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Vol. 7, No. 11

Welcome to Ute Country

"What we plant in the soil of contemplation,
we shall reap in the harvest of action."

Meister Eckhart



PEEK INSIDE...



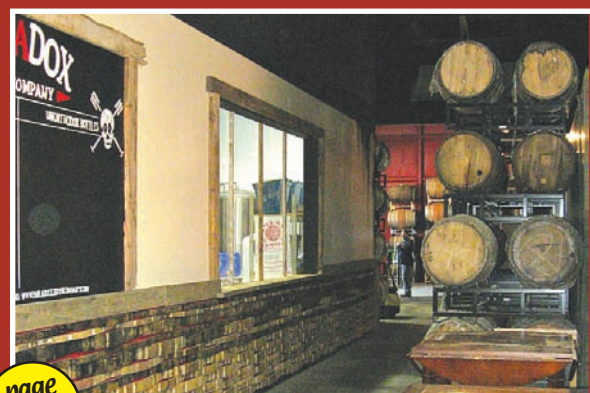
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Silent march makes a big noise



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Having fun horsing around



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Barrel-aged American Sours and Wilds



This month's cover photo was taken on Highway 24 just east of Hartsel. Harvesting is often a theme we consider the month of November, along with a deep sense of gratitude. The contrasting colors teach us to honor uniqueness. This time of year reminds us it is because of our differences that each of us has an opportunity to shine brightly.

Our November issue has a colorful array of stories to enjoy. Be ready to meet some incredible people; learn about some very special places and what makes them unique; find out about interesting missions in progress; and a few wise reminders always helps.

We wish to express our heartfelt gratitude. Thank you to our advertisers who make each issue possible and the sales representatives that listen to their needs. Thank you to our writers and contributors, especially for your willingness to experience your passion and follow your hearts. Thank you to our readers; we continue to be astounded by your flattering and encouraging feedback! Thank you to the locations that allow space for our racks and boxes because it really helps us get your word out. Happy Thanksgiving to you ALL!

Please send photos of your inside or outside pets for Critter Corner. Mr. Spaz is hoping to get enough holiday photos for our December issue. Send them early; Mr. Spaz needs a little more time than he used to. Mr. Spaz says 'Thank you' to all who have inquired of his health. Send to utecountrynewspaper@gmail.com or by snail mail at POB 753, Divide, CO 80814.

We welcome your comments, feedback, stories of interest, critter pics, as well as criticisms. Please send to utecountrynewspaper@gmail.com or call 719-686-7393. We love to hear from you!

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 Spice it up for cold and flu season

by Mari Marques

Every year about this time I find myself in the midst of hackers and sneezers. While most people seek out over the counter medications to relieve their symptoms, unfortunately some OTC medications can have some pretty serious side effects. Some raise blood pressure, some can even cause liver toxicity, and most suppress normal immune response.

Look no further than the kitchen and garden for relief. Some of my favorite natural remedies consist of herbs that can be found in most people's spice cabinet.



Ginger

Ginger can be found fresh in most grocery stores produce sections, and is turning out to be high on my list of home remedies. It is anti-viral, cold and flu are both viruses, and helps relieve nausea. It stimulates the flow of blood, it is anti-inflammatory, and it has a warming energy handy for these chilly mountain mornings. Ginger is active against antibiotic resistant bacteria like staph. It is also synergistic in that it can enhance the action of pharmaceutical antibiotics increasing their potency especially against resistant bacteria. Some studies have shown it to be more effective at killing cancer cells than cancer medication without damaging healthy cells.

Worth mentioning, I would heavily advise against wasting your money on powdered ginger if you expect to get medicinal action from it. Ginger should have a strong smell and flavor to be effective. The ginger juice mixture shown below is anti-viral, anti-bacterial, anti-inflammatory as well as providing vitamin C, a necessity for cold & flu season.

Vitamin C

In regards to Vitamin C, most supplements found over the counter are made from ascorbic acid. Not the same thing as Vitamin C, ascorbic acid is only a fraction or an isolate in naturally occurring vitamin C. Vitamins do not consist of individual compounds. They cannot be isolated from the complex and perform necessary functions in the cells. They are biologically complex and a number of factors need to be present for them to actually work. My point being this, naturally occurring vitamin C is the best method of delivery.

Where can we get naturally occurring Vitamin C? Some excellent food sources include citrus fruits, leafy greens such as spinach, and green or red peppers (lightly cooked or raw is best).

Other naturally occurring sources are pine needles and rose hips. Pine needles can be cut and made into tea by pouring hot water over them. Steep only 3 minutes or so or you will feel like you're drinking turpentine. While hovering over your cup of pine needle tea, take a few deep breaths to allow the volatile oils to coat the respiratory system as a preventative. Tea can also be made from rose hips. Just one rose hip can provide as much vitamin C as three lemons.

Another easy method of ingesting vitamin C is to dry the peel of organic citrus fruit and grind it into a powder. One teaspoon per day stirred into water is recommended.

Back to the kitchen. No medicine chest would be complete without ginger's golden

cousin, turmeric, one of the most versatile herbs in the kitchen. Per the website <http://www.turmericforhealth.com/turmeric-benefits/turmeric-and-the-flu>.

Laboratory studies have shown that curcumin, an active constituent in turmeric reduced viral replication by up to 90 percent in cells infected with the influenza virus. It is a potent antimicrobial, meaning it is antiviral, antibiotic, and antifungal to name a few. It's also anti-oxidant, assisting the immune system. It is powerfully anti-inflammatory in action and has shown benefit to those stricken with inflammation from arthritis to Alzheimer's. Talk about bang for your buck! Turmeric has got to be one of the most inexpensive and versatile food/medicines available.

Garlic

Yet another antimicrobial found in most kitchens. Per herbalist Stephen Harrod Buhner, "No other herb comes close to the multiple system actions of garlic, its antibiotic activity and its immune potentiating power." Garlic contains hundreds of minerals and nutrients. Again fresh garlic is best, it should always be strong smelling and strong to the taste buds. Some of its healing power actually comes from a chain reaction of compounds produced by bruising or crushing the clove. The supplements found in stores that are deodorized are not going to have nearly the power or strength of the fresh herb. Although many people are subconsciously about smelling like garlic, maybe there is some truth to the old wives tale about keeping the vampires away. Rich in Vitamin C and potassium, garlic can help make your meals an opportunity for healing.

To learn more about garlic, there's a whole book written on the subject called The Healing Power of Garlic by Paul Bergner.

Why are herbs better?

As with over the counter vitamins, many pharmaceutical antibiotics are isolated chemical constituents. They are one compound or one chemical — penicillin is penicillin, tetracycline is tetracycline etc. This makes them easier for bacteria to adapt to and counteract.

In contrast, herbs are much more complicated. Garlic has over 33 sulfur compounds, 17 amino acids and a dozen other compounds. The different compounds work synergistically with each other. The complex ingredients of herbs work together in concert which is probably what makes them effective and safe. They don't encourage antibiotic resistance or destroy gut bacteria as with pharmaceutical antibiotics. One of the things I love the most about herbs is they have a multitude of uses unlike over the counter or pharmaceutical medications which are typically used for only one purpose. When I write about the herbs and their uses I feel as if I am only touching the tip of the iceberg.

The beauty of "food" like herbs is that you can't take too much but they sure can pack a punch when it comes to knocking out an illness. Ginger, turmeric, and garlic bring with them the wisdom of the ages. All three are ancient spices and have been used for thousands and thousands of years without one single documented case of overdose or death.

I often wonder when the notion that *eating well contributes to better health* fell by the wayside. It certainly did happen somewhere down the line as evidenced by the rise in the cost of healthcare and burgeoning pharmaceutical industry. When I consider cooking with herbs as preventative medicine, it makes a whole lot more sense to me coming from that angle. No mystery about it. Many of your kitchen herbs are immune boosting and antimicrobial. I can't think of one single fast food that can show benefit or positive results regarding your health. In fact, I believe leaving our health in the hands of doctors and resorting to fast food and processed food to be the leading cause in obesity and diabetes as well as lowered immune function to say the least.

Ginger, turmeric, and garlic can easily be grown in the garden or even indoors. Using fresh ginger or turmeric, plant the root knobs up and watch your medicine grow.

A great ginger juice recipe for the onset of cold or flu**

Juice three pieces of fresh ginger about the size of your thumb. Add about 10 ounces of hot water, a squeeze of lemon or lime, approximately 1/16 tsp of cayenne pepper and a bit of honey to sweeten. Drink 3 to 4 cups per day or more if you feel a monster coming on. You can take the remaining pulp from juicing, soak it 4-8 hours in water and drink the liquid. An alternative to ginger ale can be made by adding honey and club soda to the remaining liquid.

Folk remedy garlic foot wrap

Mince four cloves of garlic, make a thick paste with olive oil and spread on the soles of the feet. Cover with cotton socks (best done before bedtime). If the person is sensitive place a cloth between the garlic paste and the skin. For children use 1 clove.

Garlic honey lemonade

Garlic honey lemonade because everything is better with a little bit of honey. Two cloves finely minced garlic. Add to 1 quart mason jar and fill with boiling water. Cover 30 minutes and strain. Add the juice of one whole lemon. Sweeten with honey. Serve warm.

***Large doses of ginger should be avoided in pregnancy, however used in moderation can be effective against morning sickness.*

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

Veteran's Day

by Linda Bjorklund

photos courtesy of the Farrington family

World War I was said to have been "the war to end all wars." Unfortunately, it was just the beginning of modern warfare. We read that the war was started because, on June 28, 1914, Archduke Ferdinand of Austria was assassinated by a young Bosnian on behalf of Serbia. At that point most of us draw a blank. Who was this archduke fellow and why do we care that some ruffian killed him?

It seems that Austria-Hungary was an ally of Germany. Serbia was an ally of Russia. When the archduke was murdered, Austria-Hungary declared war on Serbia and invaded. Russia mobilized to support Serbia and Germany jumped in on behalf of Austria-Hungary.

In the early days of the war the Central Powers consisted of Germany, Austria-Hungary, the Ottoman Empire, and Bulgaria. The Allied Powers started out with France, the British Empire, Russia, and Serbia. The United States, along with Japan, Italy, and other smaller countries, joined the Allied Powers later in the war.

But why did the United States, living peacefully on our own continent, get involved in a war that most of the American citizens opposed?

There were two basic reasons: 1. German U-boats — submarines — began to attack anybody and everybody they encountered. The British passenger ship Lusitania was sunk with 128 Americans aboard. Then the Germans sank seven U.S. merchant ships. 2. Germany was attempting to entice Mexico into their ranks by promising to help them recover Texas, New Mexico, and Arizona.

The U.S. entered the war in 1917 and sent tens of thousands of troops to the European theater. In 1918 Austria-Hungary sent a flag of truce to ask for an armistice. The armistice took place on the eleventh hour of the eleventh day of the eleventh month of the year, when a ceasefire went into effect. The war wasn't officially ended until the signing of the Treaty of Versailles in that town just outside Paris on June 28, 1919.

Woodrow Wilson, then U.S. President, declared November 11 as Armistice Day and directed that it be observed annually. After the nation had suffered through World War II and the Korean War, President Dwight Eisenhower signed the proclamation in 1954 to change the observance of Armistice Day to Veterans Day to honor all veterans. Although some holidays are now celebrated on the Monday closest to the actual day, Veterans Day continues to be celebrated on the actual day of November 11.

The Second World War broke out only 20 years after the First World War ended. Again the people of the United States were against getting involved in the affairs of another continent. The Japanese attack on

Pearl Harbor December 7, 1941, changed all that.

The entire nation became avid supporters of their troops and young men clamored to sign up for active duty. One such young man was John A. Farrington, of Buena Vista, Colorado.

Known by his nickname 'Bus,' he had graduated from Buena Vista High School and planned to marry his high school sweetheart, Betty Wilson. Bus worked at the Gates Rubber Company in Denver for about a year, but as soon as he could, he enlisted into a pilot training program. He and Betty married in August of 1942 in Big Spring, Texas. In September he was one of 65 cadets from Colorado that graduated from the Gulf Coast Army Air Forces Training Center, having gone through a 30-week course in military flying. Each of the cadets was presented their Silver Wings and awarded a commission as a second lieutenant in the U.S. Army.

In October of 1943 Farrington, having been promoted to Captain, was with his heavy bombardment unit as operations officer. They had been ordered to a small base in northern Australia next to a 'kangaroo waterhole.' The squadron was made up of flight crews waiting for missions to fly. October in Australia is a hot time of the year and several of the young fellows were reminiscing about home and wishing for a cold beer.

Bus and his partner, Captain Hadley, took matters into their own hands and went foraging. They soon encountered a rancher who



Betty and 'Bus' on their wedding day in August, 1942.

wing position and was the first hit. One of the motors caught fire and the plane went into a steep dive. The Golden Gator followed it down, hoping the pilot could pull the plane out of its dive.

They heard Captain Farrington radio, "Go ahead home; you can't do us any good." Then they watched as seven men crawled out of hatches and parachuted into the sea. Seconds later the plane exploded.

The Golden Gator had become separated from the other two planes, but thought they had escaped into the clouds. Unfortunately the Japanese planes found them and a battle ensued. The Golden Gator emptied all of their remaining munitions onto the enemy fighters, but they were outnumbered. The pilot, by then mortally wounded, told the crew he was going to land the plane on the water and they should put on their lifejackets, find the life rafts on board and get them through the escape hatches.

The Japanese fighter planes took another pass, strafing as they went. Now the survivors were adrift at sea. Out of the 11 original crew members of the Golden Gator only four were left. All four of the men were injured, unable to help one another. On the second morning at sea a Liberator plane flew by, spotted the men in the rafts and dropped them water. The Australians then

sent out a Catalina flying boat to rescue the wounded survivors. They were pulled aboard the boat, given tea, and their injuries treated. Notice was sent to the families of those known to be lost. Betty Farrington got the news where she was living in Denver that Captain Farrington had been lost at sea. Two months later their son was born. He was named after his father.

Betty lived with her parents for a while, then went to Colorado Springs, where Bus' parents lived. Bus' brother Bill had also enlisted in the war and served in the European theater. When Bill was discharged from the service he came to visit his family. He and Betty became close and after a while, married. They had a daughter, Margaret. Betty had by then graduated from Colorado University with a teaching degree. Eventually they came back to Buena Vista where the Farrington brothers and Betty had gone to high school.

Betty, now at 96 years of age, lives near her daughter in BV and enjoys playing bingo at the American Legion and going to Cripple Creek to try her luck there as well.

Theirs is but one of the many stories that have come out of the wars fought by patriotic and courageous veterans and supported by the families they left behind.

