, was made to resemble a "helicopter." It didn't take long for the boys to break the toy, but then they built a device of their own to replace it.

They became partners when Orville dropped out of high school to start up a printing business and Wilbur joined him. They went from the printing business to a bicycle shop in December of 1892. Their interest in flying expanded to an avid interest in the inventions of such men as Sir George Cayley, Otto Lilienthal and even Leonardo da Vinci.

They began experimenting with gliders as they realized that the missing link for flying was greater pilot control of the aircraft. They observed that birds in flight changed the angle of the ends of their wings to make their bodies roll right or left. Over the next few years they experimented with gliders in a wind tunnel. They tried different methods to make their machine turn like a bird.

After they had developed the glider for better pilot control, they added an engine and propellers. On the historic day of December 17, 1903, the Wright Brothers made four separate test flights. They piloted the flights separately as they had promised their father that they would not fly together and take a chance that they both would be killed or injured at the same time. All the flights wavered up and down, about 10 feet above the ground, but they all went a distance of about 800 feet.

Their first patent was not for the invention of a flying machine. It was, however, for a system of aerodynamic control that manipulated a flying machine's surfaces.

It was inevitable that flying machines were inserted into World War I. In 1914 airplanes were still not trusted. The British were the first to discover that reconnaissance could effectively be done from a plane flying over enemy territory. The planes were not heavy enough to carry bomb loads until much later. It was found that shooting a hand held pistol from an aircraft was extremely inaccurate. So machine guns were added to the planes. Synchronization gears allowed a machine gun to fire through the arc of a propeller without striking its blades. Numerous stories of the escapades of fighter pilots were reported. Who has not heard of Manfred von Richthofen, otherwise known as the Red Baron?

America and the rural west began to catch up with the development of airplanes. It was reported in 1922 that the Colorado National Guard and the Forty-fifth Air Squadron intended to build an airfield in Denver. It was to be a training center to teach such subjects as airplane motors, airplane mechanics, radio telephony and telegraphy, photography, area gunnery, meteorology, aerial navigation, map reading and aerial instruments.

In 1965 a representative of the Federal Aviation Agency came to Fairplay to discuss the possibility of building an airport nearby. It was suggested that land could be leased from the South Platte Dredging Company for that purpose. Some 600 to 1,000 acres were available and the spot beside the old dredge on the Hartsel road (Hwy 9) would meet specifications. It was pointed out that a ranch near Hartsel was currently being used for emergency landings. The Fairplay airport was never built.

One person in the county paid no attention to airports. In 1966 Paul Heil purchased a building in Como that had been used as an Odd Fellows Hall and the second floor a dance hall. Heil replaced the second floor with a curious looking octagonal second story and converted the main floor to his own airplane hangar.

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John 3:16

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## Lights, camera, action!

by Polly Roberts

It's summer and that means that the Florissant Public Library Youth Summer Drama/Video Club is ready for lights, camera, action! Venturing in a new direction, this year's production will be a 100 percent kid created variety show that will tie into the library's Summer Reading Program theme of "Heroes".

The possibilities for kids to showcase their talents are endless, whether helping behind the scenes with costumes, backdrops, or video/audio editing, or by performing on the stage or screen. The show will have both live and video components. With the generous support of the Cripple Creek & Victor Gold Mining Company and IREA, the Friends of the Florissant Library have provided a laptop computer and software to the Club for video editing, creating music videos, interviews — whatever the kids can dream up to honor the heroes in their lives.

The show is open to children ages seven to 16. Meeting days will be Thursdays at the Florissant Library at 1 p.m., starting June 11 until July 30. The public performance of the show will be Friday, July 31 at 6 p.m. at the Florissant Grange.

Show director Ciena Higginbotham, local student and artist, encourages kids to "... bring your voice, your dancing shoes, and all the talent you've got. We will sing, act, dance, maybe even juggle our way into the spotlight to support our heroes and our library".

The first Club meeting is Thursday, June 11 at 1 p.m. To sign up for the show, or for more information, contact the Florissant Library at 748-3939.

## Tranquility Salon & Day Spa

by Linda Karlin

Several new businesses have recently opened in Florissant. I'd like to introduce you to Jennifer Ortiz, owner and stylist of Tranquility Salon & Day Spa, located at 18109 Teller County Road 1 in the building that houses Florissant's only laundromat, which is open 24/7.

Jennifer is a very personable, outgoing young woman, mother of two, and wife of One. He owns and operates Your Extra Hand, which offers home improvements interior/exterior, driveway repairs, painting, additions, and more. To contact One Ortiz call 719-210-7403, he gives free estimates.

Both are lifelong residents, raising their children in their hometown and wanting to grow their businesses in the community they love.

Tranquility Salon & Day Spa is a full-service salon. Jennifer is a licensed stylist, color specialist, and nail tech, offering everything from a quick haircut to mani/pedis and spray tans or tanning bed. The product line is Prorituals by Jingles. Hours of operation are Tuesday through Friday from 9 a.m. to 5 p.m. (by appointment after 5 p.m.), Saturday by appointment. Call 719-748-0384. Like them on Facebook and receive 10 percent off at the salon.

Attend the Grand Opening Celebration Saturday, June 27, cookout, door prizes, drawing for gift certificates. Jennifer looks forward to meeting you!



Jennifer Ortiz, owner and stylist of  
Tranquility Salon & Day Spa.

## Volunteers needed!

Divide's Little Food Pantry needs your help. We could use some volunteers for our summer food booth events. No experience required, just a heart willing to help, ability to follow instructions, and a happy smile! Taking food orders, preparing plates, flipping hamburgers and meeting a lot of wonderful people along the way!

Our summer events for which we need volunteers are:

- Teller County Fair: Saturday & Sunday July 24th and 25th; Thursday July 30th, Friday July 31st; Saturday August 1st, and Sunday August 2nd.
- Ute Pass Saddle Club Gymkhanas/barrel Race: Saturday June 6th (season kick-off dinner); Sunday June 7th, first gymkhana; Sunday June 14th, barrel race; Sunday June 21st, gymkhana; Sunday July 5th gymkhana; Saturday July 11 Hunter/Jumper event; Sunday July 12 Barrel Race event; Sunday July 19th gymkhana; Sunday August 2nd gymkhana; Saturday August 15 Barrel race event; Sunday August 16th gymkhana; Sunday August 30 gymkhana.

Please call 719-322-7610 or email [littlechapelfoodpantry@outlook.com](mailto:littlechapelfoodpantry@outlook.com) to volunteer for any of these events! Thank you!

## CC Elks 2015 scholarships

by Steve Zoellner

The Cripple Creek Elks lodge is excited to announce their 2015 Elks Scholarship awards.

**The Americanism Awards go to 5th and 6th graders:**

- 1st Place to Joseph Bernstein, \$100 and an I-Pod Shuffle. Placed 3rd at the state competition \$50 award.
- 2nd Place to Jaden Weeks, \$75.
- 3rd Place to Sicily Romero, \$50.

**7th and 8th Grade winners:**

- 1st Place to Hanna Snare, \$100 and an I-Pod Shuffle. 1st Place award at the state level, \$100.
- 2nd Place to Ricky Larsen, \$75. Placed 2nd at the state level, \$100.
- 3rd Place to John Clinton, \$50.
- ENF of Colorado winner was Paul Symes, \$1,000.
- Elks lodge 316 winner: Cody Rice, \$1,000 scholarship.
- Elk's Harold Hearn Scholarship to David Burks, \$500.



Hanna Snare and Ricky Larsen, with  
Karen and Steve Zoellner

## Ute Indians and their sacred mineral springs

by Celinda Reynolds Kaelin

The Pikes Peak region has been home to indigenous people for thousands of years. Archaeological evidence includes exquisitely worked stone projectile points from the early Clovis culture, dating from about 13,000 years ago. Following them, the Ute Indian culture appears about 1500 years ago. They call themselves the *Nuu-ci*, which means "The Humans, The People."<sup>1</sup> Hundreds and hundreds of years ago they were nomadic hunter/gatherers who lived throughout Colorado, Utah, and northern New Mexico. They numbered in the thousands then, consisting of seven bands or tribes. The largest of the bands, the *Tabeguache*, claimed the region in the center of Colorado, including the Pikes Peak area. Their name means "The People of *Tava*." *Tava* (Sun) was their name for Pikes Peak.<sup>2</sup> Originally they lived in wickiups (bark covered conical huts).<sup>3</sup> Later they used hide-covered tipis, which gave them great mobility. Often, they left the lodge poles in place as they traveled their seasonal circuit of harvesting game and edible plants, taking only the hide covers with them. Early travelers record coming upon these silent villages with hundreds of skeletal lodges, awaiting the return of the People. Traditional Ute clothing was made from the skins of elk, deer, and antelope and the fur of animals.<sup>4</sup>

The Ute are of the Uto-Aztecan linguistic stock,<sup>5</sup> which experts feel spread into the southwest from Central America around 600 A.D.<sup>6</sup> They developed a unique relationship to the land, and considered themselves as a part of the natural world, not separate or above it. Northern Ute Spiritual leader, Clifford Duncan, explained their spirituality this way. "Great Spirit, the Creator, is everywhere and in everything. He/She is always present. When Creator wanted to take on physical form, He/She used the form of Wolf. That's why Wolf represents Creator in our stories."<sup>7</sup> The Ute people feel that they can experience Great Spirit in all of the forms of the natural world, including all animals. The Ute believe they are closely related to the bear, an animal which features prominently in Ute Mythos. In spring, shamans called *m'sut t'quiagat* (Power of the Bear)<sup>8</sup> gather the people for the annual Bear Dance, *mamakwanakapi*<sup>9</sup> or *Monaqui Mowat*.<sup>10</sup> This is followed in the summer by the Sun Dance, *Taku-Nikai* (The Thirsty Dance),<sup>11</sup> their most important religious ceremony.

Ute people are very respectful of the environment, never overexploiting its resources, and they did not hunt for sport, instead hunting only for food and clothing. Ute ancestral lands included the numerous mineral springs found throughout the Rocky Mountain region, as explained by historian Charles Marsh.

"The Utes were lucky to own within their vast mountain empire numerous natural hot springs. These were used extensively by the tribe and were guarded jealously against unfriendly intruders...The hot springs were such an important segment of Ute activity that during the 1700s and early 1800s some were extensively fortified by the construction of long, reinforced stone ballistrades to keep out enemy tribes. Small fortifications built for this purpose have been found [near Granby and on Williams Fork and near Manitou Springs west of Colorado Springs]."<sup>12</sup>

"A small fortification was built by the Indians near the [Manitou] springs for protection while using the waters. It was a circular stone barricade large enough to hold three or four men."<sup>13</sup>

Ute culture changed dramatically after they acquired horses from the Spanish around 1637.<sup>14</sup> They quickly became a horse culture, using them for hunting, warfare and transportation. Ethnographer, Frances Densmore, writes that each day, when the "Utes were gathered in a large camp a 'parade' took place every morning...Both men and women were on horseback, the men preceding the women."<sup>15</sup> These Ute horsemen were described as "...all riding fine horses which were loaded down with fine blankets and ornaments which jingled as they rode. The Indians themselves had on fine shirts, wore blankets of bright color, their hair hung down in masses or in braids".<sup>16</sup> The horse



This is a photo of a Ute fortification, such as the one described.  
photo by Celinda Reynolds Kaelin.

was so important to the culture and survival of the Ute that they would treat their sick and injured horses in the springs.<sup>17</sup>

After gold was discovered in Colorado in 1859, a flood of miners and immigrants from the east poured into ancestral Ute lands. In an 1868 treaty, the United States government moved the Tabeguache to a reservation on the west slope, where they became known as the Uncompahgre. Later, under the terms of the Ute Agreement of 1880, the Tabeguache were again relocated, this time to the Uintah/Ouray Reservation in Utah. The southern bands were located on the Southern Ute Reservation and the Ute Mountain Ute Reservation, south of Durango.<sup>18</sup>



This is a Ute woman in regalia on horseback.  
photo credit: Utah State Historical Society

<sup>1</sup> Ute Dictionary, (Ignacio, Colo.: Ute press, Southern Ute Tribe, 1979), p. 147.

<sup>2</sup> Wroth, William, ed. *Ute Indian Arts & Culture*, "Traditional Cosmology, Ecology and Language of the Ute Indians" by James A. Goss, (Colorado Springs, Colo.: Taylor Museum of Colorado Springs Fine Arts Center, 2000), p. 51.

<sup>3</sup> Nickens, Paul R., ed. *Archaeology of the Eastern*

<sup>4</sup> Ute Dictionary, (Ignacio, Colo.: Ute press, Southern Ute Tribe, 1979), p. 147.

<sup>5</sup> Wroth, William, ed. *Ute Indian Arts & Culture*, "Traditional Cosmology, Ecology and Language of the Ute Indians" by James A. Goss, (Colorado Springs, Colo.: Taylor Museum of Colorado Springs Fine Arts Center, 2000), p. 51.

<sup>6</sup> Nickens, Paul R., ed. *Archaeology of the Eastern*

<sup>7</sup> Author Interview, Clifford Duncan 3/10/1998.

<sup>8</sup> Emmitt, Robert. *The Last War Trail*, (Norman, OK: University of Oklahoma Press, 1954), p. 37.

<sup>9</sup> Ute Dictionary, op. cit., p. 218.

<sup>10</sup> Marsh, Charles S. *People of the Shining Mountains*, (Boulder, Colo.: Pruett Publishing Co., 1982), p. 150.

<sup>11</sup> Smith, Anne M., *Ethnography of the Northern Utes: Papers in Anthropology No. 17*, (New Mexico: Museum of New Mexico Press, 1974), p. 267.

<sup>12</sup> Marsh, Charles S. *People of the Shining Mountains*, (Boulder, Colo.: Pruett Publishing Co., 1982), p. 166. Also, Howbert, Irving. "Indians of the Pike's Peak Region", *The Rio Grande Press*, New Mexico, 1914, p25-26.

<sup>13</sup> Marsh, Charles S. *People of the Shining Mountains*, (Boulder, Colo.: Pruett Publishing Co., 1982), p. 68.

<sup>14</sup> Ibid., p. 15.

<sup>15</sup> Densmore, Frances. *Northern Ute Music*, (Washington, D.C.: Government Printing Office, 1922) p. 166-173.

<sup>16</sup> Cairns, Mary Lyons, *Grand Lake in the Olden Days*, (Grand Lake, Colo.: Grand Lake Area Historical Society, 1971), p. 55.

<sup>17</sup> Marsh, op. cit., p. 166.

<sup>18</sup> Kaelin, Celinda R. *American Indians of the Pikes Peak Region*, (Charleston, S.C.: Arcadia Publishing, 2008), p. 17.



This is of a petroglyph at Manitou Springs. photo credit: 1912 post card, public domain

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## What happened in May

photos by Jeff Hansen



### Teller App Ribbon Cutting

Dave Martinek (center), chair of the Teller Historic & Environmental Coalition, sponsors of the Teller County Heritage Tourism Committee, leads the group in raising their cellphones to mark the official launch and ribbon cutting of the "Tour Teller Historic Pikes Peak Driving Tour" mobile app on Saturday, May 2. Marion Vance, chair of the Teller County Heritage Tourism Committee, sponsored by the Teller Historic & Environmental Coalition, cuts the ribbon. The app is free for Apple and Android smartphones featuring seven historic driving tours of Teller County. The ceremony took place at the Crystola Roadhouse. The roadhouse marks the beginning of the first driving tour. The event featured a live band, taco bar and many items for sale donated by the family of Dee Breitenfeld. The photo below shows the tribute to Dee at the event.



### The Portland legend

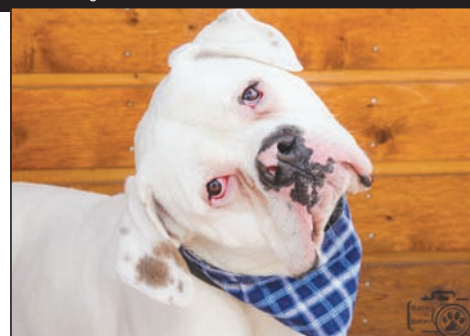


Nearly 50 people braved the cold and snow on May 23rd to visit the Goldfield City Hall to hear Ron West (right) portray Victor mining legend Jimmy Burns. Burns and partner Jimmy Doyle started the Portland Mine, which produced millions in gold and made the men wealthy.

### Adopt Me By Lisa Moore of TCRAS

OJ

Hey! I'm OJ. Can we be friends? Meeting strangers can be intimidating for me at first so please don't be offended if I'm not my normal friendly self upon first introduction. Give me a chance and I'm sure we can be best buds. I'm a very curious boy...I turn my head sideways when I'm trying to figure things out...it's pretty darn cute. Could you please open your heart to a handsome guy like me? I would really like to have a nice home to live and a family to love. Call TCRAS, the limited intake shelter in Divide, at 719-686-7707 for more information or checkout our website to see all the available animals! [www.tcrascolorado.org](http://www.tcrascolorado.org)



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## The Thymekeeper Story of the day; The Dandelion and the Bee

by Mari Marques

Once upon a time there was a little golden haired girl named Deanna. Upon returning home from a three day trip with her parents, she noticed a fuzzy little bee lying on a rug in her bedroom. The bee was still alive but could barely move.

"Oh no" thought the little girl. "The poor little bee must have been without food and water. Everyone needs food and water."

Knowing how much the bees loved the wildflowers she carefully picked up the rug and carried it outside. Luckily the dandelions were in bloom and plentiful in her yard so she picked a flower and laid it beside the ailing bee. Slowly the bee climbed up onto the dandelion flower, nestled in and drank the nectar. Within just a short while the bee was recharged and flew away back to the hive to do what bees do. This made the little girl very happy as she loves honey and she knew without the bees there wouldn't be any. The little golden haired girl and the little golden flower saved a life that day.

Yes Deanna, the bees do give us delicious golden honey but few people know bees are responsible for one in three bites of food we eat.

With the local news reporting that Colorado beekeepers lost 38 percent of bee colonies last year alone and several organizations declaring beekeepers across America lost 42.1 percent of their bees just since April 2014, I agree that this seems to be a battle the beekeepers can't win. These figures are startling to say the least. For far too long we have been twiddling our thumbs over this issue with the idea that the decline in numbers and bee colony collapse are a mystery.

There is no mystery to me. Studies by the Center for Disease Control show that all of us carry pesticides in our bodies. We now know that the wide use of pesticides is considered the leading cause of the bees decline. In the late 1990s when systemic pesticides started being used on food crops, Colony Collapse Disorder began occurring shortly afterward. These chemicals incorporate within the plant itself and can be expressed in the leaves or in the pollen & nectar when the plant blooms. Older chemicals were sprayed onto the plant and short lived. Fed through irrigation and other means, systemics stay the entire life of the plant. These pesticides lower the immune system making bees susceptible to disease; they disrupt digestion, impair navigational abilities and subtly harm the brain. If a honey bee becomes confused and disoriented, it cannot live much more than 24 hours away from its hive. Award winning documentary, "The Vanishing of The Bees" gives a more detailed explanation of how systemic pesticides play a role in this disaster. Modern agricultural methods have also contributed.

I would also introduce the notion that just as fast as bees are being killed with pesticides, so are the plants that sustain them. Many of the wildflowers the bees depend on are considered "noxious weeds" by the state of Colorado. These so called weeds are sprayed every year with deadly chemicals. So if they do manage to escape death by

pesticide which would be hard to do since Atrazine, a pesticide known to disrupt endocrine function is found in 94 percent of U.S. drinking water, (according to the USDA,) there's not much to keep them going in the way of nutrition. Some of the flowers the bees depend on are touted as the worst weeds out there; dandelion, thistle, mullein and the infamous toadflax to name a few.

Although multi-factorial, consider the decline of the Monarch Butterfly. Many of the wildflowers considered weeds provide nutrition to the Monarch but one plant in particular provides more than just nutrition; the milkweed plant. As its name implies, not only is it considered a noxious weed by the state of Colorado, it is also listed as poisonous. When the Monarch ingests the juice from the milkweed it becomes poisonous to predators serving the endangered butterfly two-fold. In addition, the Monarch's larvae appear to feed exclusively on the milkweed plant of various species. Milkweed grows in sandy disturbed soils, typically by roadsides, which makes it especially vulnerable to chemical spraying in Colorado.

The Native Americans used milkweed as food and medicine and considered it a highly useful plant. The young shoots when properly



Milkweed

prepared taste somewhat like asparagus. The young shoots, unopened flower buds and immature seed pods can be eaten raw, boiled, or fried in oil. It can be added to soups or stews and used to thicken broth as well as tenderize meat. The leaves can be rolled and baked in salsa. Milkweed has the nutritional might of broccoli or cauliflower. Per Linda Runyon, an herbalist who homesteaded in the deep woods for many years, "gathering milkweed is by far the easiest way to find food for my family." The stalks can be peeled and used as strong fiber or fishing lines. The sap from the stem when applied topically will remove a wart in a matter of days. It is advised not to ingest the bitter sap. If too much of the plant is ingested it can cause nausea, the first sign that you've had enough. The same is true of many of the food and medicines you find in the grocery store for that matter. I personally haven't used this plant as food but many of my teachers have with not a single one keeling over in agony. Although the plant is edible and useful, leave it for the sake of the butterflies and bees to contribute to their ongoing survival.

