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May 2015

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Vol. 7, No. 5

Welcome to Ute Country

How beautifully everything is
arranged by Nature; as soon as a
child enters the world, it finds a
mother ready to take care of it.

Jules Michelet

PEEK INSIDE...



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A walk through Paradise Gardens



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Evergreen Cemetery



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A Memorial Day Message



Jeff took this month's cover photo one day when he was busy doing chores in another part of the yard, when he noticed this doe. Soon after the miracle of birth brought forth this beautiful fawn! What a perfect cover photo for May, the month we celebrate Mother's Day.

We take this opportunity to thank Nancy and Shirley for being wonderful mothers that encouraged us to be the best human beings we can be. We are grateful for all the lessons they helped us learn and the many ways they nurtured our abilities.

Our May issue is full of nurturing wisdom, celebratory events, as well as ways we can nurture ourselves and our loved ones. Let's not forget our Veterans this month; our centerspread, "Changed" is a fictional piece that is dedicated to all those who have served in the US military and their families. You may want to have a tissue in hand for this one.

Springtime always brings something new. We have several new columns for you to enjoy. Jessica Kerr will entertain us with heartfelt stories of growing up in Buena Vista in "A Mountain Seed". Cathy Fraser will share a frequently asked question and the answer as founder of Entrepreneurial University 4 Women. We will learn about a bird native to Chaffee, Fremont, Park, and Teller Counties in "Birds of the Ute Country" column by Mary Menz. So get ready to read our May issue.

Many of us enjoy gardening, yet find some unanticipated challenges with high altitude. Others of us have found interesting ways to work with the conditions. Feel free to ask "Growing Ideas" a gardening question or share a gardening tip. Simply email to utecountrynewspaper@gmail.com

Mr. Spaz is feeling spunky again; thanks for asking, Janet! Now he's ready to paw through more pics of your animal friends, indoor or outdoor. 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.



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The Thymekeeper

Do you have depression, muscle pain, anxiety?
Ask your doctor if _____ is right for you

by Mari Marques

Sound familiar? Let's take a look at the products we're told by mainstream media and doctors that we need in order to lead healthy lives, to avoid unnecessary risk to our health, or even to survive. They include a very long list of pharmaceutical medications, vitamins, supplements and over the counter medications. Somehow drugs, both prescription and otherwise have become interwoven with the notion of what constitutes health. I find this odd and backwards. Today, in modern society there is an expectation that pills can and will do everything. There is never mention of nutrition and the only supposed preventative methods used are via vaccination with no mention of boosting the immune. According to the CDC website, the only way to prevent the flu is with vaccination and we all see just how well that worked after being deemed a "dud" last flu season, which, incidentally was only briefly mentioned in the news.

With the pharmaceutical industry convincing us via their mass advertising campaigns that we are sick, they aren't necessarily selling specific drugs as much as they seem to be selling disease. Over the past couple of decades, new "diseases" have been rapidly cropping up everywhere, most of them chronic in nature. This marketing technique is fairly new. It's called "direct to consumer" advertising and is only allowed in The United States and New Zealand. In the US, the pharmaceutical industry heavily contributes to the FDA. That's right; the Food and Drug Administration whose job it is to protect us from the very companies that are funding them.

Per drugwatch.org: From 1998-2013 the pharmaceutical industry spent more than \$2.7 Billion on lobbying expenses. Since 1990, lobbyists, individuals and political action committees related to the industry gave out \$150 million in campaign contributions, more than any other industry. The world's 11 largest drug companies made a staggering net profit of \$711.4 billion from 2003-2012. In 2012 alone the top 11 made nearly \$85 billion in net profits. With all this money funding Capitol Hill, it is startling to learn that even more money gets spent on direct to consumer advertising. In 2012 alone the industry spent \$3.5 billion on marketing drugs to consumer via the many outlets available to them.

It seems as if the media has become a diagnostic tool with which you can self-diagnose in order to ask your doctor if certain medications are right for you. With the landslide of these adverts bombarding us daily one has to wonder if there is a method to this madness. I for one think there is. It is true that if you repeat something again and again, people are more likely to regard it as truth. Even the manner in which the information is presented, "Do you have ___? If so, it could mean you have ___". Just try not to scare yourself with that one.

Correction

Arrrrrrrrggh!

Kathy's been in touch with her inner pirate again. Grannys High Altitude Super Hemp sells CBD dominant salves, CBD oral concentrate, CBD vaporizers, and a variety of hemp based products including t-shirts. Thanks for finding that, Linda!

Something to consider

There is an interesting phenomenon that occurs among humans that is worth mentioning here; one that I was heavily warned about in herb school. In the words of my teachers, "Don't give yourself every disease that we're going to be learning about." I thought this to be a curious statement until I caught myself doing it over and over. We tend to do a self-check when we hear symptoms relating to illness. Self-diagnosis is quite common in my experience. I do it and I hear other people do it all the time. It brings up the question, if this can happen just learning about a particular disease, what could be happening with the constant drone of mass advertising whether it be verbal or visual.

From billboards to grocery stores, it's here, there and everywhere. Our subconscious picks up everything that our brain cannot retain. There is no way a human brain can sort and store all the information from life's experiences, but your subconscious can. One example of how the subconscious works is that nagging feeling you get when you are ready to go on vacation and just know you're forgetting something. Your subconscious is in there saying "I know, I know! Turn off your brain and I'll show you!" When suddenly the image of those family pictures you were going to take seems to float to the top. It brings with it a breath of relief or a sense of release. It was located in there all along. The subconscious is like a massive database of stored information. We might want to check the information being downloaded (uploaded?) there and make some changes where possible.

Where do we start?

Why wouldn't we make healthier choices on the front end to avoid prescription & OTC drugs in the first place? As an herbalist I do see a trend in the rise of ailments that many times can be tied back to diet and lifestyle choices. We are conditioned as a society to take a drug to ease symptoms with no thought given to what is causing the problem in the first place.

Many digestive issues, inflammation, high blood pressure, skin ailments such as eczema and a host of other maladies can be directly attributed to poor diet, meaning a diet consisting of non-nutritious, pesticide-laden processed foods. For example, anxiety is very common among people today, young, old, and in between. Many foods are loaded up with a multitude of additives that directly contribute to anxiety and other nervous system disorders. These additives include MSG, artificial flavorings, aspartame, colorings and much more.

Many of the foods we eat today actually contribute to inflammation as well. The majority of the essential fatty acids consumed in this country lean heavily toward omega 6 and lack almost entirely omega 3 and 9. The balance between essential fatty acids is crucial for managing pain and inflammation. They can be obtained by making small choices like replacing potato chips with nuts as a daily snack. I see many of our health issues would fall by the wayside simply by reading labels and making healthier food choices. It's always a wiser choice to eat for nutritional content over eating whatever is readily available to fill ourselves up.

Ask yourself, do you really need a prescription? Do you have any control over the underlying

cause of the problem? Can you take steps to alleviate it either by stopping a certain behavior and choosing another? I believe it can be done.

I'll share the story of the man who suddenly began to have violent debilitating seizures. So frightening and frequent were these seizures that the man decided it was time to get busy focusing on his bucket list. He had long yearned to visit Jerusalem and made that number one on his list of things to do before he died. He packed his bags and headed out. After a couple of days he noticed that just as mysteriously as the seizures began, they had stopped. It wasn't until his return to Boulder that the mystery was solved.

The first place he went to eat was his favorite Chinese restaurant. The seizures returned almost immediately. He now knows MSG was the culprit all along. At that time, there was no MSG in Jerusalem. His choice to be diligent and eliminate this ingredient from his diet rather than go with a prescription medication to control seizures was a doctor approved alternative.

Advice from an herbalist

- Let Nature be your anti-depressant.
- Let weeds be your multi-vitamin.
- Tune out mass media and tune into the garden.
- Eat local organic food.
- Walk barefoot on the Earth and re-connect with Nature.
- Plant some seeds. Studies have shown that children are far more likely to eat vegetables when they plant them themselves.
- Eat your dandelions.

Herb class with The Thymekeeper: Natural Home Remedies on May 17, from 1 p.m. to 3 p.m. Herbalist Mari Marques teaches how to make simple and inexpensive herbal concoctions at home. Learn how to relieve common ailments using kitchen herbs, make herbal cough drops, herbal first aid, personal care products and more. The location is: 1870 CR 31 Florissant, CO. Pre-registration is required as space is limited. Email mugsyspad@aol.com to register. This class is by donation.

Mari Marques is a Certified Herbalist, Wild crafter and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303. Mari is available for private educational consultation or to walk your property in June and July to see what's growing wild.

Nutrient Dense Wild Weed Salad with Raspberry Vinaigrette Dressing

Chop and combine washed dandelion leaves, lamb's quarters, chickweed tops and organic romaine lettuce.

To make the dressing:
Combine ¼ cup organic raspberries
¼ cup organic apple cider vinegar
¼ cup local honey
¼ cup extra virgin olive oil
1 tsp Dijon mustard
Blend ingredients in the blender
Garnish with organic sunflower seeds, hemp hearts and chia seeds.



Quarter of the world will be using smart phones in 2016

Q & A from Entrepreneur University for Women

by Cathy Fraser

Each month we will post a question we have received from our clients.

We welcome any questions about: General marketing, digital marketing, mobile marketing, internet marketing, social media, social media marketing, virtual assistants, online business, or home-based business.

The big question this month is about the new guidelines Google has implemented in regards to mobile websites which took effect on April 21, 2015.

The main goal of these changes is obvious based on the statistics of smartphone users. Google wants to make the entire mobile experience better & even quicker.

Currently some websites take well over seven seconds to load and Google is encouraging that sites load in less than 1 second, the page speed is maximized for mobile users, and videos become more mobile friendly.

Let's explore the statistics and why this should matter to you as a business owner:

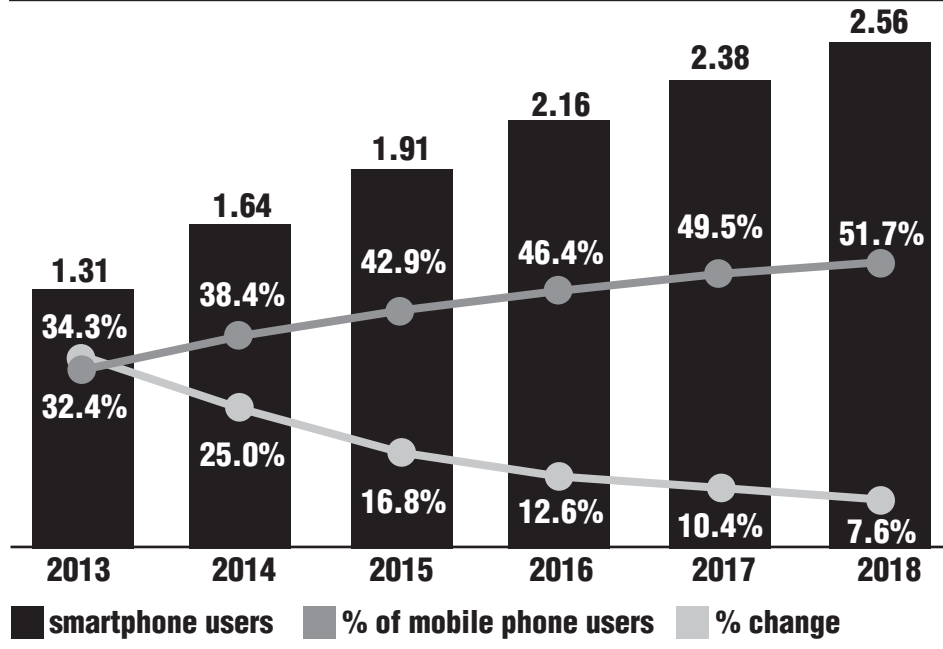
The number of smartphone users worldwide will surpass 2 billion in 2016. For the first time ever, more than one-quarter of the global population will use smartphones in 2016, and by 2018, eMarketer estimates, over one-third of consumers worldwide, or more than 2.56 billion people, will be smart phone users.

If you are a business owner that has an online presence (with a website) and you want to offer your current/potential customers or clients an optimal experience, now you must offer a mobile friendly site. If your site is not mobile friendly what will happen?

It affects searches from mobile devices across all languages and locations. Because of Google's sophisticated algorithms and ranking you may experience in drop in visitors because if your visitors are searching for your website via their smartphone they possibly may not be able to view all of your content. Your site may also not rank as well as it did previous to April 21st if your site is not mobile friendly, which means you will lose potential traffic.

Smartphone Users and Penetration Worldwide, 2013-2018

billions, % of mobile phone users and % change



Note: individuals of any age who own at least one smartphone and use the smartphone(s) at least once per month
Source: eMarketer, Dec 2014

182903

www.eMarketer.com

What should I do?

Here is a tool from Google to determine if your site is mobile friendly or not. Simple put in your URL it will give you immediate results: <https://www.google.com/webmasters/tools/mobile-friendly/>

From here you can follow the steps from Google to optimize your site or contact your webmaster to help you upgrade.

This is another tool to check your page speed and insights for your website:

<https://developers.google.com/speed/pagespeed/insights>

We hope you found this information to be valuable. If you would like to ask further marketing questions and receive answers please register here: <http://qaqu4w.gr8.com/>

Cathy Fraser is founder of Entrepreneur University for Women (EU4W) offers home-based, women entrepreneurs training, support, & coaching to create scalable & leveraged online real estate.

Why free play is essential for kids

Peter Gray, PhD., research professor of psychology professor at Boston College, speaks to the Collegiate Peaks Forum audience on Thursday, May 28, 2015 at the Buena Vista Community Center, 715 E. Main Street, at 7 p.m.

In his lecture, entitled "Why Free Play is Essential to Children's Healthy Psychological and Social Development," Dr. Gray posits that the decline in free play over the last half-century is a major cause of deleterious effects on children's social and emotional well-being. He will present the logic and evidence behind this claim and describe ways to remedy this social tragedy.

Most of his recent work has to do with the value of free, unsupervised play for children's social, emotional, and intellectual development. He has expanded on these ideas in his book "Free to Learn: Why Unleashing the Instinct to



Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life" (Basic Books, 2013).

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9.....KIM E. COX
12.....HOWIE
13.....MIKE NELSON
14.....CARY CARPENTER

16.....OAKLEY
19.....MIKE MADDOX
20.....CARI DELL
21.....J. MICHAEL STEELE
22.....KARAOKE
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Change minds one step at a time

NAMI Walk Southeast Colorado 2015

Take strides with National Alliance on Mental Illness Southeast Colorado as we walk to raise awareness and fight stigma about mental illness. NAMI Walk Southeast Colorado 2015 will be held on Saturday, May 16, at City Park, Pueblo, located at 800 Goodnight Avenue. Check-in begins at 9 a.m. and the walk starts at 10 a.m.

The purpose of NAMI Walks is not only to raise funds, but to raise public awareness and eliminate the stigma associated with mental illness. There is no registration fee but walkers are encouraged to obtain donations from family, friends and co-workers.

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI

advocates for access to treatment and services and is committed to raising awareness and hope for all those in need.

NAMI Colorado affiliates provide education and support programs across our state. These programs have reached thousands of family members and people living with mental illness. The trained volunteers teaching our classes, facilitating support groups and making presentations to the public have directly lived the experience of dealing with a mental illness or caring for a loved one with mental illness. There is never a charge for any of the programs that NAMI offers.

To register for the Pueblo NAMI Walk 2015, go to www.namiwalks.org/colorado and select NAMI Southeast Colorado.

For more information on NAMI Colorado: www.namicolorado.org

Ready to be a star?

by Alexi Alfieri

The Florissant Grange Players youth drama club is now recruiting participants for a summer play production. Youth members should be between the ages of 10 and 16 and be ready to ham it up!

The Florissant Grange Players is a youth drama group mentored by local children's playwright, Alexi Alfieri. Alfieri wrote and directed the Cowgirl Cookie comedy melodramas performed over the past two summers as well as the popular mystery dinner theater show "The Secret of the Spoon" performed this past March. Every show packed the local Florissant Grange Hall with standing room only.

"The community has been so supportive

of our young local thespians," says Alfieri, "and I've had the opportunity to work with a lot of truly wonderful, enthusiastic kids on stage. I've loved every minute of it, and I believe the kids have, too."

Cost for participation in the Florissant Grange Players group is \$90, and deadline for registration is Friday, May 29th. Rehearsals will be once a week beginning the first week of June and run through mid-August in preparation for a performance. All rehearsals will take place at the Florissant Grange Hall. To register for this summer's group or to offer a scholarship for a youth in financial need, please contact Alexi Alfieri at 719-464-4767 or by e-mail at aalfieri@centurytel.net.

Finale to Ute Pass Chamber Players second season

Don't miss the exciting finale to the Ute Pass Chamber Players second season! This amazing concert will be held 3 p.m. on May 31, 2015, at High View Baptist Church in Woodland Park. The program will include a rare combination of composers and instruments: Wind Quintets by Ibert and Berio (with commentary by guest Barnyard Animals), Doppler's "Rigoletto Fantasy" for two Flutes and Piano, Beethoven's charming "Allegretto" for Violin, Cello, and Piano, and Glinka's formidable "Trio Pathetique" for Clarinet, Bassoon and Piano. Mark your calendar now for this unparalleled event. For ticket information, call 719-686-1798 or visit www.utepasschamberplayers.com.

Help us end cancer!

This year's Relay For Life of Ute Pass is coming soon, so it's time to get your team excited and start fundraising. We're looking forward to an amazing event, and hope to make it bigger and better than ever before. Put on your walking shoes and walk with us to find a cure!

Sign up your team now. We're going to have an awesome event, and there are no registration fees. We'll have food, games, and fun, so come out and join us!

The Relay For Life event will be held on Friday, June 12, 2015, from 4 p.m. to midnight at Ute Pass Cultural Center in Woodland Park.

For more info, contact tyler.schultz@cancer.org or go to our website: www.relayforlife.org/utepass

Habitat happenings

First, May 2-9 is Women Build for Habitat for Humanity of Teller County. Women Build is Habitat for Humanity's program for women who want to learn construction skills and build homes and communities. This program brings together women from all walks of life to address the housing crisis facing millions of women and children worldwide. No experience is necessary! Come any time during the week to help out whether it's for a full day or just for a few hours. Call our office at 719-687-4447 to volunteer. A very special thank you to our national sponsor, Lowe's, who is sponsoring our kick-off event, Saturday, May 2, 2015!

Second, we are recruiting for families for our second home in Cripple Creek at 215 Porphyry Street. Families can see the qualifications and print applications on our website at <http://tellerhabitat.org/family-selection/>. For more information they can call our office at 719-687-4447.

Habitat for Humanity uses a screening and application process to select deserving Partner Families. To be eligible to purchase

a Habitat house, families must meet the following requirements and complete a three-phase selection process. We calculate mortgages based on 30 - 60 percent of area median incomes and household size.

1. Your mortgage cannot exceed more than 28 percent of your monthly income.
2. You must be living in housing that is too small, cost too much or run down, etc.
3. You must not be able to get a conventional home loan.
4. You must have lived or worked in Teller County for the past 12 months.
5. You must be able and willing to work on your own home for 300-400 hours. This is called "Sweat Equity".
6. You must be willing to work with Habitat and help spread the good news about Habitat for Humanity.

Elevated in motion

A Collaborative Woodland Park Area Community Calendar

by Kathy Hansen

Did you ever wish you could find out with a click of a mouse what activities are going on that are youth or family oriented? Your wish has come true and it's a website called "Elevated in Motion", the brainchild of Kerri Kilgore.

It began about six months ago when Kerri was chatting with Michelle Jackson, Gifted/Talented teacher at Columbine and Gateway Schools. They pondered about how they could not only expand community offerings for school age children and families, but also make the information readily available. They decided to meet with a few organizations in the area, such as Catamount Institute, Mueller State Park, and Woodland Park Teen Center. Joined by several staff from various schools, the idea and the resources began to expand. Word of mouth spread quickly, networks grew, and excitement spread; these kindred spirits knew they had the resources, just needed the website.

Kerri dedicated 22 years of her life to the Air Force, and after she retired she spent the next seven years managing housing units for enlisted civilians, assure they had resources for entertainment, such as fitness, golf courses, bike paths and many other amenities. Her skill to coordinate was automatic. Intelligent people tend to welcome learning a new skill, and Kerri is no exception; she was up to the challenge of learning to build a website. That was the last piece needed to connect the resources; Kerri had the time and willingness to donate her skills.

The website is easy to use; helpful links, and short descriptions help you learn more quickly.

The website is www.elevatedinmotion.com and I can vouch for how well it is organized. Their home page has a red "Recent Updates" heading under which are various



Screen capture of the Elevated in Motion website's homepage

listings to click on for direct links. The page I felt was most helpful as the quickest reference is their "Events & Calendar" page where you will find on the left a calendar icon for each day and on the right the current month's calendar where you can click on an event that day to learn more. The website is easy to use; helpful links, and short descriptions help you learn more quickly. I'll refrain from giving a spoiler-alert and let you discover this website on your own.

Are you a person or with an organization that has fun events you might like to offer for the kids in Teller County? Maybe you'd like to teach about gardening, or pottery, or carpentry for a day. If you have a skill you are excited to help kids learn about you can contact Kerri via email at elevatedinmotion@gmail.com to pose your idea. It could

be a great opportunity to share your craft, and you never know, you just might inspire a young person to develop a new interest.