Veterans Day is different from Memorial Day in that all veterans are honored. On Memorial Day, special attention is given to those veterans who have died. Veterans' organizations like the American Legion and the VFW (Veterans of Foreign Wars) encourage all citizens to mark the date November 11 to honor those who have put on a uniform to defend us.

It takes but a small effort to shake the hand of a veteran and say, "Thank you."



Betty holding her new son.

had run out of 'smokes' and was willing to make a trade. For four packs of cigarettes, they brought back 10 sirloin steaks and two cakes of ice from the rancher's meat cooler. As they returned to camp, they discovered that other improvising fellows had obtained the beer. So the beer was put on ice and a fire started. The feast was supplemented with potatoes and bread.

Not long after the memorable picnic, they got orders for a mission. The target was Pomelaa, a nickel-producing town in Indonesia, a 2,100 mile flight. A number of bomber planes took off from their base in Australia, but, due to mechanical problems, their number was reduced to four.

In the tradition of military pilots, their planes were given affectionate names. The bomber piloted by Captain Farrington had been dubbed 'Fyrtle Myrtle' because, not only had the Captain just learned that he was to become a father, but his navigator, Lt. William McFerren from Illinois had just welcomed a new baby into his family. According to other pilots, Bus was well-liked, as was his navigator, whose nickname was 'Porky' because he was short and fat, but good-humored.

Another of the four planes was named the 'Golden Gator,' after the U.S. port that they had left. One of the few survivors from the Golden Gator later told the story of what happened to the planes on that fateful mission.

The four planes had reached their target at Pomelaa and successfully scored hits on a 4,000-ton ship in the harbor as well as nearby mine equipment and docks. They had gone into a tight diamond formation and were headed back to Australia. Then they encountered about 14 Japanese fighter planes. The Fyrtle Myrtle was in the left



Betty and Bill.

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Avoid emotional investment decisions

What's the biggest obstacle to your ability to invest successfully? Is it the ups and downs of the financial markets? Political events? The fact that you weren't born rich? Actually, the chief hurdle you face is something over which you have control: your own emotions.

Your emotions can lead to a variety of ill-advised investment behaviors, such as these:

Cutting losses

Declines in the financial markets can lead some investors to try to "cut their losses" by selling investments whose price has declined. Yet, when prices have dropped, it may actually be a good time to buy investments, not sell them, especially when the investments are still fundamentally sound.

Chasing performance

In the investment world, the flip side of "fear" is "greed." Just as some investors are propelled by fear of loss, others are motivated by quick, big gains. They may pursue "hot" investments, only to be disappointed when the sizzle quickly fizzles. Instead of trying to "score" that one big winner, you may be better off spreading your investment dollars among a range of vehicles: stocks, bonds, government securities, certificates of deposit (CDs) and so on. While diversification can't guarantee a profit or protect against loss, it may help reduce the impact of market volatility on your portfolio.

Focusing on the short term

When the market is down, you might get somewhat upset when you view your monthly investment statements. But any individual statement is just a snapshot in time; if you were to chart your investment results over a period of 10, 15 or 20 years, you'd see the true picture of how your portfolio is doing and, in all likelihood, that

picture would look better than a statement or two you received during a down market. In any case, don't overreact to short-term downturns by making hasty "buy" or "sell" decisions. Instead, stick with a long-term strategy that's appropriate for your goals, risk tolerance and time horizon.

Heading to the investment "sidelines"

Some people get so frustrated over market volatility that they throw up their hands and head to the investment "sidelines" until "things calm down." It's certainly true that, when owning stocks, there are no guarantees; you do risk losing some, or all, of your investment. But if you jump in and out of the market to "escape" volatility, you may take on an even bigger risk — the risk of losing some of the growth you'll need to reach your goals. Consider this: If you had invested \$10,000 in a package of stocks mimicking the S&P 500 in December 1979, your investment would have grown to more than \$426,000 by December 2013. But if you had missed just the 10 best days of the market during that time, your \$10,000 would only have grown to less than \$206,000 — a difference of about \$220,000, according to Ned Davis Research, a leading investment research organization. The bottom line? Staying invested over the long term can pay off. (Keep in mind, though, that the S&P 500 is an unmanaged index and isn't meant to depict an actual investment. Also, as you've no doubt heard, past performance is not a guarantee of future results.)

Our emotions are useful in guiding us through many aspects of our lives, but when you invest, you're better off using your head and not your heart.

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

Free counseling to public for Medicare open enrollment

Open enrollment for 2016 Medicare Part D (prescription drug plans) will continue through Dec. 7. Pikes Peak Area Council of Governments' Area Agency on Aging is offering personal counseling to all Medicare-qualified individuals. Counselors are available Monday through Friday from 9 a.m. to 4 p.m. on a walk-in basis at 14 S. Chestnut St., Colorado Springs, Colorado. Area Agency on Aging counselors will help Medicare clients review and select the best drug plan to minimize cost and maximize coverage.

Counselors do not sell insurance, so they can provide an objective view of the options. All are trained by the state and have many years of experience.

Citizens over the age of 65 or those granted Medicare due to a disability are eligible for Medicare Part D. For more information, call 719-471-2096.

About the Pikes Peak Area Council of Governments

The Pikes Peak region's 16 local governments join together in PPACG to collaborate on issues that cross political boundaries and to reach solutions that benefit the entire region. PPACG's primary focus is regional planning in transportation, aging issues, and air and water quality. The Area Agency on Aging helps older adults retain their independence as they age and ensures a continuum of care for Pikes Peak region seniors by providing or coordinating information and referrals, direct services, and advocacy.

LocalFood App

Find, buy, and eat local

LocalFood: Colorado Springs | Pikes Peak Region; a mobile app that seeks to challenge the 21st century's globalized take-over of local food economies, is on track to shift food purchases in the Pikes Peak Region from non-local conventional food suppliers like US Foods and Shamrock to hyper-local suppliers like Buffalo Dundee and Emerge.

Since February of this year, the mobile app LocalFood CS has been enabling the community to find, buy, and eat food that is grown or produced within 67 miles of Colorado Springs. The app also has a rating system based on local-ness, organic-ness, and if livestock is involved, how long the animal spends pastured. What makes this local food portal unique is that the user can search by specific food or drink and find out who is growing or producing it in real-time. It also has a "Neighbors" section, so you can see which of your neighbors is growing or producing food such as eggs, honey or backyard produce. If we can buy kale from our neighbor, why buy it at Safeway?

Elise Rothman, creator of LocalFood CS said that "LocalMotive projected 500 users in year one. It has already surpassed that

target five-fold. We currently have close to 2,600 users since the launch end of February 2015. We were really only targeting Early Adopters, but we now understand that the local food movement is beginning to hit mainstream Colorado Springs."

The app has been designed to be the roadmap back to some semblance of a local food economy. It's working faster than anticipated. Restaurants have been shifting their purchases away from non-local food on a regular basis since the app's launch early this year. "In order for restaurants to be part of LocalFood CS, two of their products must be purchased from food suppliers within the Pikes Peak Region," says Rothman.

LocalMotive, a registered Colorado Public Benefit Corp, has recently been awarded a BI Team (UCCS Bachelors of Innovation). Five students from University of Colorado, Colorado Springs, will be developing the first local food database management system in the US.

The LocalFood CS app is currently available for both iPhone & Android. For more information, email LocalFoodCS@outlook.com or call Elise at LocalMotive 719-217-7321.

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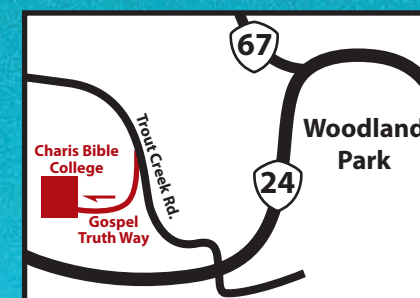
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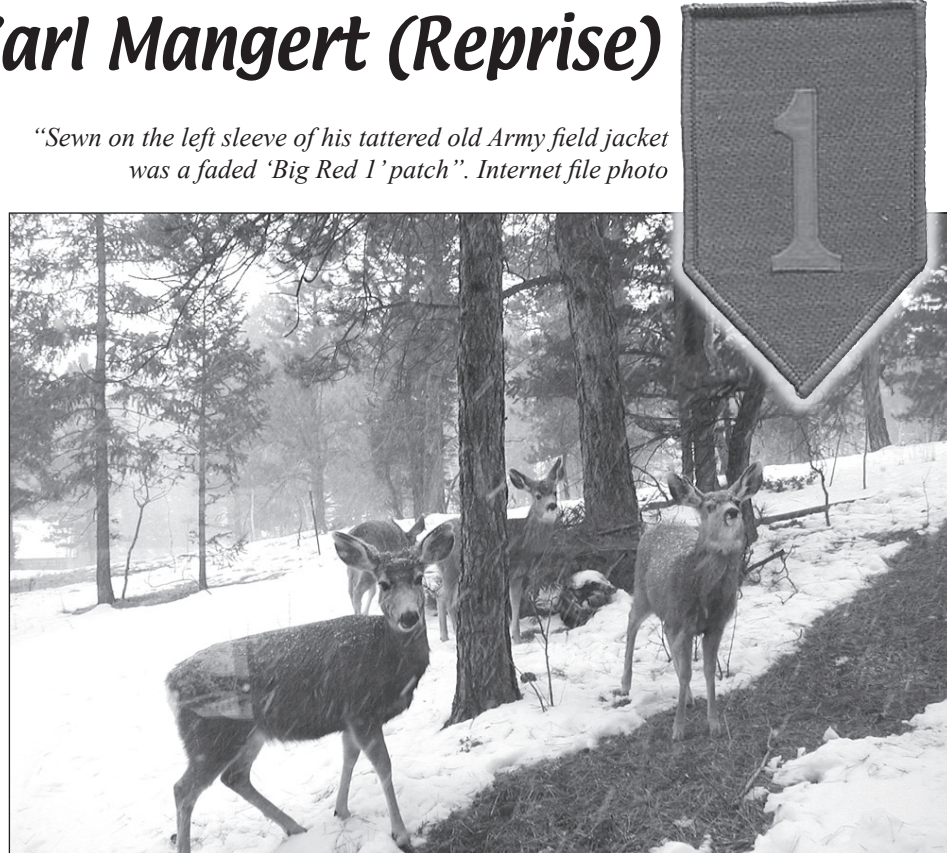
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Mule deer in the snow during a winter snow storm. photo by David Martinek

"Before long there was almost a foot of snow around me with no signs of letting up. I was cold. It was a good storm and the sky was very overcast. When the sun goes away, the temperatures drop considerably, you know." He ran his hand over his unshaven jaw and looked at his fingers.

"I noticed my fingers getting kind of numb. I had gotten frostbit on my toes in France but never my hands. I took my gloves off and rubbed my fingers to restore some circulation." Unconsciously, he began to rub his knobby hands together as he relived the moment.

"I sat there a long time," he remembered, as he looked down at his feet. "I started shivering, and then I got sleepy. You'd think after fighting through a French winter, I would have known what was happening. But it was a different situation; I wasn't as alert. Plus, I was in my twenties, and stupid," he chuckled. "When I woke up it was dark; after six I supposed. I did wake up," the old man reassured me. "I didn't know the exact time but it was still snowing," and his words got softer.

"I woke up warm! All around me were these dark shapes just barely visible, like shadows. I put out my hand and touched... fur. I pushed on one of the shadows, and it pushed back! First, I got scared because I thought they were bears. But bear don't sit around in a friendly circle as a rule, I reasoned; and besides, the fur was short and wiry. It was deer! About five or six of them sitting around in a close circle with me in the middle, keeping all of us warm! Damnedest thing I'd ever seen! I was wide awake!"

"They made no noise nor moved." His voice choked and I strained to hear him. "They just sat there, like silent angels." He closed his eyes for a moment, and I could tell the memories were flooding back.

"After a while the snow let up some, but I still couldn't see very well in the dark. I guess the deer noticed too, because they all stood up and started a line walking back along the trail. I followed as best I could, keeping a white tail in my sight.

"Well, they led me back to the creek and nearly back to the cabin. At least I walked

with them back that way; close enough so as I could tell where I was; came the rest of the way home by myself. Those merciful animals probably saved my life and then just melted into the snow storm. It was over 50 years ago, but I remember it like it was yesterday."

He leaned close to me and put his wrinkled hand on my arm. "I swear it's the God's-honest truth." He spat on the ground for emphasis, stood up and stretched. "Of course, it don't matter whether you believe me or not," he said, brushing some dust from his pant legs. "I know it happened. I was there. I have been living here ever since; probably won't leave this place alive. I owe it to them."

He climbed his porch steps with some difficulty and started for his cabin door. I guessed the interview was over. But he stopped and looked back at me. There was a kindness in his face. For an instant I thought I saw a young soldier, full of energy, adventure... sadness and searching, peering through that old man's eyes. "This is their land," he said. "We are just visitors."

Epilogue: Who can deny that in some space of time the normal barriers of communication between men and animals could sometimes disappear? There's an old tale that animals talk at midnight on Christmas Eve, but Carl Mangert's legend tells of another moment when benevolent creatures, acting naturally (perhaps) according to their instincts, happened to include a human in their winter survival tactics — saving his life and changing it at the same time.

In the following months, Carl passed beyond this world, leaving the woods and solitude he loved so much. Perhaps he is resting now in the Elysian Fields on the edge of a special place where human beings and animals coexist eternally. We are left only with his story. Let us hope, in the telling, that we have not missed his lesson. There are many mysteries of nature to be discovered in the high country of Colorado, if, like Carl, we will only submit ourselves to the land for approval.

This story is a work of fiction, based on legend. The reader is free to draw his/her own conclusions.

Stanley Steamers

by Flip Boettcher
photos by Flip Boettcher

Eight Stanley Steamers, steam engine automobiles from the early 1900's, chugged into Guffey on September 14, for a private luncheon at the Rolling Thunder Cloud Café on their 2015 Colorado Canyons and Vistas Tour.

Although the group is not really a club, they still get together once a year for a Stanley Steamer tour, according to Rob Reilly of Golden, Colorado, and president of Stanley Steamers of America, Colorado Springs.

The group is mostly mid-west based and have had tours in Vermont, Massachusetts, and South Illinois, said Reilly. The group arrived in Canon City on Labor Day and there was a reception for them at the Royal Gorge Bridge.

On Wednesday and Thursday, they drove across the Royal Gorge Bridge and took the back road to Westcliff and back to Canon City. Ten Stanley's started, but one broke down on the way to Westcliff, Reilly said.

On Friday the Steamers traveled to Buena Vista and on Saturday they went up to Leadville. On Sunday, they chugged up to St. Elmo. Then on Monday, they steamed to Hartsel, Guffey, and back to Canon City. Reilly added that one of their group has driven his Stanley about 45,000 since he's owned it.