### What's being done?

In February 2015, The U.S Fish and

Wildlife service announced a campaign to save the Monarch butterflies. Per Service Director, Dan Ashe, "We can save the monarch butterfly in North America, but only if we

act quickly and together, and that is why we are excited to be working with the National Wildlife Federation and National Fish and Wildlife Foundation to engage Americans everywhere, from schools and community groups to corporations and governments, in protecting and restoring habitat. Together we can create oases for monarchs in communities across the country."

See more here: <http://www.fws.gov/news/ShowNews.cfm?ID=6F984BBC-D85B-FEE8-4C58EF75037F8B59>

The White House Pollinator Health Task Force (WHTF) has also just released its strategy to address the threats to bees, monarchs and other pollinators. While they feel they have developed positive, far reaching goals for honey bees, monarch butterflies and other pollinators, unfortunately their plan ignores several common sense solutions and calls for more bureaucracy in the way of researching the "possible" effects of pesticides. With rapidly disappearing populations, I'm pretty sure we are seeing the results in numbers and need no further research in that respect. To make your voices heard go to:

[http://salsa3.salsalabs.com/o/1881/p/dia/action3/common/public/?action\\_KEY=16790](http://salsa3.salsalabs.com/o/1881/p/dia/action3/common/public/?action_KEY=16790)

Sign the petition calling for stronger measures. The actions taken by this committee are far too little and way too late. In the year 1996 Monarch's numbered in the billions. Today that number has dwindled by 90 percent. Although we don't consider butterflies pests, they are insects after all and not exempt from pesticide.

### What else can we do?

- Cut or mow the weeds growing by your roadside and contact your local conservation department to request to be added



Bamboo bee house



Butterfly on marigold

to the no spray list to prevent chemicals from leaching onto your property. The contact information for Teller and Park Counties is:

Mary Menz-District Manager  
Teller-Park Conservation District  
719-686-9405 ext 104  
719-686-9403 FAX  
[www.tellerparkcd.org](http://www.tellerparkcd.org)  
Office hours: Tuesdays & Thursdays 8 a.m. to 4 p.m.

Per Mary, "There is also a Registry of Pesticide Sensitive Persons for the State of Colorado. There are no persons listed in Teller or Park County, but it's an option for people. It's published annually by the Colorado Department of Agriculture."

- Plant butterfly gardens and STOP using pesticides! Many local garden centers and feed stores carry specific blends of seeds to plant a butterfly garden. Be sure to include milkweed! Get free milkweed seeds here: <https://www.livemonarch.com/free-milkweed-seeds.htm>
- Go to the Natural Resources Defense Council's website and sign their petition against Dow chemical's newest toxic herbicide, Enlist Duo. NRDC's Mission: NRDC works to safeguard the earth — its people, its plants and animals, and the natural systems on which all life depends. <http://www.nrdc.org/>
- Petition to get harmful pesticides out of your local hardware stores, garden centers and feed stores.
- Make your yard and garden safe for the butterflies and bees. For a \$50 donation, Friends of the Earth will send you this beautiful bamboo bee house (see photo below) designed to attract mason bees which are non-stinging pollinators. For more detail, see: <https://earthq.foe.org/>
- For more ideas on how you can help see: <http://wearechange.org/bee-population-has-declined-40-60-heres-how-to-revive-it>.

Let's make every effort to join together with our beekeepers in the fight for the future of our pollinators before we find ourselves scratching our heads asking, where have all the flowers gone? "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." ~Margaret Mead

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at [mug-syspad@aol.com](mailto:mug-syspad@aol.com) or 719-439-7303. Mari is available for private consultation or to meet with you and see what's blooming on your property in June, July and August.

All photos by Mari except the bee house is stock photo.

## Science Fair, science experiments and stars!

by Denise Kelly

On Thursday, April 30, 2015 approximately 200 people attended the annual Science Night at Lake George Charter School. Science projects from 4th, 5th, and 6th grade students lined the hallways for everyone to view and enjoy.

Students each submitted three project ideas. Fourth grade and science teacher Mrs. Kathy Reimer chose one project for each student. Students then completed their experiment at home, after which they finished all research, conclusions, and display boards at school. Projects were then submitted to volunteer judges, John Rakowski and Steven Veatch. In the end, the 4th grade class reined in the top five placements.

### Winners of the Science Fair were: First Place:

Gage Struble, 6th grade, "Stealthy Shapes". Gage's project used light rays to simulate radar waves, to determine which shapes reflect waves the most. This information could be used to determine which shape of Stealth Bombers could be built to remain the most undetected.

### Second Place (tie):

Jarrett Freed, 4th grade, "The Amazing Mold".

Kamila Conley, 4th grade, "Borax Crystal Formation".

### Third Place (tie):

Tyler Snare, 4th grade, "Absorption and Reflection of Heat".

Kendra Swenson, 6th grade, "Tooth Enamel Erosion".

### Honorable Mention:

Jaden Matthews, 4th grade, "Catapult Goes Flying".

Morgan Gillespie, 4th grade, "Grow Mold Grow".

After the Science awards were announced, the crowd was treated to an exciting presentation by Park Ranger, Leo Sack from the Florissant Fossil beds. Mr. Sack engaged the crowd with his knowledge of the solar system and a program called Stellarium. He was able to utilize the program to demonstrate the constellations that are currently seen in the skies over Florissant and Lake George. His wit and "shining" humor kept the audience enthusiastic.



Science Fair



Stealthy Shapes: Gage Struble, 6th Grade

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## Science and legends of Sasquatch: the unknown primate

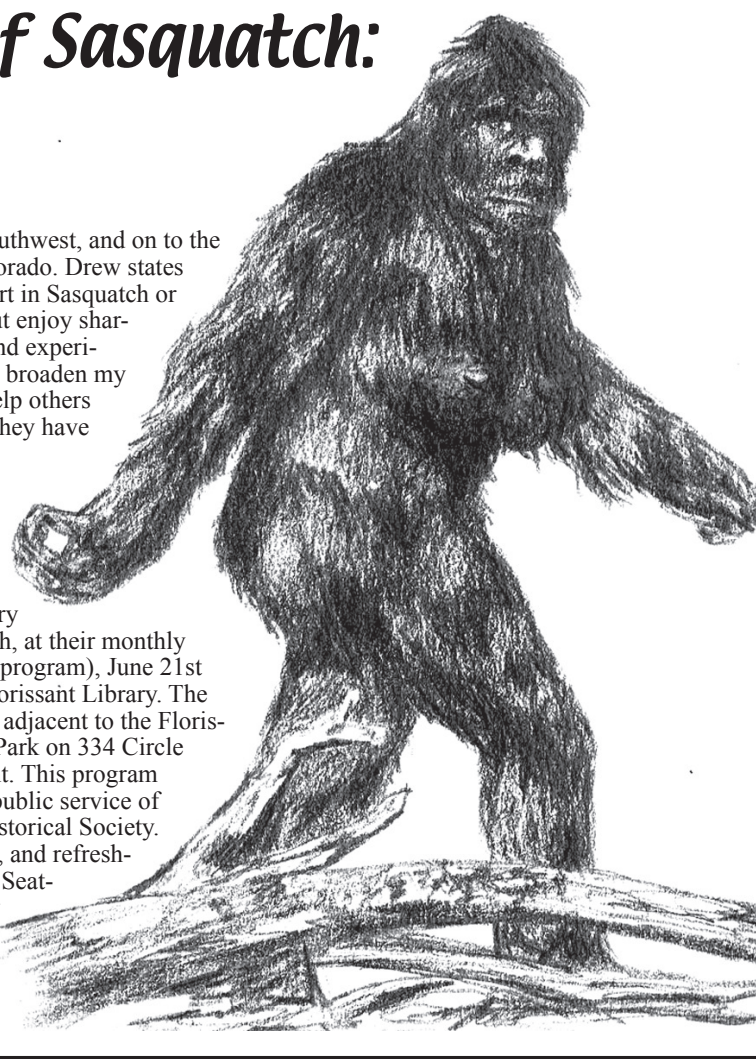
by Pikes Peak Historical Society

The Pikes Peak Historical Society invites you to join Leon Drew as he shares his theories and knowledge on Sasquatch and its physiology. Drew will explore possible origins of and relations of Sasquatch to other creatures worldwide, and how it may tie into myths and legends. He'll also investigate the possibility of how Sasquatch communicate and stay hidden from humans, as well as provide information on some far out claims and abilities others think these creatures have. Leon Drew will also bring examples of foot prints.

Leon Drew has been fascinated by Sasquatch his entire life and has been researching Sasquatch and other Cryptids actively for the last six years. As a former soldier, Colorado Ranger, and avid woodsman, Leon has explored and visited many extreme areas of the world from the Mountains of Colorado to the high peaks of Central and South America, to inside the Arctic Circle. He has been to the Middle East and Europe. He has conducted research and investigations on the paranormal, Cryptids, and UFO's. Leon has appeared on the Travel Channel's Ghost Adventures, Road Trip Radio, and documentaries. His interest in all things strange has been with him his entire life, from the small upstate New York farm to his time as

a soldier in the southwest, and on to the mountains of Colorado. Drew states "I am not an expert in Sasquatch or the paranormal but enjoy sharing my theories and experiences and hope to broaden my knowledge and help others understand what they have experienced."

The Pikes Peak Historical Society invites you to learn more about this mysterious and legendary primate, Sasquatch, at their monthly Chautauqua (free program), June 21st 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 719-748-8259 or 719-748-3861.



## MTCC begins Aspen Valley Ranch trail construction

by Deborah Maresca

May 2nd the members from the Mountain Top Cycling Club (MTCC) and The Woodland Park Middle School Mountain Bike Club started trail building for the upcoming mountain bike race at Aspen Valley Ranch. Shovels, picks and rakes were swinging as the two clubs joined in to make an awesome new trail for mountain biking. This will be something that the area community can enjoy for years to come.

Aspen Valley Ranch, donated to Pikes Peak Community Foundation by Gordon Jackson, will serve the Pikes Peak region as a center for innovative education. This 300-acre ranch, located only one mile from downtown Woodland Park, Colorado, will offer programs, workshops, and activities focused on science and environmental education, music, the arts, practical living skills, high-altitude gardening, forest management, and more. School children, families, and adults, along with tourists visiting our area, will find creative opportunities to learn, explore, discover and create at the ranch.

MTCC's goal for 2015 was to introduce the first Woodland Park Mountain Bike race. The club wanted to offer both road cycling and mountain biking to the Woodland Park community. We are more than a club; we want to bring cycling to the community year round, like it never has done before.

Saturday August 29th the MTCC will host its inaugural Mountain Bike Race sanctioned by USA Cycling Association. Stephanie Sexton, Member Services Coordinator and Greg Butler, Business Development Manager will be assisting with the details of the race. Registration will be through USA



Members from the Mountain Top Cycling Club (MTCC) and The Woodland Park Middle School Mountain Bike Club started trail building at Aspen Valley Ranch.

Cycling. Ute Pass Family Chiropractic, Dr. James R. Wiley, is the title sponsor for the event. Several Summit level and Alpine level sponsors will be recognized on the podium banners.

The race will start at 8 a.m. with Cat 2, Single Speed, Clydesdale and Juniors 15 - 18. One minute will separate between men's and women's categories, doing three laps for 16.5 miles. The start for Cat. 3 & Juniors 14 and under is 8:10 a.m. with two laps. Then at 10:30 a.m., so all the other racers and spectators can watch, Pros, Cat 1 Men's will race, followed by Pros, Cat 1 Women's at 10:31

a.m. They will be doing six laps for a distance of 22 miles. The course is 4.5 miles and never a flat spot. It will be very exciting to watch.

David Kreighshauser and Eric Cefus mapped out the course once MTCC got the green light to proceed. Registration is now open for \$35. If you are not licensed with USA Cycling then a one day race permit is available for \$10. Lunch and after party details are still being determined. Cash prize for 1, 2 and 3rd place. Each participant will receive a commemorative patch. For more information visit www.mountainopcyclingclub.com

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## Columbine Elementary celebrates 7th Annual Earth Promise Day

After being postponed one week due to heavy snow, the 7th Annual Earth Promise Day at Columbine Elementary School in Woodland Park took place on Monday, May 18. Though the event typically takes place outdoors, continued rain moved the event indoors.

The event, funded and staffed by the Teller-Park Conservation District featured topics related to healthy soil and pollinators. Each year, the topic varies. Past topics have included migratory birds and water conservation.

Students in grades K through 5 moved through eight stations with their classrooms every half hour participating in the following activities:

- **Worm experiments** (Christopher Smith, Soil Conservationist, Natural Resources Conservation District in Woodland Park)
- **Fundamentals of soil** (Mary Menz, Outdoor Educator and District Manager, Teller-Park Conservation District)
- **Planting for pollinators** (Patricia Galvin, Earth Team Volunteer, Teller-Park Conservation District)
- **Soil percolation experiments** (Laura Craven, Soil Scientist, Natural Resources Conservation District, Pueblo)
- **Soil scavenger hunt** (Marisa Neuzil, Area Educator and Earth Team Volunteer, Woodland Park)
- **Buzzy buzzy bees** (Linda Groat, Naturalist, Mueller State Park)
- **Soil bingo** (a campus-customized bingo game led by teachers while walking on the Columbine Elementary School nature trail)

This year's theme was selected because 2015 is the International Year of Soils and

### How to bring an event like this to your school

Contact the Teller-Park Conservation District to find out how your school can participate in an event like this: 719-686-9405 x104.

Pollinators were featured in this year's Soil and Water Stewardship Week in April.

Earlier in the week, 5th graders added more perennial pollinating plants to the school's existing Happy Garden, which has been recognized by the Xerces Society for Invertebrate Conservation. A commemorative sign from the Xerces Society has been planted in the garden as well.

The Teller-Park Conservation District is one of 76 conservation districts in the state of Colorado, and was established in 1942 according to the Soil Conservation Law in Colorado. The TPCD is comprised of private, State, and Federal lands and includes rangeland, non-irrigated pastureland, and irrigated hayland as well as recreational, urban, and mined lands.

As one of 3,000 conservation districts nationwide, and one of 76 conservation districts in Colorado, the Teller-Park Conservation District helps people to conserve land, water, forests, wildlife habitat, and related natural resources. It shares a single mission to coordinate assistance from public, private, local, state, and federal resources to develop locally-driven solutions for natural resource concerns.

Education is a vital part of the Teller-Park Conservation District's mission. TPCD



PNRCS Soil Conservationist Christopher Smith shared with students fun facts about earthworms. Students studied the worms using hand lenses to view their five beating hearts and body parts. photo by Kari Moore.

participates in local events and conducts workshop, talking to folks about conservation topics, native grasses and weeds. It also provides education programs for schools in both counties. The Woodland Park office also offers for sale custom seed mixes for nature pasture, grasses, and wildflowers — seed mixes specific to the local altitude and growing conditions!

- **BASKETBALL**
- **SOCCER**
- **FLAG FOOTBALL**
- **CHEERLEADING**



## Community Fellowship of Christians Sports Camp at Lake George Charter School

**June 15th - 19th**  
**9am - 12pm**

Open to children aged 4 years to 12 years. The children will learn sports skills, and have Bible stories, songs and games. Bring your children and let them enjoy a week of fun and fellowship.

**Call 719-748-5552 for information.**

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- Girls STEM
- Mountain Bike Club
- Book Club
- Spirit Club
- Jazz Band

WPMS offers Academic Teams and a wide variety of athletic team sports.

Students have the opportunity to experience Marine Lab by traveling to Florida or even enjoy a Europe Trip!

Woodland Park Middle School is a community fostering learning and growth through respect and responsibility.

**For more information:  
(719) 686-2200 or [www.wpsdk12.org](http://www.wpsdk12.org)**

## Once Upon a Time in the West Art Show returns

by Paula Bennett



This unique art show is celebrating its 20th Anniversary June 26 through July 6 at the Cripple Creek Heritage Center. Come see Native American and western art displayed among branches and arbors while listening to the soothing waterfall. We bring the outdoors in for a one of a kind show. Meet the artists June 26th from 4 p.m. to 9 p.m. with a Native American blessing and smudge ceremony at 6 p.m. A variety of paintings, sculptures, pottery, wood carvings and jewelry is displayed for your enjoyment.



## BLM Royal Gorge Field Office wins Valor Award

by Kyle Sullivan

Bureau of Land Management Royal Gorge Field Office employees Jonathan Brewer and Tyler Webb were honored at the 70th Honor Awards Convocation of the Department of the Interior at its headquarters in Washington, D.C. The Valor Award is the highest award given by the Department of Interior and recognizes employees who have demonstrated unusual courage involving a high degree of personal risk in the face of danger.

Firefighters Brewer and Webb were assisting local law enforcement personnel in evacuating residents in the path of the advancing Wetmore Fire in October 2012. The Wetmore Fire was an extremely fast moving, wind driven fire that consumed approximately 1,800 acres and 14 residences during the first afternoon and evening of initial attack.

Brewer and Webb were told of civilians that were in the path of the quickly advancing Wetmore Fire. They made the decision to drive through smoke toward the fire so they could locate the civilians. By the time

they reached the civilians, it was too dangerous to exit, so Brewer and Webb located a safe zone to gather until the danger passed. There were two different waves of flames, wind, and smoke that came over the group. Because of good situational awareness, both employees were able to remove themselves along with civilians and vehicles from what could have been a tragic outcome.

"John Brewer and Ty Webb went above and beyond the call of duty with their actions during the Wetmore Fire," said Keith Berger, BLM Royal Gorge Field Manager. "It is a privilege to work with these outstanding gentlemen and the Valor Award recognition is well deserved."



Jonathan Brewer and Tyler Webb receive the Valor Award from Secretary of the Interior Sally Jewell.



The Columbine, state flower of Colorado.



## A Fire-resistant yard

by The Coalition for the Upper South Platte

It's just about time to start planning and growing our gardens! There is much to consider before you start digging and fertilizing — where to plant, what to plant, soil amendments, watering schedules, and more. With so much to consider, you may not be taking into account how your gardens and landscaping affect your home's chance of surviving a wildfire, but you should.

The plants and features around your house can make the difference between your home burning or withstanding a wildfire. Embers spewing from a wildfire that is still more than a mile away can ignite the plants or mulch near your home. A small, ember-sparked fire can spread rapidly to your house if all that stands in the way is more flammable material. Choosing the right plants and landscaping material, and laying out your garden with breaks between flammable materials, are important when you live in an area prone to wildfire. A garden that can help protect your home from wildfire doesn't have to sacrifice beauty either.

While any vegetation can potentially be fuel for fire, some species are more resistant to oncoming flames. So what kinds of plants are well suited for homes in fire-adapted areas?

- The following characteristics help plants resist fire:
- Higher moisture content. Typically the higher the plant's moisture content, the more resistant to flames it will be. Deciduous plants and succulents tend to have high moisture content.
  - Plant structure. Plants that don't accumulate a lot of dead branches, needles and leaves, like aspen, are more fire resistant. Those that have open branches with fewer leaves are also less likely to carry fire. Examples include currant and mountain mahogany.
  - Low sap and resin content. Sap and resin are readily flammable, so conifers tend to be more susceptible to fire than deciduous trees.
  - Slow growing. Plants that have a slower growth rate do not need as much maintenance and pruning of dead and combustible materials.
  - Low growing. Groundcover and shorter plants are less likely to serve as ladder fuels, which carry fire from the ground surface to the tree canopy. Wildflowers are a good option for low growing plants.
  - Drought tolerance. Many drought-tolerant species use strategies like shedding leaves or needles, growing smaller leaves, or growing succulent leaves. These strategies help the plants conserve water, while also reducing their flammability.

Examples of plants that have some of the characteristics above include:

- Columbine
- Purple coneflower

- Wild geranium
- Dotted gayfeather
- Thyme
- Golden currant
- Snowberry
- Russet buffaloberry

It's likely that all the plants around your home are not going to be fire resistant, so maintenance is very important for reducing wildfire risk. For example, with their high resin content, conifers are susceptible to fire. Thinning and pruning go a long way toward improving the chance these species will not carry fire from your yard to your home. For other plants, removing dead, dry branches and stems; moving and trimming grasses; and disposing of herbaceous debris on a regular basis all help make your yard more fire resistant.

In addition to the kinds of plants in your garden and yard, spacing and placement make a big difference. Areas directly adjacent to your home should be your primary focus when thinking about wildfire risk. Embers or a flame front igniting flammable material within five feet of your home can easily and quickly spread a fire to the entire house. Reduce the chance of your home catching fire by ensuring the area closest to your home is made up of fire resistant materials, such as rock, gravel, concrete, or well-irrigated flowers or short grass. Any plants in this zone should be small and widely spaced to reduce fire spread. Most mulch is combustible, so avoid using mulch close to your house.

As you plan the layout for the rest of your yard, consider breaking up vegetation with non-flammable materials like stone or gravel. Decorative rock makes very attractive walkways and edging, while also breaking up the continuity of fuel sources in your yard that could feed the flames and lead a fire to your home. Planting in small clumps rather than expansive and continuous beds also reduces the likelihood a fire can easily spread across your property.

So as we look forward to more sunshine and the gardening season, take into account how what you plant and where you plant it will affect your wildfire risk.