Below is a list of organizations currently involved with Elevated in Motion: Catamount Institute, Aspen Valley Ranch, Guides-To-Go, North Teller Build a Generation, City of Woodland Park, Woodland Park Teen Center, Woodland Park Arts Alliance, Mountain Top Cycling Club, Columbine Elementary School, Woodland Park Schools & Jr. Woodland Players, Mueller State Park, Florissant Fossil Beds, Rocky Mountain Menonite Camp, Woodland Park Harvest Center, Community Partnership, Dana's Dance Studio, Jumpers Gymnastics, Cornerstreet Dance, ATA Martial Arts, Dinosaur Resource Center, Ute Pass Saddle Box, and Green Box Arts.

Herb class with The Thymekeeper

Natural Home Remedies



Herbalist Mari Marques teaches how to make simple and inexpensive herbal concoctions at home. Learn how to relieve common ailments using kitchen herbs, make herbal cough drops, herbal first aid, personal care products and more.

When: Sunday, May 17

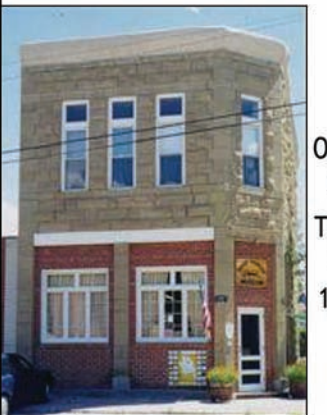
Where: 1870 CR 31, Florissant, CO

Time: 1:00-3:00pm

Pre-registration is required as space is limited. Email mugsyspad@aol.com to register. This class is by donation.

Florence Pioneer Museum

100 East Front Street



Welcome to the great little town of Florence!
Our museum is open to the public for interest and research. The museum has 50 years of Florence history that everyone can enjoy.

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Tuesday thru Saturday
1pm to 4 pm

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Ryan Kindt after climbing another fourteenner.

5th grader to be State Ambassador

by Woodland Park School District

Ryan Kindt, a 5th grader at Summit Elementary, was selected to be a State Ambassador for Fuel Up To Play 60 (FUTP60). Only two students in the state of Colorado were selected and he will represent his school and Woodland Park School District in Chicago July 22-25.

FUTP60 is a program funded by the National Dairy Council and NFL, in collaboration with USDA, that empowers students to take charge in making small, everyday changes at school such as good-for-you foods, getting active for at least 60 minutes every day, etc. Participants are empowered

to make a difference not only in their lives, but also in their community.

As a State Ambassador, Ryan will be trained in leadership, communication and program elements. He will learn how to represent and continue to drive the FUTP60 program in Woodland Park Middle School this coming school year, as well as throughout the community and Colorado.

Ryan has accomplished many challenges, such as climbing 12 fourteeners; representing Summit Elementary at the district spelling bee, and is a member of the Destination Imagination team going to state competition in Denver.

Summit student excels Sam Brown goes to Junior National Young Leaders Conference

by Woodland Park School District

The Junior National Young Leaders Conference honors and inspires the most exceptional middle school students in the nation; those distinguished by their academic excellence, leadership potential, and maturity. It also reinforces the virtues of leadership, citizenship, and democracy using Washington DC as their classroom.

This year, Samuel Brown was nominated and selected to attend this conference June 7 through 12. He will represent Summit Elementary in Divide. As a 5th grader, Sam demonstrated excellent leadership throughout the school year. He is an active member of the LEGO Robotics Club, Astronomy Club, K-Kids, and was on the annual yearbook committee as well as excelling academically.



You have Questions, We have Answers; What are We Doing Now

The Cripple Creek & Victor Gold Mining Co. Presents a Community Update

Community Affairs Manager to Discuss: Mine Ops & MLE2 Projects

In a continuing effort to keep the community informed about its on-going operations, the Cripple Creek & Victor Gold Mining (CC&V) invites you to a presentation by Community Affairs Manager, Jane Mannon, at 10:00 a.m., on Saturday, May 16, 2015. Jane's presentation will review CC&V's gold mining operations; provide an update on construction projects publicly permitted under its Mine Life Extension 2 plan; and provide an overview of what the community might look forward to from CC&V's operations in the near future.

This event is part of CC&V's continuing FREE Mine Shots Presentation Series, and will be held CC&V's Visitor Center, 371 E. Bennett Ave, Cripple Creek, Colorado 80813 (Ground Floor of the B.P.O.E. - Elks Building). Space is limited, so please RSVP to (719) 689-2341, or email Brad@CCVMine.com.

For more information prior to the presentation, please contact:

Brad Poulson, Communications Specialist
Cripple Creek & Victor Gold Mining Company
719-689-4052
Brad@CCVMine.com
P.O. Box 191
Victor, Colorado 80860



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The Psychic Corner Psi Sensing: A technique to strengthen your ESP

by Claudia Brownlie

I've written about ESP, feelings, and intuition in past articles, and this month I thought I'd share a portion of an effective and fun technique that my students utilize in greater depth in my Psychic Development Class.

As I've written before, we all have intuitive abilities from one extent to another. If nothing else, most everyone can relate to the "little voice in my head" or "I get a feeling in the pit of my stomach" or "I had a hunch" feelings that come over us from time to time, helping to give us direction and guidance in how to handle or deal with a certain situation. Many people believe that the little voice, hunch, or gut feeling is clear direction from their higher source (God, Goddess or whatever you personally relate to). I, too, believe this to be true.

Being aware of these often gentle and subtle bits of guidance can truly be a blessing in dealing with life's circumstances and challenges. However, many people that I counsel and teach say they wish they could be more tuned-in to this higher frequency of information. So, to this end, let me share the technique that even your children will have fun doing. Many of my adult students have told me that their children could do better with the percentages of positive hits than they, and this is likely due to the fact that young children are usually more open to everything in life — they don't have all the filters and skepti-

cism, negative assumptions and such that can plague adults. As we grow older, more conditioning of thoughts, actions and beliefs get instilled in us, thus it can be very hard for people to be openly receptive to the subtle intuitive voice of guidance inside them.

This ESP exercise only requires a regular deck of playing cards. While it is perfectly alright to use a deck that you normally play card games with, I suggest that if you really find you are using this technique on a regular basis, then purchase a deck just for this purpose. (You can get a nice deck of playing cards for \$1 at most dollar stores.)

Red & Black - Psi Sensing Exercise

The goal is to determine the color of the card's suit. Hearts and diamonds are red; spades and clubs are black. Remove the Jokers. If you wish, also remove all Jacks, Kings, and Queens as these cards have other colors in the designs and may throw you off in the early phase of your practice.

Shuffle the deck lightly in your hands or do a professional shuffle, whichever you prefer. Either way, make sure to not look at the card's faces while shuffling. Deal out 10 cards (face down) and place the rest of the deck aside. Pick up the first card (yes, keep it face

down!) and place it in your left hand, which for almost all of us is our most receptive hand. Concentrate on the card and through whatever sensory or visual impressions you receive, determine if it's red or black. Perhaps red cards might feel warmer, and black cards will feel cooler. Or maybe you will see in your mind's eye the colors. Maybe you'll hear "red" and "black." Everyone is different in the way Psi sensing works within them, so experiment, be patient, and have fun!

When you've gotten your impression, turn over the card. Were you correct or not? Place correct-hit cards in a pile separate from the incorrect-hit cards. Continue on through all 10 cards.

In starting off by using only 10 cards at a time, you can easily see how accurate your ESP "hits" were; 10 positive-hit cards = 100 percent accuracy, and 5 positive-hit cards = 50 percent, etc. If you can get 70 percent accuracy or more, you're doing well. Most schools of thought adhere to anything 50 percent or below is merely chalked up to pure chance.

Please don't get discouraged if you don't do well with your accuracy level in the



beginning, or even after days and days of practice. It usually takes more than a few times of practice to really let your mind and body know it's OK to open up and be receptive to information coming from somewhere else other than what your eyes, ears, and brain can easily recognize. I rarely have any student, even ones who claim they are very intuitive, who fare well with high percentages in the beginning. This technique helps us flex our Psi muscles in a way we've likely not used before.

Trust that this simple and fun exercise will indeed help you "open up" over time. My mentors, Bevy and Irene, who were extremely gifted and had been using their Psi abilities for many decades, still used this technique on a regular basis to help keep the energy and information centers open and flowing. I also do the same, and yes, some days you will find you're more accurate, while other days you're not.

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 international office number: (505) 819-3309. Or visit her website: ClaudiaBrownlie.com.



Pearls of Wisdom

May's Pearl is Image of a Mom

by Shari Billger

Mother's Day is a modern celebration honoring one's own mother, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May. It complements similar celebrations honoring family members, such as Father's Day and Siblings Day.

The celebration of Mother's Day began in the United States in the early 20th century; it is not related to the many celebrations of mothers and motherhood that have occurred throughout the world over thousands of years, such as the Greek cult to Cybele, the Roman festival of Hilaria, or the Christian Mothering Sunday celebration (originally a celebration of the mother church, not motherhood). Despite this, in some countries Mother's Day has become synonymous with these older traditions.

IMAGE OF A MOM

You gave me life.

You encourage me to be the best.

You hold me close when I cry.

Your face lights up like a Christmas tree when I arrive.

Your heart is an endless flow of love.

You unconditionally accept me for who I am.

You never forget my birthday.

Your love touches the beggar on the street.

You make me chicken soup when I am sick.

Your voice is like a Hymn and a prayer.

I know my name is safe in your mouth.

You are my best friend.

I love you Mom more than words can say

on this Special Day, Mother's Day!

May each of your days be as blessed as mine are and all because of you.

Shari Billger, International Teacher/Healer can be reached at shari1551@aol.com



Winner - middle school teacher Hillevi Peterson-Hirsch presenting chili cook off winner Paula Milner with her awards for the best chili in Guffey, her Chili con Carne Explosion.

1st Annual Chili Cookoff

by Flip Boettcher

photo by Pam Moore

After all the tasting was done and the votes were counted, Paula Milner's Chili con Carne Explosion was voted number one at the First Annual Chili Cook Off sponsored by the Guffey Community Charter School.

The multi-purpose room at the school was a bustle with at least 60 people attending the cook off, the brain child of this year's eighth grade graduating class. Everyone was intent on sampling as many of the 15 different kinds of chili entered in order to vote on the "best chili in Guffey."

The 15 entries, varying from mild and medium to spicy hot, included chili made with beef, pork, elk, chicken, and turkey sausage. There were two vegetarian entries as well, according to Pam Moore School Principal. Desserts for the event were provided by the Friends of the Guffey Library.

Milner's chili was all organic and made with elk she explained in a later phone call. It is the chili she always makes she said. Milner has been cooking at the Freshwater Saloon since last August, when she moved here from Indiana.

Shore fishing vs boat fishing

by Jeff Tacey

With ice off on the area lakes and reservoirs now past us, it's time for some spring fishing from shore with bait. You really are not going to need a boat until June. Once the water starts to warm up and when the fish go deeper.

With the ice off, rainbow, cutthroat and brown trout will be closer to shore looking for an easy meal. Night crawlers are your best bet. Use a two foot long leader with a number six size hook and a sinker. Northern Pike will also be in the shallow water spawning. They will defend their territory and hit Rapala lures or tube jigs. This action takes place at Elevenmile Reservoir.

Another early spring spot is the Pikes Peak North Slope recreation area. Crystal Creek, South Catamount and North Catamount reservoirs are up here and are scheduled to open on May 1st. Just drive up the Pikes Peak Highway eight miles for access. There will be hungry lake trout in shallow water, and they'll hit large white, green or purple tube jigs.

Tarryall Reservoir will also have hungry



rainbow trout willing to hit Power Bait. An air bubble with a fly (Pistol Pete) always works here. Skagway Reservoir will give up limits of rainbow trout to salmon eggs, night crawlers or Power Bait. Tarryall and Skagway also have northern pike.

Make sure you have your new fishing license. Check your 2015 Colorado fishing guide for all rules and regulations.

Adopt Me

By Lisa Moore of TCRAS

Charlotte

Hi there. My name is Charlotte and I am in the market for a new home to call my own. I am an outgoing gal who loves attention. I hope you like to carry on lengthy conversations as I love to get lost in a good talk! You may even find me cuddling up for a nap in the midst of one of our epic talks. If you would like to bring out the fun girl who loves to play then just grab one of those crinkle toys and watch me go! I would probably be the best I could be in a home where there are no young children because lots of petting can sometimes make me want to give love bites because of the over stimulation. I do hope you are the one for me. I am so ready to find out what this forever home thing is all about. 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



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Trump

by Linda Bjorklund
photos are courtesy of the Park County Local History Archives.

“The home and adjoining land occupied by a family.” This is the definition of the word ‘homestead.’ A Homestead Act was proposed in the U. S. Legislature as early as 1850, but Southern slave-holders opposed it. After the shots were fired at Fort Sumter and the Southern States seceded, the Northern States quickly passed a Homestead Act in 1862. It was signed into law by President Abraham Lincoln.

The Homestead Act went through a number of changes as the country changed. Finally, in 1930 President Franklin Roosevelt signed a newly minted Subsistence Homestead Act as part of the New Deal of his presidency. You had to be over 21 years old or head of a household and an American citizen who had never taken up arms against the country. You had to reside on the land for five years and make improvements. Then you could file for deed of title. Those who came to homestead the Trump area in Colorado were hopeful of a new start as they filed their applications for land and began to improve it and find a new way to make a living.

Located about 14 miles south and a little bit west of Hartsel, the area that became known as Trump was already populated by families who, true to the nature of rural areas, had become well-acquainted and supportive of one another.

Vangelle Wilmot brought her two young sons with her when she accepted a position as a teacher with the Glaser family in 1927. She taught school at the Glaser ranch home near Guffey until a school was built. The next year Mrs. Wilmot taught in the town of Howbert, now under the waters of Eleven Mile Reservoir.

In 1928 Vangelle and husband Larry took up residence at their homestead near Trump, while he maintained a job as a car salesman in Salida. Trees were felled and sawed into rough lumber at the Glaser saw mill for use at the new school in the neighborhood. As soon as it was built, classes began. Mrs. Wilmot recalled carrying her infant third son with her to school in a basket as she began teaching at the Trump School.

There was no well at the school so the students would bring drinking water from their homes in small covered pails. On cold days they would heat the water to make cocoa and soup. An enormous wood-burning stove was fed countless cords of wood, furnished by whatever local contractor had the year’s contract.

That year there were 24 students; 12 in the elementary section and 12 in the high school. They were taught such subjects as Mrs. Wilmot was qualified to offer them: Latin, English, math, typing, history and science. For teaching these subjects, she was paid the princely sum of \$100 a month.

There were three other schools nearby that established similar neighborhoods. Pleasant Valley, Antelope Springs and the Frees school in the south end of Park County, were all in the same rural school district as Trump.

The Trump post office was established on May 1, 1928, but disbanded on November 30, 1931, after which the mails were delivered through Buena Vista. A contractor then made the trip between Buena Vista and Trump twice a week with the mail.

In 1932 the Makings family decided to move from the Kansas plains to the Rocky Mountains and take up homesteads in Trump. Lew and Faye Makings brought with them their son Kenneth and daughter

Bernice. Lew’s brother, Weaver, and wife, Grace came with them. The first people they met in Trump were Larry and Vangelle Wilmot, who were happy to help the newcomers get settled in their new homes.

A year or so later, Lew and Faye decided to open a store in Trump. Again the neighbors assisted in putting up a log building. Before filling the store with goods, the Makings family held a neighborhood dance in the empty building. A surprising number of Trump residents had musical talents and dances were accompanied by guitars, violins, mouth harps, tambourines and, yes, piano players.

Although the altitude and the short summer season tended to discourage the crops that the homesteaders were used to, they planted fields of potatoes, which were easily marketed at local towns. They were also successful with other root crops like carrots, parsnips and turnips. Meat was fairly plentiful as most of the homesteaders were successful in bagging deer for the family table.

The schoolhouse became the community place for gatherings. In addition to providing a healthy learning environment, the school would frequently serve as a meeting place for folks to get together for entertainment. The general plan was to play cards (pinocle was a popular game) until midnight, have lunch and then



Trump rodeo about 1937, from the Cooper family

strike up the music and dance until daylight. A literary society was formed and monthly events featured plays, debates and musical entertainment, as well as dances. Although

most of the neighbors were congenial with one another, an occasional fight would break out, usually among the younger fellows with hot tempers. The combatants would fight until they were both bloody, then their respective families would haul them home.

The Makings family was joined in 1934 by Lew’s brother, Ray along with wife Ellen and daughter Joanne. The new arrivals homesteaded near Trump while Ray worked on various jobs involving road maintenance. They used a little old wooden shack mounted on a wagon frame and pulled by a team of horses to live in, as they had to travel from one worksite to another. Whenever they parked, Ray would tie the shack down to something solid on the ground to keep the wind from blowing it off the frame.

One of the popular sports those years was wild horse chasing. There were a lot of wild



Painting of Trump with the store on the left and the house on the right painted by Betty Cooper Clark from the Kenneth Makings collection

horses in the area, some of them having no brands. The men would make a day of it. They would mount their own horses, or sometimes take a vehicle to try to herd the wild horses into a corral built to contain them after they were caught.

A corral was built near the Makings store and people were invited from neighboring

towns to rodeos held there. The guys made a sport of riding any farm animal they could get into the corral, including calves and milk cows. Not only were horse races scheduled, but foot races among the men, women and children. There was plenty of food, including a vendor stand with candy, gum, cigarettes, ice cream cones and lemonade. The inevitable dance

was held at the schoolhouse in the evening. After Ray and Ellen Makings had proved up on their homestead near Trump in 1937, they bought the store and post office at



Makings homestead in 1932, from the Kenneth Makings collection

Glentivar, located at the foot of Wilkerson Pass, and moved there. As sometimes happens, a tragedy brought

celebrations, card games and dancing. The Federal Land Policy and Management Act of 1976 ended homesteading.

Inside North Korea A local Woodland Park resident visits the Democratic People’s Republic of Korea Part 1 (History of Korea)

by David Martinek

“Oh there is evil, there is an evil world-soul. But it is the soul of man only, and his machines which has brought to pass the fearful thing called evil, hyenas only hint at it.” From The Evil World-Soul by D. H. Lawrence.

It seems there is always something in the world news about North Korea. Most times the stories are provocative, threatening or sometimes, from a western perspective, just plain absurd. For most, North Korea is just a weird place on the other side of the world a long way away from quiet, little Teller County. “What goes on there doesn’t affect us,” some say. Maybe that’s true; and maybe not. There are still plenty of Korean War veterans around to remember.

It could be surprising to learn that a local resident of Teller County may be one of the last five Americans to recently visit North Korea as a tourist, leaving just two weeks before the country completely closed their borders in October 2014. John Ramey lives part-time in Woodland Park. He visited North Korea during the early fall of 2014. This is a story about his adventure.

But first some background about John Ramey and a short history of Korea. Both are interesting.

At 21 years old, Ramey founded a new technology company, iSocket, while studying at Indiana University. He dropped out and moved iSocket to Silicon Valley in 2008 where, as Founder and CEO, he went on to raise \$17 million in venture capital and created a new industry segment that went from \$0 to \$4 billion in 2015. iSocket automated much of the online advertising market for large websites such as Microsoft, ESPN, and the New York Times.

“Basically, it automates the media sales process,” Ramey explained. “I remember sleeping on the bare floor of my apartment, living on less than \$3 a day, in those early days.”