One of the Stanley's broke down on Trout Creek Pass en route to Hartsel, leaving eight arriving in Guffey. The group has a trailer following them for just such an event added Reilly.

Francis Edgar Stanley, 1849 – 1918, born in Kingfield, Maine, invented the famous Stanley Steamer automobile, with the first vehicle built in 1897, in Watertown, Massachusetts.

Edgar Stanley and his twin brother, Freeman O. Stanley, better known as the Stanley twins F.E. and F.O., started the Stanley Motor Carriage Company in 1902 in Newton, Massachusetts. The twins founded the motor company after selling their black and white dry plate photography business, the Stanley Dry Plate Company, to Eastman Kodak. By 1924, the Motor Company was defunct.

Between 1899 and 1905, the Stanley Steamer outsold all gasoline powered cars. In 1899, F.O. and his wife Flora, drove a Stanley to the top of Mount Washington in

New Hampshire, the highest peak in northeastern America, according to Wikipedia, the ascent took more than two hours and was the first car to climb the 7.6 mile Mount Washington Carriage Road.

In 1906, a Stanley set the absolute land speed record for the fastest mile in an automobile. This record, 127 miles per hour, was not broken by any automobile until 1911. The record for steam powered vehicles was not broken until 2009.

After F.E.'s tragic death in an automobile accident in 1918, F.O. sold the business and the company entered a long period of decline and became defunct by 1924.

A steam engine is an external combustion engine, with the fuel combusted away from the engine, as opposed to an internal combustion engine where the fuel is combusted within the engine.

The steam car does have some advantages over internal combustion cars. The engine excluding the boiler is lighter in weight than an internal combustion engine. The



Guffey's Big Jim Tubbs next to a 1911 Stanley like one in which he road as a youngster in Montana. He said that he has never forgotten it.

steam engine is better suited to the speed and torque of the axle avoiding the need for a transmission, drive shaft or clutch. The steam engine was also quieter and produced little or no polluting emissions.

The boiler presented the greatest technical challenge for the steam car. The boiler represents the greatest mass of the vehicle.

The largest restriction was keeping water in the boiler and the Stanley's water tanks constantly needed filling as the steam was vented outside.

After 1914, the Stanley's were fitted with a condenser which changed the steam back into water and helped refill the boiler, which reduced their water consumption. Steam was generated in a boiler which was first mounted under the seat and then moved to the front, with a burner underneath. When the boilers were shifted to the front they were called "coffin nosed" because of the rounded front. Stanley's were also called "flying teapots."

The boilers were safer than one might expect and there was never a documented case of a Stanley boiler exploding. Once working pressure was attained, steam cars could be driven off at a high acceleration. It does take several minutes from cold to burner operating pressure, all the while the steam car whistles.

The first Stanley's steered from the right, like a buggy. The later models steered from the left.

During the late 1910's, the fuel efficiency and power of the internal combustion engine greatly improved. The advent of the electric starter rather than a crank led to the rise of the gasoline powered automobile which was far cheaper to own. In 1924, a Stanley sedan sold for about \$4,000 (\$54,300 today) versus under \$500 (\$6,800 today) for a Ford Model T. By the 1920's, refinement of the



There is nothing under the hood of this Stanley but the boiler.

internal combustion engine made the steam car obsolete.

According to Reilly, the burner fuel they use is a 50/50 mixture of kerosene and diesel fuel and gets about eight to 10 miles to the gallon. The water tanks hold anywhere from 20 to 40 to 70 gallons and the cars get about one mile per gallon of water, he added. One has to remember that these cars were driven at a time when people only drove 200 to 300 miles per year, said Reilly.

The steamers really sound like they are chugging along and their horn resembles a train whistle.

Reilly was driving a 1913 Model 65, 10 horse power, touring car. Other Stanley's in the group were a 1911 Model; a 1913 Model 65, 10 horse power car from Pennsylvania; a 1912, 30 horse power, grey racer; and two 1922, 20 horse power, Model 735B touring cars, one from California and one from Kansas. The last Stanley to arrive in Guffey was a 1913 Model 65, 10 horse power car from Illinois.

All-in-all, a great Guffey day, said Geordi Walston co-owner of the café. Walston said that Reilly had stopped for lunch this summer at the café, liked it, and booked it for the Stanley tour.

The Guffey Community Charter School students had a field trip to come see the historic vehicles. Bill Sox opened up the Town Hall for the visitors to see. Mark and Kathryn Johnson from the Rocky Mountain Wildlife Foundation came with their wolf dog mix named "Baby" for all to see, pet and learn.

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6.....BRENT	17.....MIKE SUNIKA	26.....HOWIE
7.....OAKLEY	18.....CARI DELL	27.....BRENT
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The Psychic Corner

Thank you, Dr. Wayne Dyer

by Claudia Brownlie

This month I want to honor the passing of Dr. Wayne Dyer, PhD., who passed away on Aug. 30, 2015 at the age of 75. He was an internationally renowned author and speaker in the fields of self-development and spiritual growth. Wayne earned his doctorate in educational counseling from Wayne State University before serving as a professor at St. John's University in New York. Through his early work as a college educator, and as a clinical psychologist, he discovered the need to make the principles of self-discovery and personal growth available to the general public.

He has stated in person and in print that his earlier books were coming from a more clinical position, due to his formal education and training. But through all the divine, spirit-lead events, encounters and experiences he had in his life, in his later years he gravitated toward teaching people from a spiritual basis, though still keeping the theme of self-empowerment within his lectures, books and CDs. I needn't go on and on to explain his most interesting life and amazing occurrences he experienced throughout his years — you can do an internet search and find thousands of articles about him.

How people treat you is their karma; how you react is yours.

— Dr. Wayne Dyer

Early on he said that he didn't mind people freely sharing his many books and audio lectures, with no remuneration coming his way. He wanted to help as many people to empower their lives as was possible, so didn't mind if certain copyrighted materials were illegally shared. This is why you can find many of his audios and videos for free on YouTube, his books in free online downloads, etc. Again, just do an internet search

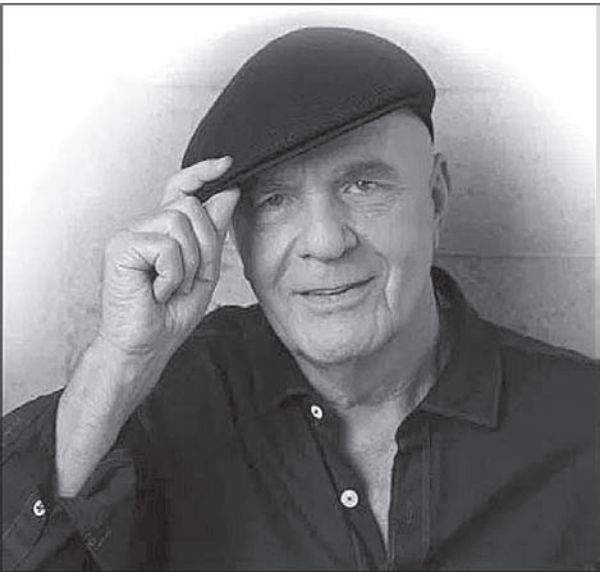
and chances are you can often find what you are looking for. Our local libraries have many of his books and audios available for us. Or of course you can purchase all of his works in various bookstores or online.

To honor him, and to bring him into your awareness if you've never heard of him, or if you have been somewhat skeptical about his teachings, I'd like to share a few things taught by Wayne that certainly can give all of us food for thought right in this moment, if only we dig deep into it. There are great messages and morsels that just might help you find a new way of looking at your life's situation — to help you see with a new set of eyes to deal with issues that might be troubling you.

A concept that permeated all that he taught was: "You must be able to get to this place in your life where you don't use the evidence of your senses. What your eyes tell you, what your ears tell you, what your stomach tells you. You want to be able to be in a place where you are living from the end as if what you would like to manifest is already there. To make a future dream a present fact you must assume the feeling of that wish as already being filled."

- Some of his notable quotes include:
- *"If you change the way you look at things, the things you look at change."*
 - *"How people treat you is their karma; how you react is yours."*
 - *"When you judge another, you do not define them, you define yourself."*
 - *"We are not our bodies, our possessions, or our careers. Who we are is Divine Love and that is Infinite."*

Two books of his that I can personally recommend to you and are two that he has said he feels are very important teachings are: "The Power of Intention: Learning to Co-Create Your World Your Way" and "Wishes Fulfilled: Mastering the Art of Manifesting." (I suggest you read them in the order I've listed them, as the first one



Dr. Wayne Dyer, 1940-2015

from him. I believe you can actually see, as compared to what he usually appeared like in the earlier part of his career, as someone who, in his later years, finally and really "got it" and was now living from a place of love for all — seeing God in each and every one of us.

Am I a Wayne Dyer "groupie," one who's hung on every word he has ever uttered? Not at all! But I do respect his teachings and his messages,

especially those from the later part of his life, due to the spiritual nature of them. He does cut through a lot of technical, hard-to-grasp concepts that many people just can't comprehend; he has made a point to put things into easy to understand, layman's terms. This certainly accounts for a lot of his success and popularity.

I will end here with one of his favorite quotes from Henry David Thoreau at Walden Pond: "If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." Wayne certainly embodied this and has tried to show the rest of us how to achieve the same. Bon Voyage, and onward and upward, dear Wayne!

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

Claudia Brownlie is a Woodland Park, Colorado-based Professional Psychic Intuitive Consultant and certified Life Coach, serving clients locally and world-wide. In-person, telephone, and Skype video chat appointments are available. Claudia also provides classes and lectures, and offers psychic reading services tailored for corporate events and private parties. For more information please call her: 719-602-5440. Or visit her website: ClaudiaBrownlie.com.

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Unauthorized ATV Trails Damaging To Forest

Clean-up up costs soar

by Laura Van Dusen
photos courtesy of South Park Ranger District

It's a great experience exploring the Pike National Forest from the seat of an ATV, UTV or dirt bike. Picture yourself riding along an unknown expanse of forest on a beautiful autumn day. The sky is brilliant cornflower blue and the changing aspen leaves have peaked to shades of gold and orange. A ride might be just what is needed to unwind from a busy work week.

On the other hand, there's something to be said about taking the machine out to full throttle, skidding the corners and jumping the bumps to take one's mind off the nit-picky office politics of a brain-numbing job. But no matter the style, one needs to be careful to stay on authorized roads.

It only takes once driving a motorized vehicle over untrampled terrain to leave a slight trail; and once the trail is visible, other riders tend to follow it. Each time it's used the track widens and deepens until it resembles a full-fledged road. In some areas of our forest, the acreage of unauthorized routes outnumbers that of natural forest vegetation. Forest employees have a tough time keeping up with the influx of illegal routes made by a few ATV enthusiasts, and the damage is costing the public dearly.

On a recent Tuesday, a 10-person crew spent half a day blocking off illegal routes and picking up trash near Forest Roads 146 and 831, assessable through the Buffalo Subdivision southeast of Como. In labor and supplies the cost was about \$2,000. That figure pales in comparison to the work that began in the summer of 2014 and will continue for an estimated 10 years longer at Badger Flats near Tarryall Road.



The bright yellow sign indicates an area closed to motor vehicle use. Travel on foot or on horseback is permitted.

"There you're talking real money," said Josh Voorhis, District Ranger for the Fairplay-based South Park Ranger District.

The project involves blocking off and reclaiming 300 miles of illegal routes and installing informational kiosks at popular sites within Badger Flats. The Forest Service strives to keep the kiosks stocked with motor vehicle use maps, showing which routes are legal roads within South Park Ranger District.

So far the project has cost the public \$30,000, and it's not done yet, said Voorhis. Crews, who work as time and materials are available, have put in eight weekend days since the project started. In addition, approximately 400 volunteer crew hours have been logged; the estimated value of their time is \$32,000, and only 20 miles have thus far been reclaimed.

While a 300-mile closure may seem like a lot, there are still about 130 miles of legal roads for public use in Badger Flats. That's only a small portion of the nearly 1,000 total miles of roads within the South Park Ranger District.

Some of the illegal routes have been traveled for years; one may wonder why the Forest Service doesn't just add the routes to the motor vehicle use map and call them legal.

There are many reasons. Driving through wetlands and up steep slopes causes erosion and destroys ecosystems that take years to regenerate. Another concern is safety. When off-road riders broke through a crusty layer of rock covering the tailings of a former beryllium mining site near Lake George, it was one of the first areas reclaimed.

Another key reason, said Sheila Lamb, Natural Resource Specialist with the South Park Ranger District, is fragmented wildlife habitat. Animals need space, said Lamb. They need the ability to move freely through differing landscapes. Motor vehicles crossing through wildlife habitat and the noise



The route above left has been used so much it resembles a road. The sign to the right indicates "No Motor Vehicles". The picture above right shows an example of legal roads within the Pike National Forest. They have signs showing the road number and suggested usage.

they create intimidate wildlife. Illegal routes tear up grass, forage grounds, and watering holes; the very life substance of our wildlife. If it gets too bad, elk, deer, pronghorn, and moose — animals that attract many people to the forest — may move away, taking with them a reason hunters, photographers, and sightseers visit South Park.

Kristen Meyer, Wildlife Biologist at the South Park Ranger District, agrees. She said noise and increased human presence are the greatest impacts to animals living in the forest. All wildlife species seek out quiet and solitude, she said. As do a lot of human visitors to the Pike National Forest, she added.

Meyer said if the rules are obeyed, there is room in the forest for both recreationists and wildlife.

It's pretty easy to follow the rules. Pick up a motor vehicle use map so you know what roads are legal. They are available free at the South Park Ranger District in Fairplay and at other district offices of the Pike and San Isabel National Forests.

Register your unlicensed off-road vehicles with Colorado Parks and Wildlife. A \$25.25 annual sticker is good for off-highway use on all legal ATV roads in Colorado and can be bought online or at various locations throughout the state, including most ranger district offices.

Our own backyard

Many call National Forests their "own backyard." The Pike National Forest even uses the term on its website. There are two ways to interpret the saying. It can be either, "It is mine



The faint trail of a newly established illegal route through the Pike National Forest.

and I can do with it what I want", or "It belongs to all of us and we all need to take care of it".

Pike National Forest personnel are committed to the forest service mission, "Caring for the land and serving people," and it's purpose, "To provide the greatest amount of good for the greatest amount of people in the long run."

The Pike National Forest was established in 1907; it's one of Park County's longest-lasting assets. We want you to enjoy your "own backyard" and hope you help take care of it.

Our kids make positive choices

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Parents...listen to your kids, and talk with them about making healthy choices.