For more information on planting and landscaping in wildfire-prone areas like ours, see: The Colorado State University Extension FireWise Plant Materials webpage expands on the information presented in this article, and also includes an expansive list of fire-resistant plants: <http://www.ext.colostate.edu/PUBS/NATRES/06305.html>

The University of Nevada Cooperative Extension recently put out an easy-to-read mulch report entitled The Combustibility of Landscape Mulches: <http://www.unce.unr.edu/publications/files/nr/2011/sp1104.pdf>

The Coalition for the Upper South Platte (719-748-0033) has extensive information on our website for reducing your wildfire risk: <http://cusp.ws/forest-issues-2/>



## First Annual Neighbors Helping Neighbors Catered Lunch Fundraiser

Wednesday, June 17, 2015  
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## Volunteers wanted!

Habitat for Humanity of Teller County is in need of volunteers to help us run a booth at the Woodland Park Farmers' Market. We plan to be there every other Friday from June through September. We will need help refinishing, repurposing, and redecorating various items for sale, as well as setup, takedown, and staffing the booth. Please contact our office at 719-687-4447, or by email to [colleen@tellerhabitat.org](mailto:colleen@tellerhabitat.org).





## Birds of the Ute Country Northern Flicker *Colaptes auratus*

by Mary Menz  
photos by Mary Menz

Birds that frequent Chaffee, Fremont, Park, and Teller Counties love the variety of scrub oak, pinyon juniper, coniferous forest, and riparian areas found in this part of Colorado. In this column, you'll learn about the common — and not so common — birds of the Ute Country.

The Northern Flicker, a member of the woodpecker family, has long been associated as a friendly or lucky bird. Its red-shafted feathers are also associated with fire and medical powers according to legend and mythology of Native Americans. Its yellow-shafted "cousin" is considered especially lucky; hearing the cries of either means that one will soon receive a visitor to their home. Here in the Ute Country, we are fortunate to see many variations of the flicker: red-shafted, yellow-shafted, and hybrids of the two combined.

The sight of that white rump flying away from us in a slow bounce-like flight brings a smile to the one who sees it for the first time each year. Yet that same person may also grimace when spring brings the Flicker's familiar drumming to any hollow surface it can find. That drumming is usually on hollow trees or the chimney pipe on top of the house and serves two purposes — to establish its territory to other males in the neighborhood and to attract a mate. Nationwide, there have been reports of flickers drumming on anything from trash cans to vehicle hoods. Fortunately, the drumming typically subsides when mates are located and nesting begins. It's a rare occurrence for woodpeckers to actually damage a home or other property.

It's important to note that Flickers are protected by the Federal Migratory Bird Act. There are many nonlethal methods of preventing woodpeckers of any species from damaging property. Those methods include a light spraying with a water hose, hanging Mylar scare tape or Mylar balloons, or hanging netting with larger mesh patterns (like that used to protect fruiting shrubs and trees). It is illegal to scare Flickers away from a nest containing eggs or young.



### Local color

Most Flickers west of the Mississippi bear field marks that are slightly different than the eastern variety. The obvious difference is in the color of the feather shafts — either red or yellow or both. The male Flickers

### Where the Flicker name comes from

Though woodpeckers typically feed on tree-dwelling insects, the Flicker primarily forages on the ground for its meals. Flicking its long tongue as much as two inches beyond its stout beak, the bird runs along the ground in search of ants. Ants are the Flicker's favorite food, though they will eat other insects like beetle larvae, wild fruit such as that from sumac and dogwood, ripe fall nuts, and suet put out for other birds. They will also take advantage of any insects found in dead wood while excavating a nest.



of the Ute Country wear a red "mustache" or malar stripe, while the eastern species sports a black malar. Both feature a black bib on their chests. Only the yellow-shafted Flicker has a red nape. You can imagine the subtle variations that may be created with hybridization of the two subspecies along their shared habitat along the Rocky Mountains north to the Canadian Rockies and into southern Alaska.

### Long-term pair bonding

Flickers are but one of several bird species thought to mate for life. There is evidence that bonded pairs — who have already completed the mating ritual at least once — return to the same breeding territory year after year. It's even said that pairs recognize their mate from year to year, and unless a more attractive Flicker has moved in the area, they remain bonded. Mated pairs will return to the same nest as used in the previous year provided that it hasn't become a home for squirrels, Screech Owls or Kestrels, provided it is near a food source, and provided it still exists. Flickers prefer the soft wood of a dead or dying tree, but that also means that their prized nest site may fall over or be harvested as fire wood before they show up for nesting the next year.

Using the specialized tools that all woodpeckers possess, digging out a new

cavity is usually an easy task that can be completed in one long day. Grasping a tree with their long toes, and balancing with their pointed tail, a Flicker uses its long and slightly curved bill to excavate a nest in a dead or dying tree, an aged utility pole, or rotten siding on a house. Both the male and the female share in the nest-building process. A bonus is that any wood shavings that remain in the cavity provide fine bedding upon which to lay the normal clutch of five to eight eggs.

If you've never witnessed the mating process while in the field, check out some of the amateur videos posted on YouTube. The head bobbing and dance steps are fascinating. It's interesting to note that a mated pair may still conduct a shortened version of the mating ritual even in subsequent years of their relationship.

### Fun fact

A group of Flickers is known as a guttering or a menorah.

Mary Menz is a naturalist and master birder who lives in Ute Country at 9,000'. She first became enamored with nature as a child living in Idaho, where the expedition of Meriwether Lewis and William Clark was studied at an early age. You can reach her at [SnowberryBlossom@gmail.com](mailto:SnowberryBlossom@gmail.com).



## A Mountain Seed Golf balls and fingerlings: Spring in the Rocky Mountains

by Jessica Kerr

Every spring, the lake is piled with sand washed out of the mountains. It is also loaded with sticks of various size, fingerlings (young trout), and golf balls. Mountain life is strange; much more peculiar than anywhere else, and it should be no surprise that our warmer months are the most bizarre of all because that is when life invades. However, mountain springs and summers are not strange to those of us who call the mountains our home.

In the heart of Buena Vista, there is a small lake in a small park. Locals call this place the Duck Park because of the ducks that spend the winter (and not so much lately, the summers) there. Another name for the park is Town Lake because — well — it is the town's only lake. Its real name is McPhelemy Park, after the man who donated the land from his farm nearly a century ago. A couple of miles upstream from the lake is the city's golf course. Through this golf course runs Cottonwood Creek, which comes from Cottonwood Lake part of the way up Cottonwood Pass. The creek — and other formations nearby — is rightly named, for there are hundreds of cottonwood trees lining the creek's banks. Anywhere you go near any riparian zone, these hardy trees provide shade in summer and sometimes good climbing fun to those of us who wish to sit in the lofty branches.

All winter, the Town Lake is running very low. At full capacity, the lake is about 30 yards wide and 60 yards long. I would guess that its best depth is between 10 and 20 feet. In the winter, however, it is not uncommon to be able to cross from one side to the other using the piled sediment and snowy ice that line its bottom. When the sun begins to make its journey back to us, bulldozers go in and remove the highly stacked sand, sticks, and occasional log to prepare the lake for filling. It sits barely running for about a week afterward, and the stream pushes even more sediment down before reservoirs open and the lake is filled with water and stocked with trout. Sand creeps slowly toward the waterfall at the end of the lake, and little white orbs dot the bottom in the shallow water. To me, this is the first sign of spring.

It wasn't until this year that I decided to collect the golf balls. I wonder how many there are downstream, in the Arkansas River, or cemented in the bottom of Town Lake, buried under years of silt. Standing on the edge of the water, I could see many of them. They didn't seem to be much different than rocks, laying on the bottom of the lake, remaining stationary, being buried by the coarse sand that crept towards them. However, anything that isn't natural doesn't belong in nature. Besides, they could make a good art project.

The water was cold. Even though the day had reached nearly 60 degrees, and the sun still shone brightly, the water was freezing. Beginning upstream, my hands plunged into the chilly water, bringing up golf ball after golf ball. As I worked my way downstream, toward the waterfall and deeper water, the temperature increased and my feet became comfortable. I paused. Standing there, semi-warm water caressing my ankles and calves, I recognized beauty. Traffic didn't rumble, the only noise was the water moving and the wind gently shaking the branches of the Cottonwoods. A foot or so to my right, a fingerling glided along the leaves at the bottom of the lake. It was only for movement that I saw its glistening brown scales. Sensing my presence, it quickly darted away. I resumed my task and the noise of the traffic returned.

Collecting golf balls from a man-made lake may sound strange and almost silly. Isn't it true, though, that we mountain people seem strange and almost silly to those who haven't lived here? The ways of a small mountain town are, in a word: weird. We operate differently than others, we have a dissimilar way of processing thoughts, and we reflect the mountains themselves: quiet, beautiful, sometimes austere, and yes...strange.

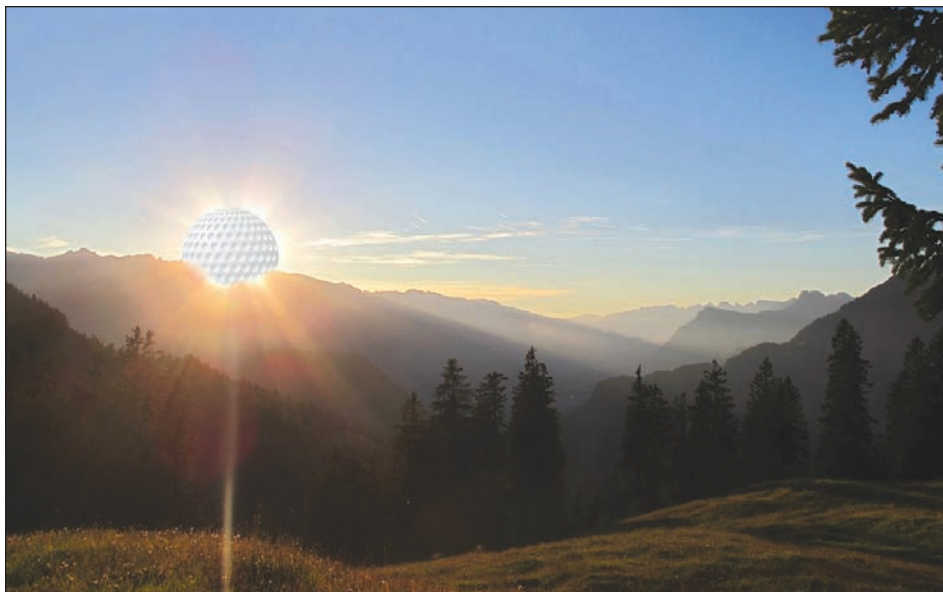
In Buena Vista, there isn't really a transition between spring and summer. One day, it gets unnaturally warm. A tourist visiting in February may see us running around in shorts and a tank top. It is only 50 degrees but, we don't care. It's warm out! An hour later, we are wearing our subzero boots and coat — with the same shorts on — because it suddenly started snowing.

Things just start to grow. The trees have looked dead, but they are budding little brown capsules of life. Calves and foals enter the world, and fawns follow soon after. Bucks sprout little brown fuzzes on their heads and their coats turn tawny instead of

dull sepia. Spring is when the morning is 25 degrees with blizzards and by four o'clock it is 50 degrees and there is not a sign of snow, just mud, mud, mud. One day you realize that it hasn't snowed for a while and it has been consistently 60 degree or warmer. That's when we can call it summer.

Another marker of summer in Buena Vista is the arrival rafters and tourists. Sometime between the beginning of March and the end of April, a certain group of people show up. They drive Subarus, complete with at least one kayak on top, bumper stickers on the hatch, and a happy dog monopolizing shotgun. They wear flip-flops or FiveFinger "toe-shoes" (if they're wearing shoes at all), flat-brimmed hats or beanies, shorts, and tank-tops. These are the people that run BV's primary economic asset. The other seasonal crowd are tourists: often retired couples, families with young children, and Texans. Our population booms from a meager 3,000 to sometimes well over 10,000.

With the influx of people, the town changes. Cell phone reception and Wi-Fi service isn't too bad during the winter, considering our mountain shields. In the summer, we learn to enjoy our cell phones less and less. On the weekends from mid-April to Labor Day, we rely more on text than actual calls. Because there are so many people in town, and they



all use the same towers, cell phone service diminishes. Last summer, on the Fourth of July, I remember trying to call one of my family members to find out where they were. The call never did make it through; a text or two helped us find each other. But even that brings its joys: we have an excuse to be unplugged.

Forget making left turns. The main grocery store in town is situated on the west side of Highway 24. To get to Main Street, one would normally turn left. Due to the high amounts of traffic in the summer, you have a better chance of making it into Juilliard as a start-up 60 year old ballet dancer than you do of making it quickly and safely onto the highway with a left turn. Go right. Always go right.

The mountains — and life in them — are

mysterious magical all year long. They just happen to be even more strange, nonsensical, and wonderful in the summertime. The air carries the smell of wood-fired pizzas, growing grass, freshly cut hay, and warmth. The breeze is cool, the air is not too hot, and the rain brings freshness with it. Robins, blue jays, sparrows, finches, and chickadees sing their song. Turkey vultures roost in the tops of high pines, and falcons dart over fields. The mountains burst with life, as short as it is in comparison to much of the rest of the world's summer. In a way, that brevity of life makes living in the mountains all the sweeter. We are thankful for everything we have, including the summers (and life) we know to be short.

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## Arkansas headwaters expect tremendous season

by Abbie Walls

Rafters, rejoice! Despite recent reports of low snow totals and water concerns across the western United States, whitewater boaters will find stellar conditions on the Arkansas River this spring and summer.

As of May 1, snowpack totals in the Upper Arkansas River Basin were at 103 percent of average, bucking the statewide snowpack trend, which was at only 61 percent. This year is shaping up to be one of the best ever for whitewater boating on the Arkansas River within the Arkansas Headwaters Recreation Area (AHRA).

"It's really been a great year for us," said Rob White, AHRA Park Manager. "Early spring was rather dry with low water conditions, which was perfect for the fishery, and the cooler weather with all the rain and snow as of late will provide unbelievably good whitewater boating conditions all summer long."

Snowpack totals for the Upper Arkansas River Basin have only improved since the May 1 report, reaching 133 percent of aver-

age by Memorial Day weekend, and building.

"We invite everyone to the AHRA this spring and summer to experience this year's great whitewater boating conditions," said White. "Because snowmelt has not yet started in earnest, the current conditions are great for families and those who would like to go boating with a commercial outfitter for the first time; while later this spring and summer, for those who like bigger water, we'll see some of the best conditions we have seen in years."

As always, whitewater boaters are encouraged to "know before you go" and research sections of the river before traveling them. A list of river outfitters for the AHRA can be found here: <http://cpw.state.co.us/places-togo/parks/ArkansasHeadwatersRecreation-Area/Pages/RiverOutfitters.aspx>

For more information on the Arkansas Headwaters Recreation Area, visit: <http://cpw.state.co.us/places-togo/parks/Arkansas-HeadwatersRecreationArea>

## BLM seeks nominations to Resource Advisory Councils

by Kyle Sullivan

The Bureau of Land Management today announced that it is seeking public nominations for open positions on 15 Resource Advisory Councils (RACs), which advise the BLM on public land issues. This request also applies to BLM's Carrizo Plain National Monument (California) Advisory Council. As published in a notice in the Federal Register, the BLM will consider nominations for 30 days.

The BLM's RACs, composed of citizens chosen for their expertise in natural resource issues, help the bureau carry out its stewardship of 245 million acres of public lands. The bureau, which manages more land than any other Federal agency, has 31 RACs across the West, where most BLM-managed land is located. Each RAC consists of 10 to 15 members with an interest or expertise in public land management, including such individuals as conservationists, ranchers, outdoor recreationists, state and local government officials, Tribal officials, and academics. The diverse membership of each RAC helps ensure that BLM land managers get the varying perspectives they need to achieve their mission, which is to manage the public lands for multiple uses.

"As a land-management agency that carries out a multiple-use mission, the BLM seeks out and values diverse input from citizens who care about the stewardship of America's public lands," said BLM Colorado State Director Ruth Welch. "This input advances our efforts in managing uses of and protecting resources on the public lands."

Those who have already submitted a nomination in response to the first call for nominations (published in the Federal Register on February 3, 2015, (80 FR 5785)) do not need to resubmit. All nominations from the first and second calls will be considered together during the review process. Individuals may nominate themselves or others to serve on an advisory council. Nominees, who must be residents of the state or states where the RAC has jurisdiction, will be judged on the basis of their training, education, and

knowledge of the council's geographical area. Nominees should also demonstrate a commitment to consensus building and collaborative decision-making. All nominations must be accompanied by letters of reference from any represented interests or organizations, a completed RAC application, and any other information that speaks to the nominee's qualifications.

Each of the 15 RACs has different positions open in the following categories:

- **Category One** — Public land ranchers and representatives of organizations associated with energy and mineral development, the timber industry, transportation or rights-of-way, off-highway vehicle use, and commercial recreation.
- **Category Two** — Representatives of nationally or regionally recognized environmental organizations, archaeological and historical organizations, dispersed recreation activities, and wild horse and burro organizations.
- **Category Three** — Representatives of state, county, or local elected office; representatives and employees of a state agency responsible for the management of natural resources; representatives of Indian Tribes within or adjacent to the area for which the RAC is organized; representatives and employees of academic institutions who are involved in natural sciences; and the public-at-large.

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

## Fishing on Pikes Peak

by Jeff Tacey

The weather in May wasn't that hot, but maybe summer will show with the arrival of June.

One of the best places to fish throughout the summer is on Pikes Peak. The North Slope Recreation Area opened on May 1st and will close on October 18th. Hours for summer are 7:30 a.m. to 7 p.m. The area is closed for the Pikes Peak Hill Climb; check Pikespeakcolorado.com for all details and rules.

Now onto the fishing. Crystal Creek Reservoir is 120 acres, South Catamount Reservoir is 120 acres and North Catamount Reservoir is 210 acres. All three lakes have rainbow, cutthroat, brook, brown, cut-bow and lake trout.

North Catamount is artificial flies and lures only. You can use bait at the other two

lakes. There's a four fish limit and only two can be lake trout. If you have a kayak, float tube, canoe or rubber raft (electric motors only) this is the place to fish.

Shore fishing works well with tube jigs reeled in slowly. Kastmasters, Krocidiles, Little Cleos and Rapalas will also catch fish. Either cast from shore or a little boat. A fly rod works well while floating but is harder from shore because of all the trees. Try Woolly Buggers, egg patterns, Rio Grande Kings, Green Hornbys and Zonkers. These flies also work well on a spinning reel with an air bubble. Night crawlers, Power Bait and salmon eggs work well with a small sinker fished on the bottom.

Check the 2015 Colorado Fishing booklet for the rules and regulations.

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# Inside North Korea

## A local Woodland Park resident visits the Democratic People’s Republic of Korea

### Part 2 (Time Warp)

by Dave Martinek  
photos by John Ramey.

(Forward: In Part 1 of this series, I recounted the history of North Korea and introduced John Ramey, a young internationally known entrepreneurial consultant and local part-time resident of Woodland Park, who was one of only five Americans to visit North Korea in 2014. This segment (Part 2) is the beginning of John’s story about his adventure, told through interview conversations and some of his other public comments.)

The capital city of the Democratic People’s Republic of Korea (North Korea) is Pyongyang. It is located on the Taedong River in the west-central region of the country, about 30 miles east of the Korean Bay, part of the Yellow Sea. The name means “flat land” or “peaceful land.” The city occupies an area of about 300 square miles, and according to a 2008 census has a population of over 3,000,000 people. The climate in Pyongyang is temperate, all four seasons, with hot humid summers often drenched by the East Asian monsoon from June to August, and cold, snowy winters from November to March brought on by dry, frigid winds from Siberia. Ramey visited the country in the fall of 2014.



Our handlers took us on an impromptu visit to a park one day ‘because we’re ahead of schedule’ they said. As we walked up music started and about 100 people began dancing in traditional costumes. The handlers acted surprised and said ‘oh, this must be National Elderly Day!’ The old people danced with us. This was my 4 foot 10 inch dance partner. (John Ramey pictured)

The communist government of North Korea allows tourists into the country only on specific occasions as part of a propaganda move. For non-Chinese, less than 3,000 tourists apply each year, but only 100 or 200 are allowed in. The rest of the time the borders are closed, except perhaps to the Chinese and Russians. The regime runs a joint venture with travel agencies in Beijing who provide liaisons for the tours and training to acclimate the tourists. All foreign visitors are assigned “handlers” who hyper-manage a programmed agenda while in country. The handlers usually dress in western or traditional clothing and speak fluent English. Some also speak a variety of other languages — Japanese, German, Chinese, Russian, etc.

Americans and Japanese must fly to Pyongyang since they endure extra security and scrutiny. Other tourists take the train from Beijing across the Chinese mainland and down the west coast of North Korea to the capital city.

“The propaganda began on the plane,” said Ramey in an interview in January 2015. “They passed out inflight literature and played military style band music over the head phones. Our transportation was via an old Russian passenger plane. Once we landed, going through security at the Pyongyang airport was very tense. They checked everything, including my electronics, and asked lots of questions. Fortunately, I had cleansed all my

data files from my laptop and smartphone before arriving. They didn’t seem to be bothered by my suitcase full of cigarettes for bribes, though.”