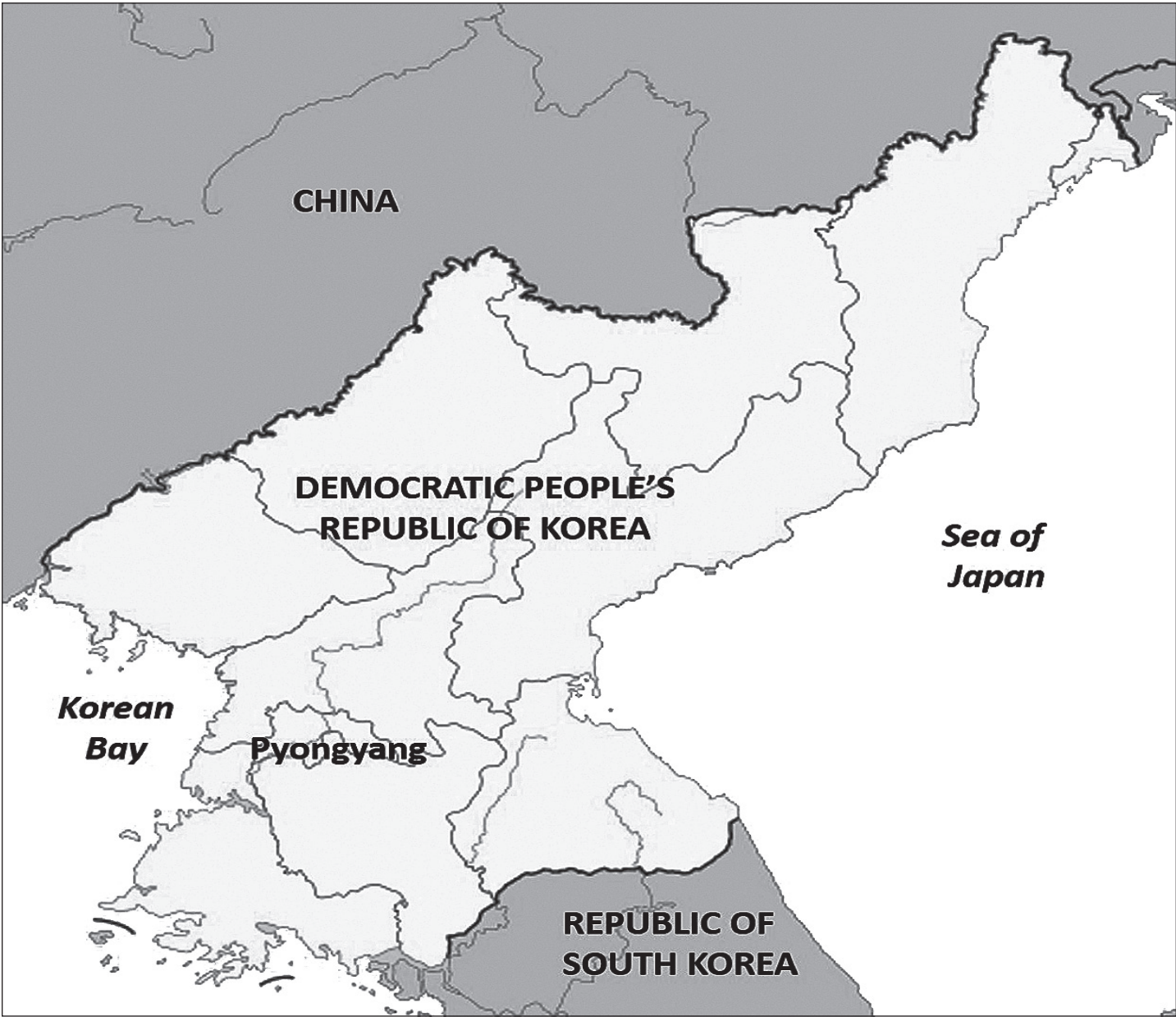
Fast-forward six years later and iSocket gets acquired at considerable profit by the Rubicon Project, a company that specializes in media sales — the deal was finalized in November 2014. While Ramey is no longer associated with iSocket, the experience resulted in his being recognized by the Obama administration as one of the top young entrepreneurs in the United States in 2012, and subsequently launched him on his current career as a consultant. He now travels around the world, literally, advising governments and organizations on the mechanics of fostering the entrepreneurial spirit within their societies. He is approaching the age of 30.

“In 2014, I was in the Far East on business and learned of the possibility of touring North Korea,” recalled Ramey. “The Kim regime had opened their borders for propaganda purposes, partnering with travel agencies in Beijing. I researched all the requirements, submitted my application for visa and was approved. I traveled to Beijing in late summer to begin the incredible adventure of a lifetime. I was going to be one of the few Americans, Dennis Rodman notwithstanding, to visit the Democratic People’s Republic of Korea!”

The Korean peninsula has a long history dating back to ancient times. It has been governed by many kingdoms, with many different borders, and often by multiple kingdoms at the same time. For centuries it struggled under the sword of Chinese domination, finally asserting its independence at the close of the 19th century. In the years and decades that followed, its resistance to foreign influence and self-imposed isolation from the rest of the world caused Korea to be called the “hermit kingdom.”

But by the early 1900s, Korea was once again controlled by a foreign power. At the close of the Russo-Japanese War in 1910, Korea was annexed into the Empire of the Sun — Japan. The Japanese experience was not a good one for the Koreans. Japan tried to suppress all Korean customs and traditions, forced them to speak Japanese, take on Japanese names and worship in Japanese shrines. Their school curriculums were drastically changed to exclude Korean history.

Rebellion was a natural reaction. Beginning as early as 1919, large anti-Japanese demonstrations were held, to which Japan responded violently. They killed thousands of people in the aftermath and by the 1930s military rule was imposed. With the advent of the Sino-Japanese War in 1937 (war with China) and in the early days of World War



Map of North Korea (internet file photo)

II, Japan increased its efforts to completely extinguish Korean culture. By that time, resistance groups were operating along the Chinese border. They continued to oppose Japanese rule even during WWII. One of the guerilla leaders of that resistance was a communist named Kim Il-sung, who later became the first leader of North Korea.

During WWII, the general population of Korea was forced to support the Japanese war effort; many Koreans were conscripted into the Japanese military. Of the 200,000 woman and girls forced to provide sexual services for the Japanese military during the war, the so-called “comfort women,” many were Korean.

After an allied victory in Europe was attained and as the fighting in the Pacific drew to its dramatic end, Russia declared war on Japan and occupied Korea north of the 38th parallel. United States forces and its allies subsequently occupied the south. As the war ended, Korea was once again not only controlled and occupied by foreign powers, it was also divided. By 1948, with the north supported by China and the Soviet Union, and the rocky government in the south supported by the United States, both factions claimed to be the legitimate government of a whole Korea, neither side accepting the boundary between the two as a permanent border. The ideological conflict escalated into open warfare on June 25, 1950 when North Korea attacked South Korea, surprising President Harry Truman, and setting the stage for a three-year conflict and the beginning of the region’s modern history.

At the onset of the Korean War, Japan was still an occupied country. General Douglas MacArthur, the hero of the Philippines and a Medal of Honor recipient, had accepted Japan’s surrender onboard the USS Missouri on September 2, 1945 and remained as the occupation commander until 1951. When the Korean War broke out, MacArthur was chosen to lead the United Nations Command opposing the North Korean invaders.

The first two months of the conflict saw UN forces at the edge of defeat and pushed back to the Pusan Perimeter, a small sliver of territory on the southeastern tip of the Korean Peninsula. But by late August 1950, the UN command had more forces in South Korea than the over-extended North Korean Army. The battle of Pusan was a major holding action by UN forces with heavy casualties on both sides. A decisive counter attack and landing at Inchon surprised the Korean

Army and effectively cut it off from resupply. By September 23, 1950, North Korean forces were in full retreat, decimated.

United States and UN forces aggressively pursued the collapsed Korea Army back across the 38th parallel and as far north of Manchuria and North Korea’s border with China. When UN forces reached the Yalu River, China intervened; which resulted in a war of attrition for another two-and-a-half years. With China’s attack, UN forces retreated from North Korea and were pushed back south of Seoul which fell in January 1951. The defeat forced Truman and MacArthur to contemplate abandoning the Korean Peninsula altogether. But by March General Ridgeway’s Eighth Army had recaptured Seoul and pushed the Chinese forces back across the 38th parallel with substantial casualties. Truman was then ready to offer a negotiated peace.

However, MacArthur usurped his commander’s intentions by publicly calling on China to admit defeat, aggravating European allies, as well as Truman. It was General Omar Bradley, Chairman of the Joint Chiefs of Staff, who protected MacArthur from courts martial for insubordination but conceded that he had violated Truman’s order not to make public statements on policy regarding the war. MacArthur was relieved of command on April 10, 1951 by General Ridgeway on Truman’s order.

After MacArthur’s relief, a stalemate ensued until the war finally ended with an armistice on July 27, 1953. The agreement, which was not a treaty of peace, established a demilitarized zone (the “DMZ”) along the 38th parallel and called upon all combatants to continue peace talks.

The DMZ is what separates the government of the Democratic People’s Republic of Korea today, 62 years later, from the Republic of South Korea. The North Koreans still maintain that they won the conflict, calling the war the “Fatherland Liberation War.” President Harry Truman called it a “police action” — an undeclared military action under the auspices of the United Nations. China officially called the conflict the “War to Resist U.S. Aggression and Aid Korea.”

Since the armistice, there have been talks between the former combatants off and on, and occasional gun fire across the DMZ or in other places. The relative peace between North and South Korea in the 20th Century has been interrupted periodically by border skirmishes, attempted assassinations and abductions, includ-

ing the capture of the USS Pueblo in 1968. North Korea remains close to China and Russia and is seen by western countries as a “proxy” regime of both. The government of North Korea today holds firm to the Marxist communist ideals. In 1992, Kim Il-sung’s health prompted Kim Jong-il, his son, to slowly take over state tasks. Kim Il-sung died in 1994 of a heart attack.

In the 21st Century, as China’s relations with western powers began to normalize, North Korea redoubled its efforts to acquire nuclear weapons, and conduct other provocative actions to draw attention to their starving economy. In 2010, tensions increased with South Korea and the United States, which still has forces present, with the sinking of the South Korean warship Cheonan. In recent years, North Korea has launch ballistic missiles into the sea, supposedly as a show of force and to object to allied war games in the south. Meetings with western powers and China have been attempted to stem nuclear proliferation by North Korea. On December 17, 2011, the Supreme Leader of North Korea, Kim Jong-il died, also of a heart attack, and his son, Kim Jong-un became his successor.

In his State of the Union address on January 29, 2002, President George W. Bush listed North Korea as one of his top three “Axis of Evil” countries whom he accused of promoting world terrorism and seeking to accumulate weapons of mass destruction. Iraq and Iran were the other two. His characterization, only months after 9-11, was meant to add strength to what would become the “war on terrorism.” But Bush’s representation was just one of a long line of controversial issues with the North Korea government. That controversy continues. It may be said that throughout its history, North Korea has been, and certainly remains in modern times, pretty much of an enigma to the western world.

“Tourist travel to North Korea was a joint venture arrangement between the communist government in Pyongyang and approved travel agencies in Beijing, China,” said Ramey. “The agencies provided liaisons to accompany all tourists, so I ventured to China in the fall of 2014 to undergo “training” before flying to Pyongyang — basically learning what to do and not do, and what to say and not say. I also packed a bag full of bribes — mostly western cigarettes.”

Sources: John Ramey, Wikipedia.

To be continued...

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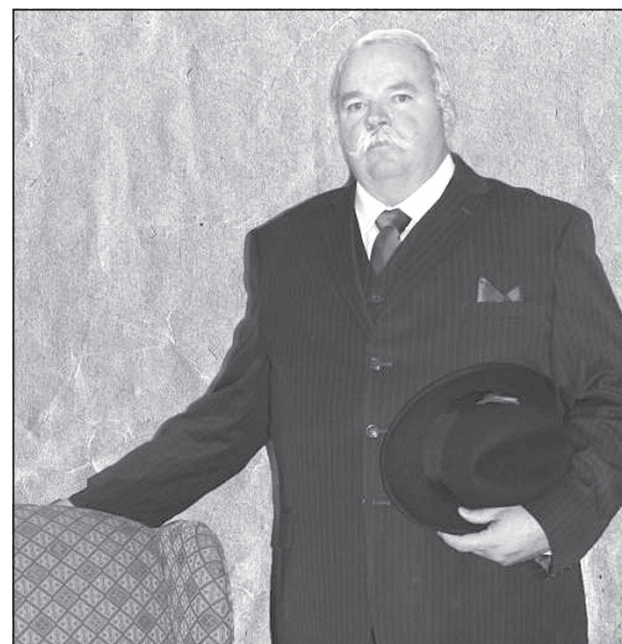
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Find out why Evergreen is where it is. Learn what is there in addition to 'Who' is there and the contributions those pioneers made to the city we have today. Although there are so many movers and shakers, you will be re-introduced to those who made our history.

Ron West has been a fan of history and a self-professed taphophile most of his life. To him, cemeteries make those stories real. He has spent the better part of the last few years researching and learning about the residents of Evergreen Cemetery and their contributions to the city of Colorado Springs. His goal is to make sure his 'finds' will no longer be lost to history. He is a member of the Evergreen Cemetery Benevolent Society and takes great pride in the work the Society has done.

Dianne Hartshorne is the founder and director of Evergreen Cemetery Benevolent Society. Over the years she has worked tirelessly to promote the society and to preserve the history of the cemetery, its monuments, and to educate the community on the importance of preservation through various fun and informative programs.

Program format is in a casual, catered dinner setting at a cost of \$17. Reservations are



Ron West is a member of the Evergreen Cemetery Benevolent Society and takes great pride in the work the Society has done.

suggested by Friday prior, 10 a.m. Guests are welcome! Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history.

For program dates and more information, contact Bob DeWitt 719-473-0330 or email posse@dewitterenterprises.com.

Hartsel Days seeking vendors, crafters, and volunteers

The Hartsel Days Celebration is again happening the first weekend in August; the 1st and 2nd. Last year's was the biggest and best in many years. We are inviting vendors to participate again this year. We do have limited space and the space fee is only \$35.00.

We are also looking for volunteers to help with Hartsel Homestead Bed Race, the Poker Run, Rubber Duck Race, assisting the Wounded Warriors Project race, Event Schedule hand-outs, the 5K and 10K race and other events.

If interested in reserving a booth or volunteering, contact HartselDays@yahoo.com or leave your name and phone number with the Country Store of Hartsel, 719-836-4888.

Volunteers needed Local foundation seeks help to improve wildlife habitat

by Rose Long

Following the success of our first annual banquet, the Woodland Park Chapter of the Mule Deer Foundation 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 will be held Friday May 22nd and Saturday May 23rd at James Mark Jones State Wildlife Area, 12.5 miles northeast of Hartsel, and they are asking for your help.

This area is critical fall and winter habitat for not only mule deer but also elk and pronghorn. Colorado Parks and Wildlife District Wildlife Manager for Teller County, Tim Kroening stated that "The population of Mule Deer in Teller County is below objective, and thus Colorado Parks and Wildlife has dropped the number of doe licenses. However, the population size has increased over the past few years. Fawn and doe survival rates this past year were good, so CPW expects the population will continue to rebound."

The project will consist of piling limbs and brush so it can be safely burned next winter. Removing these excess fuels allows

Wildlife personnel to better manage the property and improve mule deer habitat. This project will be done in conjunction with the Colorado State Forest Service Woodland Park District. District Forester, Larry Long said that "Eliminating the fuels at James Mark Jones State wildlife area will allow regeneration of favorable vegetation for wildlife and allow the area to be used as a fuel break for future prescribed burns."

Overnight camping will be available on site to volunteers. Please bring work gloves, water, food, sunscreen, and sturdy shoes or boots. No open toed footwear is allowed.

For more information or to RSVP, please contact Larry Long at 719-351-0994 or csfslong@gmail.com.

DETAILED DIRECTIONS:

From Hartsel; go east on highway 24 for 4.5 miles to the Elkhorn road (county road 15), go north on the Elkhorn for 5.5 miles to Commanche road, go west on Commanche for 1.5 miles to the parking area. If you're coming from the east, the Elkhorn road is ~21 miles west of Lake George.

JA in a Day

by Sherri Albertson

Junior Achievement of Southern Colorado, Teller County, will present the Junior Achievement curriculum on financial literacy, work readiness and entrepreneurship to Summit Elementary school students on Friday, May 8th and Gateway Elementary students on Monday, May 18th.

Students will learn to describe a community; identify the variety of careers people have in a community and how each job requires specific skills; and identify how business and government jobs help a community.

Junior Achievement of Southern Colorado is celebrating 60 years of serving students in 46 counties in southern Colorado, including the El Paso and Teller county areas. For more information or to volunteer contact Sherri L. Albertson at 719-650-4089 or via email to sherri.albertson@ja.org.

Little Chapel Food Pantry Just in time

by Kathy Hansen

Photo by Jeff Hansen

Loaf 'n Jug had been doing fundraisers last year and part of 2015 to raise money to help pay for the Divide's Little Chapel Food Pantry's new building. Ken and Judi Hesselburg, directors of DLCPF were watching the budget closely. As often happens in construction projects, there had been a few changes from the initial plans, and there were some cost over-runs. It was time for their contractors to be paid. The only way to cover the cost was to pull from their "General Fund" an amount considerably larger than expected.

Then the call from the fine folks at Loaf 'n Jug came. It turns out they raised about \$5,500 for the pantry, which turned out to be the largest amount raised for a non-profit. This meant District 20 and District 13 of Loaf 'n Jug were awarded an additional \$1,500 for raising the most money. The final total was \$7,246.42. The beautiful part was that it was just about the same amount of the cost overruns and that it came to DLCPF just when they needed it!

Ken and Judi wish to thank these fine folks of Loaf 'n Jug: Veronica Allen, Janine Hendricks, Betty Romero, Kyle Maniscalco, Chad Farmer, Melanie Patterson, Ronald

Nelson, Kelly Nieto, Vikki Ingram, Lorraine Vigil, Tracy Weeks, Anthony Jimenez, Don Loucks, Jodie Baer, Brenda Boddy, Jessica Pastorizo, and Debbie Porter. May the blessings you have so generously shared be returned back to you!

There is still time to register your team for the 3rd Annual Little Chapel Food Pantry Golf Tournament. Contact Ken for more details 719-322-7610 or email littlechapel-foodpantry@outlook.com



Left to right are Elena, Judi, Ken, Debbie, Brenda, and Kelly. These ladies also volunteer at DLCPF.

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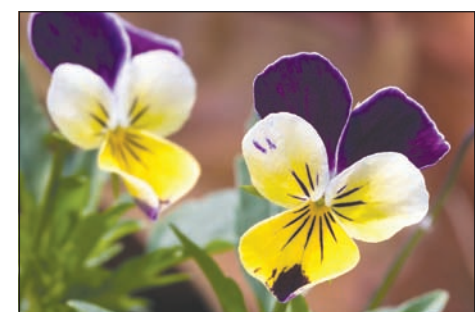
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A Mountain Seed: My mountains

by Jessica Kerr

photo by Anna Cortese

The sun just began to peek over the toes of Sleeping Indian as we drove into the high school parking lot. Stepping onto the cold blacktop and crossing the dirt driveway to the football field, my friends and I discussed little things, like how we shouldn't have worn a skirt for the Senior Sunrise because it was so chilly. As we complained about our choice of clothing we also contemplated our lives for the next nine months together. This was it; we were splitting ways in May.

I remember the words of one friend very clearly, "I can't wait to get out of this stupid town." For my entire life of living in the mountain town of Buena Vista, Colorado, I had heard this statement often from my peers and the friends of my older brother. Buena Vista has a population of roughly 3,000 permanent residents. In the summer, because of the whitewater, the population booms to 10,000 or more. However, there are no "real" movie theaters, bowling allies, shopping centers, arcades, or other fun attractions in BV. "There is nothing to do! I'm so bored."

As Christmas break drew closer, these complaints grew among my classmates. They were tired of the drama found in high school hallways, they were tired of being teenagers, and they were tired of the familiarity that comes with a small town. Everyone knows each other. However, when April came,

towing Prom with it, the kids I grew up with started feeling the way I had all along: I never felt comfortable with the idea of saying that I want to leave my mountains forever. After all, this was where nearly all of my memories resided. When everything was right, when everything was wrong...these were the times I spent with my mountains. Who would ever want to leave this place?

As I sit here typing today, an April snow-storm has covered the valley with thick, heavy snowflakes. I, like many other people, am wishing for spring to come and stay, with summer following quickly after. However, on this morning, I am still captivated by the white beauty that surrounds me. All is quiet. Occasionally, a blue jay or fat, red robin will swoop in front of my window, enjoying the brisk air. Although warm weather is a desire of mine right now, a mountain girl must still respect and cherish the moisture that comes with these quick spring snows. I love my mountains.

We all talk about moving (forever) away from where we grew up. We can no longer stand the familiar faces, the familiar places, and the familiar mountains. We need an adventure. Buena Vista is a small, quiet town. That is true except during tourist season. Why do people from Texas, Denver, and other such places love to come to our mountains? From Memorial Day to Labor



One of my schoolmates took this picture of Mt. Princeton as she was leaving Buena Vista after a weekend visit.

Day, our town grows from the modest number of 3,000 to an unbearable throng of outsiders. We have fishing, hiking, mountain biking, dirt biking, rafting, kayaking, and cool temperatures. You can go ride a horse, a

dirt bike, ATV, or use your own feet. The air is smooth and fresh, the rain bathes the land in a sweet fragrance, and the air is so clear that the mountains are incredibly purple and the sky is phenomenally blue.

Forget the aesthetics, and there is the community; a community of lovers, helpers, and well-doers. In Buena Vista, we are a family. We even eat dinner together, as we did this last September. We all know some dirt about nearly everyone else, and we are in close quarters with each other for most of our time here. That is the main reason why my peers ardently seek another town when they graduate. Just like my brother and I didn't always get along while we lived together and wanted to go away for a bit, all of us need to do that. But these are still our mountains.

Inside of all of us mountain folks, there is a wildness that is never tame. Like this springtime weather, we have the ability to change on the turn of a dime. Just as it might snow two feet on Friday and it all be gone on Monday, we can change our minds easily. But we also have the capacity to remain unchanging for a long while. Because we were, at one time, part of the mountains, the mountains are a part of us.

Thanks to Facebook, I get to keep up with most of my peers from high school. Nearly all of them have, at some point, said, "I miss my mountains," or "So glad to be home with my mountains!" These comments usually accompany some shot of Mt. Princeton. I would say that shot is 80 percent of the time a shot from the corner of Highway 285, overlooking the whole valley. When we move away, we all miss our mountains.