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HOPE Silent march makes a big noise

by Kathy Hansen
photos by Jeff Hansen

Close to 100 people, all donned in the black “A21” t-shirt, lined up along the sidewalk of South Hwy 24 in Buena Vista, Colorado, the afternoon of October 17, 2015. The activists ranged from age 4 to 84; men, women, teens, and children. Armed with brochures, some with signs, all willing to walk a mile; we were instructed to walk in silence unless someone asked what was going on. Then, stop to share the message. The mood was somber as they contemplate the statistics about slavery, the fastest growing crime in the world:

- **27,000,000** - Men, women, and children are being held as slaves today.
- **2,642,352** - How much courts charged traffickers in fines (not much, huh).
- **2,000,000** - Children are exploited in the global sex trade.
- **647** - Total years of jail time served (more work needed, huh).
- **385** - Number of victims rescued by A21.
- **30** - Every 30 seconds another person becomes a victim of human trafficking.
- **for 2** - Only 1 to 2 percent of traffickers are convicted.

The temperature was in the upper 50s, and the clouds loomed overhead, growing in intensity as though a reflection of the mood from below. The line of black A21 t-shirts rounded the corner to Main Street.

Next thing I know, a couple getting out of their car stop to inquire, “What’s going on in Buena Vista with everyone marching in black t-shirts?”

I said, “We’re marching to abolish slav-

ery.” I notice no reaction on her part, but he responded, “You mean for like Africa.”

I replied, “Everywhere. Actually, slavery is also known as human trafficking, which can include forced labor, militia, and sex slaves.”

Her head turns and she stops. I continued, “It’s happening all over the world, even here in the United States. In fact, there was a big bust yesterday in Denver. I understand there were over 170 arrested in the ring, no firm count yet as to the number of victims.”

She engaged, “They prey on the teens that run away from home, even boys.”

I began to share more statistics, “Yes, they prey on vulnerable youth. A runaway or homeless youth is solicited for sex within 48 hours of being on the street. The average age someone first becomes a victim is 12. Victims can be forced to service up to 40 customers in one day.”

At this she turned her head and walked into a shop, appearing somewhat nauseated. I could relate to that feeling. He thanked me for walking and talking, wishing me a ‘good day’ as he followed her in.

I continued on the walk, feeling so grateful for the preparation we received from Beth Ritchie, the founder of Buena Vista’s A21 “A-Team” chapter, HOPE (Helping Others Protecting Everyone). HOPE has been in existence about a year now, A21 for about nine. A21 has four main goals, each with two sub-goals.

Prevention involves education and awareness. This becomes the focus for local “A-Team”chapters, like HOPE. “Bodies Are



The line of black A21 t-shirts marched silently on Main Street.

Not Commodities” is the curriculum developed by A21, and adopted by HOPE. There are three age appropriate installments geared toward elementary, middle, and high school levels. The curriculum provides strategies to avoid becoming a victim of human trafficking. It includes skits to help role model situations and encourage life-saving choices.

In addition to schools, HOPE is willing to raise awareness with civic groups such as Kiwanis, Optimists, Rotary, and other organizations looking for speakers. HOPE networks with like-minded organizations in the area, like UCOUNT, dedicated to supporting survivors economically by marketing their wares at a fair price. Where did you think those bracelets that are 10 for \$1 come from? How about the meaning of “fair trade” products like chocolate or coffee?

Protection involves actual rescue and restoration. It just so happened that Colin Johnson, a member of Youth With a Mission had his flyer on the information table during

the walk. He is part of a team planning to go to Costa Rica to work with an organization called The Face of Justice, a group dedicated to ending sex trafficking. (To contact Colin, email him at johnsoncolin78@gmail.com.)

Partnerships are supporters (A-Teams) and partners (collaborating and sharing information with law officers). The BVPD sent Officer J. Mitchell to the HOPE walk with 100 Fingerprint Kits. Parents were encouraged to get one kit per child, take their children’s fingerprints and store the kit in a safe deposit box. Should the unthinkable happen the

parents can readily access their child’s fingerprints for the authorities.

Prosecution requires a focus on enforcement (legal council is provided to survivors willing to prosecute) and legislation (guides changes to legislation that will provide a more comprehensive suit of laws and ensure traffickers are held accountable for their crimes).

There are about 60 folks who have volunteered for HOPE, and they are always looking for more. Ask to be on their email list; they plan at least one event per month. Follow them on Facebook, Twitter, or Instagram. Perhaps you prefer to act out a role in one of the skits presented to schools, or perhaps you would like HOPE to visit your school. Are you are interested in starting your own A21 chapter? Beth is willing to share what worked for her. Beth can be reached at 719-395-6938 or email buenavistahope@gmail.com.

See Out and About page 29 Under Buena Vista for events on Nov. 15 and 21.

21 Things you can do to help stop human trafficking

1. Write a letter.
Grab your stationery and pull out a pen! The simple act of writing to a survivor in one of our homes is an incredible encouragement to survivors along their journey. But don’t be surprised if it has a great impact on you, too.

2. Multiply your pennies.
Everyday changes can make huge impacts in bringing an end to slavery. By simply altering daily choices and saving money, you can become a partner with us as we bring an end to slavery. Instead of ordering a large coffee, opt for a smaller size and save those pennies! A few small changes can help bring lasting change for a survivor!

3. Get social.
That’s right; we want to be social with social media. Whether through Facebook, Twitter, or Instagram, you can find ways to connect with us for updated information, as well as quickly share information with your friends and family. It’s the easiest way to spread the word, as well as to stay connected to freedom fighters all over the globe.

4. Get smart.
Take some time to learn the facts about what’s happening in the world of modern slavery. When you have knowledge about the subject, you’re more likely to share with those around you. An easy way to stay informed is to visit our blog or download the USA high school curriculum.

5. Intern or volunteer.
Around the globe we have teams of people working hard in the fight against injustice. Check out our web-site www.theA21campaign.org to find out how you can join the team and use your time to make a difference.

6. Be a billboard.
Not only can fashion express who you are, but it

can also represent what you stand for! In our online shop, you will find fashionable attire and accessories to start conversations about human trafficking.

7. Send stuff.
Round up some friends and purchase gifts to help survivors. You can do everything from furnishing shelters to sending hygiene products across the globe... and all with a piece of plastic. Send gift cards for Target, Wal-Mart, or IKEA to our U. S. office, and we will take care of sending your love to the survivors in our care.

8. Pray.
Human trafficking is nothing short of evil, but don’t underestimate the power of prayer. If you would like to obtain a prayer guide, check the website www.theA21campaign.org.

9. Request a speaker.
Have you ever felt like you didn’t have the expertise to educate on such a heavy subject? Bring in someone from The A21 Campaign to speak at your freedom event. This is one of the best ways to catch the vision of The A21 Campaign and find out more information on how YOU can get involved.

10. Read all about it.
Learn about what’s happening across the globe and in your own backyard here. The A21 Campaign monthly updates also provide innovative ways to make a difference each month.

11. Show your stuff.
Write a blog about why we should fight against human trafficking; paint a picture and display it publicly; use a sports event to raise awareness and funds; write a song or talk about human trafficking at a concert; create a short film and post it on YouTube.

12. Remember the 21st.
Join us on the 21st of every month as we set aside a day to remember people who are currently in slavery. Whether it’s giving up a cup of coffee or an entire meal, it serves as a reminder to take action and stand for justice around the world.

13. Write for their rights.
We believe everyone has a voice to be heard. By lobbying your local politician, you can advocate for those without a voice. For more information on how to inform your elected officials, check out Polaris Project.

14. Party with a purpose.
Host an event for the sake of freedom. From mixers to birthday parties, your gathering can show your heart for social justice. Take the opportunity to raise funds and awareness for The A21 Campaign.

15. Incorporate the corporate
Many companies are now partnering with non-profit organizations for seasonal moments of giving back. If you work in the corporate world (or know someone who does), ask if A21 could be considered as one of the contenders for a partnership program, matching funds, or a sponsored charity.

16. Make videos viral.
What if you had just as much enthusiasm for justice as you did for those funny cat videos on YouTube? Plaster your online presence with videos to grab people’s attention.

17. Link locally.
Find out who’s in your area and link up with them! That’s right: there are other people in your area who share your passion in abolishing slavery. Whether it’s a local task force, or a student group

that is hosting an event, join them and stand together in the fight for freedom!

18. Walk in her shoes.
It’s been said that you don’t know someone until you walk a mile in their shoes. Maybe you can walk a mile in high heels to raise awareness. We’ve had advocates row across an ocean, climb mountains, cycle across the country, and simply organize a run for awareness. Your initiatives can make a difference through raising funds and knowledge!

19. Join an A-Team.
Whether you are a student, entrepreneur, or stay-at-home mom, we believe you can make a difference! Join our A-Teams as an abolitionist or advocate to raise awareness. Signing up with A-Teams will give you the resources you need to make a difference with your peers and friends.

20. Demand no demand
Human trafficking leaves a footprint. The shoes you buy, the chocolate you eat, or even the parts that make up your smart phone might very well have been made by a modern-day slave. But if we don’t buy the products, there will be no demand. Take this test and see how many slaves work for you: http://slaveryfootprint.org.

21. Supply the solution.
The truth is that every single one of us is wired to be able to bring a truly unique solution to a very real problem occurring today. This list of 21 things does not end here. In fact, it does not end at all. The reality is that if you want to make a difference in the fight against human trafficking, you can. If there is still breath in your lungs and a beat in your heart, you have the opportunity to add to this list!

Sanborn Scholarship

by Flip Boettcher
photo by Flip Boettcher

Guffey resident Troy Dabney was recently awarded a full tuition scholarship to attend Sanborn Western Camp, located in Florissant, for their 2016 summer camp program, according to Guffey Community Charter School teacher Mrs. Jenny Hartman.

Troy, who was born in Denver, is 10 years old and has lived in Guffey and attended the Guffey School for three years, he said. He is in Mrs. Lynda MacDonald’s fifth grade class this year. Troy said he was really excited and looking forward to next summer. Troy likes the earth sciences like archeology and geology said his mother, Carla Dabney. He just really likes the dirt she added. Spelling and math are another matter, though, she said.

Sandy and Laura Sanborn founded Big Springs Ranch for Boys in the central Colorado Rockies in 1948. In 1962 they built High Trails Ranch for Girls a mile from the first site and have expanded from there.

Always leaders and innovators in the fields of youth development and environment development, many young people have participated in their summer camps over the last 60 years, according to their website www.sanbornwesterncamps.com.

Sanborn summer camp is a one month, real outdoor adventure camp. Activities include horseback riding, rock climbing, geology, crafts, riflery, canoeing, backpacking, tubing, archery, swimming, and pottery to name a few according to Hartman. Before coming to the Guffey School, Hartman worked for eight years at Sanborn Camps, she said. The campers can choose their activities, she added.

The mission statement for the Sanborn Camps is “to live together in the outdoors building a sense of self, a sense of community, a sense of the earth and a sense of wonder through fun and adventure,” stated their website.

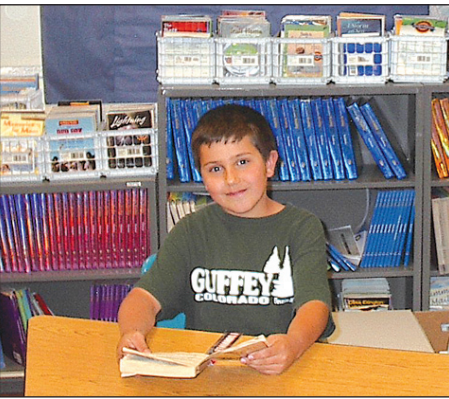
This was a special opportunity for the Guffey School, explained Principal Pam Moore. Guffey school students in the fourth through eighth grades could apply for the scholarship. Five students applied, said Moore.

Applicants had to turn in an essay written with their families. The four essay questions

were 1. What does the Guffey School’s vision statement mean to you and your family and how do you see your involvement in Sanborn applying to this? (School vision statement, “Guffey School is a place of learning and service that nurtures the light of the individual spirit by treasuring our countryside, the classroom, and the community, both local and global in an atmosphere of safety, kindness, and joy.”). 2. Given that your family receives this scholarship, what ways could you see your family “paying it forward” in your community? 3. How do you see yourself growing as an individual and as a leader through this experience? 4. What do you view as being a challenge in participating in a summer at Sanborn?

An application had to be filled out and then there was an interview with the interview committee composed of Moore, Hartman, MacDonald, and school board member Linda Parrish. Moore commended the applicants for their poise during the interviews and congratulated Troy; they all did great.

Troy is eligible to renew his scholarship yearly until the tenth grade when he becomes an “Outbacker,” a junior counselor, if he so



Troy Dabney in his classroom at the Guffey Community Charter School.

chooses, in the leadership program. Troy said that he plans on renewing each year.

Troy has also just become the first member from Guffey of the Lake George Gem and Mineral Club’s program for youths called the “Pebble Pups – Earth Science Scholars.” The Pups meet on the third Tuesday of the month at 6 p.m. in Florissant. Features include rock hounding, talks, field trips and samples, added Troy. Some of the Pups are even published. It’s just up his alley and he is very excited to be a member.

For more info on the Lake George Gem and Mineral Club and the Pebble Pups, visit their website: www.lggmclub.org.

Obituary

Cody Lee Rankins



Cody Lee Rankins, age 30, died unexpectedly in Colorado Springs on September 29, 2015. He was born to Linda and Lee Rankins in Dallas, Texas on November 21, 1984, growing up primarily in New Mexico. Cody had been a Teller County resident for the last seven years, working as a cook and in construction. He was preceded in death by his stepfather, George Taylor. He is survived by his mother Linda Rankins, his five-year-old daughter, Kylee, and two-year-old son, Jackson as well as their mother Vonnie Robinson; all Teller County residents. He is also survived by his father, two half-brothers and a half-sister. A memorial Service was held on Saturday October 3rd at Mountain Life Church.

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- Respite volunteers to give family caregivers a break
- Volunteer drivers to take clients to medical appointments, necessary errands, etc.

Please contact Paula Dugger, TSC Volunteer Coordinator, at (719)687-3330 or pdugger@tellerseniorcoalition.org for more information.



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Nature Speaks Frosty frogs

by Dee DeJong

Have you ever wondered what happens to the frogs in winter? The snow last weekend reminded me of how incredible these creatures are. When temperatures drop, our amphibian friends have ways to cope with this seasonal change.

One of the most common species in Colorado is the Striped Chorus Frog (*Pseudacris triseriata*). This is the most common frog we hear in the spring and summer near bodies of water. It has a loud call, for such a little frog, as if you were running your fingers over a comb. Try it!

As winter sets in, these frogs will slowly sink to the bottom of a lake or pool and lie on top of the mud. They go into torpor, a dormant or less active state, allowing them to slow their breathing and heartbeat and conserve energy.