Before leaving Beijing his western liaisons issued Ramey a Tourist Card and told him, “Seriously, you really, really don’t want to lose this! Just don’t lose it!” They were also not allowed to call the country North Korea, because that implies there is a South Korea — which they don’t recognize.

“To them, it’s Korea and the southern part of their country is invaded by U.S. dogs,” said Ramey.

There are two hotels for visitors in Pyongyang located on a small peninsula in the Taedong River. One is for non-diplomatic personnel, where Ramey and his fellow tourists stayed, and the other is for diplomats. In all, the two hotels have about 1,000 rooms, but according to Ramey only 40 or so rooms were occupied when he was there.

Ramey suspected that his room was bugged, but not so as to cause great concern. He expected it. It was obvious that Americans got a lot of attention. During their free time at the hotel, they were constantly and quietly (and visibly) tailed and not allowed outside the hotel steps at night.

“Someone would pop out of the shrubbery and gesture for you to go back inside,” Ramey recalled. “We did have access to telephones in the hallway, but they were monitored. I tried to call my dad one night, at 10 dollars a minute, but when the call went to voice mail a handler came out of a nearby room and told me to hang up. Outside the hotel, if we needed to go the bathroom, we were escorted.”

During their visit, Ramey and his fellow tourists, each with an individual handler, were guided to prescribed locations around the city and in the nearby countryside — to a factory, a school, a mountain resort, a hydro-electric dam near the Korean Sea, a university, to the Sun Palace where the bodies of Kim Il-sung and Kim Jong-il are ritually displayed, to a supermarket, to official (propaganda) bookstores and finally to the demilitarized zone between north and south Korea.

They were also taken on what appeared to be impromptu stopovers, like to a government park, when their handlers claimed they were ahead of schedule. In one instance, as soon as they left the bus, about 100 people appeared dancing in traditional uniform. The handlers acted surprised and said “Oh, this must be National Elderly Day!”

“The old people danced with us,” said Ramey. “On another occasion and another park there were about 12 couples getting



Some of those posters showed U.S. soldiers being bayoneted by North Korean soldiers, or a fist smashing a U.S. missile.



Downtown Pyongyang, North Korea at sunrise from our hotel room.

married. ‘What a surprise,’ our handlers said. It was no coincidence. It was Wednesday afternoon. We were told about how much freedom the people had to pick their spouse. But then one of the cooler handlers told us the married couples don’t have much sex right after marriage because it takes 18 to 24 months before the government issues them housing. So until then, the couple lives with the bride’s parents. Awkward!”

Ramey saw many situations during his visit that were in sharp contrast with western societies. For example, while Pyongyang is fairly modern, most of the rural countryside is still a step back in time.

“There are no advertisements in the country, he said, “everything is propaganda about how awesome the Supreme Leaders (“Dear Leaders”) are, or how bad America is. The government appoints all housing for its citizens. Those fortunate enough to live in a modern-ish apartment complex in Pyongyang probably were awarded that privilege because they were especially loyal, especially productive or were a sports or music star.

“While automobile ownership is on the rise (if you are a party elite, you get rewarded with a car), it is still controlled by the government,” Ramey said. “But outside Pyongyang we would often go for hours without seeing another vehicle, especially non-military. Some of the roads were 10 lanes wide but no cars, and in awful condition. Of course, the silver lining to their controlled state is lack of crime. We often saw children as young as four or five walking alone to school.”

Other issues were readily noticeable. “North Korea has electricity problems. But of course, they didn’t want us to think that. We heard stories beforehand and saw evidence on our trips — of them turning off parts of the city to power the parts foreigners were visiting. During a concert one night with big lights and sound systems, the rest of the city was dark. In the evenings, the city of 3,000,000 was almost pitch black. The only major lights were government buildings, pictures and statues of Dear Leaders, and certainly our hotel.

“Even with careful coordination by the handlers, we experienced blackouts multiple times. Each time they acted like “Oh, that’s weird!” But the handlers were scurrying to get that part of the grid back up or generators running. Once, while eating, the lights went out, so Korean women stood silently over us with flashlights on our food. Or another time, we were playing pool in the hotel recreation hall, so some women held flashlights behind us and moved with our cue shots.”

Ramey recalled that their handlers were constantly taking his group to ‘official bookstores.’

“They took us to bookstores probably five or six times during our visit itinerary. We saw racks of propaganda, in English, about how awesome the Kims are. Some of the posters showed U.S. soldiers being bayoneted by North Korean soldiers, or a fist smashing a U.S. missile. I got some stares and a comment from our handlers because I eventually stopped pretending to be interested when they would take us into another store. I just sat down,” said Ramey.

“After a while, it just felt like we were in a time warp.”

To be continued...

Read Part 1 of this story at [www.utecountrynews.com/archives](http://www.utecountrynews.com/archives)

# Victor Hotel hosts Graves Paranormal

by Kathy Hansen  
photos by Jeff Hansen

Memorial Day weekend found the Victor Hotel fully booked; the guests hoping to meet each other as well as some of the less often seen inhabitants as Graves Paranormal Investigations and Research held a retreat to learn a little more about the rumored activity.

Lain Graves and partner, Dana Knight arrived ahead of time to set up their equipment and cameras, including just shy of 3,000 feet of cable, as well as “glow sticks” secured for safety purposes marking thresholds and objects that may be difficult to see or navigate in the dark. Lain had heard of the rumored activity from hotel owner, Gary Nelson. Lain was confident he would be able to record the phenomenon. Saturday night, Randall Terry, local historian, shared much of the local history with those who attended the retreat.

Graves Paranormal Investigations uses a variety of equipment, including blue gamma and infrared camera-recorders, thermal imaging systems, K-2 meters, Mel-meters, Ovilus, and more, Lain is a firm believer you really do not need any of the fancy equipment to make a connection. The equipment primarily helps to record events and help identify a possible alternative explanation for the phenomenon. Lain guessed there are probably 5,000 paranormal teams in the state of Colorado alone. However, of those maybe three have similar equipment and expertise.

We asked Lain how long he has been investigating the paranormal. He said, “I’ve been haunted all my life. There are photos of me as a child that include an apparition.” He went on to say he had been awarded full scholarship from the Vatican where he earned a Ph.D. in Demonology and a Ph.D. in Parapsychology which took him only nine years to complete. Graves Paranormal Investigations and Research has been seeking specters for 16 years and have investigated in over 200 countries. His biggest referral sources are other paranormal investigators and the Vatican. As most professionals do, he continues to educate himself.

Lain finds it important to keep an open mind while collecting information about a case. Sometimes what appears to be paranormal activity can be a family problem, mental illness, or even out-of-control hormones. He finds the simplest explanation is often true.

Every investigation is different, but they tend to have a common pattern. The story often begins with the person thinking they saw something “out of the corner of my eye” or peripheral movements that the person often tries to convince themselves they didn’t see. Eventually, people recognize this experience happens more frequently and then begin experiencing cold spots when no draft or reason for a specific heat loss can be determined. Many people report flashes of light they cannot explain.

The history of the property, its people, and its objects are important, as well as the story of the current inhabitant. Often the situation is as simple as someone who had a sudden death and the person doesn’t know they are dead or in cases of suicide where their beliefs become a self-imposed limbo that doesn’t allow them to pass. In these situations, Lain is very respectful and helps them to pass on. These are often resolved quickly and easily.

Lain has been to investigations on property where multitudes of people died suddenly (Chernobyl), or where a home is placed on a burial ground. Sometimes there is so much energy at a location, it is simply best to avoid that spot. Lain said, “I’ve been helping lots of people with their ghost problems and lots of ghosts with their people problems.”

Other situations are more intense. Lain shared a story of a woman who moved into a new home. Soon after, she began to feel as though she were being raped in her sleep. Lain



Lain Graves and partner Dana Knight by their video monitor.

**“I’ve been helping lots of people with their ghost problems and lots of ghosts with their people problems.”**  
— Lain Graves

used his equipment to capture a photograph of the incubus and an Electronic Voice Phenomenon (EVP), “I couldn’t leave you alone as a child, how could I leave you alone now?” The woman shared her father had molested her from the age of three to age 17. He had recently died. Lain was able to help with an exorcism on the home, followed by a blessing of the home, and placing appropriate protection around the home. He also helped her to firmly direct the invader to leave and stay out.

We asked what he does to recover after an investigation, especially when they are more intense. He said the biggest effect is he feels drained of his energy and needs to sleep. Protection beforehand is something to seriously consider; Lain has his own methods and recommends we all find what works for us.

Lain was anticipating apparitions and interactions at the Victor Hotel. In fact, there

Lain and Donna took us to the spot in the basement where the handshake took place, the same place Eddie’s body found its resting spot. Dana was able to use her phone to select the camera that was placed there. Lain took a Maglite flashlight from his pocket, he turned the tip to show it on and then turned it off. Lain placed the Maglite on the floor in the “off” position. I was standing in the same spot Lonnie had been. I introduced myself to Eddie and offered to shake his hand. I felt nothing. As we looked at the image from the camera on Dana’s phone, we could see a shadow move from behind a post. We made sure we were not causing the shadow. Suddenly, the Maglite turned on brightly, then it dimmed a little, then got brighter and dimmed again. Jeff and I examined the Maglite; there was no dimmer switch, no evidence of any kind of remote control, and we were not able to physically



The Victor Hotel has a long history of paranormal activities.

Everyone we spoke with enjoyed the experience and many asked if they could attend a future retreat. The history lesson was interesting, the food was excellent at the hotel, and the phenomenon experienced could not be explained any other way.

Well, maybe that Maglite turned on in the basement because all four of us were hoping it would, causing our brain waves to collectively produce a shared hallucination or enough telekinetic energy to turn on the flashlight. Then Jeff told me he really wasn’t focusing on the Maglite in the basement, he was taking in the experience as opposed to focusing his energy. Lain reminds us the simplest explanation is usually the correct one.

Lain does not experience fear during an investigation; he understands that his emotions are an energy the entities can and will use. He feels perfectly safe and trusts his protection. He is eager to learn more. He dedicates portions of his website to folks who wish to share their experiences and seek support. Go to [GravesParanormal.org](http://GravesParanormal.org) and find the “Recommended Links” tab, then go to “Haunted Like Me” which will connect you to Facebook, where you can sign-in and share your experience and connect to support if needed.

Lain does not charge to perform an investigation; he does this for free because he feels it is what he is intended to do. He and Dana have their full-time jobs and make a little extra off YouTube videos. Check out his YouTube video entitled, “Ghost Attack at Allegheny Mental Institution”. If you are interested in a retreat, contact him via the website [GravesParanormal.org](http://GravesParanormal.org), via Facebook, or by calling 719-406-0190.



Sandra, Kevin, and Emily McLaughlin were guests at the Victor Hotel retreat with Lain Graves, partner Dana Knight, and hotel manager Stephanie Terry.



Lain demonstrates some of his equipment.

had been a miner, “Eddie” who had fallen down the elevator shaft to his death from the third floor back in 1900. Lain and Dana made sure to place a camera on the elevator’s buttons to make sure a hand didn’t slip in to direct the elevator, since it’s been known to move on its own; it just doesn’t stop at the third floor. They also placed a camera at the basement floor where Eddie was found.

Lain and Dana were setting up their equipment as an interested party joined the discussion. Lonnie Gann wondered of Eddie, “Are you here to protect people from falling down the elevator shaft as you did?” Lonnie then extended his hand. Immediately after, Lonnie could feel someone shaking his hand and his arm became cold up to the shoulder. Dana said she could see light orbs exiting Lonnie’s elbows, as though Eddie’s energy moved swiftly through Lonnie’s body.

Hearing this story, we were fascinated.

manipulate the light to make it glow at different levels of light. We were only able to make it turn on or off, not the dimmer switch type of effect.

We decided to return the next morning to see if any of the hotel guests had any kind of experiences. It turns out most everybody saw some type of orb. There were areas where their meters had some interesting readings and temperature changes. We saw several photos that had unexplainable color differences. One of the most interesting shared experiences is the report of the alarm clock going off in the “next room” every 10 to 15 minutes. As the guests began to talk about it, it was clear the neighbors who inhabited the room the sound came from, had the same complaint about the adjacent room. Apparently, this had gone on for a few hours. Jeff and I recalled our last stay at the Victor Hotel; we heard people in the neighboring room and their alarm going off every 10 minutes from 4:30 a.m. to 6 a.m. We couldn’t help but wonder if the room next to ours had actually been rented or if it was the same phenomenon as the hotel guests experienced.

Lain did get a few words on his EVP equipment. He explained that years ago he had picked up an “attachment” named Paul, an entity between worlds that tends to hang around Lain and often communicates through his EVP equipment. When Lain asked Paul to identify the people in the room the EVP showed, “Lain”, “Graves”, “Mommy”, “carry”, “country”, “eat”, and “apple”. It is hard to misinterpret “Lain” and “Graves”. We learned Paul refers to Dana as “Mommy”. Paul may have understood Jeff and I were there representing the Ute Country News, by including “country”. Everyone seemed confused by “apple”. What they didn’t know was I had cut an apple that morning for a snack. It was fun to communicate with Paul, as short as the time was.



Something in the attic. photo by Lain Graves

## Lain described three different levels of hauntings.

- Infestation: the activity is annoying, it bugs you, and the entity makes its presence known.
- Oppression: there are physical attacks and often mood changes including depression, personalities change to become belligerent.
- Possession: a spirit enters a physical body, may require exorcism.

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## SOLAR Day

by Denise Kelly,  
Lake George Charter School

The entire school participated in this year's SOLAR Day. Student Outdoor Learning Activities Retreat. The students broke into groups; they toured the Adeline Hornbeck homestead grounds, and the Florissant Fossil Beds. Students dug & sifted for fossils, learned about the petrified redwoods, explored the exhibits, and hiked the petrified forest loop. The older students saw the demonstration of shale splitting and fossils under microscopes and rotated through the discovery stations. It was a fun day enjoyed by all!



Mrs. Patty's morning preschool class digging for fossils.



Ranger Whitney explain to some students what they had found.



Some of the 4th grade students at Fossil Beds.



Some of the Kindergarteners looking at the displays.



Ranger Whitney teaching some of the students about the local animals.



Students passing around a horn and a skull.

## Graber joins WP Board of Education

by Woodland Park School District

Woodland Park School Board of Education appointed Corbin Graber as the newest member of the board during their monthly meeting on May 13. He is now the Director for District E, which is in the boundaries of Summit Elementary School in Divide.

Graber, a Teller County resident, received his double major in Business Administration and Accounting, along with a minor in Communications, from Bethel College in North Newton, KS. He currently serves as Executive Director of Rocky Mountain Mennonite Camp, located on the west side of Pikes Peak.

In his decision to join Woodland Park's school board, Graber said he is responding to a need. "It's an opportunity for me to give back for the great experience I had growing up in my school," he said. "I want to support our school program."

Graber and his wife have three children in Woodland Park School District and enjoy volunteering as coaches with Woodland Park Parks and Recreation for a variety of activities including soccer, basketball, volleyball, etc. Most recently, he coached grades 5 and 6 boys' basketball.

"We are thrilled to add a new member to our board," Dr. Jed Bowman, Superintendent of Schools, said. "Generally, the first year on the Board has a steep learning curve



and we are looking forward to working with Board Director Graber in 2015-16."

Graber replaces Kenny Funk, who resigned from the board in February due to re-location out of state. Other current directors serving on the Board of Education include President Carol Greenstreet, Dr. Gwynne Dawdy, Beth Huber, and Nancy Lecky.

The Board of Education meets at 7 p.m. on the second Wednesday of every month. All meetings are open to the public.

## BLM begins public scoping for Royal Gorge plan revision

by Kyle Sullivan

The Bureau of Land Management (BLM) Royal Gorge Field Office is seeking public input to help guide its Resource Management Plan Revision for 668,000 acres of BLM lands along Colorado's Front Range. The revision will combine the 1996 Royal Gorge Resource Management Plan and the 1986 Northeast Resource Management Plan, to create the new Eastern Colorado Resource Management Plan. The revision will also include a Master Leasing Plan for South Park.

"It's very important to hear from the public before we begin drafting the plan revision," said BLM Royal Gorge Field Manager Keith Berger. "This scoping period gives the public a great opportunity to become involved early in the process. We want to address public concerns in the revision from the outset, and we want to ensure we have the most complete information."

The BLM will accept public scoping comments through July 31, 2015. The scoping period gives the public the opportunity to identify issues to be addressed in the plan revision. The BLM will closely consider public comments in drafting a range of management alternatives for the planning area.

The public is encouraged to stop by one of seven open house meetings anytime between 5:30 p.m. and 7:30 p.m. to talk to BLM specialists, learn more about the revision and provide comments. An informal presentation will be given at 6:30 p.m. each night. Meetings will be held in:

• June 23 — Salida, Salida High School, 26

Jones Ave  
• June 24 — Fairplay, Fairplay Community Center, 880 Bogue St (fairgrounds)  
• June 25 — Leadville, National Mining Museum, 117 East 10th St  
• June 29 — Cañon City, The Abbey, Benedict Rm, 2951 E Highway 50  
• June 30 — Walsenberg, Huerfano County Community Center, 1038 Russell

Attendance at these open houses is not required to submit scoping comments to the BLM. For further information about this plan revision and how to provide scoping comments, visit <http://on.doi.gov/1HVULcA>, or contact John Smeins, RMP Project Manager, at 719-269-8581.

Scoping comments may be mailed to BLM ECRMP, 3028 E. Main Street, Cañon City, CO 81212; faxed to 719-269-8599; or e-mailed to [ECRMPComments@blm.gov](mailto:ECRMPComments@blm.gov). Scoping comments will be most helpful if they are specific and received by BLM before July 31, 2015.

BLM Royal Gorge Field Manager,  
Keith Berger

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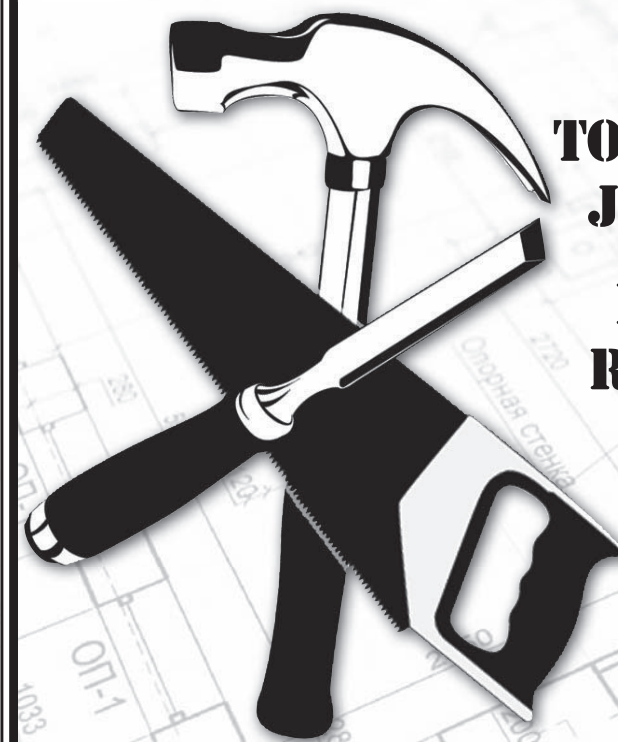
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# Safety first for MGM Arms

by Kathy Hansen  
photos by Jeff Hansen

Safety is the foundation of each of the three services MGM Arms offers, whether it is Conceal Carry Classes, Tactical Handgun Training, or needing assist with reloading. When you have a firm foundation of safety completely integrated, you have a sense of confidence and competence with your weapon, and the question of whether guns kill or people kill becomes a moot point.

Mike McCartney's interest in guns began when he was a child, he was fascinated by his father's guns. However, Dad didn't want Mike anywhere near them. Just like any normal kid, when you can't have something the intrigue only grows. Mike's Godfather loaned him a .22 caliber 410 over/under for pheasant hunting and the interest snowballed. Mike's curiosity turned him into an insatiable sponge seeking more knowledge and experience with guns. By 1975, Mike was loading his own ammo. He has held NRA Certification for Handgun Training for the past 15 years and he is Range Officer Certified. Mike said, "You don't need to buy a gun for personal protection, but you should know how to use one."

One student attended his class because she had been experiencing Post Traumatic Stress Disorder after being robbed at gunpoint. She feared for her life and just could not shake the experience. She learned if you have to use a gun, use it to stop the threat. You do not have to aim to kill; you can protect yourself by wounding. The chance to attend a Conceal Carry Class gave her the opportunity to gain control and master her fear of handguns.

## Conceal Carry Classes

Mike offers a two-day Conceal Carry Class using the "NRA Guide to the Basics of Pistol Shooting." Each class begins with three cardinal rules each participant is expected to grasp:

- Always keep the gun pointed in a safe direction.
- Always keep your finger off the trigger until ready to shoot.
- Always keep the gun unloaded until ready to use.



Mike stands at station one, gun holstered.

## "You don't need to buy a gun for personal protection, but you should know how to use one."

Mike takes these rules very seriously. Each time one of these rules is broken, he issues a warning. Any participant who gets three warnings is then excused from the training in order to keep the remainder of the class safe.