Growing up in these Rocky Mountains has given me a vantage point of life that nowhere else ever could have or ever will. Sure, Scotland is beautiful. Its green, rolling highland hills and shimmering lochs will steal your breath. Italy is gorgeous. So are the fiery, autumn trees in the Carolinas. But nowhere on earth holds the majesty and splendor of our Rocky Mountains. Nowhere else could have taught me the value of life in the way Mt. Princeton, Mt. Columbia, and Sleeping Indian have. These giant rocks have forever changed my life and will always be with me, no matter where I go. No bowling alley, movie theater, or arcade? Go sit on a piece of Precambrian granite and enjoy the serene mountains and breathe in the fresh air that is becoming more and more scarce.



About the author

Jessica Kerr has lived in the mountain town of Buena Vista her whole life. She is currently attending Colorado Mountain College in Buena Vista, where she will earn an Associate of Arts in May then transfer to Colorado State University in Fort Collins in August. At CSU, she will earn a Bachelor's degree in English with a concentration in Secondary Education. After graduation, she hopes to be a writer and teach English and literature to junior high students.



Birds of the Ute Country Western Tanager *Piranga ludoviciana*

by Mary Menz

Birds that frequent 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.

Spring in the high country brings with it a sense of rebirth. That rebirth is demonstrated in color — of both flora and fauna — and is a sure sign that migratory songbirds have started their journey to, or through, Colorado. When the first Western Tanager of the season is spotted, it's often a brilliant contrast in profile against the greenest of conifers.

Lewis and Clark likely felt the same way when they met with "the beautiful little bird...about the size and somewhat shape of the large sparrow...the plumage remarkably delicate, that of the neck and head is of a fine orange yellow and red..." (First documented June 6, 1806, at Camp Chopunnish, Idaho County, Idaho.) Having discovered the same bird in remote areas of Louisiana during an earlier expedition, Lewis and Clark named it the Western Tanager to distinguish it from the same-looking Tanager they encountered just west of the Mississippi. The bird's Latin name still refers to Louisiana (ludoviciana).

The Western Tanager is one of the earliest migrants to make its way north after wintering in Central America and Mexico. It's also one of the first migrating songbirds to begin the journey south at the end of the season, sometimes starting its fall migration in late July to mid-August. Unlike other birds with red feathers, which are usually due to a pigment produced by their bodies, it's thought that the Western Tanager's red head feathers are the result of eating insects and plants that produce the chemical rhodoxanthin.

Habitat and nesting

Feasting primarily on insects that also make their homes in and among conifer forests, the monogamous Western Tanager



This gorgeous male was banded at a Migratory Bird Banding station Spring 2014. photo by Mary Menz.

has a veritable feast at its ready in the Spring when cool season insects hatch from larva deposited in firs, spruces, and pines the previous Fall. By the time the hardwood trees are leafed out, even more diverse insects are available to the Western Tanager's voracious diet. When the fruit of flowering trees and bushes is ready, they have a decent buffet and change of nutrition for their annual trip southward.

While the Western Tanager makes its nest primarily in conifers in open woodland areas like those found in Ute Country, it's not picky about elevation. Western Tanagers are found from 1,700' to 10,000'. They are, however,

picky about where they build their nests. Many folks get a neck ache craning to see them nesting up to 50' in a tree and often at the edges of a tree's branch. Perhaps due to its short trip to northern nesting locations, the nest is quickly built and loosely formed in a saucer shape of twigs. After laying 3-5 eggs (one per day as do most bird species), the female will incubate them for 13 days. After they eggs hatch, the male dutifully helps his mate feed the nestlings dragon flies, caterpillars, and other insects until they leave the nest at about 11 days old.

Attracting Western Tanagers to your yard

Though typically not a seed eater — and therefore not a common feeder species — there have been sightings of Tanagers seeking life-sustaining meals at a seed feeder during late spring or fall snow storms. It's a good idea to always keep those feeders filled. If you live in an area frequented by Orioles and other fruit loving birds, you might find value in planting berry bushes on your property as well as putting out cut

fruit on a platform feeder. The Western Tanager can definitely be a yard bird in Ute Country if water is provided for bathing and drinking. Fountains attract birds of many types and can offer hours of entertainment for homeowners.

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.

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Control your emotions in volatile markets

For the past few years, the stock market has moved up fairly steadily, with no major "corrections." But thus far in 2015, we've already seen periods of volatility — enough, in fact, to make some investors jittery. Nervous investors may be more prone to make decisions based on short-term market movements. So how can you stay calm?

First of all, when evaluating your investment decisions, stay focused on those factors that have historically driven stock prices. The U.S. economy is growing at a reasonably good pace, and corporate earnings remain fairly strong. Plus, stocks may not be as undervalued as they were a few years ago—as measured by the price-to-earnings ratio (P/E)—but they still aren't overly expensive, either. Things can change, of course, but when market volatility seems to be primarily caused by short-term events, such as plunging oil prices, it's important to look beyond the headlines to these less glamorous, but probably more important, fundamentals of good investing. By doing so, you can help avoid making fear-driven investment choices.

What else can you do to help ensure that you don't let feelings of anxiety influence your investment moves? For one thing, evaluate your investment mix. If you own too many stocks and stock-based vehicles, you could take a big hit if stock prices fall sharply during periods of volatility. Historically, however, bond prices have typically increased when stock prices fell, although, of course, there are no guarantees. So, if your portfolio consists of stocks and bonds, you are better positioned to weather the harshest effects of market turbulence.

To further prepare yourself for downturns,

you may also want to diversify your fixed-income holdings to include investments such as U.S. Treasury bills, certificates of deposit (CDs) and municipal bonds. The percentages of each type of investment within your portfolio should be based on your goals, risk tolerance and time horizon.

Finally, you can help yourself maintain an even-keeled approach to investing by always looking for quality. Typically, higher quality investments fare better during market declines and recover more quickly when the markets rebound. How can you judge whether a particular investment is of good "quality"? A long-term track record is useful to study. It's certainly true that, as you have no doubt heard, "past performance is no guarantee of future results," but it's nonetheless valuable to know how a particular stock, for example, has performed in various economic environments. If it seems to have done well relative to others in its industry and over long periods of time, that may give you a good idea of its quality.

It's never easy to take all the emotions out of investing, especially during periods of market volatility. After all, you count on your investments to help provide you with the type of future you've envisioned. But by focusing on the fundamentals, putting together an appropriate investment mix and constantly looking for quality, you can help "de-stress" yourself and, as the American poet, novelist and historian J.G. Holland once said, "Calmness is the cradle of power."

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

Art in the Park 2015

The 41st annual Art in the Park in Gunnison, CO will be held on Sunday, July 26. This event is sponsored by the Gunnison branch of the American Association of University Women (AAUW) and proceeds go to scholarships for nontraditional students at Western State Colorado University.

Set in the heart of historic downtown Gunnison, Art in the Park provides an opportunity for artists and craftsmen to share their original works with locals and the many visitors here in the summer. There is an \$80 entry fee. For application information, call 970-641-4230 or email aauwartinthepark@yahoo.com.

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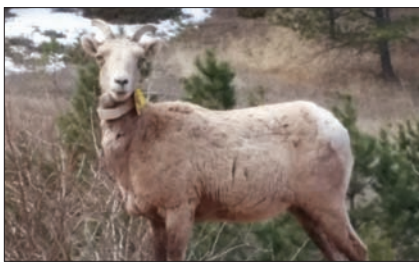
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Dad, Mom & Baby Big Horn Sheep seen on Teller 1 - Wanda Eppes and Lewis Jones

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CHANGED

by Danielle Dellinger

Readers, this is for Memorial Day. Remember to help each other out, and remember that someone always cares. You are loved.

Marik gasped awake, his body trembling violently and uncontrollably. It was another nightmare about his base in Afghanistan being attacked and invaded. He sat up and wiped the sweat from his brow, watching it glisten in the dull light from the nightlight. His hand dropped to his leg and he wiped it on his boxers, shakily gripping the fabric afterward. He glanced at the clock and saw that it was only one in the morning; he'd been asleep for just barely two hours. Night-time used to be his favorite time, but ever since he had served an 18 month tour over in Afghanistan, it had become a monster that he couldn't escape from. Even now that he was home again he felt like the nighttime stalked him, waiting to strike.

He got out of bed and carefully made his way downstairs to the kitchen. He fixed himself some tea with honey and then stood at the living room window by the front door, peering out through the closed blinds at the street, where an occasional car would drive by. When he had sipped half of his tea, he moved to the back door and peered out through the blinds at that window. After he finished his tea, he put the mug in the sink, then went back upstairs to his bedroom and sat in the chair beside the window, pulling the blinds back from the side and watching the quiet outside world.

Time drifted by as he sat there, watching and waiting. Nothing ever happened, but just in case something did, he had to be ready. He couldn't take the chance that something would happen and catch him off guard. As the clock changed to 3:36 a.m., he heard a thunk come from outside beside the house. In an instant, he had his pistol in his hand and was making his way down to the backdoor. He cracked the door and looked out; trying to identify the threat before proceeding, but he didn't see anything. He quietly stepped out onto the concrete porch and hunched down, trying to look into the alley beside the house. Suddenly something rustled, and he jumped then froze, his hair standing on end. He made his way down the steps and over to the corner of the house, where he pressed his bare back into the cold siding, mentally preparing himself to blow away the threat in the alley.

He counted to himself: One, two, three! He lunged around the corner, gun cocked and aimed. His finger was on the trigger, but then he saw a raccoon waddle out from between the trashcans and casually make her way down the alley toward the street. Marik's trigger finger relaxed, but the tension still zinged through the rest of him. A car suddenly drove by, and Marik scrambled beside the trashcans, hiding. He breathed rapidly and slowly stood into a crouching position, peeking over the top of the trashcan. A few minutes later he stood up fully, his body still shaking from the adrenaline rush. His eyes drifted down to the hand that held the pistol, and he watched the weapon quiver. He ground his teeth as he stared at it. It was a complicated relationship that he had with all the weapons that he owned. He felt

that he needed them, but he feared the fact that he felt he needed them.

The gun remained in his hand for the rest of the night, even when he laid down to try to sleep again.

“Marik, honey, are you ready to go?” called his girlfriend as she came up the stairs. “Marik, please answer me.” She sounded annoyed. She got to the top of the stairs and walked down the hall to his bedroom where the door was wide open, and she could see him lying on the bed. She had yet to notice the gun clutched in his hand. Just as she got to the doorway and was calling out for him to wake up, Marik bolted upright and aimed the gun at her head. She screamed and dropped down, putting her arms over her head to protect herself.

“Marik! Wait, no!” she shouted. She peered up at him around her arms and watched as he slowly came back to reality, breathing hard. He then looked at her cowering at the foot of his bed.

“Baby!” he exclaimed, quickly sliding the gun into the drawer of the nightstand before he slid off the bed and went to her. “Are you okay?” he asked, holding her shoulders, and then petting her hair, and then trying to take one of her hands in his.

“Why did you do that again?” she demanded, glaring at him and slapping his arm. “I’m not some terrorist trying to kill you in your sleep!”

“I’m sorry, baby,” he pleaded. “I’m sorry. I thought I wouldn’t. Honestly! Where are you going?”

She had pulled away and was running down the stairs. “You said you would get help, Marik!” she yelled.

“Marlene, I will! Give me a chance!” He chased after her, grabbing her wrist before she reached the front door.

“Let go!” she shrieked, turning around and yanking her wrist away as she shoved him in the chest.

The look of terror in her eyes scared him. He wondered if he had the same look.

“Marlene, it’s not easy! I thought I had it under control! Please don’t leave!” he begged, reaching out toward her again, but she smacked his hand away.

“It’s been four months, Marik! Four. Months. You’ve changed. You need help!” she snapped. “Baby, I’ll be fine. Really. Just wait and see,” he pleaded. “Please. I love you. I need you.”

She shook her head. “Get out of denial and get help. You don’t need me. All I’ve been doing is waiting around to see if you’ll get better.” She stormed to the door, yanked it open, then slammed it shut behind her. The windows rattled and the blinds clicked against the glass.

Marik stood there for a few minutes, then he grabbed up a vase and threw it on the ground. It exploded with a loud crash that made him jump and duck behind the couch. He swallowed as he crouched there on his knees. He slowly sank into an upright fetal position and began to sob. He soon forced himself up and went to the

fridge and grabbed a case of beer. He took it to the couch where he sat down, opened a can, then chugged half of it.

The afternoon faded into evening. Marik dressed himself haphazardly and wandered outside and down the street to a bar. He had a good buzz that he wanted to keep going. He felt warm and peaceful inside. Losing that feeling would devastate him. He staggered into the bar, up to the counter, and ordered a whisky. He downed that instantly and asked for another one.

He kept to himself as he drank. But soon someone came up beside him.

“Hey dude,” said a guy. Marik looked at him with glassy, bloodshot eyes and grinned. The guy was a good friend of Marik’s. “Yo, what’re yew doin’ here, Jake?” he slurred.

“Just hangin’ with some buds. You? How come you don’t look so good? What’s going on?”

Marik shrugged and downed the last of his whisky. “Nothin’. I’m fiine,” he half-giggled. Jake raised an eyebrow. “You been doing okay since you got back?”

“Pfft. Perfectly fiine,” Marik replied, smacking his hand on the bar as he attempted a dismissive wave.

“Really? That’s not what Marlene said.” “Screw her,” Marik instantly snapped, glaring at his friend. “She’sss no good trash.”

His friend frowned. “Wow. Harsh. What’d she do to you?”

“Left me. Shssaid I’m in denial, need help. Whatever that meeeans!” he said loudly.

“Maybe I should get you home,” Jake offered cautiously. He lightly touched Marik’s shoulder.

Marik shrugged away. “Get off,” he barked. Jake ignored him and tried again.

“Get off, I said!” Marik shouted, turning on Jake with a quick punch to the face.

The scene erupted around them as people held Marik back while others helped Jake to his feet. The bartender ordered them both to leave. Marik stumbled outside and started walking home.

“Hey!” Jake shouted, coming out of the bar after him. “I’m coming over tomorrow to talk! You better be there.”

Marik flipped him off as he continued stumbling his way home.

Jake watched him walk away, debating on whether he should follow him home. But he knew that if Marik was acting like that, following him home would be a death sentence. He feared that if he did anything Marik would be pushed over the edge and lost forever.

Marik nearly fell in his door when he got home. He practically dragged himself up the stairs and hopped onto the bed.

He was still passed out the next morning when Jake knocked on his front door. Instead of barging in, Jake repeatedly called his phone until he got a cranky yet groggy hello from Marik.

“I’m only here to talk,” was all Jake said. He heard Marik shifting and groaning some.

“Door’s open,” Marik finally grumbled. He then hung up. He heard his front door creak open as Jake came in. His head pounded and his hand hurt, which he held up and saw that the knuckles had some small splits on them. He remembered most of the previous night. Footsteps on the stairs took his attention off his hand, and he looked out the door as Jake came down the hall. His friend stopped in the doorway and leaned against the doorframe.

“You really look like hell, now,” Jake said, giving a wry smirk.

“Aren’t you just a great confidence boost,” Marik mumbled, sitting up and trying not to hurl at how dizzy he felt. “Nice shiner.”

“Yeah, thanks for giving it to me,” Jake retorted. He knew that look on his friend’s face, so he quickly got the trashcan from the bathroom and brought it to him.

Marik gave a slight nod and then puked. Jake wrinkled his nose and moved away, unable to be around barf without puking himself. When Marik finished, he set aside the trashcan and shuffled to the bathroom to wash his face.

A little while later, Marik had on pants and was sitting on the living room couch, staring blankly at the wall in front of him. Jake brought over water and some Advil. He then sat in a chair diagonal from the couch.

They sat in silence for a long time. “So,” Jake finally began, not looking at Marik. “You do need help.” He pulled out a slip of notebook paper that had some facts written on it, along with a couple numbers. He slid the paper across the table toward Marik.

Marik didn’t move and just looked at the paper and then up at Jake.

“It’s obvious, bud. You have Post-Traumatic Stress Disorder. PTSD for short. You shouldn’t be ashamed about it, though. It’s what happens when you go through war, or any other extremely traumatic event,” Jake explained. “I’ll go with you for support if that’s what it takes to get you help.”

Marik’s eyes drifted off of Jake and settled on the wall again.

Jake rubbed his hands together, frowning. He then picked up the piece of paper. “Getting help won’t hurt your career, if that’s what you’re afraid of, Marik. Listen to this. One in five U.S. combat veterans has, or has gone through PTSD. One in six soldiers returning from Iraq and Afghanistan suffer from it.” He looked up at his friend. “Are you having suicidal thoughts?”

Marik’s jaw flexed and he breathed shallowly.

“Marik, are you?” Jake asked again. He got a subtle nod in response. “You know that 6,552 veterans kill themselves a year, right? That becomes 126 per week, and 18 each day. We don’t want you to become a statistic. Your life can get better from here. But you have to give it a chance. Positive changes are hard, but worth it in the end.” He sat beside his friend, putting a hand on his shoulder.

Marik didn’t shrug him off this time.

“It’s only gonna get worse, bud,” Jake said, a pleading note in his tone. “We can get you help.”

“You keep saying ‘we,’” observed Marik.

“Marlene and I. We’re your support group.”

“So you’re talking to my girlfriend, now?” Marik gave Jake a sobering look.

“She contacted me because she was scared. She told me about the few times you’ve aimed a gun at h—.”

“Not on purpose!” Marik interjected.

Jake squeezed his shoulder. “I know. She knows, too. She just doesn’t

know how to help you.”

Marik abruptly stood up and was about to walk away when Marlene cautiously walked in through the door. They both stopped and stared at each other. Marlene then looked down, carefully closing the door.

“Marlene,” he breathed. It felt like he had no air left. He hated that she wasn’t looking at him.

“Hi,” she said softly. She kept a tight grip on her purse in front of her. “Gun?”

“No gun,” Marik quickly answered.

Marlene glanced at Jake for confirmation. “No gun, Marlene. I made sure it’s locked up,” Jake replied. He offered her a comforting smile.

She took in a deep breath and lifted her eyes to look at Marik. “Are you mad?”

He shook his head. “No.”

Marlene stepped toward her boyfriend. “We love you. We want to help you.” She took Marik’s hand, giving it a loving squeeze. “Please let us.”

Marik took measured breaths. “I’ll think on it.”

“No, babe. There’s nothing to think about. Your mind has a problem that needs fixing. It won’t get better.”

“So I’ve heard,” he muttered.

“Please,” she whispered.

“Please let us help.”

He pulled away from her suddenly and walked to the stairs. “I can’t. You guys don’t understand what I’m going through. So drop it. I’ll be fine.” He started up the stairs.

Marlene went after him. “Counseling is the best thing to help. Baby, what you went through over there, you can’t just get over. You’ve seen awful things. You did your duty. Now it’s our turn to do ours, to make sure you get everything you need to be happy.”

She followed him into the bedroom, where he sat down heavily on the bed, tears in his eyes. Marlene knelt in front of him.

“I don’t want to lose you,” she said, taking his hand.

Marik began to silently weep. “I kn-know.”

“You’ll be okay, Marik. We’ve got you.” She leaned up and kissed him with all of her love.

He melted into her, wanting to be okay.

Veterans Resources:

• **Veterans Crisis Line/National Suicide Prevention Lifeline:**
1-800-273-8255 (press 1 if a veteran), or veterans can TEXT 838255.

• **Wounded Warrior Project**
1 South Nevada Avenue, Suite 205
Colorado Springs, Colorado 80903
719-377-9491

• **U.S. Department of Veterans Affairs Colorado Springs**
602 South Nevada Avenue
Colorado Springs, CO 80903
719-471-9992 Or 719-471-9992
Pueblo
1515 Fortino Blvd., Suite 130
Pueblo, CO 81008
719-583-4058 Or 719-583-4058
Grand Junction
2472 Patterson Road Unit 16
Grand Junction, CO 81505
970-245-4156 Or 877-927-8387

• **Colorado Veterans Resource Coalition**
415 S. Weber
Colorado Springs, Colorado 80903
Duane France - Program Director
Crawford House
719-477-1639

NAMI Veterans Assistance Colorado Springs – Clinic
25 North Spruce Street
Colorado Springs
719-327-5660

Note: If anyone feels that they’re in a crisis, even if they’re NOT having suicidal thoughts, please call the number above. They want you to call, no matter the crisis. Really. It’s okay to seek help.

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Between Jefferson and Como sits a historical gem. The Cline Ranch, also known as the Tarryall Creek Ranch, can be seen off of Highway 285 with Tarryall Creek meandering through the property against a backdrop of stunning mountain views. Foster Cline, an eminent Denver attorney, and his wife built the Cline Ranch residence in 1928 as a summer getaway. The two-story main house, a mix of Pueblo Revival and Rustic styles, makes for an unusual and easily identifiable South Park historic site. A timber-framed barn, a bunkhouse, and a Quonset-style garage accompany the main house on the northwest side of the highway.

In addition to using the ranch as a vacation home, the Cline family leased out the property to a number of different tenants to be ranched. The Clines added to the property, with the ranch eventually extending on both sides of Highway 285 and encompassing an estimated 4,270 acres. The Clines owned and spent time at the Cline Ranch for about 80 years, eventually selling the property in 2008. After this purchase, conservation easements were placed on the entirety of the ranch to prevent residential or commercial development and preserve the outstanding natural resources in the area.