Another amazing coping mechanism is that frogs produce an "anti-freeze" in their body. High concentrations of glucose in the blood and vital organs prevent them from



freezing. Even if the frog freezes completely, stops breathing and has no heartbeat, in the spring when the temperatures warm this creature will thaw and be as good as new. It's good to know that our amphibian friends will live to croak another day.

WPMS 8th graders out of this world

Thanks to a grant from Cripple Creek/Victor Gold Mine, Woodland Park Middle School 8th graders visited the Challenger Learning Center in Colorado Springs. Students participated in a simulation of a Mission to Mars where they did various jobs for the success of the mission. They learned how the Life Support team, Isolation team, Probe team, Remote team, Data, Communication, Navigation and Medical all work together between Mission Control and the Space Craft in order to execute a successful mission. Students also got time in a planetarium and challenged to assemble a rocket within budget and weight constraints. Thank you to CC/V Gold Mine for an amazing experience!



Seeking artists for waterfowl stamp competition

By Manda Walters

Colorado Parks and Wildlife and the Colorado Wildlife Heritage Foundation requests original artwork entries for the 2016 Colorado Waterfowl Stamp Art Contest. This year's species of focus is the Mallard, *Anas platyrhynchos*. The deadline for artist submissions is 4 p.m., Friday, Nov. 20.

"It is amazing every year to see what the artists come up with," said Tilman Bishop, a volunteer member of the Waterfowl Stamp Art Committee, which judges the entries. "The new artists who are starting out in this specialized category of art always catch my attention."

The Colorado Waterfowl Stamp program was implemented in 1990 and provides funding to conserve wetlands for waterfowl and other wetland-dependent wildlife.

Waterfowl hunters 16 years of age and older are required by state law to purchase a waterfowl stamp annually before hunting. In addition to hunters, many collectors aid in wetland conservation by purchasing collector stamps and prints that are created from the winning entry.

"We are all beneficiaries of the Waterfowl

Stamp," Bishop added. "Whether you are a hunter, a bird watcher or just a citizen that likes seeing wildlife, every one of us gets the benefit of this terrific program."

The mallard is a dabbling duck, or surface feeder, commonly found throughout Colorado in suitable riparian and wetland habitats year round. Widespread and abundant, the green head, yellow bill and orange feet distinguish the male mallard from the brownish feathers of the female that provide her camouflage in marshes, potholes, and reed-covered waterways.

Artists must submit a 13-inch high by-18 inch wide, full color original artwork for the contest. There is a \$50 fee for each entry. Complete requirements are explained in the application packet, which is available at <http://cpw.state.co.us/thingsToDo/Pages/WaterfowlStamp.aspx> and <http://www.cowildlife.org/#/programs/c10d6>.

Hunters can purchase the required waterfowl stamp where hunting licenses are sold. Past stamp winners can be viewed on-line at <http://www.cowildlife.org/#/shop/c1yzj>.

Woodland's "Do it Best" gets Beacon Award

Woodland Do it Best Hardware & Home in Woodland Park, Colo., was one of six hardware retailers honored with Beacon Awards during a special awards banquet held during The Hardware Conference in Marco Island, Fla., on Friday, September 11. The Beacon Awards are a premier national industry awards program developed by *The Hardware Connection* magazine and The Hardware Conference to recognize the "best of the best" independent hardware/home improvement retailers while encouraging a new generation of retailers to make their mark.

"We believe it's vitally important for the hardware industry to have a first-class national awards program, and there is no better place to conduct this awards program than at The Hardware Conference, which is the industry's largest gathering of independent hardware retailers," said Tom Delph, who directs the Beacon Awards program.

The 2015 Beacon Awards were sponsored by Apex Tool Group, Epicor Software Corporation, Sunnyside Corporation, 3M and Sherwin Williams' Diversified Brands Division, with wholesaler sponsorship support from Do it Best Corp., Ace Hardware, True Value, and Orgill.

The Beacon Awards honored the Retail Beacon Award winners for each of the four participating wholesalers, plus the Best New Stores in two categories: under 20,000 square feet and over 20,000 square feet.

"Woodland Do it Best is part of an outstanding group of Beacon Award winners this year. They all share similar backgrounds of taking calculated risks and finding ways to make their stores stand out with unique product assortments and services," stated Chris Jensen, editor/principal of *The Hardware Connection*, the hardware industry's leading digital publication.

Gene Rodarmel founded Woodland Hardware & Home in 1987 to provide residents of the Pikes Peak area with a local, independent hardware store. Gene passed on the business a decade ago to his son, Kelly, but remains active.

To overcome the store's limited size and unconventional floor plan, the Rodarmels built a new, larger store that is more than double the size of the previous store. The 25,000-square-foot store, which opened in February 2014, incorporates large windows



Here are Gene and Kelly Rodarmel of Woodland Hardware & Home and Rob Schmiedel, National Sales and Business Development Manager for Do It Best corporate.

so customers get incredible views of Pikes Peak and was also designed to be energy-efficient, saving money on utilities and reducing the store's environmental footprint.

Kelly relied on the merchandise expertise of Do it Best's store design team to help Woodland expand into a number of categories important to its customer base, including farm and ranch, lawn and garden, and more. They also expanded into several niche areas, including a rental center and dedicated areas for Stihl power equipment, Carhartt clothing, and Dickies work wear.

So far sales are up 30 percent and other key metrics such as average transaction, ticket count, gross margin and net profit are up as well. "With well-organized aisles, plenty of open spaces and great signage, the store is incredibly shopper-friendly," Kelly explains. "Our customers are thrilled with what we've done."

A bigger, more beautiful store has opened up many new opportunities for Woodland Do it Best Hardware & Home — not just to grow its sales, but to strengthen its role as a destination and resource for the people of Pikes Peak and beyond.

"We are very honored and humbled to receive the Beacon Award for Best New Store. We are especially proud that we've got a nice, new, bigger store that enables us to serve our customers better," says Kelly.

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AMERICAN EAGLES ACCESS UPDATE Public Open House — November 16 • 4 - 6PM

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At this meeting, we will present the progress of our internal review, as well as gather additional comments and answer questions.

Paramount concern for public safety is requiring Newmont/CC&V to evaluate its options at the entrance to the historic American Eagles mine site. CC&V has been able to keep the American Eagles site open to the public as a Teller County park site for 20 years. In that time, mining activity has increased significantly, including development of a mine road which must be crossed to access the American Eagles site.

We understand the importance of the American Eagles overlook to the local community and its historic significance.

CC&V has updated the Teller County Commissioners, the City of Victor and the City Cripple Creek regarding our concerns about the safety risk of continued interaction between private vehicles and mining heavy equipment at the mine road crossing.

We have received many comments and helpful suggestions on alternatives to mitigate the hazardous mine road crossing, as well as possible locations to relocate the historic structures and establish a new

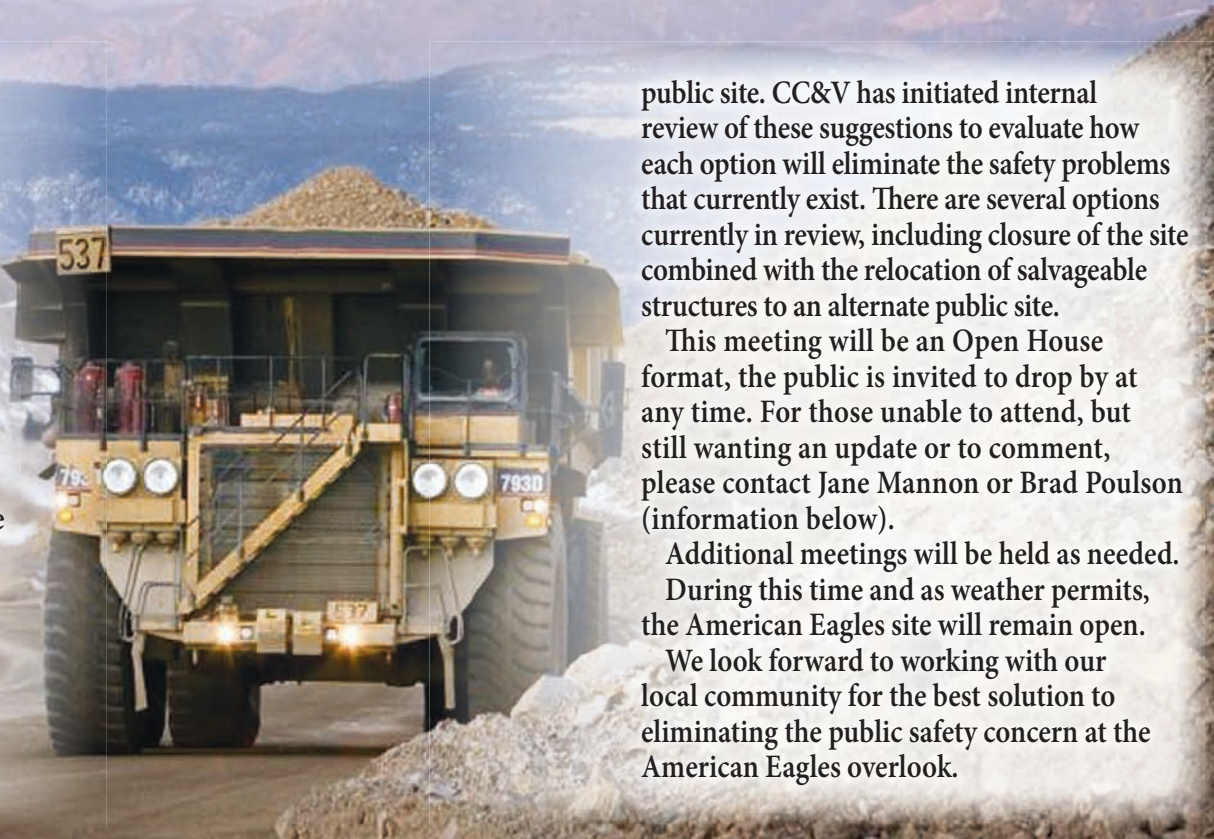
public site. CC&V has initiated internal review of these suggestions to evaluate how each option will eliminate the safety problems that currently exist. There are several options currently in review, including closure of the site combined with the relocation of salvageable structures to an alternate public site.

This meeting will be an Open House format, the public is invited to drop by at any time. For those unable to attend, but still wanting an update or to comment, please contact Jane Mannon or Brad Poulson (information below).

Additional meetings will be held as needed.

During this time and as weather permits, the American Eagles site will remain open.

We look forward to working with our local community for the best solution to eliminating the public safety concern at the American Eagles overlook.




Jane Mannon • 719-689-4044
Jane.Mannon@Newmont.com

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Birds of the Ute Country

Black-billed Magpie, *Pica hudsonia*

by Mary Menz

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



The Black-billed Magpie's magnificent plumage.
photo copyright 2015 by Jenny Gogel

If you remember the Terrytoons cartoon, Heckle and Jeckle: The Talking Magpies that ran on television from the late 40s to the early 80s, you might know that those two raucous magpies were based on the Yellow-billed Magpies, birds found only in California. But it's not just Hollywood animators that found the magpie interesting.

Explorers Lewis and Clark were fascinated by these birds who, in typical curious fashion, would enter tents and take food for themselves. They were so enamored by the magpie they sent four live birds to President Jefferson when the surveyors left Fort Mandan (in what is now South Dakota) in April 1805. Lewis so admired the birds, that he named a small creek near what is now Chamberlain, South Dakota, Corvus Creek. Corvus is Latin for crow.

By the same token, John James Audubon originally named the yellow-billed species *Corvus nuttalli* in 1837, in reference to the crow and in honor of Thomas Nuttall, the ornithologist who collected specimens in Santa Barbara, California, to share with the science community. The name was later changed to *Pica nuttalli* referring to its very close relative *Pica hudsonia*, the Black-billed Magpie we find here in Ute Country and spreading from the plains states, north to Alaska, and west to the Cascade Range in the Pacific Northwest. All species of the magpie are known for their resourceful diets, boisterous activity, and extreme nest architecture.

An opportunistic feeder

Like other members of the Corvidae, or crow, family, the Black-billed Magpie has an omnivorous diet based on whatever dining opportunities present themselves. Whether it is fruit or grain, small mammals (voles and squirrels) that they kill themselves, or carrion and maggots found roadside, magpies have a regular food source. In shoulder seasons, they'll also eat insects and raid the nests of other birds. The Black-billed Magpie is especially fond of ticks and can be seen riding the backs of bison, cows, and moose eating their fill in the summer. When the ticks are abundant, the voracious and practical magpie will cache — or hide — the delectable live ticks to eat later. Historically, they also favored the remnants of bison killed by native people in centuries past.

As the bison population declined in the 19th century, magpies turned more to carrion and farmed grain as a primary food source. Over the years, magpies have been poisoned by carrion set out by humans and intended for coyotes, by poisoned grain set out to specifically to kill the birds who eat orchard fruit, and by pesticides used on cattle to control insects. Changes in laws have helped the species recover and currently Black-billed Magpies are not threatened at all.

Flashy and noisy behavior

The "pied" coloration of magpies — like that featured in the cartoon birds — features a white chest with black and iridescent, deep green and blue feathers on its back. The best time to view its magnificent plumage is when it's taking off from the ground. Its tail is as long as its head and body combined. It's more common, however, to find it perched on a fence post near a horse corral where only the contrasting black

and white feathers are visible.

Like other birds in the Corvid family, Black-billed Magpies don't migrate north and south, but rather between elevations. In the Ute Country, you might find them strutting confidently through tall grass in fall in search of fat grubs. Late summer and fall is also the time of year when they are most vocal, inciting each other with their loud, harsh, and nasal calls that roughly sound like jeecek, jeecek.

Nest construction

Monogamous pairs of this bird typically take more than a month — sometimes a month and a half — to build an almost predator-proof nest. They are mostly found high in conifers, which offer the magpies both camouflage and a vantage point from which to see hawks in search of prey to feed their own young. The magpie nest is unique in the bird world and features a dome-like structure that, perhaps, also keeps its young from falling out of the nest before reaching full fledgling size. It's often used multiple years and generally has an entry or exit on each side. The green, brown-spotted eggs laid within it hatch after about three weeks of incubation. This protective structure can be as large as 40 inches round and is made from bulky sticks, yet has all the creature comforts like moss and rootlets to form a soft interior. It provides a safe haven for the young magpies for another month before they leave the nest. If you've ever had one outside your two-story bedroom window, you know that the time spent in the nest is not one of quiet hiding from predators. In fact, they seem to spend most of their nest time practicing their raucous requests from their mated parents for more food.

Their dependence on their parents doesn't end there, however. The young stay with and are fed by their parents for another two months, during which time they learn the habits of older birds in the colony.