Mike can show you how fast and easy it is to access your gun from a lockbox or gun-safe. Most are programmable from as little as four and up to 10 digits. Some will require a key to access after the first inaccurate attempt at opening, which makes it very safe in homes with children. Other models have alarms designed to go off at any inaccurate attempt to open. Mike can also show a variety of trigger and grip safety mechanisms.



Karen is at the second station, shooting from a prone position.

His class is unique; in addition to the classroom training which helps the student understand the components of a gun and cartridge as well as the firing process, he has the tactical portion to practice handling the gun. Mike helps the student to be aware of how their body controls the gun down to the placing of the finger on the trigger; the pad of the finger pulls straight back, whereas the crease of the digit turns to the left or right. He reminds us there is proper stance for different types of guns, paying attention to hips, firmly planted feet, as well as upper body positioning. "Muscle memory only comes with practice," said Mike, and his range is a very safe place to practice. He has never had a ricochet from the berm.

The class includes opportunity to discuss and experience various scenarios. One example is the nighttime break-in. Do not keep your gun next to your bed. It may be a deadly mistake thinking you'll be alert enough to properly grasp it sooner than the intruder can take it from you. You want to avoid accidentally killing a loved one. What about lighting? Remember to have no lights behind you or you will become the illuminated target. Had you considered what it would feel like to discharge your gun when you are lying on your back? How would you focus your eyes and how would you position the gun near your body?

## Tactical Handgun Training

Mike's private range is set up like a little town, similar to Hogan's Alley used by FBI and other law enforcement for training. There



Safety first — Mike shows the sign he displays while classes are in session.

is a watchtower where Mike can see each station both inside and out thanks to the cameras he has installed. There is a safe place for the other classmates to watch from while each student goes through the course, and another Range Officer on the ground assuring proper handling by the individual on the course.

Part of the range has markers at various lengths from the target. At each mark, different scenarios are offered, along with the proper stance, when to aim using both sights, the back sight or only front sight. There is opportunity to shoot with your dominant hand, "weak" or non-dominant hand, and "free style" using both hands. He guides the student through the scenario when someone is breaking through your front door; no time for sights, so you "point-shoot" by leveling your eye to the point of impact as your gun is aimed at the target at close range.

Mike uses USPSA-IPSC targets that have the "A", "B", and "C" zones for scoring. One side represents the "good guy/hostage" and the other represents the "bad guy". The student is expected to hit the target twice at each station. Some stations have multiple targets, some are moving, and each station is timed.

Stations are designed to replicate a possible scenario with its own challenges. At the second station the student is lying in a prone position shooting through a culvert at a blue target which, when hit, triggers another target inside of a car. The "Bank" station has firm spring on the door which the student needs to hold open with a hip, while aiming at the appropriate target (one is a hostage, so you lose points for hitting the wrong target). There is instruction about which zone to aim at in various hostage situations.

The "Hardware Store" station has a door closer, so even more concentration is needed using a free-style stance (two hands on the gun). The "Bordello" offers even more chal-



MGM Arm's private range is set up like a town with targets that pop-up.

lenges. When the student pushes the door open the target pops up and the student needs to fire two shots, then move quickly through the next door where a bad guy is between two hostages. This time, a flood light shines in the eyes of the student; aim at the bad guy without grazing the hostage!

Next is a "Home for Sale". In this station the student is challenged by moving targets and has to turn the body as one with the gun for proper aim while moving into the house, only to find three more targets inside. Can you find them before they find you?

The last station is a church, where a very fast moving target is triggered when the door opens. For this station, you'd better shoot twice quickly or as Mike said, "Good trigger control!"

The Tactical Handgun Training course requires as few as two people and up to eight. The cost is \$250 per person. It is timed and scored. It is open to anyone who has completed a Conceal Carry Class (bring your certificate; Mike will test you) and each person is subject to a background check. Ear and eye protection are required. If you do not have your own handgun, belt, holster, or magazines you may rent them from MGM Arms. Mike has taken every step to assure his training course is safe, will build confidence handling your gun, and improved accuracy in trigger control as well as sight alignment.

The private range can accommodate hunters needing to sight in their rifles starting as low as \$20. There are several targets 100 yards away from the shooting spot. Mike can easily provide feedback about groupings to help zero in the sight. Take a few shots to make sure its sight is set for accuracy.

## Specialized reloading service

Mike took a moment to remind us how guns are made. As the barrel is milled there can be minor imperfections, just enough to cause each gun to fire differently. Mike's expertise with gun and cartridge components affords him the opportunity to be able to accommodate 250 different calibers.

Mike at MGM Arms can be a great resource when you are looking for a Conceal Carry Class, Tactical Handgun Training (ideal for public and private law enforcement), and anyone interested in sitting in their rifles, or custom re-loading. Call 719-748-3521 or email mgmarms@gmail.com to request your appointment.

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JoJo, greeting her 'dear' friend - a young buck we named Cocoa - Daniel and Laura Adams, Florissant

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# The Guardian Flower



by Danielle Dellinger

Spring Maiden and Summer Girl walked along a well-used game trail, with Summer Girl's bull moose grazing along behind them. Spring Maiden held the Guardian Flower, protectively holding it close to her chest. They had been walking in silence for a few hours. They hadn't felt compelled to speak, but they were also using that time to ground themselves and their energy. The summer solstice would be there soon and they had to be in a prime spot to plant the Guardian Flower, and in prime condition to perform the necessary ritual around it. Solstice comes from the Latin words "sol" which means "sun," and "sistere" which means "to stand still."

The trail began to steadily climb up the side of a hill. Spring Maiden looked over her shoulder after a while at Summer Girl and smiled. Summer Girl smiled back and jogged up beside her.

"How're you feeling?" she asked Spring Maiden.

Spring Maiden tilted her head from side to side. "Pretty good. Though, I can't wait to tuck my feet into some damp soil to feel peaceful and relaxed again. All this walking doesn't do much for me."

Summer Girl smirked. "Does walking make you restless?"

"Definitely," Spring Maiden replied with a curt nod. She then looked at her companion, who was giggling. "What?"

"I'm fascinated by how plantlike you are," she answered, still giggling.

Spring Maiden blushed. "Is it a bad thing?"

Summer Girl quickly shook her head. "Absolutely not. It's a good, very special thing." She looked at her seriously.

Spring Maiden studied her a moment, then smiled cutely. "I'm glad."

"Me too," said Summer Girl, smiling as well. She started to say something more, but was interrupted by her moose grunting from behind them. She looked back at him. He lowered his head toward them.

"He's offering you a ride," Summer Girl said, looking back to Spring Maiden. "Do you want to ride him?"

Spring Maiden thought a moment, keeping her eyes on the ground. "Sure," she finally replied, stopping and looking at the moose.

The moose laid down while Spring Maiden climbed onto his back with Summer Girl's help. As he rose back up, she squealed at how high up she was.

"Wow, he's so tall!" she breathed, looking down on both sides.

"Are you gonna be okay? Do you want me to ride with you?" Summer Girl asked from the ground.

Spring Maiden took in a deep breath, then shook her head. "I'll be fine. I just have to get used to it." She tried to smile confidently.

Summer Girl watched her, a slight smirk tugging at the corner of her mouth. "If you say so," she finally said. She then started walking, and her moose followed her. He didn't give the smoothest ride, but Spring Maiden felt relieved to have her body sitting relatively still.

After cresting the hill, they traveled down into a valley and then began to ascend into rocky foothills. The grass was a rich green, growing lush and thick as it sprawled across the ground, surrounding large boulders in a sea of vegetation.

Spring Maiden looked up into the trees as they walked along. She could tell by the vibes the trees gave off that they were strong and tough but gentle at the same time. She brushed her fingertips across the bark of one tree as they passed. It was coarser than the bark of a tree down in the valley.

"How scary it must be to be a tree," she said suddenly, putting her hand back in her lap and looking down at Summer Girl.

"What do you mean?" Summer Girl asked, raising her head to look up at Spring Maiden.

"Well, just imagine what it must be like. Trees have very little control over what happens to them and what they can do to protect themselves. They can't run from the humans that come to chop them down for paper, heating, and building purposes. At least a hunted animal has that option. Then there's the threat of flash flooding and erosion. They also can't smack away a beaver that starts chewing into their sides," she continued, lifting her gaze into the trees again.

"Trees are very giving. They allow animals to make their homes in them or under them. They haven't developed a powerful defense against the humans. Instead, they just have to produce more seeds so that there will be another generation."

Summer Girl nodded as she listened. "It's tragic," she admitted when Spring Maiden was done.

"But I applaud the lodgepole pine which needs fire to reproduce and control the population. It's incredible how they benefit from wildfires, as long as they aren't too intense." Spring Maiden went on. "Do you think fire scares them?" She lowered her eyes back down to her fellow seasonal guardian.

Summer Girl shrugged, looking away as she thought. "I'm not sure," she eventually answered.

Spring Maiden smirked, then turned her eyes forward to see where they were going. "I bet they giggle."

"Giggle? Why would they giggle?" Summer Girl asked, confused.

Spring Maiden smiled. "Well, if they welcome fire, then they must enjoy it in some manner. Maybe some giggle while others groan with euphoria."

Summer Girl chuckled. "Maybe they do," she agreed. "We could ask the forest spirit next time we see it."

"We definitely should. But if we don't see it soon, maybe I can actually tap into a lodgepole pine and find out that way. I'm sure the tree would be happy to answer."

"Why can't we do that now?" Summer Girl asked.

"Because it takes all of my energy to do that," replied Spring Maiden, smiling down at her companion. "I need it right now for the solstice."

"Ah." Summer Girl smiled, reaching up and putting a hand on Spring Maiden's leg. Spring Maiden smiled back at her, resting her hand on top of Summer Girl's. A strong energy hummed between them, vibrating their hands.

The day eventually started to draw to a close, and they found a small cave to spend the night in. Summer Girl helped Spring Maiden slide off the moose's back. Spring Maiden cooed when her feet touched the ground, and she buried her toes in the clump of grass she stood on. She still held the flower to her chest. The moose walked away and laid down beside the cave's entrance. Summer Girl took a seat inside the cave, then laid down and stretched out.

Spring Maiden walked down the hill a few yards, and firmly planted her feet in the carpet of grass. She watched as her feet sank into it, practically disappearing from view. Her feet began to sprout small roots that burrowed deeper into the ground. As she purposefully rooted herself to the spot, she could feel the reverberation from the earth turning on its axis. The summer solstice would be the next day. They would have to hurry to the ridge of the foothill in order to be there in time.

"Hey, you okay down there?" Summer Girl called, interrupting Spring Maiden's concentration.

She turned and looked back up toward the cave, barely able to see Summer Girl standing at the mouth of it. "I'm fine," she called back, smiling and giving a little wave.

"Okay, just checking!" Summer Girl responded, waving as well.

Spring Maiden dropped her eyes to her feet again, watching as they returned to view and the roots disappeared back into her skin. She then made her way back up to the cave, lying down so she was partially inside while her feet remained outside, resting on some grass. She put the Guardian Flower up on a ledge to keep it safe. "The solstice is tomorrow," she said, turning her head toward Summer Girl. "So we have to hurry to the top of this foothill before 10:38 a.m."

"I thought it was at 12:38 p.m.," said Summer Girl.

"That'll be the time on the east coast. So because it's early for us, we really do have to hurry."

Summer Girl smiled and nodded. "We'll get there in time," she said. "I'll ride with you on the moose's back to save energy."

"Good. That'll work," Spring Maiden replied.

Summer Girl smirked and moved closer to her. "You're even cuter when you're focused on something that needs to be accomplished," she said, smoothing a piece of hair out of Spring Maiden's eyes.

Spring Maiden blushed, glancing at her. "I can't be that cute. I'm sure I look angry when I'm concentrating."

"Only a little," Summer Girl teased.

Spring Maiden grumbled and frowned, folding her arms tightly across her chest.

A kind smile spread across Summer Girl's lips. "No matter what you're doing, you're very cute," she said softly. She leaned in and planted a light kiss on Spring Maiden's cheek, listening to her quietly suck in a breath. She pulled back to smile at her. Spring Maiden was looking at her with big eyes.

"I'm growing fonder and fonder of you with each day," confessed Spring Maiden.

Summer Girl couldn't help but grin. "Same here," she replied. She moved closer and snuggled up with her, draping an arm across her. She kissed behind Spring Maiden's ear as she shut her eyes to sleep.

"We're not gonna make it!" Spring Maiden despaired, shielding her eyes from the sun to see how close it was to reaching its peak in the sky.

"Yes we will," assured Summer Girl from her spot behind her on the moose. "We still have about two hours."

"Yet we're not even anywhere near the ridge," grumbled Spring Maiden.

Summer Girl rolled her eyes then nudged her moose with her heels. He began to trot quickly, nimbly making his way over the rough and rocky terrain. Spring Maiden kept an eye on the sun's position, her anxiety rising as it seemed to speed toward its highest spot in the sky. With a little less than 20 minutes to spare, they finally reached the top of the foothill. The girls slid to the ground, the Guardian Flower clutched tightly in Spring Maiden's hands. She dropped to her knees and quickly began digging a hole with one hand. Summer Girl came over and helped her. Luckily, it had

rained heavily two days prior to their arrival, so the ground was still somewhat damp.

When she felt that the hole was deep enough Spring Maiden placed the flower in it, being sure that the flower's face was pointed toward the sun, and then pushed the dirt back in around it.

"See. We made it," Summer Girl piped up as Spring Maiden brushed her hands together to clean them. She gave Summer Girl an unhappy look.

"We almost didn't. That was way too close. Let's not let that happen again," she said, trying to keep her tone calm. She squinted up at the sun, doing her best to calm down. Their job still wasn't done. She suddenly felt hands massaging her shoulders, and she looked up at Summer Girl.

Summer Girl smiled down at her, remaining silent.

"I'm sorry," Spring Maiden finally said. "I didn't mean to snap. This is just a lot of responsibility to make sure that the flower is in position so the earth tilts and locks into place correctly."

"It is a big responsibility," Summer Girl agreed. "But I'm here to help you shoulder it. So please don't feel like you're alone in this."

A smile graced Spring Maiden's lips. "I don't. Not like I did before." She returned her gaze to the sun. "Time to get into position," she said.

Summer Girl squeezed her shoulders with care, then moved back to the other side of the flower where she knelt down, sitting back on her heels. Spring Maiden sat in the same manner. Both girls raised up one of their hands and pressed their palms together above the flower. As they sat in silence, they tuned into the earth's movements. The vibrations from the earth were as strong as riding in a big diesel truck. Finally, 10:38 a.m. arrived and they felt the earth grind into place as it locked with the sun. What looked like smoky Aurora Borealis lights began to descend from the sun down toward the flower. Everything around them began to shudder, but nothing moved out of place.

The lights reached the flower and swirled around it, then it was like a loose string being pulled taut, and the lights snapped into a crisp beam with the different colors mixing together inside of it. The sun appeared to cease its journey across the sky, and the shuddering faded away to a slight shaking.

Then the beam of light slowly dissipated like fog being burned away by the sun. "The earth's tilt is officially at 23 degrees," Spring Maiden said, looking over at Summer Girl, who nodded.

They slowly put their hands down and looked back up at the sun.

"I love that it's the longest day of the year," Summer Girl spoke up a few minutes later. "That means I get to spend more time awake with you." She glanced at Spring Maiden, unable to hide the smirk on her lips.

"That works for me," Spring Maiden replied, looking over at her and smiling softly.

They then leaned over the flower and shared a delicate kiss. The minute their lips touched, the flower seemed to tremble excitedly. They both looked down at it, Summer Girl giggling with surprise.

"Is it purring?" Spring Maiden asked, frowning and raising her eyes to Summer Girl's.

Summer Girl leaned down closer, listening hard. She then grinned. "I think so. I think it likes us kissing. Can we do it again?"

Spring Maiden nodded, and they leaned toward each other once more, kissing a little deeper this time around.

The flower trembled more violently, and it almost sounded as if the purr had become higher, making it more like a chattering sound. The girls burst out laughing, and the flower seemed to join in. At all the commotion, the moose came over and sniffed the flower from behind. Its upper lip wiggled against a couple petals.

"No, you can't eat it," warned Summer Girl, patting his neck and trying to push his head away.

He exhaled forcefully and raised up with his head, his ears back in a pouting manner. The girls started laughing again. Summer Girl smiled up at her animal companion.

"I know resisting temptation is challenging, but you can do it," she said. She then noticed that his ears were forward and he seemed to be looking down at the meadow that was at the base of the foothill. She looked down that way as well, then stood up.

Spring Maiden frowned and got up, too. She followed their gaze, going still when she saw what they were looking at. Mother Nature and the forest spirit were standing together, appearing to be having a conversation. When they felt like they were being watched, they both looked up toward the trio standing on the ridge of the foothill.

Something was about to happen . . .

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**Leaky Gut:  
Is it becoming an epidemic?**  
by Carol Grieve`



Brain Fog

In your stool will irritate the lining of your intestines. This irritation leads to inflammation which will cause the pores in the small intestine to expand. If the irritation and inflammation are allowed to continue for an extended period of time it can lead to irritable bowel syndrome, Crohn’s disease, or colitis, as well as other auto-immune diseases. So why are so many people constipated? Could it be a lack of proper nutrition, clean water, and stress?

The other common cause of leaky gut is an imbalance of the flora inside our gut. We all have good and bad bacteria in our digestive system. When our gut flora is in balance the bad bacteria poses no threat. But when the bad bacteria outweigh the good, irritation and inflammation occur, again, causing the pores of the intestine to open up. This creates something called dysbiosis which means that the billions of bacteria in our gut, which consists of good and bad bacteria, are out of balance. When we have too much of the bad bacteria, it literally creates holes in the lining of the walls of the small intestine and creates a leaky gut. What causes dysbiosis? Could it

Keeping in mind that 70 percent of our immune system is in our gut; doesn’t it seem important to have a healthy one?

be stress and poor nutrition?

Something else that has changed in our diet over the last 20 years is the introduction of GMOs (genetically modified organisms). Currently, 90 percent of the foods in our mainstream grocery stores are genetically modified. Eighty percent of these genetically modified foods contain Glyphosate. Also, many conventional crops are sprayed with Glyphosate — over 160. Glyphosate (RoundUp) is the most widely used herbicide in the world. It is a patented antibiotic<sup>1</sup> and also a mineral chelator. When Glyphosate gets into our gut, it can bind the beneficial minerals that are needed to maintain that healthy gut flora and make these minerals unavailable. This creates dysbiosis. Through dysbiosis, the bad bacteria create holes in the lining of the wall of the small intestine and create a leaky gut.

Stress can be a factor in creating leaky gut. Severe emotional stress or trauma, drug use, especially antibiotic and anti-inflammatory drugs (NSAIDs) can be a contributing factor. Sometimes they are necessary for a period of time, but overuse or extended use of antacids (for reflux or heartburn), anti-inflammatory drugs (for pain) and/or antibiotics (for infections) is known to cause leaky gut. Antacids cause leaky gut by suppressing digestion of your food, making it more likely that your immune system will be triggered by the food you eat. Once the immune system starts to react, leaky gut is aggravated each time you eat, even if it is food that you would think is good for you.

Gluten causes leaky gut by increasing levels of a protein called zonulin, which opens up the spaces between the intestinal cells, even if you don’t have gluten sensitivity. What are some of the symptoms of leaky gut? Brain fog, anxiety, depression, emotional ups and downs, food allergies, hives, rashes, sinus issues, joint pain, food cravings for artificial fats and sugars (alcohol), autoimmune disease, weight gain, bloating, diarrhea, digestion issues, irritability, cramping, fatigue, headaches or thyroid conditions are some of the issues associated with leaky gut.

Brain Fog can be a symptom of leaky gut.

What can you do for leaky gut? It is recommended by many health practitioners that those with leaky gut eliminate all dairy, grains, sugar, legumes, GMOs, and seeds from your diet for a period of between 2 weeks to 12 weeks, depending upon the severity. There are leaky gut formulas available online or in your health food stores. It’s best to abstain from alcohol which contains sugar. Also, adding a good probiotic to your daily routine can be beneficial. Fermented foods like sauerkraut and kimchi are wonderful probiotic foods that contain live cultures and they can assist in creating a healthy gut. Bone broth is also very healing for the gut. You can find recipes for bone broth online.

Another issue is that our gut or microbiome, as it is now called, is very much connected to our brain. When we have an unhealthy gut, we cannot get adequate amounts of tryptophan. Tryptophan is an amino acid that is used by the brain and is converted into serotonin. Serotonin is important because it controls feelings of hunger, depression, anxiety, thirst, and sleep. Tryptophan has also been found to be an important nutrient when it comes to immune system functioning. Serotonin is one of the four main neurotransmitters that are responsible for our mood. If our serotonin levels fall off we may experience anxiety and depression. Doesn’t this make sense that a leaky gut can cause brain fog, mood swings, depression, apathy and many more brain issues? Could it be the key to having a healthy brain is having a healthy gut?

In summary, leaky gut is the root of many health issues. Now that you are familiar with some of the health issues associated with leaky gut, including common syndromes like chronic fatigue, fibromyalgia, IBS, and multiple food and chemical sensitivities, as well as asthma, anxiety, autoimmunity, diabetes, and arthritis, you can take steps to create a healthier gut which is so important to your well-being and your immune system. Discuss your symptoms with your doctor if you have a doctor who is knowledgeable about leaky gut. Most functional medicine doctors fully understand leaky gut syndrome and can assist you if you have a severe case of leaky gut. I always encourage people to be their own health advocate because only you can heal you! Be well!