Wanting to preserve the historic site for public benefit, Park County purchased the main ranch buildings and 1,635 acres of the ranch in 2011. With funding from Great Outdoors Colorado, the Colorado Habitat Stamp Program, Park County Land and Water Trust Fund, and others, Park County acquired the ranch property on the northwest side of the highway. The remainder of the ranch located on the other side of the highway continues to be protected by the conservation easement.

In September of 2011, Park County and Colorado Parks and Wildlife partnered to make this land available for public use by dedicating the parcel of the ranch purchased by Park County as the Cline Ranch State Wildlife Area. Colorado Parks and Wildlife manages this part of the ranch primarily for recreational uses. The area adjacent to the ranch buildings that is now part of the State Wildlife Area is a very popular fishing spot along Tarryall Creek. Four anglers at a time can fish the secluded 2.7 mile stretch of the stream running through the ranch. In addition to excellent trout fishing, the Cline Ranch State Wildlife Area is used for hunting, wildlife viewing, and other non-vehicular recreation.

Along with preserving the exceptional natural resource benefits of the area, Park County is interested in preserving the historical character of the ranch's buildings. Without regular maintenance and upkeep, the ranch's buildings had fallen into disrepair by the time the county acquired them. Wanting to ensure the ranch could be used to benefit the community, Park County began looking for ways to rehabilitate the buildings and put them to good use.

The Coalition for the Upper South Platte (CUSP) was approached as Park County explored options for the ranch's buildings and immediate surrounding area. After learning more about the ranch and Park County's vision for using the buildings



The photos show the main residence of the Cline Ranch and the small bunkhouse and pole barn, which sit behind the main residence.



as a community resource, CUSP jumped on the opportunity to help create an asset for South Park communities and expand watershed programs in the northern part of the Upper South Platte Watershed. We are now working with Park County, South Park National Heritage Area, and Colorado Parks and Wildlife to plan future uses for the ranch buildings.

Rehabilitating the buildings so they maintain their historical features and character is a key priority going forward. Park County has already had historic structure assessments done for the Cline Ranch buildings. The very beginning phases of planning to rehabilitate the buildings and make them usable again are starting.

We are exploring opportunities to use the main building for public meeting spaces and additional office space for CUSP (CUSP's main office is located in Lake George) and other local organizations. There are also many exciting possibilities for expanding environmental education offerings in the area by creating an environmental education center and using the area to bring students of all ages out to explore the history and natural resources in this spectacular area.

This comes at a great time for CUSP, as we are working in the northern part of the watershed along the North Fork of the South Platte River now more than ever and are always looking for ways to expand our involvement with the community. Our commitment to being good stewards of the land and promoting understanding of the environment and the history of this area match the vision of Park County, South Park National Heritage Area, and Colorado Parks and Wildlife for this property.

As a partnership, we are only beginning to understand the opportunities and challenges the Cline Ranch will bring. We are very excited about what rehabilitation of the Cline Ranch will look like and the possibilities for the community to enjoy this historic gem in the coming years.

Opportunity for Educators: 2015 Fire Ecology Institutes

What: Two award-winning Fire Ecology Institutes for Educators are being offered this year, one in Florissant and one in Durango. Join either institute for one full week of hot topics and burning issues guaranteed to spark student interest in reading, writing, and investigating relevant natural resource issues such as fire, floods, bugs, and drought.

When: June 7-12, 2015 at Fort Lewis College in Durango, CO
July 6-11, 2015 at The Nature Place in Florissant, CO
Highlights Include: Field studies; guest experts; experiments; technology; lesson planning; literature; multimedia; GIS; and more!

Cost: \$300, including lodging, meals, materials, instruction, and filed trips
Continuing Education Credits: 3 credits for \$130

Register: Visit <http://coloradoplt.org/workshops/> for more information and registration (at the bottom of the page) or contact Shawna Crocker with Project Learning Tree at scrocker@colostate.edu or 303-278-8822. Don't miss out. Registration is filling up fast!

Sponsors Include: Colorado State Forest Service; Project Learning Tree Colorado; Coalition for the Upper South Platte; The Nature Conservancy; Southern Rockies Science Network; U.S. Geological Survey; The Nature Place; U.S. Forest Service Rocky Mountain Research Station; Rocky Mountain Tree-Ring Research



Weed cost share program A little help from your friends

by Dan Carlisle
photo by Mary Menz.

In the last issue, I told you about some resourceful ways to help make the tedious tasks of noxious weed management a bit more tolerable. Attending weed pulling events and working together with neighbors are great ways to combat weed infestations, especially when they occur over larger areas. Groups of people pulling together can help reduce weeds in a much larger area and can be a very effective management tool. Unfortunately, we don't always have the luxury of being able to gather together groups to pull weeds or attend events to accomplish our weed management goals. Some noxious weeds don't even respond to pulling, because they spread by creeping rhizomes or have extremely deep tap roots.

Range managers and landowners with larger parcels of land used for grazing are often faced with situations that can appear to be overwhelming and impossible to manage. For those folks in Teller and Park Counties with parcels larger than five acres who are facing the daunting task of invasive weeds taking over native plant areas, a more aggressive weed management approach is needed and that means pulling out the spray guns and herbicide.

Rebates for weed spraying

Each year, the Teller-Park Conservation District's board of supervisors sets aside a specific amount of money to help offset the cost of weed management services for private landowners. TPCD's cost share program provides a rebate for landowners up to 50 percent (to a maximum of \$250) of their costs for spraying. To qualify, a landowner must own a minimum of five acres of taxable land in Teller or Park County. This offer is valid if the property is sprayed by the Teller-Park Conservation District or if a landowner purchases herbicide and sprays the property himself.

For the do-it-yourselfer, the Teller-Park Conservation District sells general use



Locoweeds (*Oxytropis ssp.*) is a serious threat to grazing lands. It's pretty, but can be fatal to livestock, especially horses.

herbicides as well as several grass and wildflower seed mixes to use for reseeding efforts. Ultimately, the goal for any weed warrior is to eliminate the noxious weeds, while allowing native plants to take back the valuable soil resources. The cost share application, seed brochure, and weed management preferences chart are all available to view and download at www.tellerparked.org.

Cost share funds are limited and are reimbursed on a first-come, first-served basis. For more information, please contact us at 719-687-9405 x104.

Dan Carlisle is the weed management specialist for Teller-Park Conservation District. His motto for this season is to "take back the land and encourage natives to crowd out the invasives!" If you see weeds, he encourages you to contact the TPCD office or submit a weed sighting via the Contact Us section on the website.

Woodland Park Wind Symphony Spring Concert

The Woodland Park Wind Symphony under the direction of Craig Harms will present its Spring Concert with a bit of a twist. At 6:30 p.m. the Wind Symphony will host a Cocktail Hour with a cash bar and snacks. Featured during the Cocktail Hour will be Irish Music of Ceol Ceili. At 7:30 the Wind Symphony will continue music of the Emerald Isle.

After a brief intermission the WPWS will continue with literature conducted by local music educator and Woodland Park Wind Symphony member, Bryan Critchlow.

Tickets can be obtained from members of the Woodland Park Wind Symphony or at the door. Ticket price is \$5 for adults, and admission for children under the age of 10 is free.

Respected for its inclusion of every age, economic status, and ability, the Woodland Park Wind Symphony is truly a "family of people" performing music "of the people".

The Woodland Park Wind Symphony has been in existence for over 20 years.

Formerly under the title of The Woodland Park Community Band, it was organized for the purpose of providing adults and children within the community of Woodland Park, Colorado, and surrounding area opportunities to enhance or recondition their instrumental musical skills.

Unlike professional musical organizations whereby the sole purpose is to entertain, amateur community musical groups such as the Woodland Park Wind Symphony, and now, Swing Factory were developed to provide not only entertainment and support for Woodland Park, but a source of local "musical enrichment" for both performers and patrons of the Pikes Peak Area.

For more information call 719-687-2210 or visit www.woodlandparkwindsymphony.com

Tourism boosts economy Florissant Fossil Beds National Monument

A new National Park Service (NPS) report shows that 63,297 visitors to Florissant Fossil Beds in 2014 spent \$3.5 million in communities near the park. That spending supported 55 jobs in the local area and had a cumulative benefit to the local economy of \$5.1 million.

"Florissant Fossil Beds National Monument welcomes visitors from across the country, and around the world," said Superintendent Michelle Wheatley. "We are delighted to share the story of this place and the experiences it provides. We also feature the park as a way to introduce our visitors to the Pikes Peak Region and all that it offers. National park tourism is a significant driver in the national economy, returning \$10 for every \$1 invested in the National Park Service, and it's a big factor in our local economy as well. We appreciate the partnership and support of our neighbors and are glad to be able to give back by helping to sustain local communities."

The peer-reviewed visitor spending analysis was conducted by U.S. Geological Survey economist Catherine Cullinane

Thomas and Christopher Huber and National Park Service economist Lynne Koontz. The report shows \$15.7 billion of direct spending by 292.8 million park visitors in communities within 60 miles of a national park. This spending supported 277,000 jobs nationally; 235,600 of those jobs are found in these gateway communities. The cumulative benefit to the U.S. economy was \$29.7 billion.

According to the 2014 report, most park visitor spending was for lodging (30.6 percent) followed by food and beverages (20.3 percent), gas and oil (11.9 percent), admissions and fees (10.2 percent) and souvenirs and other expenses (9.9 percent).

To download the report visit <http://www.nature.nps.gov/socialscience/economics.cfm>.

The report includes information for visitor spending at individual parks and by state.

For additional information about Florissant Fossil Beds National Monument, please call 719-748-3253 or visit our website at www.nps.gov/fffo or follow us on Facebook/FlorissantNPS.

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Are we ready for Roundup?

by Carol Grieve

Most people have heard of RoundUp and many have used this product. RoundUp is a broad spectrum herbicide used to kill weeds. Perhaps you have used it on your patio, driveway, fence line, lawn, rock bed or mulch bed. RoundUp is also used to kill weeds on roadsides and in many school yards. Maybe you never gave it much thought as it does do what it says, it kills weeds. This product works! But just exactly how does it affect plants and soil?

The active ingredient in RoundUp is called Glyphosate. Let's discuss the history of Glyphosate and how it works. Glyphosate was first patented in 1964 as a mineral chelator by a company called Stauffer Chemicals. Stauffer Chemicals first sold it as a descaling agent. A descaling agent is used to clean pipes and boilers of calcium and other mineral deposits. It was basically used like a detergent. The reason Glyphosate was used this way is because as a mineral chelator, it binds minerals like calcium, zinc, manganese, magnesium and more. This is how it works to clean pipes.

Before we go any further, it is important to understand that 80 percent of GMO crops (genetically-engineered crops) are engineered to be resistant to Glyphosate. This means that they are heavily sprayed with Glyphosate and do not die. However the Glyphosate can get into these crops. Also, keep in mind that there are 160 different conventional crops such as wheat, barley, rye, lentils, and more that are sprayed with Glyphosate. Glyphosate is also used as a desiccant, which dries these crops when they are just about ready for harvest. It makes them dry and die more evenly which can make it easier for the farmers to harvest.

Monsanto bought Stauffer Chemicals and patented Glyphosate as an herbicide in 1969. Glyphosate is a systemic herbicide which means that it gets into every part of plant and kills it. There are basically three ways it kills.

The first way Glyphosate kills is it inhibits a particular enzyme in the plant system. An enzyme is a catalyst used in many metabolic pathways. This particular pathway or enzyme is involved in the synthesis of certain amino acids. These are important because they are compounds of proteins which are essential for plant growth and productivity in plants and in any organism. Glyphosate shuts down this pathway. It shuts down protein synthesis in the Shikimate Pathway.

When this pathway shuts down, it can't produce any defense mechanism against potential pathogens like soil born fungi. The plant then becomes susceptible to these opportunistic pathogens and becomes diseased. This secondary mechanism of action causes the plant themselves to become diseased and it magnifies the killing action of the herbicide.

The third way Glyphosate kills is that it is a very strong mineral chelator that immobilizes nutrients in and outside the plant. The primary nutrients that Glyphosate immobilizes are nutrients such as manganese, iron, magnesium, calcium. It binds up these minerals as a complex; therefore they are not available to the plant.

Humans do not have a Shikimate Pathway. However, the millions of bacteria in our gut have this pathway, as do all microbes. Glyphosate can enter this environment and it can be detrimental to the



beneficial bacteria in our gut and can shift the balance of that gut bacteria. Because Glyphosate is getting into our gut, as studies have shown, it will bind those beneficial minerals and make them physiologically unavailable. So basically, there are two means by which we can have detrimental effects: first by it shutting down that pathway in the bacteria, and secondly by the mineral chelation process.

Another problem with Glyphosate is that it can react differently in different types of soils. One of the claims made by the maker of Glyphosate is that it is neutralized or degraded in the soil. This statement is very misleading and quite frankly, untrue and here is why: There are several factors that can affect how Glyphosate reacts with the soil such as soil mineralogy (texture), soil nutrient status, soil surface vegetation residue, type of crop management system in place (cover crops, crop sequence), soil oxygen status, herbicide formulation and components (surfactants), soil organic matter content, and the composition of soil microbial community. Some microbes have the ability to breakdown Glyphosate, but not completely as it takes many different microbes to completely degrade that molecule. If you have soil where there has been the same crop that has been grown for years without crop rotation, the soil's microbial population can be very limited and therefore the Glyphosate is not broken down and can be very available in that soil. You can look at this from a chemical, biological or physical standpoint.

Another example is soil that is more compacted and is in a heavy traffic area where that soil is trampled or less aerated and has less oxygen, the Glyphosate can hang around for longer periods of time. After 16 or 17 years of Glyphosate being applied to some of these large production fields of GMO crops that are sprayed once or twice each year, Glyphosate can really build up in that soil. We are definitely seeing residual buildup in the GMO crop soil. This information has all been well researched and documented.

Glyphosate also becomes more powerful when mixed with certain adjuvants or additives such as surfactants. Some of these inert ingredients can have a biological effect. They can shift balances in the microbial population and in the root zone. It is of great concern because these ingredients can have a different effect on a different part of the microbial community. Of course, the biotech industry in their very limited testing on the effects of Glyphosate, have only tested Glyphosate by itself and not in combination with other ingredients — at least with what they have shared with the public!

Another question to consider is does the transgenic crops' (GMOs) DNA get into the soil? Transgenic DNA is released from the transgenic crop either through the roots or through the pollen shed during pollination, especially in corn pollen which is wind-born pollen. This can make it part of the environmental system. It can be taken up intact by any number of viruses and bacteria and can be transmitted in the cells of these organisms from one bacterium to another. So we have this horizontal gene transfer where the transgenic DNA can be transferred even without the transgenic plant. What does this mean down the road? I don't think we really know for sure. Will these bacteria enter our food and get into the food chain? There have been a few studies showing it does get into our food.ⁱⁱ

There is also the cross-contamination issue. In Australia, where they have a lot of transgenic canola grown, there have been cases where this has been shown to hap-

pen.ⁱⁱⁱ There are similar weeds in the same family as the mustard, and one particular weed called a wild radish, that has picked up the resistance to Glyphosate by picking up the pollen from the canola that has been engineered to resist the Glyphosate. This becomes a huge environmental problem.

Given this information on what we already know about Glyphosate and how it affects plants, do we really want to experiment with this chemical any further? Do we really want this to be sprayed in our school yards or on our road sides and more? Just a few weeks ago, the World Health Organization (WHO) came out and said that Glyphosate was a probable carcinogen.^{iv} This was based on several studies by scientists from around the world. What is the real cost of gambling with human health and the environment? Shouldn't we really be focusing on using the precautionary principle rather than the current principle of GRAS (generally regarded as safe)?

Has the EPA and the FDA gotten it wrong? Remember DDT and Agent Orange? The same manufacturer of Glyphosate brought us these toxic chemicals. Don't you think it is time we ban this chemical — at least until further studies can be conducted?

You can let our EPA or FDA know your thoughts on this by using your voice and taking action or let your representative know that you want further testing — and in the meantime, ask them to lobby for this chemical to be banned. Even here in Chaffee, Fremont, Park, and Teller Counties, RoundUp is sprayed on our road sides. We can begin by demanding that this practice is discontinued immediately. You and your family deserve to live in a healthy environment!

You can call Neil Anderson, Pesticide Re-Evaluation Division, at the EPA to ask them to revoke the license for Glyphosate at 703-308-8187 or email at anderson.neil@epa.gov. You can sign a petition that has been signed by nearly 100,000 to ask the FDA and other government agencies to use the precautionary principle until further studies are conducted on Glyphosate here: https://secure.avaz.org/en/monsanto_dont_silence_science_loc/?slideshow. I also recommend if you are on Facebook you follow Moms Across America and Food Integrity Now for more information on this toxic chemical.

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. Carol also offers food education classes at Mountain Naturals Community Market. May classes are "Getting the most phytonutrients from your fruits and vegetables" on May 2; "Sugar: More addictive than cocaine" on May 9; "The economy of organics: the real cost vs cheap foods" on May 23, and "Eating fats for heart and brain health" on May 30. All classes at 3p.m. Call Mountain Naturals for details or to sign up for classes at 719-687-9851. Space is limited.

ⁱ <http://www.researchgate.net/profile/Robert-Kremer/publications>

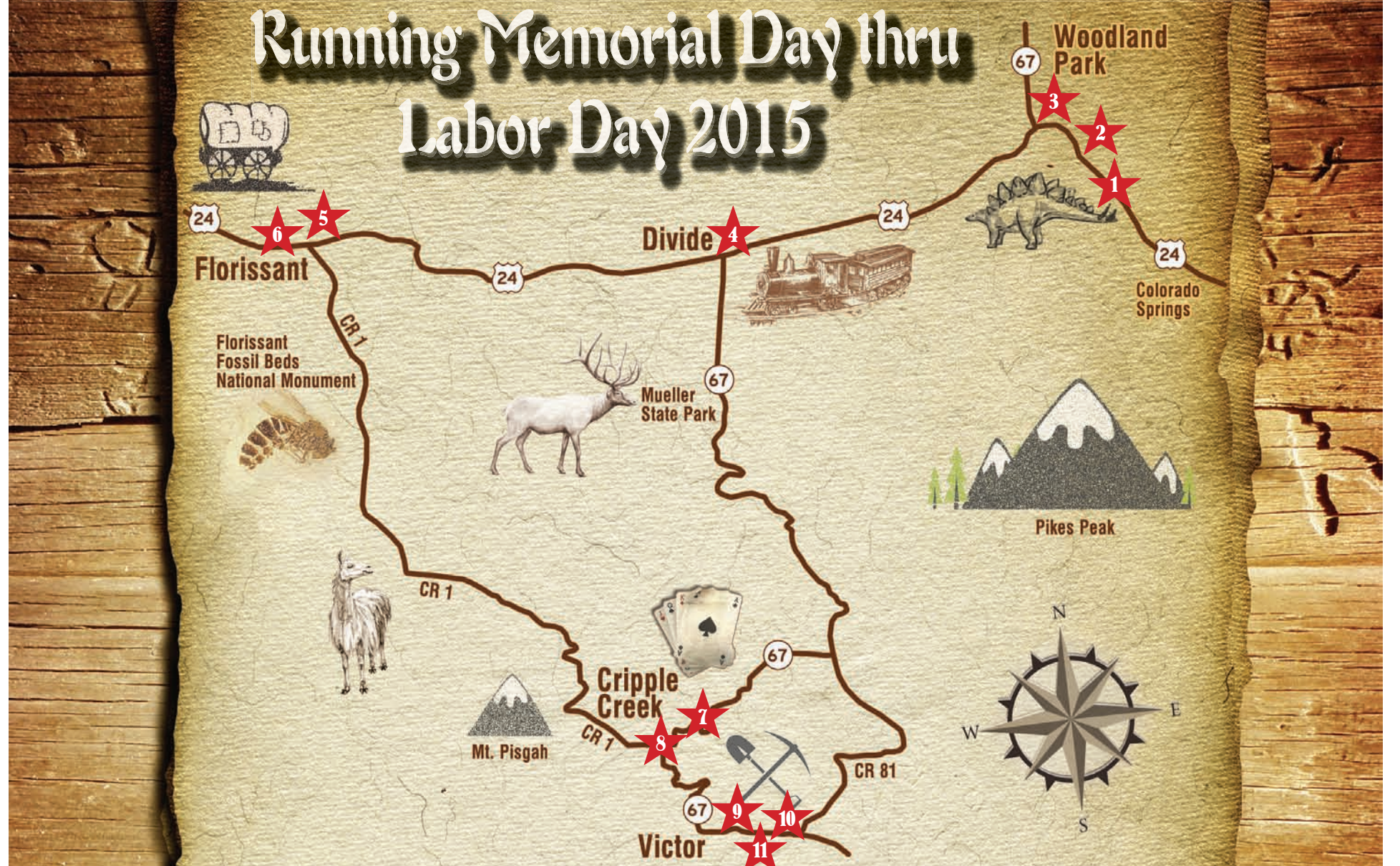
ⁱⁱ <http://www.gmo-freeusa.org/food-testing/kelloggs/kelloggs-froot-loops/>

ⁱⁱⁱ <http://naturalnews.com/farmers-fight-worlds-first-landmark-gmo-case/>

^{iv} <http://www.iarc.fr/en/media-centre/iarc-news/pdf/MonographVolume112.pdf>

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The author drumming around a bonfire.