Fun facts

Many people are familiar with the term "pica," which stems from the Latin word for magpie, a bird with unique eating habits (there is a European species of the bird as well). The same term is used to describe a condition in which people develop a taste for non-nutritive items like chalk, paper, or clay.

If you don't remember Heckle and Jeckle, the comic cartoon duo of mischievous magpies, you can find them on YouTube. Kids of all ages will find them amusing!

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.

Reviving the Rialto Theater

by Charlotte Burrous
photo by Charlotte Burrous

After more than two decades of attempting to restore the historic Rialto Theater, things are moving forward.

For a short time, it looked like it might come to a standstill after project manager Suzanne Phipps passed away in December 2014. But all that changed when the Florence City Council and City Manager backed the project because of its historic value, according to the archives at the Royal Gorge Regional Museum & Local History. At that point, a board formed to begin fundraising

efforts to complete the restoration, which included setting up an auction of the items left in the building, a haunted house and several other activities.

Located at 209 W. Main St. in Florence, Colorado, the Rialto Theater consists of about 10,000 square feet.

Once an opera house built in 1923, it later became a movie theater. It had room to seat 500 people. The theater stood vacant for many years without heat

and water, the archives continued. In 1992, the Florence Architectural Cultural Traditions purchased the building and began work on the roof when it collapsed and when the beams sagged. Volunteers began the massive cleanup along with the help of federal prison inmates. Since then, steel beams have been added to the ceiling along with heating, air conditioning, sewer and electrical upgrades, and restrooms. In addition, crews worked on the foundation and supported the 16-inch thick back wall and a 50-foot fly tower at the back of the theater, which allows the lowering and drawing of backdrops and curtains. When Phipps died, the project went on hold until the city decided to get involved.

"We have a new energetic board onboard now, a lot of enthusiasm."

board member Ron Hinkle

"We have a new energetic board onboard now, a lot of enthusiasm," said board member Ron Hinkle.

Recently, the Rialto Theater Board sent two of its members to a conference to learn

BLM seeks input for BV Trail System

by Kyle Sullivan

The Bureau of Land Management (BLM) Royal Gorge Field Office is starting a public scoping period on a proposal to add new trails to the Fourmile Area outside of Buena Vista, Colorado. The BLM estimates the area saw 32,000 visits in 2002. That number has dramatically grown to an estimated 132,000 annual visitors now. The considerable increase in visitation has resulted in more pressure on the existing network. Trends in recreation have also changed, particularly the demand for purpose-built mountain bike trails and communities seeking trails close to town as a desired amenity for economic development and quality of life.

At the request of several different local recreation groups, the BLM is proposing modifications to the trail network in the Fourmile Area to address these changes in visitation and recreation trends. This includes constructing desired connections between trails, adding additional trails to increase the diversity of experiences, and creating logical loops that are easy to navigate for visitors.

The trail and road network in this area was originally established in the 2002 Four-

mile Travel Management Plan developed in conjunction with the U.S. Forest Service. The purpose of that planning effort was to 'provide reasonable public access... and reverse the trend of degraded watersheds.'

This effort has been highly successful in achieving its goals, thanks in large part to active community groups.

Specific details about the project, including description of the proposed new trails, maps and digital files, are available on the Royal Gorge Field Office webpage at: <http://www.blm.gov/co/st/en/fo/rgfo/planning.html>.

A scoping period gives the public a chance to tell the BLM what issues and concerns they think should be addressed in an environmental assessment and alternatives to consider before the BLM begins drafting the document. This scoping period will run through November 13, 2015. Comments concerning the proposed action, alternatives and identification of environmental issues are most helpful. For additional information or to submit a comment, please contact Linda Skinner at 719-269-8732 or email comments to rgfo_comments@blm.gov. Please put Buena Vista Trails in the subject line.

entertainment groups. At the time, the surrounding communities were much larger than they are now so the demographics showed the communities would support such a venture, the archives said.

However, in 1927, B.P. McCormick purchased the theater because it had an orchestra pit to go along with silent movies of the time, including "Hunchback of Notre Dame," "The Troubadour" and "Troubled Mail."

Up until the 1960s, B.P. McCormick and his sons, George and Harold McCormick owned and operated the theater along with one in Canon City, Truth or Consequences, N.M., and a drive-in theater. After the McCormicks sold it, several theater groups, churches and the Florence schools used the theater until 1992 when FACT purchased it from the Florence-Penrose School District. Later Paul St. Pol got involved in it, but after he died in 2000, Phipps agreed to help raise funds to restore it because she loved the arts.

In conjunction, Downtown Colorado Inc. has agreed to be involved with the development of a strategic plan. For more information or to help out, contact City Planner Wade Broadhead at 719-784-4848, ext. 227 or 719-371-5914.



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Just The Facts

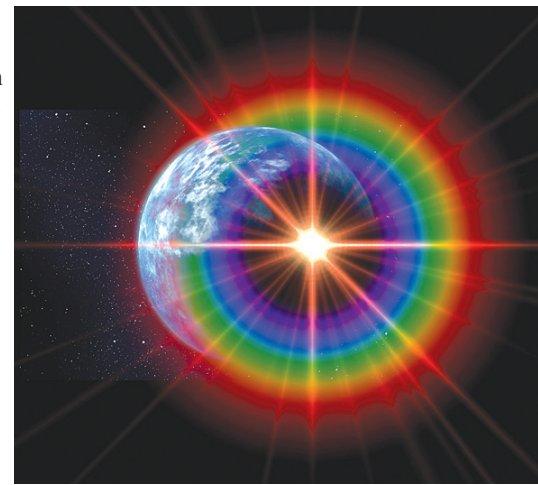
An intro to scientific thinking

by John Hagadorn

Science is all around us. It impacts us every day. So does scientific thinking — a process where we separate fact from fiction and where we use data rather than “common knowledge”. This approach empowers us to make informed decisions based on “just the facts”.

But doing so isn't easy. Thinking like a scientist, using data to decipher complex problems, evaluating “sides” of an issue, and exploring future investments requires us to set aside what we believe. Unlike on The X-Files, setting aside our beliefs permits us to consider and filter all the available evidence. Scientific thinking also requires us to dig deep to the roots of issues and make sure we're comparing apples to apples. At the crux of this process is separating our observations from our interpretations — and never letting our “hunch” color our reading of, nor selection of, the evidence. Sometimes boiling things down to “just the facts” is the most straightforward part of a problem, but leads to a larger, thornier process that spans politics, business, religion and cultures. For example, practicing climate scientists agree that human-induced global warming is occurring, but knowing this does not clarify how to best slow or halt these changes, especially given our profoundly diverse individual needs and national goals.

In this column we'll use the scientific process to explore issues that matter to you. Whether we're investigating sports injury risks or how bark beetles affect your bottom line, we'll mine data to get answers. I'll write this column as a fellow Coloradan, and will do my best to avoid jargon and geek-



speaking. In the spirit of Mythbusters, we won't forget to have a bit of fun or to poke fun while exploring hot-button issues using the scientific process.

I'd be honored if this column becomes your monthly pit stop — for learning, for questioning common knowledge, and for becoming better-informed citizens of the planet. I'll be your host — a geologist, teacher, and dad with broad interests. Whether working in the lab, poring over a spreadsheet, or doing fieldwork, I'm captivated by the thrill of discovery. What stokes my fire is new knowledge, new puzzles, and the occasional beast from deep time. If there's a topic that you'd like me to address here, please let me know — I'll try to get straight to the facts.

James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science.

Suggestions and comments are welcome at jwhagadorn@dmns.org.

Victor worth viewing

Victor makes great strides once again. The city has worked very hard this summer to complete two major construction projects.

Sept 25, 2015, and was well attended.

A special thanks to Walker Christenson of DHM Design and the Victor Junior Design team for the dynamic design and selection of play equipment. We hope to get another 100 years out of the park!



Washington Park Rehabilitation Project before and after, 2015. photo credit DHM Design.

Washington Park

Washington Park Rehabilitation Project was completed mid-September. This project was funded through a grant from Great Outdoors Colorado in the amount of \$188,886 with contributions from the CC&V Gold Mining Company (\$50,000), The City of Victor (\$40,000) and Black Hills Energy. The City would not have been able to complete this project without the help from these amazing funders and contractors (DHM Design Group, Solid Earth Landscape Design & Construction, & SS Concrete).

The Park was truly designed by the children of our wonderful community who participated in a charrette facilitated by DHM Design. The grand re-opening of the park and ribbon cutting took place on Friday,



Mayor Buck Hakes, Glori Thurston & Grandson pushing is Linette Marrow.



Left to right: Becky Frank, Tarla Perdue, Debra Downs, Will Abernathy, Jane Mannon, Bruce Davis, Jack Henris, Greg Winkler, Roland Obering and Mayor Buck Hakes joined in the ribbon cutting across Victor Avenue on Oct. 2.

Phase III downtown drainage project

The city implemented phase III of its downtown street and drainage project. This project included new drainage, curbs, sidewalks, gutters, and paving, giving Victor a grand entrance from the west.

This project was funded through a Community Development Block Grant from the Colorado Department of Local Affairs, the CC&V Gold Mining Company and the City of Victor. The upgrades to Victor Avenue were completed at no cost to the property owner. Again, this project would've never been completed without the support of our skilled contractors.

The city and community all gathered together for the ribbon cutting and BBQ on October 2nd.

Many thanks to the contributors of this project: CO Department of Local Affairs (\$700,000) CC&V Mining Company (\$150,000.00 and Road base) City of Victor (\$250,000.00) and Black Hills Energy. The team of Obering, Wurth & Associates, Kiewit Infrastructure Co., Regester Electric, Solid Earth Landscape and Design, Earthworks Construction, Halbrook Masonry, Sean Huffman, Black Hills Energy and the city's own public works department. Kudos!

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AUTHENTIC SELF

by Danielle Dellinger

We last visited Kye and her father in our April 2015 issue, on pages 18 & 19, 'Birthday Absence'. Their saga continues.

Thanksgiving was a couple weeks away, and Kye was in full preparation mode. She stood on the porch, deciding which wreath to hang on the door. She finally chose the one with a turkey silhouette in the middle. She stepped back to admire her handiwork once it was hung. She loved the mixture of the yellow and red leaves that decorated it. She took the other one inside and put it over the fireplace. From outside, she could hear the rumble of her dad's car as he pulled up out front.

He greeted her with a warm smile when he came in. "Hey, sweetheart. I like the wreath outside."

"Thanks, Dad," she replied, returning his smile. "I was just gonna go out and do chores, so I'll get dinner started when I come back in."

He nodded, and kissed her forehead as he passed.

She watched him walk stiffly down the hallway. He'd recently gotten a job helping one of the bigger ranches herd their cattle into their winter pastures. He was 58-years-old, and being on a horse all day was starting to take its toll on him.

She went outside and saddled up her horse to go check on their own cows. It was a chilly day, and her gloves did very little to keep out the cold. She was relieved to find everyone was accounted for, and that they had plenty of food and water. After that, the rest of her chores took very little time.

When she walked back inside, rubbing her cold hands together, she saw her dad in the living room with his feet in a metal tub filled with warm water.

"How about some soup for dinner?" she suggested, going to the kitchen and pulling out a pot. She looked over at him.

He smiled tiredly. "That would be wonderful, Kye, thank you."

"No problem. Anything special you want in it?" She put the pot on the stove.

"Whatever you put in is fine," he replied.

Roughly an hour later they were sitting down to eat. Kye smiled when he groaned with happiness at the taste, and the warmth in his belly.

"You used great-grandma's recipe, huh?" he asked.

"Sure did," she chuckled. "I figured it'd been too long since it was last used."

He snorted softly. "You're right about that."

As they ate Kye noticed that her dad seemed to be

thinking about something that was putting him on edge. He kept glancing at her, and repeatedly wiping his mouth with his napkin while clearing his throat. She was afraid to say anything because she didn't want to spook him. She wanted him to tell her what was wrong when he felt ready.

It wasn't long before she was getting up to take her bowl to the sink, but her father's hand on her elbow stopped her.

"Wait," he said, his voice soft. He cleared his throat again. "I have something to tell you."

She frowned, slowly sinking back into her seat. "What is it? Is everything okay?"

He smirked. "Yes, yes, everything's okay. I've wanted to tell you this for a long time, now, but I haven't had the courage to do it."

Kye slid her hand across the table to his, holding it warmly. "It's okay. You can tell me."

He glanced up at her, and she could see nervousness, even some fear, in his eyes.

"I'm glad," he said. "Um, well, I don't know where to begin, so I'll just come out and say it. I'm . . . transgender." His eyes flicked up to hers, then quickly looked back down.

She stared at him. "Uh, okay. What's that?"

He cleared his throat again, and licked his lips. "It means that I actually identify as a woman, and that's how I want to present myself to society."

She blinked, frowning. "So your body doesn't match with how you see yourself?"

He nodded. "Exactly. It's not just a phase, either. People have said that to me all my life, but it's not. I just want to openly be myself."

Kye squeezed his hand, and he looked up at her. She could tell that he feared her rejection and ridicule.

"All your life, you said? When did you first start feeling like this?" she asked.

"When I was five or six. Which, they say, is normal."

"Wow. That's so young!" she exclaimed in disbelief.

"Yes, and that's why my parents told me it was a phase, and that I was born a boy, so I had to be a boy. That I couldn't change my body. They also said it was unnatural for boys to dress up as a girl, or pretend to be a girl. My dad once got so upset with me about it he whipped me until I was nearly unconscious." He swallowed, his eyes glassy with tears.

Kye blinked back her own tears. "That's not right," she choked, shaking her head.

"I know. That's why you were never spanked. I could never lay a hand on you."

She nodded, and they looked at each

other for a couple of minutes. The only thing that could be heard was the ticking of the clock from the hallway.

"So, um, you want to transition into a woman? What does that entail?" Kye eventually asked.

"Well, I've been saving my money to be able to get on hormones so my body will start matching my mind. I'd like to start doing that very soon."

Kye swallowed, struggling to keep up and process everything. "Oh, okay."

"I know it's a lot to take in," he said quickly. "I wish it wasn't."

"So, what do I call you? Do I call you Mom?" Kye asked.

"I'd prefer that, yes. But until I fully transition, it's fine if you only say it in private. Right now, I'm only going to present myself as a woman to you. If calling me Mom is too hard at the moment, you can call me Bethanie. With an I-E not a Y."

Kye slowly nodded, mulling it over. "All right," she said hesitantly.

Bethanie watched her anxiously.

Kye took a deep breath, then held her hand out to her. "Hi, Bethanie. Pleased to meet you."

Bethanie broke into a grin, and shook Kye's hand. "Likewise," she replied.