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), and 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. She is currently conducting classes on food education at Mountain Naturals Community Market in Woodland Park every Saturday at 3 p.m. For a list of topics email carol@foodintegritynow.org or call Mountain Naturals at 719-687-9851 for more information and see ad on page 41.

<sup>1</sup> http://www.sharecare.com/health/carbohydrates/sugar-consume-every-year  
<sup>2</sup> http://www.diabetes.org/diabetes-basics/statistics/?referrer=https://www.google.com  
<sup>3</sup> http://www.google.com/patents/US7771736

## Growing Ideas Greenhouse top 10

by Karen Anderson, the Plant Lady

Greetings, fellow high altitude gardeners: The first thing that comes to mind for me this month is how totally grateful I am for the abundance of life giving moisture we have received during the month of May. We are about to be dazzled with the beauty of the mountain wildflowers as the weather gradually warms up. The forests are greener than ever and our gardens have been deeply watered by Mother Nature. The cool temperatures have provided an ideal situation for transitioning our tomato, pepper and herb plants to the greenhouse. This is also a perfect time to plant trees, shrubs and hardy perennials. Yes, we may have been cold and wishing for warmer days. We have anxiously waited for Grandfather Sun’s rays to shine so we could do some fair weather gardening. As I always say: Patience is the key to high altitude gardening, and we will be rewarded very soon. June 15th is the average ‘last frost date’ for my particular area at 9,000 feet, so if you just can’t wait any longer to plant your annuals, I suggest that you be prepared with some type of frost covering for the next few weeks.

### Plant Lady Speaks Series Offered:

Karen Anderson ‘The Plant Lady’ at Paradise Gardens is offering two (2) classes for the month of June. Both will be what I like to call “A 3 Hour Tour” (although it is unlikely that you will get stranded like the Gilligans’ Island Gang !) I am asking a \$20.00 offering per person for facilitating this tour. Bring a snack to share if you like and we will take a picnic break if weather permits and as always, layers of clothing.
 • **First Tour** — Saturday, June 20th from 11:00 a.m. to 2:00p.m.
 • **Second Tour** — Saturday June 27th from 11:00 -2:00
 Directions will be provided (5 miles N. of Florissant) with your reservations for the tour. Call Karen at 748-3521 or e-mail me at plantladyspeaks@gmail.com.

My greenhouse is always a wonderful sanctuary for me in early spring. Supplemental heat is a must this time of year. I am able to work with many plants in the warmth and comfort of the greenhouse while the snow covers the gardens outside. Here are several tips I would like to share with you about Greenhouse Gardening. A top 10 list — if you will.

- Before you get super serious about planting in the greenhouse, make sure you set mousetraps as the little critters may have found nice nesting places over the winter months and you will be heartbroken if you have a wonderful crop of newly planted greens and they get eaten by mice.
- Water the greenhouse beds and floor thoroughly before you plant. I always use straw to line the floor. This helps to keep the hothouse a bit cooler (or warmer) and holds moisture. The straw also serves as mulch for crops and can be turned into the soil at the end of the season to add more organic matter to the beds.
- Remember, it does not rain in the greenhouse, so please don’t neglect your watering chores there. I have discovered that “pocket hoses” work great for quick and convenient watering when it is cold outside and my regular hoses are too stiff and unruly to handle. But you will need to handle them with care as they do have some “issues” with deteriorating in the sun and tearing if you pull on them too hard.
- If your greenhouse does not have any type of shading on the ceiling, I would recommend that you consider utilizing some type of sheer fabric. It really makes a drastic difference in the scorching heat of the summer. Your plants will appreciate the slight shading effect.
- Always, always transplant seedlings on a cool and cloudy day or in the evening hours so they do not have to endure the shock of experiencing the transplant as well as the severe heat within the greenhouse. The plants may very well wither and even burn up if you do not heed this advice. Believe

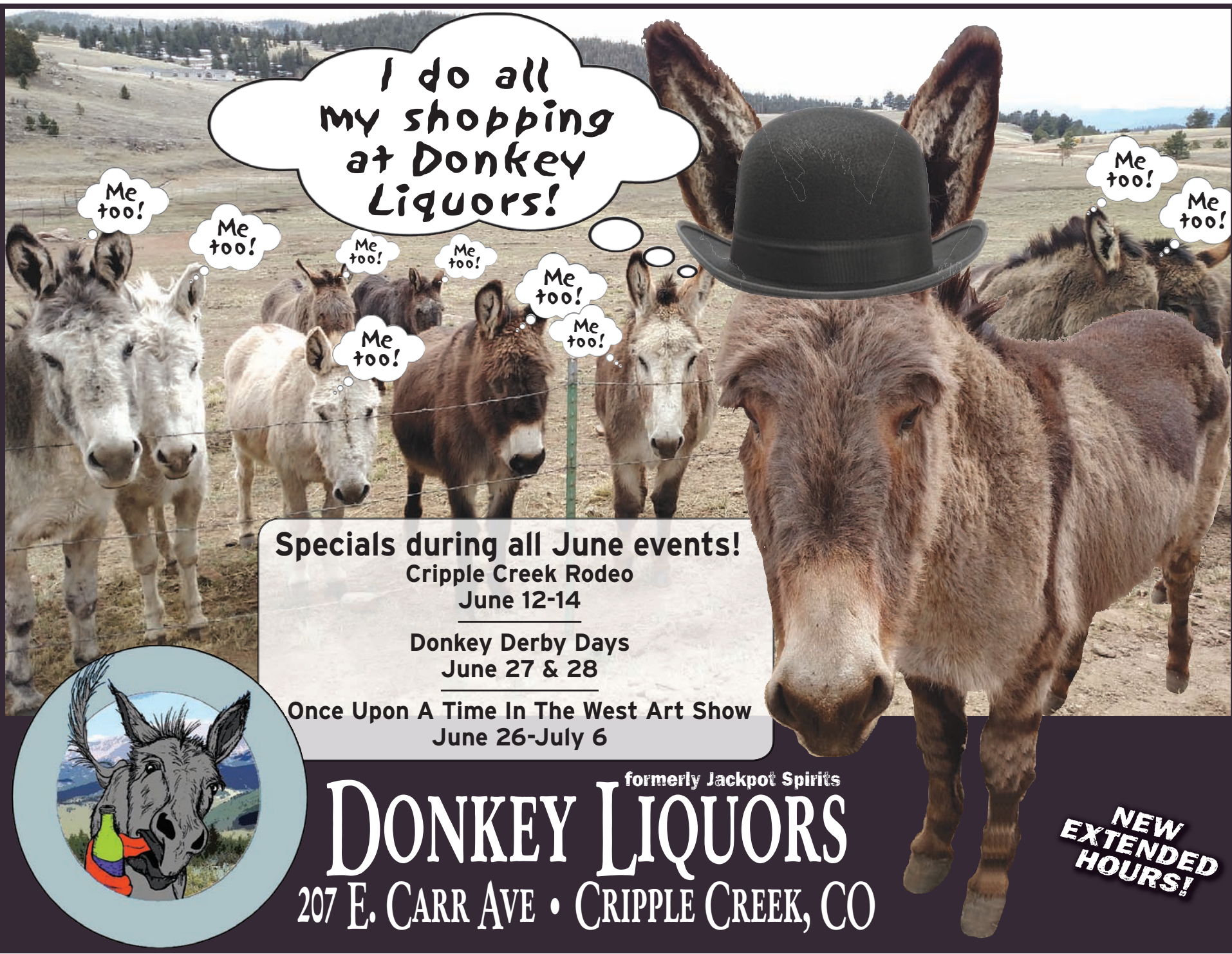


me — I’ve been there and done that!

- Air is vital to healthy greenhouse gardening. A standing fan works well for me along with opening windows and a door with a screen is extremely helpful to keep the flow of fresh oxygen circulating around the plants. I need to be constantly aware, however about making sure that I open and close accordingly with the weather changing from moment to moment.
- Many plants may need to have a little cooler environment or a shadier spot, even in the greenhouse. You can create these favorable conditions by incorporating some shelving or something similar so you can place plants underneath if you find that certain plants are suffering from the heat. This shelving can also provide a waist high work table.
- Keep a keen eye out for the start of an aphid or whitefly problem. You will want to handle this matter immediately as infestations can develop rapidly and damage or destroy your precious plants. Aphids I’ve been told are born pregnant, so you can imagine how disgustingly they can multiply. Safer Soap is a good safe and organic product to use and you will need to apply it as directed. I like to spray the effected plants early in the morning or in the evening hours, making sure I rinse them down before the sun hits directly as the soap may cause burning.
- Be sure to harvest the outer and older leaves

of your greens and herb plants. I do a lot of ‘grazing’ in my greenhouse. This gives me the opportunity to put some super fresh and healthy food in my body as well as pruning the plants to provide constant new growth. Keep in mind that herbs especially, need rich soil and lots of sun, but really need good drainage. Mixing a bit of sand in with the growing medium is a good idea.
 • A clean greenhouse is a happy greenhouse. Prune your plants regularly. Unnecessary foliage is a prime place for bad bugs to get comfortable, so “if it’s brown, cut it down”. Cut back any unhealthy leaves and always check the underneath areas for potential problems. Last but not least — Enjoy the process!

Of course, these are basic tips and if you wish to learn more about high altitude gardening, please contact me at 719-748-3521 or E-mail me at plantladyspeaks@gmail.com to inquire about this month’s classes and workshops. There will be several events scheduled for the month of June at Paradise Gardens and I would love to help you with your gardening dreams and endeavors.
 Also a reminder that native Aspens, Spruce, Bristlecone, Lodgepole and Fir trees as well as shrubs, hardy perennials and organic veggie starts are now available for purchase (or as I like to call it, ‘adoption’). Just call for an appointment. Peace, beauty and happy gardening!



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## The Psychic Corner What are Spirit Guides?

by Claudia Brownlie, Divinely Guided Psychic Intuitive Consultant

I believe we all have Spirit Guides with positive, loving intentions who are willing to work with us as long as we are accepting of the idea and allow ourselves to be open to connect with them. Not only do I have a personal connection with mine, but my guides along with my clients' guides also assist me and are present when I am providing a psychic reading. I "see," "hear," or "sense" information from them during a client's reading.

So just what are Spirit Guides? It is believed that they are helpful, spiritual beings who have access to the entire perspective of our lives.

As we make the decision to incarnate, we will choose the right guides to help us on our path for this lifetime. These divine Spirit Guides know our soul's characteristics, path, and life challenges. They know what we have chosen to learn in this lifetime (or incarnation).

Their main responsibility is to help us stay on track in the paths we wanted to experience before we incarnated. These paths are aligned with our soul and life lessons. Our Spirit Guides can give us advice, comfort and protection in the form of warnings. But, how do we sense or perceive the guidance and warnings? Here's where the power of our intuition — the gut feelings, the hunches, the "little voice" that guides us, if we decide to listen — comes into play.

**"There are powers inside of you which, if you could discover and use, would make of you everything you ever dreamed or imagined you could become."**

Dr. Orison Swett Marsden

Our guides help us to stay on track by communicating with us intuitively. It may be via clairvoyance (perceiving things or events in the future), clairaudience (perceiving, as if by hearing, what is inaudible), claircognition (clear feeling or sensing) or claircognizance (clear knowing). In my case I have the ability to be psychically sensitive to all I've just mentioned. You may have a stronger ability of connection to one or more of these "senses."

Along with the different ways we may receive information from our guides, we may also experience a subtle tingling in a part of our body, or some people feel it in their entire body, when they are trying to connect with us. You might also have contact with them through your dreams. For most people, I have

found that with just a bit of training to become more alert, or in tune, with these subtle impressions, impulses, feelings and such, most everyone can learn to become aware of the higher guidance available to them.

How many Spirit Guides do we have? This is a difficult question to answer. There are many different viewpoints on this subject, and let's face it, it is up to each individual to determine how many guides they perceive and feel connected to. However, it is thought by many that we have around two main guides during childhood, with that number growing to around six in early adulthood. Also, some guides may only be temporary. They come to us for a specific purpose and then leave when they task is done. New ones will come in, and possibly go, at various times in our life. We can request help from Spirit; as example, if you're struggling with something at the moment, you can ask that a special Spirit Guide be sent to you to provide the needed extra help.

I have found that not only mine, but my clients' Spirit Guides tend to function as a



team, but each one also has an individual role to fulfill. Quite like the people around us in the physical world, Spirit Guides come to us bringing beneficial energies, even if we cannot perceive or sense the information at that moment as to what those energies are.

Spirit Guides may have defined genders and might have names, too. They may be masculine, feminine or balanced in their energies (androgynous). They may have more human characteristics, then again maybe not. They may exhibit "other world" appearances and tendencies. Spirit Guides can also be in the form of animals — American Indians along with many other indigenous peoples believe strongly in the power and presence of animal guides. I have never found a firm rule of thumb when dealing with them. I just remain open and receptive, and allow any positive-vibration guide who wishes to come forth to me intuitively to do so. The way in which you receive and resonate with your guides is up to you.

Spirit Guides are fairly high vibrational, so people who have a lot of energy running through the upper chakras will likely find it easier to connect with their guides. If you meditate on a regular basis, or practice other meditative, calming type activities, you might find that you have an awareness of their presence. If you don't feel connected at all, don't despair. The best first step is to ask for them to come into your awareness field. Tell them you're open, ready and willing to receive guidance, help and support from them in the way(s) that are best suited for you to receive their help. Practicing the simple playing card exercises I wrote about in last month's column is also a useful tool in helping you to open up your intuitive channel.

See you next month!  
With love, light & blessings.

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: 719-602-5440. Or visit her website: ClaudiaBrownlie.com.

## Grant recipients named For 17th Annual Tweeds, "Sounds of the Season"

The 17th Annual Tweeds Holiday Home Tour and Marketplace, "Sounds of the Season", has named the recipients of the 2015 grant awards. Proceeds from this year's event will benefit two Teller County nonprofit programs. The Woodland Park Arts Alliance (WPAA) seeks to enhance the positive quality of life for individuals, families and community members by facilitating artistic, cultural experiences and providing for local economic development through effective action and ongoing leadership. Specifically, WPAA will invest in awarding scholarships for art and music students and will invest in a mural project in the works for the Pavilion on the Green in Woodland Park's downtown area.

Our first Incubator Grant will invest in the new Daybreak Adult Day Program (DADP) seeks to fulfill a formerly unmet need for respite care throughout Teller County by creating a "home away from home" environment for loved ones while caregivers take a much needed and well deserved break from the daily challenges of 24/7 caregiving.

# Teller County Weekend Funk & Junk Tour

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- \* 2015 Circle D Stock Combo Goose Neck Tr.
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# Rocky Mountain Columbine and Claret Cup Cactus declared state's official symbols

by Linda Nagy  
photos by Bernie Nagy

Let's hear it for the school children of Colorado! Twice they have influenced the legislature in naming official state symbols. The Rocky Mountain Columbine began its road to becoming the state flower in 1891 as it was voted overwhelming the favorite flower of Colorado's school children. The white and lavender Columbine, *Aquilegia caerulea* or *coerulea*, was adopted as the official state flower on April 4, 1899 by an act of the General Assembly.

Discovered in 1820 on Pike's Peak by mountain climber Edwin James, the columbine was also named and described by him. The two spelling confusions are due to his using *caerulea* and *coerulea* in identifying specimens. The Latin word *aquila* means "Eagle" and refers to the claw-like spurs at the base of the flower. *Coerulea* comes from the Latin for blue; and the common name, columbine, comes from the Latin for "dove", as the inverted flower resembles five doves clustered together.

Columbines bloom in pastel shades of blue, violet, red, yellow and white. There are 70 species of columbines in the world and about one third are native to North America. Colorado's state flower variety has blue-violet petals and spurs, a white cup



The Claret Cup Cactus, *Echinocereus triglochidiatus*



The Rocky Mountain Columbine

and yellow center. Blue symbolizes the sky, white represents snow, and yellow symbolizes Colorado's gold mining history.

The Rocky Mountain Columbine because of its popularity was threatened by collectors who wanted it for rock gardens. In 1925 a law was enacted by the Colorado General Assembly that made it illegal to uproot the flower on public lands and limited the gathering of blossoms and buds to help protect it.

More school children were involved in the official adoption of the Claret Cup Cactus as Colorado's official state cactus. Four girls from Douglas County Girl Scout Troop 2518, in Castle Rock, earned a leadership award for their efforts.

The girls originally proposed that the

Kingcup Cactus be named the official cactus of the state but the State Senate substituted "Claret Cup Cactus" for "Kingcup Cactus" as both are common names for the cactus. The Claret Cup Cactus, *Echinocereus triglochidiatus*, became the official state cactus of Colorado when Governor John Hickenlooper signed House Bill No. 14-1024 at a signing ceremony at the State Capitol on March 07, 2014.

Rocky Mountain Columbine blooms throughout the summer from the foothills to the alpine zones in the Central Rocky Mountains of Colorado. The Claret Cup Cactus blooms by early April on the Southern and Western slopes of Colorado. Of all the

## Rocky Mountain Wildflowers

Field Guide



Linda S. Nagy  
with Photographs by Bernie Nagy

wildflowers that bloom in Colorado's outdoors from April to July each year, the Columbine is perhaps the most beloved. Its status as the official State Flower makes it a beautiful emblem of the Centennial State. Those who are lucky enough to spot it should stop and sniff its deep aroma and snap a photo of this Colorado icon. The Claret Cup Cactus with its rich red hue is equally worthy of attention and delight.

Identifying Colorado's Wildflowers is made easy with the new 2014 award-winning, "Rocky Mountain Wildflower Field Guide". This pocket-sized guide features over 225 wildflowers including two varieties of columbine with professional photographs, common, scientific, and family names and descriptions. It is available at [www.HighCountryArtworks.com](http://www.HighCountryArtworks.com) and through Amazon for only \$11.95. A handy E-book is also available for all E-reader formats.



## Purge the Spurge

TPCD Cost-Share Program offsets costs  
by Dan Carlisle

In May, the Teller-Park Conservation District's Cost-Share Program was mentioned in this column. To qualify, landowners must have at least five acres of taxable land in either Teller or Park Counties. Landowners in Chaffee or Fremont County should check with their respective county weed control managers to see if they offer any cost-share offers.

This is a great program for landowners as it reimburses them for up to 50 percent of the cost to treat weeds on their property (up to a maximum of \$250 per property owner), whether they do it themselves or hire a weed spraying company to do the work. There is a deadline of October 15, 2015 to apply for the cost-share funding, and rebates will be made only until the fund runs out. Weeds covered by the program include:

Black henbane  
Canada and Musk thistle  
Dalmatian and Yellow toadflax  
Diffuse or Spotted knapweed  
Field bindweed  
Hoary alyssum  
Houndstongue  
Leafy spurge  
Locoweed  
Mountain pepperweed  
Oxeye daisy  
Scentless chamomile

the host parent plant. Because it grows so rapidly, it's a difficult plant to manage and remove from rangeland.



Noxious Weed Mobile App

According to the Colorado Department of Agriculture, leafy spurge must be eradicated, contained, or suppressed.

Leafy spurge roots can spread over several feet from the parent plant and extend as deep as 30 feet into the soil. Its roots contain substantial nutrient reserves that allow it to recover from stress. The plant also has vegetative buds along the roots ready to spring into action and grow new shoots.

Unfortunately, leafy spurge can reduce rangeland cattle carrying capacity by 50 to 75 percent in a short time. Half of the loss can be attributed to decreased grass production. Because cattle won't eat leafy spurge, some areas experience 100 percent loss of rangeland. Many people think the plant is attractive. Its blueish green leaves and small yellowish green flowers are unique and are enclosed by a heart-shaped bract. The milky white latex distinguishes the plant from others.

### When to treat

The current treatment protocol is to spray in spring when the true leaves emerge. A fall application may also be necessary, depending on conditions. Continuous monitoring of the area and planting in bare areas is necessary. Of special note is a study conducted by the University of Montana. They say that sheep may consume up to 50 percent of their diet in leafy spurge and that they will eat it at almost any time during the growing season.

For a picture of the weed, visit the Colorado Department of Agriculture's website at [www.colorado.gov/pacific/agconservation/noxiousweeds](http://www.colorado.gov/pacific/agconservation/noxiousweeds). They also have a free app for both Android and Apple smartphones to make quick work of identifying weeds in the field.

## World Culture Day

by Denise Kelly

Mrs. Steinke's 5th and 6th grade students held their Second Annual World Culture Fair last week. The students each chose a country to research and report on. They designed displays and shared some of the typical foods and many students dressed up in traditional clothing characteristic of that country. The students, staff and community members toured their displays and sampled foods from their chosen countries.



Cy Dellinger, Robert St. George, Aramis Adcock



Abigail Pease, Jonathan Gervais



Gage Struble, Krystal Conley, Ady Gibson, Lacy Hilfers-Garduno



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## CCV Mountain Bike Team

by Deborah Maresca

April 27th at the Cripple Creek & Victor School board meeting, the board voted unanimously to approve Mountain Top Cycling Club (MTCC) to work with CC&VHS to form a high school mountain bike club. Laureen Murray and Deborah Maresca presented the vision of the team to the school board and explained the benefits to the students that will participate.