The bliss of our intentions

by Patricia J. Turner

Already we are seeing the fires appear in Colorado. My old home was in Santa Barbara, California where we experienced nearly 400,000 acres lost to fire over a two year period. These were the Zaca Lake Fire, The Jesusita Fire, and the Tea Fire.

During this time I founded the non-profit corporation, Tierra Sagrada, The Sacred Earth Foundation, dedicated to the conservation of indigenous cultures and their wisdom. I was currently working as a Marine Scientist but had become deeply immersed in the wisdom of indigenous cultures and their ability to live so sustainably on Mother Earth.

Through my work with a Chumash Elder (a Native American of California) I had learned to begin making offerings of tobacco whenever I hiked in Los Padres National Forest near Santa Barbara. Many times I hiked an area known as East Cold Spring Trail, a magical space with streams and water. Whenever I entered, I made a little prayer of my intentions, asked to be guided, and always said, "Please protect this sacred space," while leaving a little offering of tobacco for the earth.

Two other places became sacred to me. I often biked up the mountain behind my home before work where there was a beautiful, vast and flat stone where I would meditate, leave my offerings and prayers, while watching the glory of the Pacific Ocean. Again, I offered tobacco in a circle around that stone and said, "Please protect this sacred space."

The other space was in Steven's Park, a lovely wilderness just down the street from my home. There I found an ancient oak tree with a perfect seat between branches. Again I made offerings and while circling my tree again said, "Please protect this sacred space."

All of these places were threatened by the immense wild fires we were experiencing.

I am one of those people who are fortunate to usually enjoy deep uninterrupted sleep but during the Tea Fire our homes were covered in ash like a deep snowfall and the skies were heavy with smoke. I was awakened at 2 a.m. one night for no clear reason except all of my heart and intuition was telling me that East Cold Spring Trail was about to be destroyed in the fire. I went into my back yard; with ashes and smoke all around me, I built a small fire in my pit. I sang some traditional songs and prayed that the fire would not consume that incredible and sacred space.

Months after all of these fires had ended,

the public was finally allowed to enter these places. I went to East Cold Spring with my Chumash friend. Both of us expected to see complete devastation but instead we found a small area where the fire had penetrated almost like fingers of a hand and extinguished. The entire mountain adjacent to our trail was blackened but the mountain of Cold Spring Trail remained completely unharmed. I just hugged the ground with tears in my eyes.

Later the same week, I returned to the stone on the mountain and to Stevens Park. The only thing unburned near the stone was the grass that surrounded it and the only tree left unburned in Steven's Park was my Oak Tree!

Often in my work with young people of our community who enter the Sweat Lodge or come to The Sacred Earth Sanctuary for ceremony, I discover the terrible fears they endure surrounding the condition of our planet. They are all aware of the failure of our people to be true stewards of this land. I tell them the stories of these fires. Our intentions are powerful beyond measure. When we leave our loving thoughts wherever we walk, we leave protection and healing. The dangers to our survival on this Earth may seem overwhelming to many; however, when we ask for help and protection we are heard. When we send out the energy of love, we aid in the surcease of destruction and we find the joy in raising hope over despair.

Just as in the story of the Hundred Monkeys, each of us can make a difference in this tipping point. Researchers studying monkeys on an island noticed that they did not like sweet potatoes that had been in the sand. One day, one of the monkeys washed the sweet potato. Soon other monkeys on the island did the same. One day 100 monkeys were washing their potatoes and on the other side of the earth, other researchers began to see monkeys washing sand from their food for the first time.

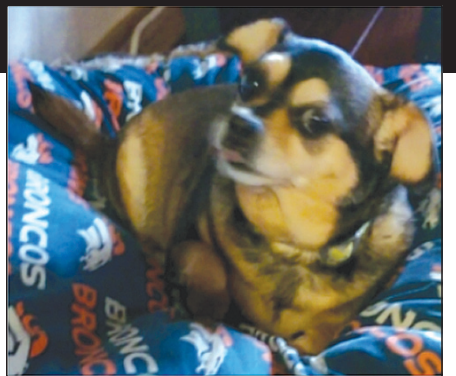
Patricia Turner is a Biological Anthropologist and the Founder of Tierra Sagrada, The Sacred Earth Foundation located in Pikes National Forest outside of Florissant, Colorado. They host sweat lodges, ceremonies from indigenous cultures, wedding ceremonies and programs of initiations for everyone of the community. To learn more contact via email, pati@sacredearthfound.org, phone 719-629-8055, or visit www.sacredearthfound.org

Adopt Me By AARF

Éclair

My name is Éclair, at least it is now. I'm 10 years old and have enjoyed my life, until one day I was taken for a ride and left at a place where I can never get back home. This place was loud and scary, dogs barking all the time. People walk by and say it's sad that I am here, an older Chihuahua in a place where puppies are preferred.

I was lucky a rescue group decided to give me another chance. A lump called "cherry eye" was removed making me pretty again. A senior wellness check showed I am diabetic. Now I need someone to give me two shots a day. I like to sit on laps and take walks. If you are willing to give me a forever home, please call AARF 719-748-9091.



Ride of Silence

by Catherine Keeler

On May 20 at 6:30 p.m., the Mountain Top Cycling Club will host the 2015 Ride of Silence. This event, which originated in Dallas in 2003, will take place around the world, in 14 countries and on five continents (so far registered), to honor cyclists who have been injured or killed on public roadways in collisions with motor vehicles. The Ride of Silence is a slow, silent procession of cyclists, riding unified to raise awareness of the responsibilities of both cyclists and motor vehicles to share the roads safely. All who are able to ride the 3.5 mile route are welcome; children must be accompanied by an adult. Helmets are required.

This is a free event. Riders are encouraged to preregister for the Ride of Silence at www.getevent.com. Meet at the Midland Pavilion in Woodland Park, between the Ute Pass Cultural Center and the library at 6:30 p.m. for sign-in and a pre-ride proclamation.



After the loop ride, we will have snacks and a brief memorial ceremony to remember the 10 cyclists' deaths on Colorado roads in 2014, ending with a balloon release. Please come join us for this ceremonial ride. Visit www.mountaintopcyclingclub.com or call 719-687-2976 for more information.

Support for mental illness NAMI has opportunities

Learning how to cope with mental illness within yourself or a loved one can be confusing and challenging. The National Alliance on Mental Illness has two new support opportunities for those suffering with mental illness and their families.

Family-to-family is a free 12-week, evidence-based educational course for family members and caregivers of adults living with mental illness. Course starts Friday, May 1. To register and for more information, please contact Anne 719-485-7709.

In Our Own Voice is a free presentation where two trained individuals share their personal stories about living with mental illness and achieving personal recovery. To schedule a presentation contact Sherry 719-671-7954.

VistaWorks celebrates 20 years

In 1995, VistaWorks pioneered what was to become one of the earliest forerunners of travel and tourism promotional websites. That website, Fourteenet.net, and others spawned from this original site are still operating today, bringing vacationers to Colorado's Rocky Mountain heartland. Since then, VistaWorks has steadily grown into a rock-solid business far exceeding anyone's expectations.

Today VistaWorks serves over 500 clients and their portfolio of services includes all forms of internet marketing (SEO, PPC, So-

cial Media, retargeting, etc.), website design & development, mobile application development, website hosting, maintenance & support, print & TV advertising, logo design, and more. Company President Bryan Jordan said, "We are very proud of this accomplishment, and grateful to our customers and employees who helped us get here."

Our office is located at 525 Hwy. 24 North in Buena Vista (next to the Rooster's Crow restaurant). VistaWorks welcomes walk-ins, emails, or calls (719-395-5700) about how they can help your business succeed.

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Ron West brings Jimmy Burns and the Portland legend to life

The Southern Teller County Focus Group (STCFG) will be hosting its Tenth Annual Historic Mine Tour Saturday, May 23. The tour will include a visit to the historic Goldfield City Hall where Colorado Springs actor, Ron West will portray Jimmy Burns, one of two pioneers who discovered one of the richest gold mines in the district. The tour will also include a visit to the Portland Mine above Victor.

This city hall is owned by Teller County and is not open to the public. The 1890's mine is on private mine land not accessible to the public. Do not miss this opportunity to view these



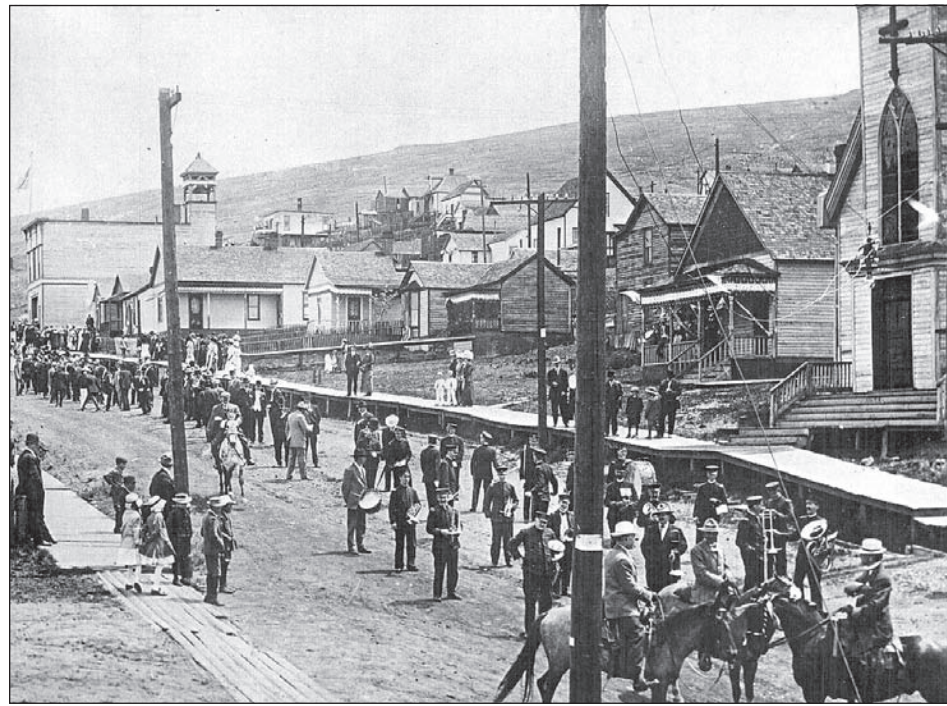
Ron West as Jimmy Burns

sites. This tour is possible due to the cooperation of Teller County and the Cripple Creek & Victor Gold Mining Company, on whose property these structures are located.

Born in Portland, Maine in 1853, Jimmy Burns had a number of careers, traveled parts of the world, and made and lost fortunes before following his sisters and brother to Colorado Springs. After arriving in 1886, he performed many jobs for the city including those of a plumber and street grader and also as the foreman of the Matt France Hook & Ladder Company. There he and a friend named Jimmie Doyle, who was also from Portland, formed plans to go into the Cripple Creek & Victor Mining District to seek their fortune.

Battle Mountain was said to be the place to be as miners such as Winfield Scott Stratton, Sam Strong, and the Woods Brothers had already established paying claims but the mountain had little left for tenderfeet. After pouring over claim maps and repeatedly walking the hills, Burns and Doyle laid claim to a triangular piece of land that was barely larger than a tenth of an acre. Being tenderfeet they knew very little about mining but with the help of knowledgeable friends like John Harman and powerful friends like Stratton, the Portland Mine grew from that tiny little parcel to 183 acres and three separate shafts producing millions of dollars of gold every year and making each of the partners very rich in the meantime.

The Portland Gold Mining Company would found the town of Goldfield to provide



Goldfield circa 1899 courtesy of Victor Lowell Thomas Museum

homes for its miners and even during the strikes of 1894 and 1903-1904 the Portland would continue to provide for its miners when all the other mines had closed. Jimmy Burns was a fortunate man but earned every dime he made. He gave too. Burns greatest gift was to the city of Colorado Springs, The

fabulous Burns Opera House.

Meet at the Victor Lowell Thomas Museum no later than 9:30 a.m. the day of the tour. All participants will be required to sign waivers. Most all transportation to the sites will be by van or bus with a very limited number of vehicles carpooling. This tour is very popular and advance, pre-paid reservations are recommended online at VictorColorado.com. Online reservations are by credit card; cash only payments will be accepted at the museum the day of the event. Tickets will also be on sale the museum (cash only) May 16 and 17.

The cost is \$10 per person, which benefits the historic preservation and community development projects of the STCFG. The organization's next major project is the development of a new trail connecting Victor to Shelf Road and interpretative signs along this trail.

For more information on the STCFG or this event, visit VictorColorado.com, email stcfg@victorcolorado.com, or call 719-689-2675.

Cope and Marsh Bone Wars

by Pikes Peak Historical Society

Sabotage! Scandals! Mischief & mayhem! While this sounds like current politics, these words instead describe the ruthless yet fruitful paleontological excavations carried out in 19th century Colorado by east coast university professors, Othniel Charles Marsh and Edward Drinker Cope. Fueled by both intellectual curiosity and intense rivalry, their expeditions, called the "Bone Wars", yielded prolific and immeasurably valuable discoveries, as well as placing paleontology among respected sciences. Today their legacy continues in both Colorado and national scientific circles, and in museum displays. Indeed, the Bone Wars took no prisoners, but instead yielded stories through ancient fossils.

The Pikes Peak Historical Society invites you to join Thomas Price as he re-enacts some of the drama and intrigue of this era. Thomas Price is a junior at UCCS where he is majoring in both museum studies and film studies. He has been a volunteer at various museums in Teller County, Summit County, El Paso County as well as the Denver Museum of Nature and Science. Thomas Price is also the recipient of the 2012 inaugural Theobald Award from the Breckenridge Heritage Society and participated for seven years in the National History Day competition, placing first at the state competition and qualifying for the national competition.

The Pikes Peak Historical Society invites you to learn more about these determined men and their rivalry, at their monthly Chautauqua (free program), May 17th 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.

Register now for Native Plant Master class

Many plants are unique to the geography of Colorado. In Teller County, for example, there are plants adapted to the high altitude, unique growing conditions, and precipitation of elevations at 8,500 to 14,000 feet — plants that cannot be found on the plains and areas of the Front Range.

Each year, Colorado State University Extension in Teller County offers its Native Plant Master (NPM) series of classes. Whether you're a natural resources employee/volunteer, new to the area, or just curious about the native flora in Teller and Park counties, this class helps participants:

- Learn to identify plants in the area by name and habitat, as well as special uses
- Discover the relationships plants have with animals that pollinate, consume or nest in them

- Explore areas of the county that are host to native plants
- Identify noxious weeds and how they impact the native species and landscape
- Consider using native plants in your home's landscape to help conserve water

The mission of the program is to educate the public about the native plants of Colorado and to foster stewardship, sustainable landscaping, and management of weeds that threaten native ecosystems.

These courses take place in the field and sometimes require strenuous walking for extended periods of time, sitting on the ground, traversing steep inclines and the occasional muddy and slippery trail, as well as variable weather conditions. Adults and young adults age 16 and 17 are welcome to participate.

Many participants opt to take three courses (three classes each) and receive the Colorado Native Plant Master Certificate or the Colorado Flora Certificate. The NPM Certificate program requires a commitment to volunteer in some capacity to share knowledge with others throughout the year. There is no volunteer commitment for the Flora Certificate. Participants are also welcome to experience just one course and can work towards the certificates over a several-year period.

The first course is scheduled to begin Thursday, May 28, with



Class member holding a specimen.



The class on a field trip.

a short intro to botany course. Fieldwork will follow on three consecutive Fridays: May 29, June 5, and June 12. The next course is scheduled for July 17, 24, and 31. Specific locations are based on program leader scouting missions prior to the course start date. Previous locations have included the Craggs, Lions Camp, and Pikes Peak. Carpooling to locations is encouraged and will be discussed at the first meeting and via email. All Friday field days run from 8 a.m. to noon.

For more information, contact CSU extension agent Mark J. Platten at 719-686-7961 or mark.platten@colostate.edu. Applications are also available at the Teller County Extension office located at 800 Research Drive, Suite 100, Woodland Park, CO 80863.

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An Unexpected Find

*by Jack Shimon, age 10
Pikes Peak Pebble Pups
First Historical Fiction Piece*

It was a sweat dripping summer day in the Badlands, my favorite National Park, but my dog Comet didn't care about that. Three days into our camping trip we had explored the park, enjoyed a ranger talk about the constellations in the amphitheater, seen the stars through our telescope, and we were packing up to leave. Well, mom and dad were. Comet and I were playing fetch. The campground was mostly sand and grass so I could easily throw the ball as far as I wanted to and see Comet while he chased it. But on my last throw Comet didn't come back. I jogged over to find him and picked up the ball along the way. Comet was in a small ditch excitedly wagging his tail and digging in the sand. As I reached him he turned around and had what looked like along stick in his mouth. On closer inspection I saw that it was a bone, long and slightly curved, easily identified as a rib...

... Badlands Park, over 30,000 years ago, although it wasn't called that at the time. Billy was a young bison living in the Ice Age. With his thick fur to stay warm he relished snow days like any young kid that ever lived, human or bison. He lived near a water hole with his family.

Note: Jack Shimon won this Ice Age rib bone by correctly guessing that it was a rib bone of a large animal in a recent Pebble Pups meeting. It measures 20 inches straight line from end to end. It was fun to think of the animal it once belonged to and that became the inspiration for Billy's story.

*Special thanks to Paleo-artist Andrey Atuchin for agreeing to illustrate this story. All illustrations by Andrey Atuchin
http://olorotitan.deviantart.com/*



Campers on a short cattle drive.

Barn Dance fundraiser at Nighthawk Ranch May 30

by Dorothy Evans

Nighthawk Ranch is a 320-acre ranch in Guffey, CO where kids recovering from cancer spend a week of freedom from their illness in a safe healing mountain environment. Besides typical camp activities (archery, camping, building a small log cabin, etc.) kids participate in activities that come with a real working ranch, including feeding cows and cleaning the corrals. Each camper will have their own horse to take care of and this will be the horse they learn to ride. Nighthawk Ranch is for kids who love animals and nature; kids who are up for the adventure of their lives. All that is needed to attend is the desire to have fun.

One of the joys of the Nighthawk experience for the kids is that the location is remote. However, this makes access to emergency services a challenge. We have always operated with safety first in our minds but have decided that the safest and most prepared way to operate is to have emergency services available on site 24/7 during camp sessions. To accomplish this we are adding a fully equipped, non-transport Advanced Life Support Emergency Medical Station. This means we will be equipped to handle cardiac arrest, respiratory arrest, trauma, basically all medical emergencies any Advanced Life Support EMS service can handle. Our focus will be stabilizing the patient until transport by flight or ground crew arrives at the ranch.

We will have radio capabilities to dispatch transport anywhere on the property and be able to direct Flight For Life directly to the ranch. We will train with Flight For Life before camp sessions begin, and they will be on stand-by during our sessions being aware of our GPS coordinates and the dates we are in session.

The ALS services we will be providing will be staffed by experienced paramedics who will follow Teller County protocols. Our Emergency Service Advanced Life Support Protocols fall under the direction of our Medical Director of EMS, Dr. Jeremy DeWall, who is also Medical Director for Teller County EMS.

In addition, we will continue to have 24/7 ER nurses for the daily medications and treatments for our campers, under the medical direction of Dr. Rick Malyszczek.

Having these medical services available for camp comes at a great expense (approximately \$10,000) but we feel it is vital to be able to care for our campers and the many wonderful volunteers who come to work with them. To help with those costs Nighthawk Ranch will be holding a Barn Dance fundraiser on May 30, 2015 at the ranch.

The activities of the day will include a two hour horsemanship clinic by Justin Dunn, a BBQ dinner catered by Rudy's Barbecue, a silent auction, and dance music by Barry Ward. We are asking for an RSVP so that we can plan for the amount of food needed but don't let that stop you from coming if at the last minute your plans change and you would like to join us.

We are still seeking items for the silent auction and would be grateful for any donations. Contact us at info@nighthawkranch-colorado.org or 719-689-5634.



The students at Guffey Community Charter School take their community service very seriously.

Pennies for Patients

Guffey School raises over \$900 for Leukemia & Lymphoma Society

by Pam Moore

Community service is an important element in the lives of students at Guffey Community Charter School. This year, the graduating 8th grade class joined with The Leukemia & Lymphoma Society of Colorado to raise awareness and funds for childhood leukemia. The student-driven program, called Pennies for Patients, asks students across the country to collect pennies, nickels, dimes, and quarters during the campaign benefiting the society.

This is the second year the 8th graders have taken this on as part of their community service project and they raised a whopping \$971.00, surpassing their \$800 projected amount by \$171.00. The challenge went out to all the classes to set a class goal and if they reached or surpassed that goal, they would win a pizza party for their classroom. We are happy to announce that every class went over the amount projected and a pizza party will be had school-wide.

We want to especially thank businesses and families within the Guffey community that donated to support the battle against childhood leukemia.