Kye smiled, then picked up their dishes and carried them to the sink. She was about to start washing them when a question popped into her mind. She turned back toward Bethanie.

"So, I know this is none of my business, and you don't have to tell me if you don't want to, but do you like men or women?"

Bethanie smirked. "Well, both, actually. I identify as bisexual, and that's not a phase, either. I've known for decades that I like both."

Kye's eyes widened, and Bethanie laughed. "Wow, did not see that coming," Kye said.

"I'm sorry that this so much. But, thank you for accepting me, sweetheart," Bethanie said, getting misty-eyed.

Kye smiled, and hurried over to her. "Of course. I'd never reject you for being yourself," she said, wrapping her arms around her. "I'm glad you told me."

Bethanie went to Kye and hugged her tightly. "Thank you, honey. I spritzed it with some rose perfume your mother left behind after the separation."

Kye inhaled deeply. "It's great, M-Mom." She blushed. "I promise I'll stop stuttering when I say it."

Bethanie chuckled. "It's all right." She patted Kye on the back. "Let's get dressed, do chores together, then I'll make us some pancakes for breakfast."

"Sounds good," Kye said, moving to the counter and pouring herself a cup of coffee. She took it back to her room, and drank it while she got dressed.

It felt even colder than the day before. This time Kye had put on two pairs of gloves. Bethanie rode out to the cattle while Kye fed the chickens, the dogs, and her horse. Lugging heavy buckets of water across snow had never been Kye's favorite thing.

She got back into the house before Bethanie, so she made a large batch of hot chocolate.

When Bethanie came in, she went straight to the

some research. She had waited until she was sure Bethanie was in bed.

She looked up transgender statistics and facts. She learned there were an estimated 700,000 transgender people in the U.S., but there were probably many more than that. She learned that the only closest available Lesbian, Gay, Bisexual, Transgender, and Questioning/Queer (LG-BTQ) center was in Colorado Springs, a couple hours away from where they lived in Johnson Village. It saddened her that the youths out in rural counties didn't have access to local LGBTQ resources. She was horrified to learn that according to a 2013 report from the National Coalition of Anti-Violence Programs (NCAVP), 72 percent of victims of anti-LGBTQ homicides were transgender women. The NCAVP report also said that of those homicides, 67 percent of the victims were transwomen of color.

Kye had to stop reading after that. She didn't want Bethanie to be murdered for being who she was. She feared that the risk was exceptionally high, because where they lived tended to be more conservative.

She crawled into bed, wondering how people could be so cruel and hateful toward complete strangers. She vowed to do everything in her power to protect her parent, and there would be no way that she would disown her for being her true self.

The next morning Kye walked out to the kitchen to make some coffee, but found that Bethanie had already done so. Bethanie was wearing a long nightgown with faded pink roses on it.

Kye smiled at the nightgown. "That looks really good on you, Da-Mom," she said. She had never seen anyone smile as big as Bethanie did right then.

Bethanie went to Kye and hugged her tightly. "Thank you, honey. I spritzed it with some rose perfume your mother left behind after the separation."

Kye inhaled deeply. "It's great, M-Mom." She blushed. "I promise I'll stop stuttering when I say it."

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She got back into the house before Bethanie, so she made a large batch of hot chocolate.

When Bethanie came in, she went straight to the



pipng hot mug and drank the chocolate-y goodness. A while later there was a stack of pancakes on the table. Both of them dug in hungrily.

"Do you have any crushes?" Kye asked after a few minutes. "On a guy or a girl, or both?"

Bethanie smirked. "The guy I work with has caught my attention. But so has the lady vet who lives in the guest house there."

"What're their names?"

"Bale and Sandra," Bethanie said, a happy faraway look glinting in her eyes.

Kye smiled. "You should talk to one of them. Get some digits."

Bethanie raised an eyebrow. "Digits?"

"A phone number. Get one of their phone numbers."

"I dunno," Bethanie said shyly, looking down at her food and blushing. "What if they don't accept me for being a transwoman?"

"Well, it's up to you when you tell them that. No one else can do it for you. But if they don't like it, then they're not right for you, anyway."

Kye said, a little angry.

"Feeling protective?" Bethanie noted, smiling slightly.

Kye sighed, forcing herself to relax. "Yeah. I was doing some research last night, and so many transwomen have been murdered for being themselves. It infuriates me. It's disgusting; people think they can kill someone just because they're different."

Bethanie put a hand on Kye's arm. "I know. You're right."

"You have your pistol with you, right?" Kye said urgently.

"I do. I have both my knife and pistol. They're never off my person during the day, and are always close by at night."

Kye breathed a little easier. "Good. I don't know what I'd do if I lost you because of someone else's issues."

"You're such a sweet kid, Kye," Bethanie said. "I'm lucky to have you as my daughter. Do you have time to see something before you go to work?"

Kye looked at the clock. "Yeah, I do. What is it?"

Bethanie beckoned for Kye to follow her down the hall. Bethanie walked into her own room and pulled a garment bag out of the closet. She laid it on the bed and opened it. Inside were a beautiful 1950s style peach-colored dress and a shoulder-length auburn wig still in its packaging.

"I want to wear this on Thanksgiving," Bethanie explained. "What do you think?"

"I love it, Mom. I think that'll look great on you."

"You said it without stuttering," Bethanie remarked, smiling.

"What?" Kye looked up at her. "Oh, yeah. I did, huh?"

Bethanie put an arm around her shoulders. "You sure did. Your acceptance is really ap-

and makes life easier for me."

"It'd be petty of me to do otherwise." She leaned into her. "Can I see the wig on you?"

"Yes, you can. This is just temporary until I grow my hair out." Bethanie took the wig out of the package, then went into the bathroom, and pulled on the stocking cap that had to go underneath the wig. She then pulled on the wig, adjusting it and fluffing it.

"Geez, Mom. You look so great in that! I love it!" Kye exclaimed from the bathroom doorway. "That length frames your face nicely."

Bethanie smiled happily. "I think you're being a little too generous with your compliments."

Kye shook her head. "I would never do that. I only speak the truth. Can't wait to see you in that dress, either."

"Let's save that for Thanksgiving," Bethanie replied, winking.

"Works for me." She glanced at the time. "Well, I need to go to work. I'll see you tonight. Don't forget to get some digits!" she sang as she walked away to get her stuff.

Thanksgiving finally arrived. The table was set with delicious food, and two tall white candles in the middle. Kye lit them, then looked at Bethanie.

"We ready to eat?" Kye asked.

Bethanie nodded. "Oh, set the table for one more."

"Who's coming?" Kye asked, putting out another plate.

Bethanie smiled nervously. "Bale."

Kye grinned. "That's great, Mom!"

"Do I look okay?" She went over to a mirror and fussed with her hair and dress.

"Mom, you look fantastic." Kye heard a car coming toward the house. "Is that him?"

Bethanie went to the window, smiling. "Yeah, that's him."

"Dang, Mom, he's cute," she said, watching as he got out of his truck. "Ooh, he even brought you flowers."

Bethanie giggled, going to the door and opening it as he climbed the porch steps. "Hi," she said.

"Hello, Miss Bethanie," he said. He held out the daisy bouquet to her. "For you."

She took them and inhaled them. "Thanks. This is my daughter, Kye," she said.

Kye and Bale smiled at each other.

"You look so pretty, Miss Bethanie," he said. "Thank you." She smiled radiantly, then ushered them inside to eat.

Later, as Bethanie said goodbye to Bale, she realized it had been the best Thanksgiving she'd ever had.

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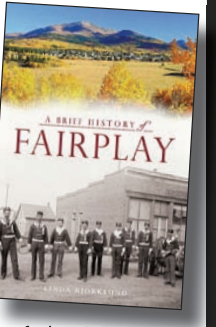
Discover the unique history of Fairplay

A Brief History of Fairplay

by Linda Bjorklund

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

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



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Mini-Blessings

Having fun horsing around

by Kathy Hansen
photos by Jeff Hansen

They say, “You can’t teach an old dog new tricks”. You CAN, however, teach an older mini-horse new tricks, and they like it! Just ask Crissey Smith and Susan Shampine of Mini-Blessings.

Mini-Blessings is a beautiful place with incredible min-horses who are looking to learn something new, and need a nudge of guidance, while having some fun horsing around. Crissey and Susan continue to develop the property and their programs because it is their desire “to share the joy and healing powers of these horses by means of equine assisted activities and equine assisted therapy.”

The horses enjoy being around people; they love getting affection, learning new tricks, and forming new relationships. The minis love to learn as much as they love to celebrate. The founders coach students about how to train the horses. The horses get to be the center of attention and focus on a new task to master. Then, the horses teach the trainer how to have fun celebrating success. Everyone has fun horsing around, and the cyclone of celebration spins onward.



Corey ponders his last road trip; he loves to travel!

Horses in general

Horses have served humankind for over 6,000 years by providing food and transportation, assisting in agriculture, exploration, sport, and warfare. They have also provided incredible companionship.

Horses are prey animals constantly aware of their environment and surroundings as the mountain lion, bear, wolf-pack, or coyote could be near. They experience emotions, have unique personalities, and form relationships as humans or other pets do. Their social needs must be met.

It has been said that horses are “honest” in the expression of their feelings and that they often reflect the emotions of the human around them. Horses are concerned primarily with how we will interact with them; they do not care what model vehicle we drive, the balance

in our bank account, the illness we may be recovering from, or the label someone else put upon us because they have yet to understand us as easily as they have others. Horses just want to know if we are friend or foe.

Horses are herd animals and form social groups. The leaders of a typical herd are an alpha-mare (whom often determines when the herd should move and punishes mis-behavior) and a stallion (who fights predators or rival stallions, bringing up the rear to keep the herd safe when it’s time to move onward). Belonging to the herd is important to ensure safety. Mis-behavior is punished by isolation; losing the safety of numbers can be a corrective mechanism. Horses trust the herd and safety predominates within the herd. When horses live with people these instincts remain.

Horses are very intelligent animals; they like to play and to learn new things. They bond with their trainer and wish to please the trainer. They also have fun celebrating their successes.

The same characteristics are true of the mini-horse. Size is the only difference as the mini-horses measure about 36” from their withers (just below the neck) to the floor and weigh somewhere between 55 and 100 pounds when full-grown whereas a horse measures about 68” and weighs over 1,000 pounds.

Mini-horses can be trained to become “therapy-horses” or “guide-horses” just as many dogs become “therapy-dogs” or “guide-dogs”.

Founders

Crissey Smith and Susan Shampine met at Easter Sunday Brunch; the connection was immediate as they both love animals, especially horses.

In fact, Susan’s first word was “corkey” for horsey. She was in college when she got her first horse. She began raising and training quarter horses. When she and Crissey began sharing their affinity for horses, the conversation lead to how therapeutic a relationship with a horse can be.

Crissey Smith had known for decades the powerful healing that can come from the relationship with a horse. She saw it firsthand with her daughter, Dede, who seemed to learn differently than her peers; her teachers noticed Dede didn’t respond to their techniques as the other students had. Crissey watched Dede blossom after regular visits to her grandparents’ farm where she could visit her favorite horse. The acceptance and unconditional love she they shared seemed to put a light in her eyes and bring her essence forth, while building confidence and self-esteem. Dede went on to lead a productive life, marrying and having two children. Dede died when she was 34. Many years later, when the doctor suggested Crissey consider getting a mini-horse to help her adapt through a very difficult life transition, she eagerly agreed. “Little Bits” was Crissey’s first horse.

One day Crissey had Little Bits set up to practice pulling the cart. Little Bits was clomping along just fine when suddenly she stopped dead in her tracks. Try as she might, Crissey could not persuade Little Bits to move. This is the day that Crissey learned Little Bits doesn’t care for rain. Crissey also met the woman who would introduce Crissey and Susan to Parelli Natural Horsemanship.

Horse sense

The kind woman who noticed Crissey was having no luck getting Little Bits to pull the cart in the rain was quickly able to demonstrate the Parelli Natural Horsemanship method to Crissey and get Little Bits to move along. Crissey was amazed at how quickly the stranger became Little Bits’ leader and how readily Little Bits followed. Crissey and Susan enrolled themselves in the program and learned some valuable skills along with a lot of horse psychology and what makes the horse tick. They found horses really enjoy playing games, gaining new skills, and pleasing their leader. They learned to interpret horse body-language in order to better communicate with the horses. Crissey and Susan were happy to put their

new skills to the test and were happy with the results. As they began to ponder the implications of their new knowledge base they considered the people who could benefit, they realized people of all ages can benefit in various ways.

People who benefit

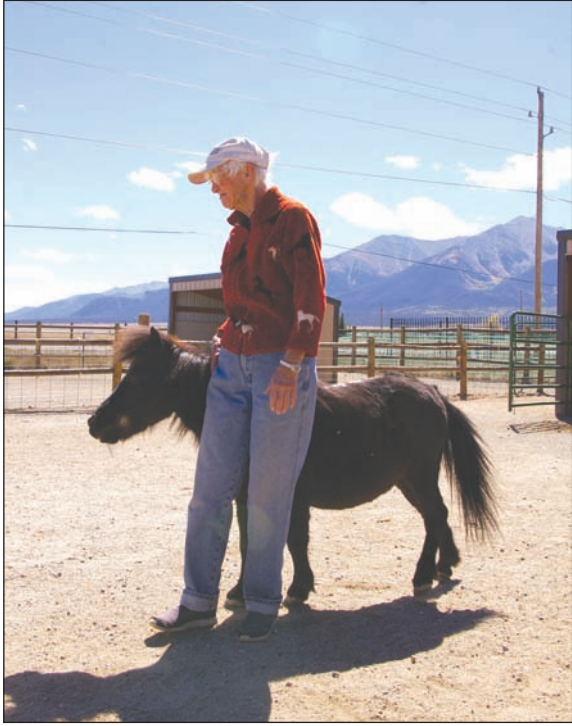
Can you imagine anyone who would *not* benefit from a relationship that provides unconditional love; a relationship based on acceptance and positive interaction? Probably everyone can. Perhaps the better question becomes ‘Are there people who could use additional support, one-to-one attention, and safe affection’. Besides, if laughter is the best medicine, who couldn’t use an extra chuckle or even a chance to smile?

Mini-Blessings has visited schools, libraries, and civic groups. Little Bits and Corey enjoy getting petted when they visit a nursing home as much as the seniors enjoy the special connection. Folks battling Multiple Sclerosis have visited mini-blessings for a pleasant one-to-one opportunity to pet the minis and perhaps enjoy a ride in the cart. Home-bound individuals unable to get to Mini-Blessings have welcomed a visit from Little Bits or Corey, who travel very well.