Mrs. Murray works at Cripple Creek and Victor High School and will be the liaison for school staff. This has been a vision to promote cycling in Teller County since the first meeting took place in September of 2013. Woodland Park High School team has been well established after changing from a composite team under Paul Van Bauch to an official school team in 2014.

April 29th Murray and Maresca met with the students to see if there were any students that would be interested in joining the team. Twenty three students said they were very excited to sign up. Sebastian Steele, pictured above with one of the team bikes, was very appreciative. Sebastian said "This is so awesome! We really are going to do this!" It seemed like he just couldn't stop smiling.

In 2013, Maresca reached out to some of the area bike shops that had supported the MTCC events in the past. They were asked to submit a bid for all the necessary equipment that the students would need to compete in the Colorado High School Mountain bike league which is a part of the NICA National Interscholastic Cycling Association. We were able to get a great deal on the team bikes thanks to Ted's Bicycles in Colorado Springs. Ted's Bicycles is located at 3016 North Hancock Ave. Colorado Springs, 719-473-6915. Ted's Bicycles supports many cycling events like the MS150 and the Tour de Cure. Their motto is "Helping families and members of all ages and style in their cycling needs."

The Giant Talon will be used by the CC&VHS students if they do not have a bike of their own. The Giant Talon features are:



Sebastian said, "This is so awesome! We are really going to do this!"

ALUXX - grade butted aluminum frame; travel fork with hydraulic lockout; Alloy rims; Giant Tracker sport hubs; stainless steel spokes; Shimano 3 x 9 speed drivetrain with Tektro hydraulic disk brakes. The bikes will stay with the team so as seniors graduate and freshmen join, they will at least have some bikes the students can compete on. We want the CC&V students to have everything the other students from other high schools in Colorado have so they can compete on an even playing field.

The Colorado League, which is part of NICA (National Interscholastic Cycling Association), has very specific training and coaching requirements. Currently the team has Eric Murray as the ride leader and is pursuing a head coach. The team will be more involved in the community and hopes to raise enough money to help cover some of their expenses. The MTCC is hosting several cycling events throughout 2015, The 2015 Experience Ride June 20th, Bike the Night, Aug. 1st and our first USA Cycling Association sanction Mountain Bike Race at Aspen Valley Ranch Aug. 29th. We want to make sure these students have the opportunity to be a part of this life changing event. The commitment and discipline alone will give them a chance to experience the competitive cycling world. For more information call Debbie Maresca 719-689-3435 or Laureen Murray 719-439-7132.

## MDF works to improve wildlife habitat

by Rose Long

The recent abundant rain and snow did not dampen the enthusiasm of the Mule Deer Foundation's Woodland Park Chapter from completing their first habitat improvement project.

The Woodland Park Chapter has been working closely with local Colorado Parks and Wildlife staff to improve mule deer habitat locally in Teller and Park Counties. The first project was held Friday May 22nd at James Mark Jones State Wildlife Area, 12.5 miles northeast of Hartsel. This area is critical fall and winter habitat for not only mule deer but also elk and pronghorn. Colorado Parks and Wildlife Property Technician, Karl Copeman said that "I greatly appreciate the efforts made by the Woodland Park Chapter towards the improvement of mule deer habitat on the James Mark Jones SWA. I look forward to many more habitat projects being completed in cooperation with this new chapter."

The project consisted of piling limbs and brush so it can be safely burned next winter. Removing these excess fuels allows SWA personnel to better manage the property and improve mule deer habitat. This project was done in conjunction with the Colorado State Forest Service Woodland Park District. District Forester Larry Long said, "Eliminating the fuels at James Mark Jones State wildlife area will allow regeneration of favorable vegetation for wildlife and allow



Woodland Park Chapter of the Mule Deer Foundation works with Colorado Parks and Wildlife to clean up habitat in Teller and Park Counties.



the area to be used as a fuel break for future prescribed burns." James Mark Jones State Wildlife Area is approximately 18,000 acres of public land that is open to various types of outdoor recreation.

In addition to the project, the Woodland Park Chapter is purchasing a log arch that will be given to Colorado Parks and Wildlife to remove downed timber from the area.

## Virginia Lindley-Brunn at Antique Warehouse

by Charlotte Burrous

photos by Charlotte Burrous

What some people consider as junk, Virginia Lindley-Brunn looks at it in a different light. For her, everything can be repurposed.

"I see lights everywhere," said Lindley-Brunn, who taught environmental science at Fremont Campus of Pueblo Community College. "As an antique dealer, we're the original recyclers. Now the whole environmental movement (has caught up with what I've done for 20 years). I started getting more and more into repurposing things (along the way). The (items) aren't what they used to be. They never will be what they used to be, but (I see) what can they be now."

But her interest really took off when she asked students to create repurposed projects as part of the curriculum at the college.

"I had the most incredible repurposed things come in, beautiful things, all kinds of creativity that I would never have thought of," Lindley-Brunn said. "That really energized me to start doing more of my own (projects) then when I quit teaching, that's really when I started doing repurposing."

What she mainly does is turn all sorts of items into lighting along with her husband. Some of the lights were made from fire hoses, a cheese grater, a slide projector, a search



A grater is repurposed into a light.



Hats set on repurposed items to be sold at the Antique Warehouse at 110 E. Main St. in Florence.

light from a truck, a teapot and a camera scone, which can be hung on a wall, as well as floor lamps, shades and much more.

It's been five years since she opened Antique Warehouse in Florence, but recently she scaled down to offer mainly lighting while her daughter recycles clothing and Michael recycles things with a western theme, including single trees for lanterns and a structure to hold lampshades.

"I encourage other people to repurpose things too," Lindley-Brunn said. "(One of the guys from Eads) repurposes wagon wheels."

Raised on a farm in Iowa, she got interested in antiques when her father took her to farm auctions.

"I remember one time when I was up on his shoulder and he let me buy some things," Lindley-Brunn said. "I've always been into second hand buying."

Along the way, she moved to Arizona, where she worked as a research scientist for 17 years before moving here to teach college.

"I never lost my roots," she said. "I never lost my love of antiques and junk."

Recently someone walked into her store with a 1914 sofa from a hotel in Laramie, WY.

"It was disheveled," Lindley-Brunn said. "Everything was torn apart, but it was so pretty. I had an idea in my head I'd like to juxtapose the fancy Victorian look with



Virginia Lindley-Brunn sits in a chair she recently had repurposed for her shop in Florence.

western so I hired Candy Caine, (who) did the upholstery for me."

After Lindley-Brunn got it back, she distressed the wood, then turned it over to Caine with the hides she found and the leather she already had to put back together. She also had the chair restored in the same way.

"I figured it was the chair that sold me because it is so cozy," Lindley-Brunn said. "It turned out the way I wanted it too. When I distressed the chair, the carving just popped right out."

Currently, she continues to teach environmental college, volunteers with the Clover Rovers 4-H Club and in the community with various projects.

Antique Warehouse is located at 110 E. Main St. in Florence. The phone number is 719-372-1016.

## Clover Rovers learn keyhole gardening

by Charlotte Burrous

photo by Charlotte Burrous

Saving water is like recycling. So it's no wonder Virginia Lindley-Brunn and members of the Clover Rovers 4-H Club got involved with Loaves & Fishes Ministries' latest project.

"This year, the Clover Rovers in particular are taking on an environmental role, an eco-role," she said. "Our kids are working and thinking of recycling and repurposing." She said they promoted teaching the children that self-sustainability empowers them.

"We want to show our children how to grow things and eat properly," said Lindley-Brunn, who works with Tansey Kurth.

Kurth pointed out the keyhole gardens started in South Africa, where water is scarce. "It's a circle garden with a keyhole notch," she said. "A compost (pile) is in the center so they throw all their scraps inside this compost bed, which helps water and feed their garden. Then they use a gallon a day to water that compost bed."

That in turn helps to keep moisture in the garden and reserve water. It mounds up to the center so the water can filter down through the compost. Several years ago, the idea spread from South Africa to Texas, then to other states, including Colorado.

"This is part of a community service project," Kurth said. "We wanted to help our homeless shelter promote sustainability. We personally use (this model) to garden at home."

Loaves & Fishes Executive Director, Dee-Dee Clement said they are always looking for ways to help the shelter and the transitional housing programs.

"We're building two keyhole gardens," she said. "Keyhole gardens use a lot of compost and they use them in a lot of drought areas. They only require a gallon or two a day of water. It's a cool deal. You can also put a tarp on it. Here in Colorado, you can actually grow year around. The whole point of it is we have that challenge, where we're asking

gardeners to plant an extra row for Loaves & Fishes then donate that produce to us."

In conjunction, Brady's Garden donated seeds, Rainbow Dairy donated the compost and Boys & Girls Club members volunteered with the keyhole gardens, as well as a master gardener.

"The hope is we build this alternative garden here and really engage the folks who are staying in our shelter, the folks that are staying in our transitional housing programs, our food bank clients and work at building rela-



L to R: Eddie Gilliland, Madison Taylor and Izion Miller work on the keyhole gardens at the Loaves & Fishes Ministries in Canon City.

tionships with one another. Maybe in a couple years, we'll have more keyhole gardens or we'll do something different with all this property."

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## MTCC's Experience Ride

by Deborah Maresca

The Fourth Annual Mountain Top Cycling Club (MTCC) Experience Ride is well underway to becoming a popular cycling event in Colorado. Voted number 6 for 12 Must-Do Rides for 2015 by Active.com, it is the only cycling event from the state of Colorado. Attending the First Colorado Bike Expo in Denver, the MTCC was able to reach over 2,000 cycling enthusiasts. We want to offer the quality events that will bring cyclist in from around the state to Teller County. The 2015 Experience Ride has riders registered from California, Kentucky, Minnesota, Wyoming and Texas. Riders from Boulder, Denver, Lakewood, and Breckenridge will be attending, bringing in income to local businesses.

This road cycling event will be held June 20th, 2015. Increasing in rider registration from 2014 from a 70 percent increase in February to a 26 percent increase at time of this writing. This 106 mile Century ride will go through Cripple Creek and Victor, then continue on the 75 mile route around Guffey CO. The MTCC will use this event to help fund the many programs that they support



## New CDOT maintenance facility

Bill Goodinough, superintendent for Copestone General Contractors, has indicated that the original completion date of mid-June for the new CDOT maintenance facility in Divide has been affected by spring weather. The interior may be finished by that time, but the exterior and surrounding landscaping will probably be delayed until later, he said. For more information: www.copestone-cm.com, or call: 719-578-8833. photo by David Martinek

## Victoria Husher SPHS recipient of Bill Daniels Scholarship

by Flip Boettcher

One of this year's South Park High School (SPHS) graduates, Victoria Elizabeth Price Husher, is also the recipient of the Bill Daniels Scholarship Fund, according to Julie Husher, Victoria's mother, in an email.

The Daniels Scholarship is a four year leadership scholarship and is open in only four Rocky Mountain States: Wyoming, Colorado, New Mexico, and Utah. "Recipients should be well-rounded people with leadership potential who embrace the chance to learn, adhere to high ethical standards, are committed to working hard to earn a bachelor's degree, and who welcome the joy of giving back to their communities and families", according to the book "Life and Legacy of Bill Daniels", Tell Studios Inc., 2012. Victoria is the second SPHS graduate to be awarded the Daniels Scholarship.

Victoria, 18 years old, moved to Fairplay with her family, mother Julie and father Stephen Price, eight years ago from Watertown, South Dakota. Besides being in advanced placement classes, Victoria was also her classes' National Honor Society vice president, student council president and yearbook president as well as being involved with the Knowledge Bowl, basketball and dance, she said in an email. Victoria said that she enjoys dancing and spending time with family and friends in her free time.

Advanced placement classes are college level courses taken in high school. To find out more about advanced placement classes visit [www.cde.state.co.us](http://www.cde.state.co.us).

Victoria said she was currently deciding between Howard University in D.C. and Hofstra University in New York to continue her education. Victoria said she will be majoring in Political Science/Pre-law and hopes to attend law school to become a human rights or corporate business lawyer.

According to Julie, Victoria was always comfortable with the "big stage." Even at age three she shined in her violet tutu in ballet class. Victoria's enthusiasm is contagious with her amazing smile and positive attitude, continued proud Julie.

Victoria heard about the Daniels Scholarship from several sources, but also from family friend, Guffey resident Joshua Walston, the first SPHS recipient of the scholarship in 2011. The Walston's had heard about the scholarship from Geordi Walston's sister who is an educator in another state. Geordi is Joshua's mother.

Joshua Walston just graduated from the University of Colorado, Boulder, May 9, with a Bachelor's degree in Molecular Cellular Developmental Biology (MCDB). Through the Daniels Fund, Walston was able to connect with Penn State College of Medicine where he has accepted their offer of a six year Masters and PhD program in MCDB, he said in an email. Walston will be exploring the possibilities of personalized medicine based on a patient's DNA as well as new, better ways deliver these drugs to patients, he said. Without the Daniels Fund Walston said, "I do not believe that I would have had the ability to achieve this offer."

The tuition is completely covered by Penn State and Walston will get a stipend for teaching undergraduate classes while attend-



Victoria Husher. Photo taken by her mother, Julie Husher.

ing Penn State said Geordi.

Walston said that the Daniels Scholarship is an excellent opportunity for any scholar who can meet the rigorous expectations with roots in strong character traits like honesty, integrity, and the desire to contribute to humanitarian efforts.

The scholars chosen are viewed as individuals who have the potential for positive future changes in our society, "diamonds in the rough" added Walston.

Besides the monetary assistance, Daniels Fund scholars receive support, guidance, and further connections throughout their undergraduate career from Daniels' counselors, said Walston. The Daniels Fund provided Walston every opportunity he asked for and some he didn't while attaining his bachelor's degree, he said.



Joshua Walston graduation pic.

"Victoria has such an amazing opportunity ahead of her", Walston said, "and I am extremely proud to welcome her into the family that is the Daniels Fund scholars." Victoria's graduation ceremonies will be held June 6.

Julie Husher is currently the art instructor at SPHS, and Geordi Walston was the SPHS music director when Joshua graduated in 2011. The Walston's, husband Wayne and Geordi, currently own and operate the Rolling Thunder Cloud Café in Guffey.

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# Rampart Library News

by Anne Knowles

Come to the Florissant Public Library for the widely anticipated annual Book, Bake, and Plant Sale presented by the Friends of the Florissant Library. Held this year on Friday, June 4 from 10 a.m. to 2 p.m. and Saturday, June 5 from 10 a.m. to 1 p.m., it draws people from far and wide. Then come to the used book bag sale at Woodland Park Public Library on Friday, June 26 from noon to 4 p.m. and Saturday, June 27 from 10 a.m. to 3 p.m. A small donation will get you fantastic bargains at both sales.

Summer Reading for all ages is in full swing and continues through July 31. Register online at <http://rampartlibrarydistrict.org> or at the Florissant or Woodland Park Library. There are books, movies, activities and programs based on this year's theme of Heroes. Heroes are in our midst everyday — veterans, military, teachers, parents, grandparents, police, firefighters, friends, to name just a few, as well as fictional superheroes. Come celebrate them with us! Mark your calendars for the End of Summer Party with a costume contest, activities and crafts on August 7 from 10 a.m. to noon at Woodland Park.

The Drama/Video Club at Florissant Public Library is going to be better than ever this summer, with the kids creating their own talent show. Register at the Florissant Library to be part of this club that will meet on Thursdays from 1 p.m. to 2 p.m. The final production/talent show, "Every Hero Tells a Story", will be held on Friday, July 31 at 6 p.m. at the Grange. It will be the community event of the summer, an opportunity to celebrate the talent of our youth.

Florissant will be showing movies based on the Heroes theme at 2 p.m. on Fridays, June 12, 19, 26, July 10, 17, 24 and August 7. They will hold an AARP Drivers' Safety class on Friday, June 26 from 9 a.m. to 1 p.m. Preregistration at the library is required and there is a charge of \$15 for AARP members and \$20 for nonmembers, payable at the class. Test your powers of deduction this summer with Florissant's book in a jar! Try to figure out the title of the book by examining the shredded pages in a clear jar. One lucky person will win a prize each month.

The storytimes at Florissant Library will move to Friday mornings at 10 a.m. beginning in June. Bring your children, grandchildren, young neighbors and friends to check it out. Minecraft Club will take place on Mondays in June and July every Monday at Florissant from noon to 5 p.m.

## John C. Fremont Library's June happenings

June's featured artist: Brian Tate of Canon City will display his landscape photos of the mid-west and Colorado. Brian and his wife, Michelle, are the owners and innkeepers of the Jewel of the Canyons Bed and Breakfast in Canon City.

Programs: "The Tunnels Under Our Feet: Colorado's Forgotten Hollow Sidewalks" June 11 at 7 p.m. Author Tracy Beach will discuss the history of the tunnels under the sidewalks and streets of many Colorado cities including Florence, Canon City, Salida, and Durango. Tracy's book will be available for purchase with check or cash.

"Women of the Wild West" is June 16 at 7 p.m. Local historian Kathy Herrin will talk about many of the extraordinary and ordinary women of the west who made and changed history.

Thursday night at the movies presents, "Wild" on June 25 at 7 p.m. Based on Cheryl Strayed's book, "Wild", about her trek across the Pacific Crest Trail, starring Reece Witherspoon.

"Ranger Dave's Colorado Trail Backpack" on June 30 at 7 p.m. Dave Van Manen, the Founder and Special Projects Coordinator for the Mountain Park Environmental Center in Beulah, presents an acoustic concert and slide show. Ranger Dave's program includes inspiring stories from the Colorado Trail with live music and beautiful photographs of Colorado's mountain scenery.

Don't miss some special summer programs in June for children and the whole family at Woodland Park Library. On Wednesday, June 10 at 10:15 a.m., Denise Gard and Sienna will present "Brave Dogs: Our Four Legged Heroes". Kritter Karavan, with all sorts of animals up close and personal, will be at Woodland Park on June 25 at 10:15 a.m.

The Teen Room at Woodland Park will have special summer activities every day of the week for tweens/teens. The Teen Storyteller Café will meet on Tuesdays from 2 p.m. to 4 p.m., featuring fun word play activities and creative writing for everyone who loves to write or read fiction. Crafts and activities will also be available Tuesdays all day. Watch a movie at 11 a.m. and 3:30 p.m. on Wednesdays and play Wii all day on Thursdays. Minecraft Club will run all day on Fridays.

There will be programs at Woodland Park Library paying tribute to our veteran and military heroes to commemorate the anniversary of D-Day on June 6. The Library will host a Veterans' Round Table Discussion led by Duke Monk with several other veterans sharing their experiences and fielding questions on Thursday, June 4 at 2 p.m. Thomas Tudor will present "Never Forgotten", a multimedia program about the Tomb of the Unknown Soldier, the Honor Guard and Arlington National Cemetery on Friday, June 5 at 2 p.m. The Woodland Park Community Singers will sing patriotic songs on Saturday, June 6 at 1 p.m. and will be joined by the Tempest Barbershop Quartet from WPHS. Please honor your veteran and military heroes by placing their names on the tree in the library lobby.

The Book Worms Book Club at the Florissant Library will meet on Wednesday, June 17 at 10:30 a.m. to discuss the book "The Worst Hard Times: the untold story of those who survived the Great American Dust Bowl" by Timothy Egan. The next meeting of the Book Club at the Woodland Park Library will be Tuesday, July 7 at 10:30 a.m. Check the District calendar at the bottom of our homepage at <http://rampartlibrarydistrict.org> for the book that will be discussed.

It's all happening at our library this summer! Register for summer reading, read great books, win prizes, attend outstanding programs, participate in all kinds of activities, show your creative side and have fun with us! The District will be closed on Friday and Saturday, July 3-4 in honor of Independence Day.

Readers of all ages are invited to discover their inner hero this summer as the John C. Fremont Library presents summer reading programs, "Every Hero Has a Story" and "UNMASK!"

Children 0-12 years can register for "Every Hero Has a Story." Teens in 6th through 12th grade can register for "UNMASK." Participants may register at the library or online at <https://florenceclibrary.readingrecord.org>. The programs are FREE and include activities, presentations, story times and incentives for participants. The library welcomes children and teens of ALL abilities to participate this summer.

The teen summer reading program kicks off on Wednesday, June 3rd and runs thru Wednesday, July 22nd. Presentations run from noon to 1 p.m. at the John C. Fremont Library.

The children's summer reading program kicks off on Thursday, June 4th and runs thru Thursday, July 23rd. Presentations run from 10:30 a.m. to 11:30 a.m., presentation locations will be listed on participant reading logs.

For more information about the programs, call Robin at 719-784-4649 ext. 2 or by email [Robin.Hohn@JCFLD.org](mailto:Robin.Hohn@JCFLD.org). The John C. Fremont Library is located at 130 Church Ave., Florence, CO 81226. Call 719-784-4649 for more information.