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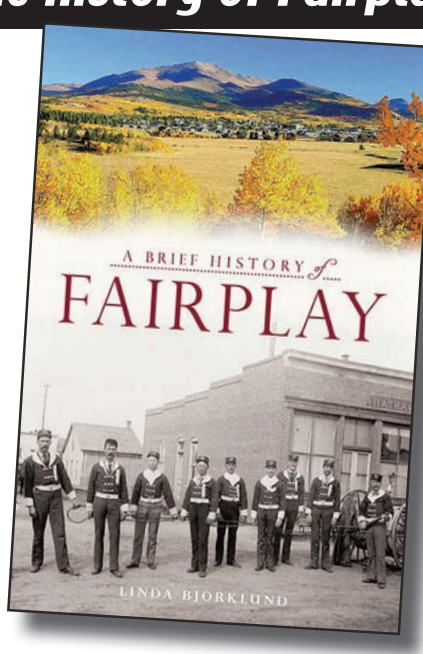
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by Linda Bjorklund

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Are you ready to ride the TSC Transit bus?

TSC Transit offers weekly bus service in Woodland Park

TSC (Teller Senior Coalition) Transit is excited to announce its new “Out ‘n About” bus service on Wednesdays in Woodland Park. This is a joint venture with Cripple Creek Transit to provide much needed transportation service between Cripple Creek and Woodland Park. TSC Transit will be picking up from the Senior Center and will be making stops at Pikes Peak Family Medicine, Pikes Peak Regional Hospital, City Market, Safeway, Walgreens, Walmart, and the Department of Social Services upon request.

This service is available to everyone at no charge (donations are appreciated). Call 719-687-0256 for more details or visit the TSC website at www.tellerseniorcoalition.com for a full schedule of pick up and drop off times.

Cripple Creek Transit will bring Cripple Creek residents down to the Woodland Park Senior Center where they can board TSC Transit for shopping, doctor’s appointments, and other errands. The Cripple Creek bus will also be stopping at the Park & Ride in Divide. Woodland Park residents can board Cripple Creek transit to enjoy breakfast and sight-seeing in Cripple Creek. Bus fare for Cripple Creek transit is \$5 for a round trip. There is no charge for pick up/drop off at the Divide Park & Ride.

Four-Mile Thank You

by Irene Drallmeier, Four-Mile Rehab Chief

A big heartfelt THANK YOU from 4 Mile Fire Department to all the firemen, police, and volunteers who helped with our recent Western Hills Fire off Teller County Roads 1 & 11. Thank you also to Venture Foods, Ralf’s Grill & Saloon, and others who donated food for the cause, especially to the anonymous Mom and her two boys who came from Woodland Park with bags and bags of snacks and drinks. Your help is sincerely appreciated!



photo courtesy of Imagine Media

Temple Canyon Hill Climb

by Charlotte Burrous

The 24th Annual Temple Canyon Hill Climb will bring thrills and spills the weekend of May 8-10 to Temple Canyon, sponsored by Colorado Hill Climb Association.

For the second time, the Temple Canyon Racers Meet, which is open to all ages, will be offered from 5 to 8 p.m. May 8 in front of Neon Bottle at Fourth and Main streets in Canon City. As part of the event, several race cars and bikes will be on display.

Bright and early the next morning, the Faircry Ford Lincoln Temple Canyon Hill Climb will begin with qualifying from 8 a.m. to 4 p.m. May 9 on Temple Canyon Road, which is south of Canon City.

“We have 11 classes of vehicles, (including) trucks, quads, bikes and open wheels,” said Devon Dobson, of Imagine Media. “It’s for ages 16 and up.”

The second day of racing will begin at 10 a.m. May 10 with vehicles competing one at a time. Competitors will take two runs

with their vehicles during the event. Gates will open at 8 a.m. Following the race, the awards ceremony will take place in the pits.

Dobson recommended spectators bring food, soft beverages, chairs, extra clothing, sunscreen and find a place to watch the race because they will not be able to move except when race control approves. This year, Short Stop also will offer a variety of food in the pits.

Tickets are \$10 for adults in advance or \$12 at the gate for a two-day pass and may be purchased at Jim’s Tires and Neon Bottle in Canon City, Fremont Motorsports in Florence or Wreckmasters in Colorado Springs.

The season will continue with Colorado OffRoad Extreme in Deer Trail June 6 & 7, Monarch in Garfield on July 18 & 19, Lands End in Grand Junction on Aug. 8 & 9 and CORE in Deer Trail on Sept. 5 & 6.

~OUT AND ABOUT~

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

- BUENA VISTA**
6 HOPE meeting from 5 to 6:30 p.m. at the Buena Vista Public Library, 131 Linderman Ave. Buena Vista. HOPE-Helping Others Protecting Everyone is a local group of the A21 Campaign. Our Mission: We educate and resource the next generation with strategies to avoid becoming a victim, increase awareness, and prevent trafficking before it begins. Please come join us in the fight to end human trafficking. bvhope.org Our email is buenvistahope@gmail.com, our facebook is BVHOPE, Instagram BV_A21. HOPE and my phone number is 719-395-6938.

9 BV Heritage Museum hosts “Stories of the Past” from 6:30 p.m. to 8:30 p.m. with historical re-enactments, music, heavy hors d’oeuvres, cash bar, and silent auction. Reserve your tickets by 5/5/15 through the Chamber. We’re located at 506 Main Street.
- Ave. For more information, please contact Sherry 719-671-7954.

13 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 719-275-4191 X111 for more information.

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

20 NAMI Family Support Group: a free monthly peer support group for family members and caregivers of individuals living with mental illness, each 3rd Wednesday of the month from 6:30 p.m. to 8 p.m. at St. Thomas More Hospital, North Board Room, 1338 Phay Ave. For more information please contact Yvette, 719-275-0338.
- CRIPPLE CREEK CC&V COFFEE CLUB**
4, 11, 18, 25 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.

16 CC&V Mine’s Mine Shots at 10 a.m. see ad on page 6.

29 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.
- CASCADE**
Save the date - 2015 Marigreen Pines Tour - July 11 & 12, 2015. Tickets available at the UPHS Gift Shop 231 E. Henrietta Ave. WP. Presented by Ute Pass Historical Society & Pikes Peak Museum in cooperation with Holy Cross Novitiate. \$16 per person for UPHS Patrons and groups of 12 or more, \$18 per person for the general public. You may also print ticket order form from our website: UtePassHistoricalSociety.org Questions? Email us at uphs@peakineter.net or call 719.686.7512

CANON CITY
5, 12, 19, 26 NAMI Connections: a free, safe, and confidential peer support group for adult individuals living with mental illness, each Tuesday from 6:30 p.m. to 8 p.m. at St. Thomas More Hospital, Community Conference Room, 1338 Phay
- CRYSTOLA**
2 In celebration of both versions of the application, T.H.E. Coalition is sponsoring a formal lunch party and fund-raiser on Saturday, May 2, at the Crystola Bar and Grill from 11 a.m. until 2 p.m. The public is invited. For a small \$5 donation, participants may partake of an unlimited Taco Bar for lunch and bid on items contributed by the estate of Doris “Dee” Breitenfeld. There will also be a cash bar. The formal lunch and the app are both respectfully dedicated to the memory of Dee Breitenfeld whose passion for preserving our heritage inspired all who are involved. To honor her contribution and inspiration a formal ribbon cutting will also be held at noon during the event to commemorate the starting point of the very first driving tour, which begins at Crystola and extends along the gravel road leading to the Junction House (Old Crystola Road – County Road 21).

DIVIDE
5 Mountain Top Cycling Club members will hold their monthly meeting on Tuesday, May 5th, at Russ’ Place in Divide. The meeting will begin at 7 p.m. but feel free to come early to eat and socialize. Ron Blevens will be our speaker with a presentation on cycling in Antarctica. If you have any questions about our upcoming meeting or the club general, please call Denise Symes at 719-440-9738.

11 & 27 (to accommodate Memorial Day), 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 littlechapel-foodpantry@outlook.com
- FAIRPLAY**
15 The South Park City Museum will open its doors for the season May 15th rain (snow) or shine. Hours are 10 a.m. to 4 p.m. with extended hours

Memorial weekend thru Labor Day weekend (9 a.m. to 6 p.m.). Please come and enjoy a walk through the “1800’s Mining Museum”. Any questions, phone 719-836-3487, check-out our web-site at southparkcity.org or email southparkhistorical@gmail.com.

FLORENCE
17 The 14th Annual Florence Colorado Merchants Car Show from 9 a.m. to 5 p.m.

FLORISSANT
FLORISSANT FOSSIL BEDS
23 Night Sky Program: A brand-new meteor shower! From 8:30 p.m. to 10 p.m. This is a night you won’t want to miss. It will be a dark moonless night, so we can see the stars and the Milky Way in all its glory, a between-the-seasons chance to see Jupiter, Mars, and Saturn all in the same evening. Rarest of all, a never-before-seen meteor shower, courtesy of Comet 209P/Linear! The comet itself is faint, but astronomers predict this meteor shower to be one of the best shooting-star shows of the year, if not the decade.

23-24-25 Park Guides will be providing a ranger talk everyday at 10 a.m., interpretive hike at 11 a.m., and the fossil discovery lab from 1 p.m. to 3 p.m. Children and families may also want to participate in the Junior Ranger program and earn a badge or patch. Junior Ranger activity books can be picked up at the visitor center at any time. The park will be open from 9 a.m. to 5 p.m. through the weekend. Fees are \$3 per adult (16 years or older) and free for anyone 15 years and younger. For more information please call the Monument at (719) 748 – 3253 ext. 122 or 202 or visit our website at www.nps.gov/fflo.



Florissant
16 Join us in the Ceremony of The Long Dance at The Sacred Earth Sanctuary from 1 p.m. on May 16 to around noon on May 17. We are located at 633 Valley Rd. Florissant, CO 80816. We have created a magical dance arbor and invite all those seeking a deeper connection in life to come join us for an all night Long Dance done in the Ute tradition of Joseph Rael, Beautiful Painted Arrow. Joseph introduced the Long Dance to people around the world. He is a mystic, poet, artist and visionary of Southern Ute and Picuris Pueblo descent. Pursuing a vision that he experienced many years ago, he has taken his teachings around the world and has inspired the development of some sixty World Peace Chambers and over 30 dances in his tradition are held yearly across the globe.

The Long Dance is an ancient, traditional dance held at night under the stars in the beauty of nature. We go beyond our self-imposed limitations, asking Spirit for help as we explore the magic and mystery of night consciousness, bringing forth associations that lie in the subconscious mind and dancing to release them.

The Long Dance is also traditional to the Gaelic People of Ireland and other cultures.

It is essential that you see the details at <http://www.sacredearthfound.org/#lupcoming-events/c1668> prior to coming as there are many more parts to this ceremony that you need to see and also instructions for what to bring.

Please note: Joseph is now in his 90’s. He has blessed our ceremony and sent the Chief for the Dance but he will not be able to join us. His teaching and his direction will be present along with his spirit. Please RSVP pati@sacredearthfound.org Phone: 719-629-8055.

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Mueller State Park programs for May

by Linda Groat

Mueller State Park is prepared for the busy summer season kick-off with a full list of naturalist programs, guided hikes, children’s programs, the Third Annual Hiking Challenge, a big Outdoor Skills Day event, and much more! Jump into summer at Mueller where you can view the beautiful scenery while enjoying your favorite outdoor activity. Mountain biking, horseback riding, hiking, camping, geocaching are just a few of the opportunities that are available. Have a peaceful picnic amongst the singing birds and blooming wildflowers.

AMPHITHEATER: THOSE SLY FOXES
Meet at the Amphitheater at 8 p.m. on May 15. Foxes run freely in our imaginations, folktales, and legends. They are known to be clever, sly, and wily. Remove the mystery and get to know the real fox with Interpretive Naturalist Penny. Dress warmly.

ARCHERY FOR KIDS
Meet at the Livery at 10 a.m. on May 15. Kids age 8 and up can learn target archery with close instruction by staff. We use Colorado Archery in the Schools Program equipment designed for youth.

SCHOOL POND HIKE
Meet at School Pond Trailhead at 9:30 a.m. on May 17 and 23. Take a gentle hike to School Pond with Interpretive Naturalist Penny and experience the beauty of spring on this 1.5 mile hike.

TOUCH TABLE: SKINS AND SKULLS
Meet at the Visitor Center at noon until 2 p.m. on May 17. Learn about the wildlife that lives in Mueller by taking a close look at their skins and skulls. Interpretive Naturalist Penny will help you discover their amazing characteristics.

NATURE GAMES FOR KIDS!
Meet at the Visitor Center at 2:30 p.m. on May 17. Come join Interpretive Naturalist Penny for nature games! These fun activities will test your abilities at animal track identification, Nature Bingo and the forest food chain.

AMPHITHEATER: BEAR FACTS
Meet at the Amphitheater at 8 p.m. on May 22. Perhaps no other animal excites our imagination more than the bear. Come learn more about our neighbor in the forest and how we can live together peacefully. Dress warmly!

HIKE: BLACK BEAR TRAIL
Meet at Black Bear trailhead at 9 a.m. on May 23. Marvel at interesting rock forma-

tions and travel to the western boundary of the park on this easy to moderate 4.9 mile hike with Interpretive Naturalist Penny.

AMPHITHEATER: 200 YEARS ON MUELLER STATE PARK
Meet at the Amphitheater at 8:30 p.m. on May 23. 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!

HIKE: OUTLOOK RIDGE
Meet at Outlook Ridge Trailhead at 9 a.m. on May 24. Wander with Interpretive Naturalist Penny experiencing flowers, trees, and animals on the trail. Enjoy the view from the beautiful overlooks.

TOUCH TABLE: LIONS, BEARS AND ELK
Meet at the Visitor Center from 2 p.m. to 4 p.m. on May 24. Come and learn about mountain lions, black bears and elk – the three biggest animals in Mueller. See their skins and skulls and learn how to identify their tracks. Interpretive Naturalist Russ will answer your questions.

HIKE- SUNSET HIKE
Meet at Grouse Mtn. Trailhead at 7:30 p.m. on May 24. Enjoy the highest elevation in the Park (9800feet) along with a beautiful sunset with Interpretive Naturalist Russ. Bring camera gear, water, and a flashlight for the return trip. This is a short moderate hike.

HIKE: ELK MEADOW
Meet at Elk Meadow Trailhead at 9 a.m. on May 25. Enjoy the forests, meadows and spring wildflowers on this moderate 2 mile hike with Interpretive Naturalist Penny.

TOUCH TABLE: BIRDS
Meet at the Visitor Center from noon until 2 p.m. on May 25. Come learn about the birds of the Pikes Peak region. See the feathers, skulls, or nests of Red-tailed Hawks, Golden Eagles, and Broad-tailed Hummingbirds just a few of the bird items that will be on display. Come by anytime.

TREE DETECTIVES FOR KIDS
Meet at the Visitor Center at 2 p.m. from May 27. Learn about the trees of Mueller and discover what their clues they can tell us!

BIRDS OF MUELLER
Meet at Elk Meadow Trailhead at 9 a.m. on May 28. Birds are busy singing and tending their nests now. Join in a relaxed hike to see some birds of Mueller.

HIKE: ROCK POND TRAIL
Meet at Rock Pond Trailhead at 2 p.m. on May 29. Join Interpretive Naturalist Penny on this trip through many montane micro-environments and enjoy the spring wildflowers! This is a moderate 5 mile hike.

AMPHITHEATER: STORIES IN THE SKY
Meet at the Amphitheater at 8:30 p.m. on May 29. Play dot to dot with the stars and hear some of the stories that different cultures used to explain the animals, and people they saw in the stars. Dress warmly.

OUTDOOR SKILLS DAY!
From 9 a.m. to 3 p.m. on May 30. Don’t miss the annual Outdoor Skills Day at Mueller. This year will be better than ever with new activities for the whole family! Learn more about your favorite outdoor activity or try out a new hobby. Activities will include: bait fishing, fly fishing, target shooting with shotguns, 22’s and pellet guns, archery, camping, geocaching, spunk hunting, camp cooking, Bear Aware, spelunking, climb through a simulated cave! All activities are free — vehicle park pass is required.

HIKE: GROUSE MOUNTAIN
Meet at Grouse Mtn. Trailhead at 1 p.m. on May 31. Savor the variety of wildflowers, trees, and wildlife as you hike up Grouse Mountain to the overlook with Interpretive Naturalist Russ. Enjoy the highest elevation in the Park at 9,800 feet. This is a short moderate hike.

AMPHITHEATER: LYNX, LION AND BOB
Meet at the Amphitheater at 8:30 p.m. on May 31. Lynx, mountain lions and bobcats are the only wild cats we have in Colorado. These animals capture the imagination with their stealthy habits. Learn why these elusive felines are at the top of the food chain with Interpretive Naturalist Penny. Dress warmly!

The events are free; however, a seven dollar daily pass or \$70 annual park pass is required to enter the park. For more information, call the park at 719-687-2366.

John C Fremont Library

Free comic book day is Saturday, May 2, from 10 a.m. until 1:45 p.m. It is a single day when participating comic book shops and libraries across North America and around the world give away comic books absolutely FREE! This happens the first Saturday in May every year. John C. Fremont Library is proud to be a giveaway location. There will also be super hero crafts. Thanks to our sponsors Diamond Comic Distributors for providing the free comics.

Family movie: Penguins of Madagascar will be shown on May 9, at 3 p.m. Skipper, Kowalski, Rico and Private join forces with undercover organization, The North Wind, to stop the villainous Octavius Brine from destroying the world as we know it. Free popcorn, bring your own drink. Rated PG. Mother's Day Silent Auction continues through Monday, May 4, until 2 p.m. The Friends of the Library will be wrapping up their annual Mother's Day silent auction and a kids' gift shop. Place your bids on auction items before 2 p.m. May 4th at 2pm. Proceeds will go towards library services.

May's featured artist is Douglas Kasten,

owner of Penrose Framing and Matting. He will display his watercolor paintings of flowers and landscapes surrounded by his beautiful hand crafted wooden frames.

Thursday night at the movies presents "Big Eyes" on Thursday, May 14, at 7 p.m. Painter Walter Keane is reaching success beyond belief and revolutionizing the commercialization of paintings of waifs with big eyes. But is Keane really who he says he is? Golden Globe Awards best actress Amy Adams. Rated PG-13. FREE Popcorn! Bring your own drink.

Henna with Mimi on Tuesday, May 19, at 7 p.m. Mimi, owner of The Genie Bottle Organic Salon in Florence, will discuss the symbolism and history of henna. After the program, you may pick from a henna tattoo design to be applied to your skin.

Beading with Korah Curri is Friday, May 22, at 1 p.m. Korah Curri will show us how to create beaded jewelry. Supplies are provided by the Colorado Library Consortium (CLC) and sign-up is limited to 10. Please call Natalia at 719-784-4649 ext. 3 to reserve your spot.

John C. Fremont Library, 130 Church Ave., Florence, CO 81226, Phone 719-784-4649.

Tour a real gold mine



Experience mining old and new this summer End explore gold rush history past and present at the Victor Lowell Thomas Museum. The Museum, which is has operated in its current location for over 50 years, will open Saturday, May 23 at 9:30 a.m. and again be hosting tours of the Cripple Creek & Victor Gold Mining Company operations near Victor, Colorado.

Modern mine tours will start May 24 at 10 a.m. in Victor at the Museum. These popular gold mine tours feature the modern mining operations of Cripple Creek & Victor Gold Mining Company. Tour experiences will offer the chance to see giant haul trucks, shovels, and drill rigs in action in the large surface mine between Victor and Cripple Creek. Watch boulders being crushed into gravel and learn about the modern refining methods while helping to preserve the 1890's history. All tour proceeds go to the VLT Museum, where the tours begin.

This summer the mine tours will be available daily May 24 through Sept. 7 at 10 a.m. and 1 p.m. this year, except no tours will be held on Thursdays. Check VictorColorado.com for additional tour times and fall dates. The cost is \$7.50 per person, an affordable way for the entire family to see a real working gold mine. Only children five years of age

and older are allowed on the tours. Please be sure to reserve your tour dates early as they are very popular and fill up quickly. Reservations may be made online at VictorColorado.com or by leaving a message at 719-689-4211 or after May 16 at 719-689-5509. The maximum on each tour is 13. The best way to reserve a mine tour is online at VictorColorado.com - online reservations receive first priority.

In addition to the mine tours, you can step back in time and pan for gold at the museum. Panning is included in this year's admission prices and is a great way to spend an hour in cool, sunny Victor this summer. You can also step back in time literally by hiking on the Trails of Gold just outside of town. See up close the 1890's gold mines that made Victor and Cripple Creek famous, or walk the downtown streets (interpretive trail) filled with historic buildings and shops.

Find a fresh brewed cup of coffee and fresh-baked cookie at the nearby bakery, grab burgers and milk shakes, green chili, or a cold one at the local eateries, or spend some time looking for a collectible or piece of fine art at the local shops. The historic Victor Hotel offers a place to stay the night in case you lose track of time in the quiet, historic mountain setting.

Rampart Range Library news

by Anne Knowles

Are you buying a new washer/dryer and want to find out which brands experts recommend? Need help finding some materials for a school paper? Doing a job search? Need to use a computer? Want to see a great local art display? Want to create with Legos or do Minecraft? Do you wish to instill a love of reading in your children? Looking for a good book to read, audio books to take on a trip or some free ebooks? If so, now is the time to visit the Rampart Library District libraries in Florissant and Woodland Park. We would love to help you find what you need.

The library needs your help in determining how we can best serve you going forward. We need your input so that we can provide the resources and programming you want. Please take a few minutes to fill out our community survey at <http://rampartlibrarydistrict.org>. The survey only takes a few minutes and one lucky participant will win a Kindle.

The next meeting of the Friends of the Florissant Library is on Monday, May 11 at 1:30 p.m. This is a group of dedicated community members who have a lot of fun together while supporting the library. They volunteer at library programs, raise money through book sales and add so much to the library. Please

come to the next meeting and see for yourself. There will be a Heartsaver CPR class at the Florissant Public Library on Friday, May 15 from 1 p.m. to 5 p.m. It is a video-based, instructor led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult. It is for anyone with limited or no medical training. Registration is required and there is a charge of \$35 per person. Contact the Florissant Public Library for more information or to register at 719-748-3939.

Barbara Kingsolver's book "Flight Behavior" will be the topic of discussion at the Florissant's Bookworms Book Club on Wednesday, May 20 at 10:30 a.m. The Book Club at WPPL will meet on May 5 to discuss "Leaving Time" by Jodi Picoult.

May story times at Florissant Public Library, Thursdays at 10:30 a.m., will feature "At the Beach" on May 7, "Sharks" on May 14 and "Bath Time" on May 28. There will be a special "Spring Fling in the Fantasy Forest" story time with Mother Goose on May 21. Woodland Park has storytimes on Wednesday and Thursday at 10 a.m. Library story times incorporate early literacy skills, crafts, and lots of fun.

Rampart Library District will be closed May 24 and 25 in honor of Memorial Day.

~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.

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FLORISSANT GRANGE

9 Glass Painting Class is back by popular demand. May 9th from 9 to noon, join us and learn the "one stroke" method of painting. It is great fun and easy to learn. Call 748-5004 for more information.

9 Pine Needle Basket making Class is also back by popular demand, following the Glass Painting Class on May 9th, from noon to 3 p.m. Learn to make Pine Needle Baskets. If you have been to the first class you can join us and you will learn some new techniques to improve on your baskets. If you are new join us and learn from the beginning. It is great fun. Call 748-5004 for more information.

29 The Chuck Pyle Concert and Dinner - Is SOLD OUT. Thank you to everyone who made this successful. See you May 29th at 6:15. Please watch your paper. We will be doing this again.

Jam Night - Every Thursday all year the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck. For more information call the Grange at 719-748-5004

Yoga Classes: Tuesdays at 9 a.m. for all ages and 10:30 a.m. Yoga for Seniors. Thursdays Yoga for all ages at 9 a.m. Donations accepted, everyone welcome. Call Debbie for more info: 719-748-3678

FLORISSANT PUBLIC LIBRARY

2 & 16 The Adult Writers Group meets at 10 a.m. on the 1st and 3rd Saturday of each month, now at Florissant Public Library. For additional information Summer may be contacted at 719-748-8012 or summersand25@yahoo.com.

17 Chautauqua "Cope and Marsh Bone Wars" at 2 p.m. See page 28 for more info.

1 A free legal clinic for parties who have no attorney, will be featured from 2 p.m. to 5 p.m. on the first Friday of each month at the Florissant Public Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Please pre-register by calling 719-748-3939 for Florissant. ALL FREE!

PIKES PEAK HISTORICAL SOCIETY MUSEUM
The Museum is open Friday, Saturday, and Monday from 10 a.m. to 4

p.m., and on Sunday from 1 p.m.

to 4 p.m. For more information, call 719-748-8259. The Pikes Peak Historical Society Museum is located in Florissant at 18033 Teller County Road #1, across from the Florissant Post Office.

THUNDERBIRD INN

9 Music by Bruce Hayes.
23 Music by Colorado Floyd
25 Horseshoe tournament
Every Thursday is Open Mic Jam at 7 p.m. Call 719-748-3968 for more information.

PARADISE GARDENS - CLASSES

9 Early spring plant identification from 11 a.m. to 2 p.m. You are invited to participate in a tour of the Gardens and become familiar the hardy perennials that are popping up in the many established flower beds throughout the landscape. Learn to recognize the difference between a cherished plant versus an unwanted "weed". Bring your cameras, notebooks, layers of clothing to stay warm and comfy and a snack to share during a break if you would like. A \$20 offering is asked to facilitate this valuable class.

16 Aspen planting and transplanting from 11 a.m. to 3 p.m. This will be a hands on workshop for those who wish to learn the basics (and more) of my highly successful technique for planting and transplanting Aspen and Evergreen trees as well as native shrubs. I will be demonstrating these procedures -with your help- so bring your gloves, along with warm clothing, cameras, notebooks and a snack to share during a picnic break (weather permitting). A \$25 offering is asked to facilitate this workshop. Directions will be provided to Paradise Gardens with your call or E-mail to sign up for both classes. Since we will be outside, there is no reasonable limit to the number of folks who wish to attend, however I will need at least 5 participants for each session. Phone -748-3521. E-mail - plantladyspeaks@gmail.com

14 Spring Music Program at Lake George Charter School at 6:30 p.m.

16 & 17 The 31st Annual No Name Fishing Tournament is held by 11 Mile General Store and run at Elevenmile State Park on May 16 & May 17. Cost is \$45. Contact Jim Collins at 719-748-3424 or jcollins.col@gmail.com

20 Park/Teller County Senior "Just Folks" potluck at the Lake George Senior Center (yellow metal bldg by main stop on north side of Hwy 24). Starts at noon. Meat dish, table service, and coffee/tea furnished. Bring a wrapped "white elephant" gift for bingo prize which will be played after lunch. Carol Todd, 719-689-5950.

30 "Launch Party and Book Signing" the first book by former El Paso County Sheriff, John Wesley Anderson from 11 a.m. to 3 p.m. His book is "Ute Indian Prayer Trees of the Pikes Peak Region". Cost is FREE, light refreshments will be served. Location-Old Colorado City History Center, 1504th Street, C.S. The author has researched this historic anomaly for over two years including

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HARTSEL

23 The Hartsel Community Center is sponsoring a pot luck at the Community Center May 23rd. They'll provide the hot dogs and attendees can bring any side dishes or desserts they'd like. It all starts at 5:30 p.m. It's also an opportunity for anyone to participate in the Memorial Weekend yard/garage sale/lea market. This is your opportunity to sell all that "stuff" you've been wanting to get rid of. Bring your goodies and set-up table to Hartsel. The sale will take place all three days, Saturday May 23rd, Sunday the 24th, and Monday the 25th. You can set up along Hwy. 24 or Valley Avenue starting at 9 a.m. What a perfect opportunity to do that spring cleaning. What an opportunity to "look see" what's being offered. One man's trash is another man's treasure! For more information You can call 719-837-3033 or hartselcommunitycenter@gmail.com

LAKE GEORGE

9 Science Fun Day at the Lake George Library 1 p.m.

14 Spring Music Program at Lake George Charter School at 6:30 p.m.

16 & 17 The 31st Annual No Name Fishing Tournament is held by 11 Mile General Store and run at Elevenmile State Park on May 16 & May 17. Cost is \$45. Contact Jim Collins at 719-748-3424 or jcollins.col@gmail.com

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OLD COLORADO CITY

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Veterans remembered Victor Sunnyside Cemetery walking tour



The historic Sunnyside Cemetery walking tour is planned May 16 and will be conducted by Victorite Veldean Petri.

Step back in time and learn about Victor's 1890s cemetery, its resident veterans, and the history that brought them to the gold mining camp. This event is sponsored by the Victor Lowell Thomas Museum and will be held Saturday, May 16 as part of Colorado's Archaeology and Historic Preservation Month. That day is Armed Forces Day and the focus of the walking tour will be on the veterans and their stories.

Local historian, Veldean Petri will provide insights into the cemetery, its history, and some of the veterans who reside there. The event will be held at the Sunnyside Cemetery which is south of town on Seventh Street. Meet just outside the gate in Pauper's

Field by 10 a.m.

Pre-paid credit card reservations are encouraged and can be made at VictorColorado.com. Tickets at the event are by cash only. All tickets are \$10 per person. Proceeds benefit the museum's building and restoration fund.

Be sure to dress appropriately for spring mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and bring water and sunscreen. There are no restroom facilities at the cemetery.

For more information, visit VictorColorado.com, email museum@victorcolorado.com, or call 719-689-5509.

~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.

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leading 100s of interested hikers through the forests identifying and photographing the trees. Southern Ute elders have come to trust John's integrity enough to assist in the identification process. The historical society is proud to be the co-publisher of the book which includes 35 plus color photos. It is a hard bound coffee table style book. Anderson will be available to sign copies of his book at the May 30 launch.

SALIDA

2 Cinco De Mayo Happy Hour and Dance from 4:30 p.m. to 7:30 p.m. First ever Salsa and Guacamole Taste Off! Do customers, friends and family have your amazing salsa or guacamole? Now's the time to put it to the taste test! Prizes for 1st and 2nd places will be awarded. Pick up your registration form at the Salida Community Center and enter for your chance to win! Located at the corner of 3rd and F Street in the Historic District of downtown Salida. 719-539-3351 or email salidacommunitycenter@yahoo.com

2 The Tenderfoot Cancer Climb begins at 10 a.m. Riverside Park and Tenderfoot Mountain Registration begins at 9am. Visit www.tenderfootcancerclimb.org for more information.

7 Chaffee County's The Emergency Food Assistance Program & Commodity Supplemental Food Program distribution is at Salida Community Center, 305 F Street, from 9-30 a.m. until about 2 p.m. Call Elaine Alleman for more information 719-539-3351.

9 Job Fair at the Scout Hut from 1:00 p.m.-4:00 p.m. If you are looking for great employees, this is the place to be! The event is FREE for all job seekers and Chamber Member Employers. The fee for Non-Member Employers who would like to participate is only \$20. If you have questions, please do not hesitate to contact us at 719-539-2068.

13 Mon-Ark Circus 2015 from 4:30 p.m. to 7:30 p.m. at the Chaffee County Fairgrounds. The Mon-Ark Shrine Club is bringing the circus! With three rings of affordable family fun, "The Mon-Ark Circus" will thrill fans of all ages. See death-defying aerial acts, animal attractions including tigers and elephants. In addition to performing acts, kids will have the unique opportunity to ride and pet different animals. Early bird discount available now until May 6th through the website www.eventbrite.com/e/mon-ark

1 Free Legal Clinic for parties who have no attorney, will be featured from 2 p.m. to 5 p.m. on the first Friday of each month at the Woodland Park Public Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law,

shrine-circus-2015-salida-co-tickets-16439468894.

15 Golf Scramble. Sponsor a tee for only \$100. Everyone's welcome! Call 539-2068 now to register your team. Tee times start at noon on May 15, followed by Awards and a Social Business After Hours at the Salida Golf Club. Golf fees include admission to Business After Hours!

SAVE THE DATE:

RESERVE YOUR SPACE for the HUMONGO Yard Sale & Chili Cook Off, a fundraiser for and at the Howard Volunteer Fire Department. To be held June 6 & 7, 2015. Sell your thing-a-ma-gigs, what-cha-ma-call-it and other junkie that you have stashed in your garage and basement in the Humongo Yard Sale at the Howard Volunteer Fire Department's 32nd annual Chili-Cook off fundraiser on June 6th & 7th 2015. Sponsored by The Junque Drawer LLC and The River Rat Radio, a \$25 donation will get you a reserved space to show off and sell your amazing stuff! We've jumped on the fire truck along with a bunch of other addicted yard sale junkies to sell a bunch of cool stuff. The more the merrier - there is still room for more junkie, so come, have some fun, do a little pick'n yourself and make room in your garage for new thing-a-ma-gigs. It's only \$25.00 for a big space of fun for two days. Space is limited - Call 719.207.4161 or stop by The Junque Drawer to reserve your space today!

2 Computer Safety Class. Learn tips and tricks to keep you and your information secure in today's unruly digital world. Learn security fundamentals that are essential in your everyday computing. A basic knowledge of computers is necessary for this class. Register Now, class size is limited to 12. Email: info@egn-solutions.net or Call 303.219.1630. Those who register AND attend class will receive their \$10 registration fee back. EGN Solutions is offering this class from 11 a.m. to noon at their WP office, 400 West Highway 24, Suite 200. Snacks will be provided.

9 Sugar: More addictive than cocaine. Held at Mountain Naturals at 3 p.m. Call Mountain Naturals for details or to sign up for classes at 719-687-9851. Space is limited.

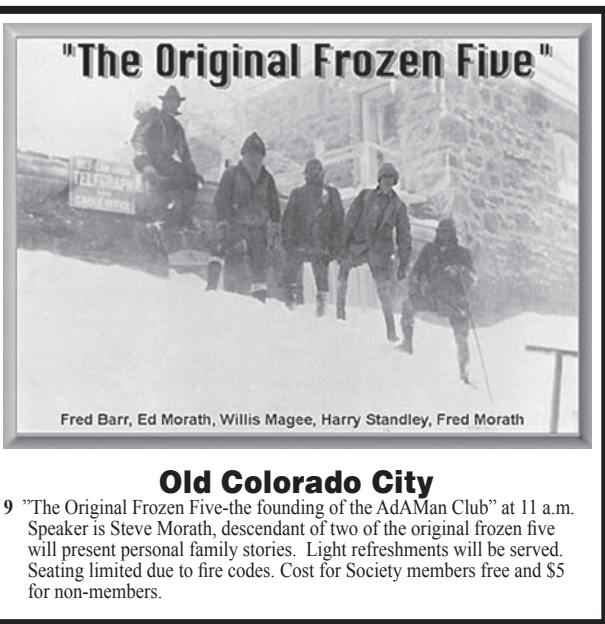
9 Farmer's Market last of winter indoor markets inside Ute Pass Cultural Center from 7 a.m. to 1 p.m. SNAP welcomed. For more information call (719) 689- 3133 or 648- 7286 or email: info@WPFarmersmarket.com

12 Dedicated, caring practitioners from the Wholistic Networking Community invite you to

WOODLAND PARK

1 Annual Karate/Gospel Demo. This annual martial arts action event will be held Friday, at the Ute Pass Cultural Center in Woodland Park. It is free to the public and begins at 7 p.m. The Karate Plus students, instructors, and Demo Team will present: self-defense, karate, weapons, jujitsu locks, judo throws, breaking, sparring, God's Good News and more. There will be a special segment called "Incredible Colorado", featuring photos of unique things about our wonderful state. Refreshments will be served. Contact Ken Valles for more info 719-687-1436.

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Old Colorado City

9 "The Original Frozen Five-the founding of the AdMan Club" at 11 a.m. Speaker is Steve Morath, descendant of two of the original frozen five will present personal family stories. Light refreshments will be served. Seating limited due to fire codes. Cost for Society members free and \$5 for non-members.

small claims, veterans issues, and civil protection orders. Please pre-register by calling (719) 687-9281 ext.103. ALL FREE!

2 Getting the most phytonutrients from your fruits and vegetables. Held at Mountain Naturals at 3 p.m. Call Mountain Naturals for details or to sign up for classes at 719-687-9851. Space is limited.

8 Computer Safety Class. Learn tips and tricks to keep you and your information secure in today's unruly digital world. Learn security fundamentals that are essential in your everyday computing. A basic knowledge of computers is necessary for this class. Register Now, class size is limited to 12. Email: info@egn-solutions.net or Call 303.219.1630. Those who register AND attend class will receive their \$10 registration fee back. EGN Solutions is offering this class from 11 a.m. to noon at their WP office, 400 West Highway 24, Suite 200. Snacks will be provided.

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12 Dedicated, caring practitioners from the Wholistic Networking Community invite you to

experience the benefits of holistic services on a first come, first served donation basis. You may choose from touch and no-touch Reiki, Reiki massage, psychic guidance, chakra balancing, essential oils, tuning fork sound healing, dowsing and Tarot. Practitioner information can be found at Facebook page WNC - Wholistic Networking Community. The Wholistic Networking Community's healing team will be the beneficiary of your donations this month. Seeds Cafe, a non-profit dedicated to impacting and solving hunger, insecurity, transforming lives, building and celebrating community, will be the beneficiary of your donations. Venue: Mountain View United Methodist Church, 1101 Rampart Range Rd., Woodland Park. FMI: Shari Billiger - 719-748-3412, shari551@aol.com

16 Senior Center Pancake Breakfast - May Pancake Breakfast at Woodland Park Senior Center on Saturday, May 16. Start your Saturday with a plate of hot, fluffy pancakes, scrambled eggs, link sausage and the best biscuits and gravy around. We serve it up with juice and hot coffee or tea for only \$6. Kids 6 and under eat for free. If you miss the one in May, keep in mind you can make one the 3rd Saturday of any month, it's open to the public, all you can eat and your patronage supports programs and activities of Woodland Park Senior Citizens Club. Hope to see you soon!

18 Diabetes Support Group. Meets

the third Monday of every month from 10 a.m. to 11 a.m. at Pikes Peak Regional Hospital. Open to all persons with diabetes and their family members. Call 719-686-5802 for more information.

18 Elevation Networking from 6:15 p.m. to 7:30 p.m. at Kenpo Karate in Gold Hill South. All vendors welcome. Come, socialize, network and get the exposure you need. Call Thom 719-930-6365 for more information.

19 The Wholistic Networking Community invites you to meet area practitioners and learn about holistic wellness on May 19 from 11 a.m. to 12:30 p.m. at the Rampart Public Library, 218 E. Midland Ave., Woodland Park, CO 80863. "Wholistic" in our name includes all, both seekers and practitioners, who pursue conscious living, a healthy lifestyle and desire a peaceful, natural world. The featured presentation for our May 19th meeting will be "The Sacred Healing Art of Thai Yoga Massage" presented by Leah Wilson, massage therapist, yoga instructor and owner of White Lotus Therapies, and Gay Anne Liberty, one of our WNC Coordinators, who have both recently returned from Thailand where they studied Thai Yoga Massage. Leah and Gay will share the history and a brief demonstration of this healing modality, as well as some of their beautiful photos of Thailand in a slide show with stories of their impressions of Thai culture. For more information about the Wholistic Networking Community or to RSVP, telephone 719-963-4405.

23 The economy of organics: the real cost vs cheap foods. Held at Mountain Naturals at 3 p.m. Call Mountain Naturals for details or to sign up for classes at 719-687-9851. Space is limited.

30 Eating fats for heart and brain health. Held at Mountain Naturals at 3 p.m. Call Mountain Naturals for details or to sign up for classes at 719-687-9851. Space is limited.

9 Help KWBP booth at the Farmer's Market - 9-1 KAC*

12 Pizza & Paint Workshop - Come in and paint an 8x10 picture for a small fee. Look for sign-up sheet! Must be signed up to participate. 15 person maximum

20 Last Day of School party at the Cultural Center from noon to 3 p.m. Teen Center open until 6 p.m.

22 FREE Memorial Day BBQ at the Teen Center

25 Teen Center CLOSED for Memorial Day Holiday

26 Redbox movie w/Free popcorn and soda at 3:30 p.m.

28 TAB Meeting - If you're on the Board, please attend. KAC*

*KAC = Kids Are Community Crew - Look for information to sign up and help your community while earning points towards rewards!! After school hours: 3 p.m. to 6 p.m. No school hours: noon to 6 p.m. Youth in Grades 6-12 are welcome! Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

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Live music - see ad on page 3.

DINOSAUR RESOURCE CENTER
9 Seustacular Celebration from 1:30 p.m. to 2:30 p.m. Denise Gard and her Border Collie, Sienna will act out some of your favorite Dr. Seuss tales. It's fun, it's wacky, it's full of laughter, feathers, tricks, and audience participation! Make a craft to take home with you. Celebrate the creativity of Dr. Seuss with Denise and Sienna at the DRC.

10 Mother's Day Mother's get in free with 1 paid adult or child admission from 10 a.m. to 4 p.m.

30 Physics is Phun from 11 a.m. to 3 p.m. USAF Academy. Captain Jacob Harley will present "Physics is Phun" at 11:30 a.m. and 1:30 .pm. He will also be talking to visitors before, in between and after each performance and answering questions. "Physics is Phun" show illustrates the mysterious side of forces at work in our world. The effects of extreme heat and cold on everyday objects are put to a test. You will see electricity at play and observe its tangled relationship with magnetism. The audience is always welcome to investigate the demonstrations in detail and meet with members of the Academy after the presentation. Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO. Visit www.rmdrc.com or call 719-686-1820.

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4 Smoothie special only 25 cents!

6, 13, 20, & 27 Ice Cream Cone Special - \$5.00 for an Ice Cream Cone / \$1.00 for a cone and a soda!

7 Craft or Workshop Day at 3:30 p.m.

8 Finish the Mother's Day project and send home Recycling & Memorial Park Cleanup - KAC*

9 Help KWBP booth at the Farmer's Market - 9-1 KAC*

12 Pizza & Paint Workshop - Come in and paint an 8x10 picture for a small fee. Look for sign-up sheet! Must be signed up to participate. 15 person maximum

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