## ~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](mailto:utecountrynewspaper@gmail.com).

### BAILEY

5 & 6 Annual Plant and Yard Sale from 9 a.m. to 4 p.m. both days. Beautiful hanging baskets, flower bowls, bedding plants, annuals, herbs, and high altitude tomato plants. Also art, jewelry and collectibles. Clean and gently used household items, clothing, books, children's items. Location is Shepherd of the Rockies Church, 106 Rosalie Rd., Bailey. Across Highway 285 from the Loaf and Jug. Watch for signs along 285. Four miles south of Pine Junction. Hosted by Park County Republican Women's Club. Call 719-836-9016 for more information.

### BUENA VISTA

5 & 6 Hope will be involved in the Sweet Roots festival in Buena Vista June 5th and 6th. It is celebrating women in agriculture with a dinner June 5th and booths and music at the river park in Buena Vista on June 6th starting at 10 a.m. to 10 p.m. [www.sweetrootsfestival.com](http://www.sweetrootsfestival.com) Come find our booth and learn more about how you can help end human trafficking.

9 Arkansas Valley Music and Dance BV Celtic & Old-time Music Jam 6:30 p.m. - 8:30 p.m. Creekside Gathering Place, 203 Cedar St. All abilities are welcome to the Buena Vista Celtic & Old-time Music Jam held the second Tuesday of each month! Bring your instrument(s) and a tune to share. If the weather is nice, we'll jam on the porch. Free with donations appreciated. Call Carole Barnes for more info: 719-395-6704.

12 Rodeo Dance at Eddyline Pub on Linderman Ave from 8 p.m. to 11 p.m. Call 719-395-2742 for more information.

12 Jerry Barlow, Celtic Fingerstyle Guitarist, will perform at the Buena Vista Public Library on June 12, 2015. The performance will begin at 7 p.m., and the concert is free to the community and visitors. This is a return visit from Jerry, and we can expect another great hour or so with Jerry and his music. Call 395-8700 for more info, or email us at [gnottingham@buenvistalibrary.org](mailto:gnottingham@buenvistalibrary.org).

13 & 14 CPRA Rodeo: Collegiate Peaks Stampede Rodeo will be held Saturday June 13th at 6 p.m. and Sunday June 14 at 12:30 p.m. at the rodeo grounds located on Greeng Drive. Please call 719-395-2411 for more information. (Mary Haarberg Rodeo Board).

25 Author Bill Cooke, will be at the Buena Vista Public Library to introduce his book "Shades of Gray, splashes of color: a thru-hike of the Colorado Trail". The book describes his 2011 hike of this 486-mile trail, and should be entertaining and perhaps informational for anyone thinking of doing this long distance backpack. He will be at the Library on Friday, June 25, at 7 p.m. Email us at [gnottingham@buenvistalibrary.org](mailto:gnottingham@buenvistalibrary.org), or call 719-395-8700 for more info.

### CANON CITY

19 Fremont County Commodity Supplemental Food Program distribution is always the third Friday of each month from 9 a.m. to noon at Loaves & Fishes, 241 Justice Center Rd. Call Traci Nelson for more information 719-275-0593.

10 Fremont County The Emergency Food Assistance Program distribution at First United Methodist Church, 801 Main Street, 1:30

p.m. until gone. Call Erlin Trikel 719-275-0191 X111 for more information.

9, 16, 23, 30 NAMI Connections: a free, safe, and confidential peer support group for adult individuals living with mental illness, each Tuesday from 6:30 a.m. to 8 p.m. at St. Thomas More Hospital, Community Conference Room, 1338 Play Ave. For more information, please contact Sherry 719-671-7954.

### COLORADO SPRINGS

8 Sand Creek Massacre: Myths and Misconceptions by Jeff C. Campbell with a rumored "Surprise Appearance" by John Chivington at 6 p.m. For more information call 719-473-0330.

20 One Nation Film Festival is thrilled to host the Southern Colorado premiere of "Songs My Brothers Taught Me," a Sundance and Cannes award-winning film that presents a compelling and complex portrait of modern-day life on the Pine Ridge Indian Reservation. This event benefits One Nation Walking Together, a local nonprofit organization whose mission is to make a positive difference in the lives of Native Americans. Most exciting is the visit to the Pikes Peak Region by "Songs" Writer/Director Chloe Zhao and members of the cast. For more information visit [www.onf.org](http://www.onf.org).

### COPPER MOUNTAIN

13, 20, 27 Copper Campfire

13 & 14 Altitude with Attitude: Altitude Anonymous Returns

27 Copper's Gone to the Dogs, no really!

For more information on activities at Copper, visit [CopperColorado.com](http://CopperColorado.com).

### CRIPPLE CREEK

26 through Aug. 29 "Foul Play" or the Scuttling of the Sapphire" (Melodrama & Summer Ohio) Love & money in gold! This show will be followed by our World Famous Summer Ohio filled with music, dance & raucous laughter. For more information, visit Butte Theater.com.

26 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.

### CC&V COFFEE CLUB

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 the Cripple Creek and Victor Gold Mining Company Visitor Center, 371 E. Bennett Avenue, in Cripple Creek. Not just coffee, but also refreshments and free Wi-Fi will be provided as you sit and visit with others and get the latest community news, or mining information. Refreshment donations will be given to the Aspen Mine Center. Contact the CC&V Visitor Center at 719-689-2341, or Brad Poulson at 719-689-4052 for more information.

### DIVIDE

8 & 22 Divide Little Chapel on the Hill Food Pantry Distribution 4:30 p.m. to 6:30 p.m. For more info 719-322-7610 or email [littlechapelfoodpantry@outlook.com](mailto:littlechapelfoodpantry@outlook.com).

### FAIRPLAY

The South Park City Museum is open from 10 a.m. to 4 p.m. Please come and enjoy a walk through the "1800's Mining Museum". Any questions, phone 719-836-2387, check out our web-site at [southparkcity.org](http://southparkcity.org) or email [southparkcityhistorical@gmail.com](mailto:southparkcityhistorical@gmail.com).

### FLORENCE

Bell Tower events

6 "Our West, Our Way: the Written and Musical Word" featuring Cling Carr with a variety of classic Western music, as well as cowboy poetry and Western stories from Rudl and August Mergelman. From 7 p.m. to 8 p.m.

20 Concert featuring the musical talents of Tom Munch from 7 to 9 p.m. Call 719-784-1339 for more information. The Bell Tower is located at 201 E Second Street

### FLORISSANT

20, 27 The Plant Lady Speaks Series offered. See Growing Ideal on page 27 for more info.

### FLORISSANT FOSSIL BEDS

3, 6, 10, 13, 17, 20, 24, & 27 Ranger Guided Yoga Hikes, every Wednesday and Saturday, June 3 through August 22 at 9 a.m. Hikes will be at a moderate pace for 1 to 1.5 miles with intermittent stops for stretching and standing yoga poses for all levels. Please wear comfortable clothes that allow for a wide range of movement, comfortable flexible soled shoes and bring a water bottle. A mat will not be necessary for these hikes.

6 "Star Clusters and Galaxies", Night Sky Program from 8:30 p.m. to 10:30 p.m. Join park staff and members of the Colorado Springs Astronomical Society and explore galaxies and star clusters. Telescopes will be provided as you gaze at thousands of stars in the dark skies above the Florissant valley. The program will start with a short interpretive talk followed by 1.5 hours of stargazing.

7, 14, 21, 28 Wildflower Walks from 9 a.m. to 10:30 a.m. What's blooming this week? Find out with weekly ranger-guided flower walks by Ranger Shawn. This program will take place on a variety of the Monument's trails depending on where the flowers are blooming. Easy 1-2 miles.

20 "A Planetary Conjunction", Night Sky Program from 8:30 p.m. to 10:30 p.m. Join park staff and members of the Colorado Springs Astronomical Society and explore three of the brightest objects in the sky — side by side. Telescopes will be provided as you gaze at thousands of stars in the dark skies above the Florissant valley. The program will start with a short interpretive talk followed by 1.5 hours of stargazing.

Daily Interpretive Program Schedule Every Day in June: Ranger-Led Interpretive Talk at 10 a.m.

Ranger-Guided Hike 11 a.m. Petrified Forest Loop distance 1 mile, 1 1/2 hrs. Fossil Learning Lab 1 p.m. to 3 p.m. Get "up-close and personal" with fossils! Join us for ranger-led demonstrations, and hands-on searches for fossils.

continued on page 42

## FYI For Kids' Sake Salida's annual wine tasting and silent auction fundraiser

Get ready for one of the most impressive fundraising events in Colorado, FYI For Kids Sake Wine Tasting and Silent Auction. The 12th annual fundraiser will take place the second weekend in June at the Salida SteamPlant Ballroom. Whether a seasoned sommelier or a curious novice, wine lovers will not want to miss the chance to taste local Salida wines from Vino Salida during the Wine Tasting and Silent Auction on Saturday, June 13, 2015.

Guests at the FYI For Kids' Sake Wine Tasting and Silent Auction will spend Saturday evening enjoying fine hors d'oeuvres from Rustingram Catering, learning more about wine with helpful tasting guides and sampling exceptional Vino Salida varieties. Always a festive affair, guests can take a break from tasting and bid on items in the silent auction such as spa and restaurant packages or bottles of wine. Live music will be provided by Handsome Dan.

The Saturday FYI For Kids' Sake Wine Tasting and Silent Auction will take place

from 6 p.m. to 9 p.m. Tickets are \$20 per person in advance or \$25 at the door. Tickets can be purchased in advance at Salida Chamber of Commerce, Buena Vista Chamber of Commerce, Vino Salida, Salida SteamPlant ticket office or your favorite Family & Youth Initiatives staff member. Early ticket purchase is strongly recommended.

Presenting sponsors for FYI For Kids' Sake Wine Tasting and Silent Auction are: Vino Salida, Monarch Mountain, Susan Dempsey-Hughes, Pinon Real Estate Group, Jim Hodgson, Tom and Kay Breunich dba Keller Williams Mt Real Estate Group, Amicas, Chipta Counseling Service, Salida Cycling Club, KSBV 93.7 FM, Central Colorado Title & Escrow, KVHR, The Peak 92.3 FM, Mountain Mail, Butch and Carrie Braswell by Tom and Kay Breunich. Catering is provided by Rustingram.

For questions please call Monica Haskell at 719-530-2511 or visit our web site [www.ChaffeeCountyFYI.org](http://www.ChaffeeCountyFYI.org)

# Mueller State Park Programs for June

by Linda Groat

Mueller State Park is has a full calendar of programs prepared for the month of June! Starting with the parade of wildflowers that is just starting, we'll have many guided hikes take you into the backcountry to see and enjoy them. We offer children's programs to help them discover nature. Come and learn a new hobby in archery, fly fishing or water color painting! Enjoy the evening with a sunset hike or campground amphitheater program! We have fun for the whole family, all just a short drive west of Colorado Springs!

### HIKE: OUTLOOK RIDGE

Meet at Outlook Ridge Trailhead on June 1, at 9:30 a.m. and on June 16 meet at 9 a.m. Wander with Volunteer Naturalist Rose experiencing flowers, trees, and animals on the trail. Travel to up to 3 beautiful overlooks.

### HIKE: SCHOOL POND

Meet at School Pond Trailhead on June 1, at 2 p.m. Take a gentle hike to School Pond with Interpretive Naturalist Russ and experience the beauty of spring on this 1.5 mile hike.

### BIRD WALK

Meet at Elk Meadow Trailhead at 8:30 a.m. June 2 and June 17. Take a leisurely hike to watch and listen for birds of Mueller State Park.

### TOUCH TABLE: SKINS AND SKULLS

Meet at the Visitor Center from 2 p.m. to 4 p.m. June 2 & 14. Touch and examine the skins and skulls of animals that call Mueller State Park home, including a mountain lion hide and beaver pelt.

### HIKE: WAPITI TRAIL

Meet at Visitor Center at 9 a.m. June 3 and at 10 a.m. on June 10. Explore the wildflowers and view the montane forest of Mueller on this one hour hike.

### HIKE: LOST AND GEER POND

Meet at Lost Pond Trailhead at 10 a.m. June 5, and June 19. Watch for water loving wildlife such as beaver, muskrats and red-wing blackbirds with Volunteer Naturalists Jeremy and Sylvia on this 2.5 mile hike.

### ARCHERY FOR BEGINNERS

Meet at the Liverty from 2 p.m. to 4 p.m. June 5 and 19; meet at 10 a.m. on June 24. Learn how to shoot with a bow and arrow. Lots of fun! Adults and kids eight years and up will be able to give it a try.

### AMPHITHEATER: DID YOU KNOW THAT...

Program begins at 8:30 p.m. June 5. Did you know that badger hair was used at one time to make paint brushes? Or that mule deer and elk don't have top front teeth? Learn fascinating trivia about bears, coyotes, foxes, and other wild animals in this informative presentation of little-known facts about common Colorado wildlife.

### HIKE: ELK MEADOW

Meet at Elk Meadow Trailhead at 2 p.m. on June 6. Examine tracks and signs of the animals that live in Mueller State Park as you hike Elk Meadow with Interpretive Naturalist Russ. This unique trail is a moderate 2 miles.

### AMPHITHEATER: MUELLER WILDLIFE

Program begins at 8:30 p.m. on June 6th. Can you name all the animals in the park? The montane environment of Mueller State Park attracts large variety of creatures. Learn about these fascinating animals with Interpretive Naturalist Russ. Dress warmly.

### TOUCH TABLE: SENIOR CITIZENS OF MUELLER

Meet at Visitor Center from 2 p.m. to 4 p.m. on June 7. How old are the trees of Mueller State Park? Which type tree makes good lumber or good homes for birds? Interpretive Naturalist Russ will help you identify the trees of Mueller as well as where to find them. Stop by anytime.

### AMPHITHEATER: 200 YEARS ON MUELLER STATE PARK

Program begins at 8:30 p.m. on June 7th. Take a peek at Mueller State Park's colorful past from homesteaders and miners to horse thieves and bootleggers; the history of Mueller has something for everyone. Dress warmly.

### POND SAFARI

Meet at Dragonfly Pond at 10 a.m. June 9. Grab the kids or bring out your inner

child with Interpretive Naturalist Torrie for a program teeming with critters who call our ponds home.

### HIKE: ROCK CANYON

Meet at Rock Pond Trailhead at 9 a.m. on June 11, and at 9:30 a.m. on June 18, and at 2 p.m. on June 26. Join Interpretive Naturalist Linda on this trip through many montane micro-environments. This is a moderate 5 mile hike.

### HIKE: OSBORN HOMESTEAD HIKE

Meet at Black Bear Trailhead at 2 p.m. on June 12, and 9:30 a.m. June 21. Visit the Osborn Homestead to take in some views and travel back in time with Interpretive Naturalist Penny on a 3 mile moderate hike.

### AMPHITHEATER: LYNX, LION AND BOB

Program begins at 8:30 p.m. on June 12. Lynx, mountain lions, and bobcats are the only wild cats in Colorado. See why these elusive felines are at the top of the food chain presented by Interpretive Naturalist Penny. Dress warmly.

### BIRDING HIKE

Meet at the Visitor Center from 7 a.m. to 10:30 a.m. on June 13. Come learn the birds of the hills and forests of Mueller! We'll spend the morning searching out birds in different habitats in the park and try to learn some songs as well. Led by Debbie Barnes from Aiken Audubon.

### SENSORY HIKE

Meet at Wapiti Trailhead at 9:30 a.m. June 13. Join Volunteer Naturalist Anne for a short hike that's all about quietly experiencing the sights, sounds and aromas of the forest.

### SONGS ON THE PATIO

Meet at the Visitor Center patio at 11:30 a.m. June 13. Kids and adults of all ages are invited to sing songs about the outdoors, with Volunteer Naturalist Anne. All abilities welcome. Bring water, a camp chair, and a willingness to have fun.

### HIKE: NOBEL CABIN

Meet at Black Bear Trailhead at 2 p.m. June 13. Join Interpretive Naturalist Russ on a 4 mile hike to Nobel Cabin. Imagine what it was like to attempt to homestead this area without modern amenities while learning about some of Mueller State Park's early residents.

### HIKE: SUNSET ON OUTLOOK RIDGE

Meet at Outlook Ridge Trailhead at 8 p.m. June 13. Join Interpretive Naturalist Russ on this short but beautiful hike to beautiful overlooks. Bring camera, rain gear, water and a flashlight for the return trip.

### HIKE: SCHOOL POND

Meet at School Pond Trailhead at 9:30 p.m. June 14. Take a gentle hike with Volunteer Naturalist Gretchen and search for early wildflowers on a 1.5 mile hike.

### AMPHITHEATER: DIGITAL OUTDOORS

Program begins at 8:30 p.m. June 14. A nature photographer for over 30 years, Interpretive Naturalist Russ creates images for both personal enjoyment and profit. Learn some tricks of the trade as you view some of his amazing photos in this presentation. Dress warmly.

### CHILDREN - DISCOVER MOUNTAIN LIONS

Meet at the Visitor Center at 2 p.m. June 16. Learn all about Mueller's top predator, the mountain lion with Interpretive Naturalist Penny.

### WILD WATERCOLORS

Meet at Outlook Ridge Trailhead at 10 a.m. June 18, and at 1 p.m. on June 25. Join Interpretive Naturalist Torrie in capturing the beauty of nature in watercolor painting. Get some tips and learn outdoor watercolor techniques! Hike out 1 mile to the view, you may want to bring something to sit on — blanket or pad. Supplies provided.

### AMPHITHEATER: ECHOES OF THE PAST-HISTORICAL SITES AT MUELLER STATE PARK

Program begins at 8:30 p.m. June 19. Learn about the history of Mueller State Park from Volunteer Naturalists Sylvia and Jeremy. See photos and hear stories of many historical sites. Dress warmly.

### FAMILY NATURE CLUB

Meet at Dragonfly Pond at 9 a.m. June 20. Explore nature with your family! This week

we will discover the many living things in a pond — dragonfly nymphs and mayfly larva — and much more!

### HIKE: PREACHER'S HOLLOW

Meet at Preacher's Hollow Trailhead at 2 p.m. June 20. Celebrate summer with "nature's fireworks" by joining Interpretive Naturalist Linda on this trip through many wildflowers. This is a gentle 2 mile local trail.

### AMPHITHEATER: SONGS AND GAMES TO KEEP YOUR CAMPFIRE BURNING

Program begins at 8:30 p.m. June 20 and June 27. Have fun around the campfire! Kids and adults of all ages are invited to sing songs about the outdoors, with Volunteer Naturalist Anne. All abilities welcome.

### AMPHITHEATER: DEER & ELK - MORE OR LESS

Program begins at 8:30 p.m. June 20. We love to spot and watch deer and elk, the large mammals of our montane forest. However, someone has to manage the population. How do the Wildlife Managers do that? Interpretive Naturalist Russ will share the models and methods of herd management.

### TOUCH TABLE: OWLS

Meet at the Visitor Center from 2 p.m. to 4 p.m. June 21. Have you ever wondered what an owl pellet is or how to identify owl feathers? Interpretive Naturalist Russ will share with you a variety of owl knowledge. Stop by anytime.

### AMPHITHEATER: WITHER THE WEATHER

Program starts at 8:30 p.m. June 21. Why does it hail, rain and lightning so many afternoons? Why can't the weatherman get it right? Join Interpretive Naturalist Russ and look at the natural forces controlling our temperature, precipitation and our activities. Hopefully you will be able to look at the sky and predict. Dress warmly.

### HIKE: CAHILL LOOP

Meet at Grouse Mountain Trailhead at 9 a.m. June 23, and at 2 p.m. June 27. Join Naturalist Linda on this moderate 2.5 mile

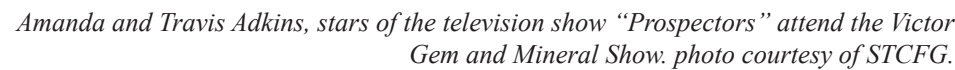
hike, exploring the flora and fauna of Mueller all the way.

### FLY FISHING BASICS

Meet at Dragonfly Pond at 10 a.m. June 25. Learn the difference between fly fishing and spin casting, and give it a try!

### AMPHITHEATER: NOCTURNAL ANIMALS





*3rd Graders walking the trail.*

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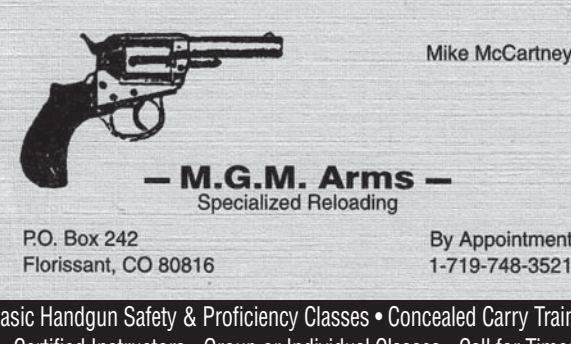
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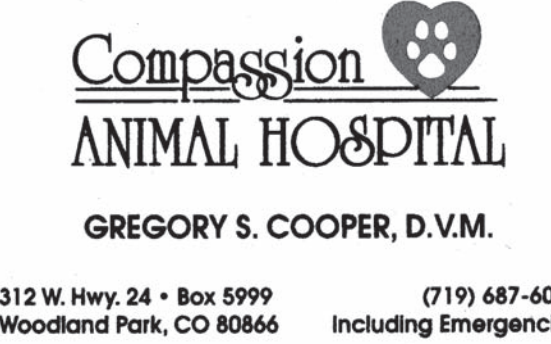
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