Currently, Mini-Blessings is working with the Chaffee County Alternative School’s Jeanette Wirchel. Jeannette brings four students at a time. The kids spend a semester with the same horse so they can develop a relationship.

Safety is always first at Mini-Blessings. The first activity once the kids are out of the vehicle is to get ready to greet the horses. Since the horses mirror the emotional state of the children, it’s important for the kids to have a chance to shake off their excess energy prior to approaching the minis.

The kids learn personal space and boundaries for themselves as well as the horses. Since horses eyes are located on the sides of their heads they cannot see directly in front of them or in back, so the kids are taught to



Crissey and Little Bits stroll across the corral.

cally a trail through the woods with activity stations to stimulate each of the five senses. While the Sensory Trail is especially geared for children with sensory processing disorders, it is relaxing to anyone seeking a pleasant distraction.

The trail leads through a garden planted intentionally to offer a variety of tastes, eye-catching colors, touchable textures, and a smorgasbord of smells, all with a background sound of the stream nearby. The best part, is it is experiential; go ahead and smell the fragrances, savor the flavors, and feel the velvety leaves!

Colorful mailboxes are dotted throughout the trail. Each holds special surprises. Open each one and see what is inside!

Activity stations are spread throughout for games, hula-hooping, music, or set-up for simply running through the hanging water-noodles.

Meet the minis

Little Bits is about 17. She loves to pull the cart and maneuver the Agility Course. Cody is trained to drive the cart and loves to prance. Aurora was rescued from Wisconsin. She is in training to become part of the driving team. Corey is the son of an actor, Ragtime. He and Little Bits are buds. Messi and Lily were donated; Lily is Messi’s mom. Messi was named after soccer player, Lionel Messi. ‘Squizzit is an older full-size Arabian mare who is likely to be nominated Ms. Congeniality by those who meet her.

There is so much more to learn about each of them because they each have their own story. Perhaps you should see for yourself.

Visitors welcome

Do you know of anyone who likes to have fun horsing around? How about anyone who likes animals better than people? Do you have a student who doesn’t quite respond to the techniques you have to offer? Is your civic group looking for an interesting activity? Perhaps your school group is interested in a field trip. Maybe you know of someone who is home-bound or has difficulty getting out in public who may enjoy a home visit. Feel free to call 719-395-5852 to plan a visit.

Volunteers needed

Mini-Blessings has many opportunities for folks with a little extra time on their hands. Do you enjoy horses or children? Can you find your way around a stable? Perhaps you have a green thumb and have an abundance of perennial species perfect for the Sensory Trail. Maybe you are a good painter, photographer, or bookkeeper. If you have time and interest, it is likely Mini-Blessings can find a way for you to express your talent. Give them a call at 719-395-5852 to volunteer your time or make a financial donation.

Mini-Blessings is located at 15732 CR 306 in Buena Vista, CO. Donations can be mailed to POB 1475, Buena Vista, CO 81211. Visit their website www.mini-blessings.org. As a 501(c)(3) non-profit organization operating in Chaffee County, we at Mini-Blessings Farm are providing equine guided interactions and equine assisted therapy to the Central Colorado region.

Sensory Trail

The Sensory Trail at Mini-Blessings has been making steady progress. It is basi-

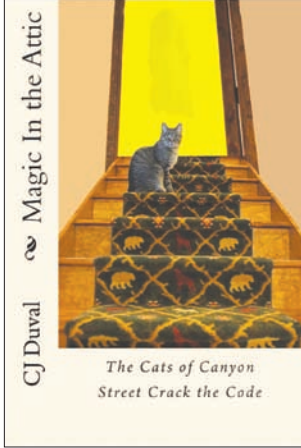
Magic In the Attic:

The Cats of Canyon Street Crack the Code

It all adds up to intrigue: a Magic Eight Ball, a curse, two cats locked in an attic with a shadowy figure and its sidekick, and another feline experiencing terrorizing nightmares, can only lead to heart pumping tension and mystery in this new fiction novel for readers of all ages.

CJ Duval, a retired teacher earned her B.S. degrees in Elementary and Special Education, and an M.A. degree in Curriculum and Instruction. Story and poetry writing has been her passion for several decades.

The author plans to complete a three book series involving the adventures of the cats of Canyon Street,



combining both familiar and new characters, some quite sinister in nature. There will be plenty of mystery, humor, and unique plot twists.

Magic in the Attic: The Cats of Canyon Street Crack the Code is published by Createspace. Fourth Grade reading level and up. Readers will find information for purchasing CJ Duval’s book at Amazon.com and Createspace.com.

Readers of all ages can connect with CJ Duval on Facebook at www.facebook.com/cjduval and <https://cjduval.wordpress.com>

MTCC’s Ice cream social

by Debora Maresca

Mountain Top Cycling Club hosted its 4th Annual Ice Cream Social Oct. 4th. The event was a great success, as always. Thirty-four people cycled various distances on Centennial Trail to be rewarded with a free cup or cone of ice cream from Mountain Scoops.

“Thanks” to Ed Shirk that gave Mountain Top Cycling Club a discount, Charis Bible College, and citizens of Woodland Park for providing volunteers to watch the intersections as the line of cyclists went down Centennial Trail. The Mountain Top Cycling Club members that organized the event, lead the course, and made sure all the young adults made it back safely.



Gingerbread bakery returns to Cup and Cone

The seasons change at the Cup and Cone just like in nature. The spicy smell of baking is in the air as they fire up their Gingerbread Bakery. “We bake from scratch with our own recipe right here in the shop and hand assembled where you can watch,” said Jeri Fry owner of the Cup and Cone ice cream and coffee shop at the corner of 4th Street and Royal Gorge Blvd. in Canon City.

For the past three years the aroma of fresh-baked gingerbread has drifted each autumn from the little ice cream shop on the corner. Some serious architecture in the style of Grimm’s Fairy Tales emerges from their unique craft bakery. Fry has been in the gingerbread business since 1984 and with a touch of magic she trains her staff to turn cookie dough into a mystical gingerbread mansion whose gumdrop shingles, peppermint walkways and jelly bean shutters would widen the eyes of Hansel and Gretel.

The Cup and Cone will hold Jubilees until New Year’s Eve. Jubilee attendees receive an assembled house ready to decorate, the frosting necessary, and the fun of a variety of decorating candies. Fry’s experience makes it easy. Attendance is secured by reservation and costs \$25 per house which includes a treat off the menu (\$5 value) as part of the deal. Seating is limited for each session. “Just call and schedule!” said Fry.

Anyone stopping in for ice cream or coffee will see the festive fun happening in the corner of the shop. “A Gingerbread Jubilee is the chance to make a holiday memory with your friends or family,” said Fry. “We are seeing office parties more and more, too!”

To escape or celebrate come to the Cup and Cone for healthy dip of Boulder Ice



Jeri Fry, owner of the Cup and Cone ice cream and coffee shop



Jeri’s staff (left to right are Maria Ford, Chrystal Fisk, Shaddon Valdez, Abigail Hoffman, Chris Kurtz and Morgan Thorson.)

Cream, hand crafted sodas and barista poured espresso as well as gingerbread.

Adopt Me

by the Humane Society of Fremont County

Geronimo

This is Geronimo. He is a Flame Point Siamese who is 6 years old. He is a typical Siamese cat with a unique personality. He has been waiting a long time for his forever home and would love to meet his forever family Geronimo is at the Humane Society of Fremont County in Canon City, CO. The phone number is 719-275-0663. Email hsfcdogs@gmail.com for more information about Geronimo.



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PAWS

PAWS to Read is a program being offered by Summit Elementary School to give struggling readers an opportunity to read to a trained therapy dog. It has been found that reading to a dog is very motivating since dogs do not tease, laugh, or judge. Children forget their limitations and nervousness so their fluency and reading skills improve. Once a week students come to the library and read to the Golden-doodle, Bailey, with the assistance of Bailey's trainer Dave Adams and Mrs. Garrick, the librarian at Summit.

Fort Carson's 'copters fly high

by Kyle Sullivan

The BLM received an urgent request from Fort Carson military base for U.S. Army personnel to conduct limited, short-term High Altitude Mountain Environment Training (HAMET) on public lands in support of Operation Freedom's Sentinel. Based on a specific set of guidelines, the BLM has determined that this training qualifies as casual use and does not require a permit. The Army began using five landing zones on public lands in Fremont County starting around Oct. 14 and continuing through Dec. 20, 2015. The landing zones were selected in remote locations to minimize impacts to neighboring landowners or resources.

HAMET involves helicopters conducting approaches over and briefly landing on designated zones. According to Fort Carson, this training will reduce the risk of fatal accidents during the 4th Combat Aviation Brigade's upcoming deployment to Afghanistan. HAMET

is crucial in mitigating preventable and fatal aviation accidents by training aviators on the unique challenges and aircraft limitations during mountainous flight. Colorado's Front Range provides the ideal elevation and terrain as well as access to the necessary military infrastructure for this training.

Fort Carson has periodically coordinated with the BLM to conduct HAMET in this area since 2010. The BLM is currently working on an environmental assessment of a Fort Carson proposal for a long-term right-of-way. The environmental assessment is an opportunity for the BLM to more formally examine HAMET's impacts to public lands and determine appropriate mitigation measures if a right-of-way is granted. The current short-term use does not reflect any intent or predetermination for approval of a longer-term authorization. For more information, please visit: <http://www.blm.gov/co/st/en/fo/rgfo/planning/hamet.html>.

EPA's new ozone standard for Pikes Peak Region

The Environmental Protection Agency recently announced a new, more stringent air-quality standard for ozone. As the lead agency responsible for air quality compliance in the region, Pikes Peak Area Council of Governments has analyzed the effects of the new standard on the Pikes Peak region.

The new standard is 70 parts per billion, down from the previous acceptable level of 75 ppb, set in 2008. Air quality in the region is monitored year-round at two monitoring stations, both located along the foothills where ozone concentrations are usually the highest. Ozone concentrations in 2014 and 2015 are the lowest recorded values in the past decade.

The new standard is 70 parts per billion, down from the previous acceptable level of 75 ppb, set in 2008.

Local implications

The Pikes Peak region is expected to remain in attainment of the new standard of 70 ppb, based on the three-year average of levels in 2013 - 2015. The EPA will base compliance with the new standard on the

three-year average of levels in 2014 - 2016. If 2016 ozone concentrations are as low as they have been in 2014 and 2015, the three-year average will also drop further.

How does the EPA calculate compliance?

Compliance is calculated by comparing the standard of 70 ppb against the three-year average of the fourth-highest concentration for each year at each monitoring station. Each monitoring station must be in attainment.

What is ozone and why is it a concern?

Ozone is the air quality pollutant of most concern in the Pikes Peak Region and causes a number of harmful effects on the respiratory system, particularly for children and people with asthma and chronic obstructive pulmonary disease. Made up of nitrogen oxides and volatile organic compounds, ozone is very dependent on weather and meteorological conditions, with the highest concentrations usually measured during the summer months. A component of smog, ozone is not emitted directly as a pollutant, but forms when sunlight causes a chemical reaction between nitrogen oxides and volatile organic compounds. Nitrogen oxide is emitted from vehicles, power plants, and other sources of combustion. Volatile organic compounds come from vehicle emissions, gasoline vapor, dry cleaners, refineries, factories, and other sources.

Florissant Fossil Beds plans prescribed burn

by Jeff Wolin

Florissant Fossil Beds National Monument plans to implement a prescribed burn on approximately 180 acres of monument land along the northern boundary adjacent to Teller County Road 1. The primary goal for the project is to reduce accumulated hazardous forest fuels and to create a buffer near the monument's northern boundary to help protect adjacent neighbors and communities.

Prescribed burning operations are scheduled to begin the week of November 2. However, fire managers must wait until specifically prescribed conditions are met. Wind, fuel, moisture, and availability of fire staffing all play a factor in when and whether burning operations occur. If conditions are not met within the scheduled week, then burning may be delayed until later in the month or until next spring.

"Firefighter and public safety is our top priority as we implement the planned prescribed burn," says Superintendent Michelle Wheatley. "During the week of prescribed burning,

nearby residents and monument visitors should expect temporary smoke in the vicinity of any prescribed fire activity, and drivers should pay extra attention while traveling through or adjacent to burn areas." For safety purposes, monument neighbors and visitors are urged not to stop along the roadway or enter areas while burning operations are being conducted. The Monument visitor center, trails and roads are expected to remain open.

The locations of the proposed prescribed burn area and additional details will be available and updated on Florissant Fossil Beds National Monument's website at <http://www.nps.gov/fflo>.

Prescribed fire smoke may affect your health. For information see <http://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.

Starting on November 1 updates will also be available on Twitter and Facebook @FlorissantNPS or for additional information call Jeff Wolin at 719-748-3253, ext. 202.

One Nation Walking Together Warrior Chicken Program

by Kelsey Comfort

photos by Kathy Dunson

"It's going to be clucking awesome!" That's One Nation Walking Together's Associate Director, Kathy Dunson's catchphrase whenever she gets excited about the Warrior Chickens Program.

The Warrior Chickens Program, officially called the Food Sustainability Program, began with a trip to the reservation. Dunson was staying with a local family when she opened the refrigerator door and found...envelopes. When she asked what they were, the family told her they were eggs, more specifically powdered eggs. Many families on the reservation only used powdered eggs, and they were considered a valuable commodity.

Dunson had frequently visited American Indian reservations and she had witnessed firsthand the poor food quality available. If families are even able to afford food, their selection is incredibly limited. Grocery stores on the reservations are often the size of a gas station or convenience store. With the limited selection and supply, the food is more expensive, and the closest grocery store can be anywhere from 30 to 90 miles away.

The completed chicken coop on the trip.

Dunson then reached out to local organizations to see if she could garner interest in the project. She was able to get Hands of Hope in Parker, Colorado, as well as Rev. Don Sarton and his team at First Christian Church of Colorado Springs (FCC) to sign on to help. Dunson and the organizations worked together to design and build chicken coops that could withstand the harsh weather

and protect chickens in an environment filled with predators. Hands of Hope helped design a coop that was delivered to another local Native family along with chickens and feed in the spring of 2015.

Rev. Sarton and his team at FCC helped design a coop that could be disassembled to travel to the reservation and then reassembled onsite. Once this prototype was completed, Dunson along with volunteers from FCC traveled to the Iyanbito, New Mexico area on Friday, Sept. 18 to deliver two chicken coops to two different Navajo families.

After the coops were in place, Dunson drove down the following weekend to deliver the chickens.

Dunson said of her first experience delivering coops to the reservation, that seeing the families take ownership of the coops and chickens and to see them take pride in having this put in place for them was surreal. She said the gratitude shared by the people was immensely emotional, and the "way they vested into it right away was incredible."

The development of ONWT's new and innovative projects like the Food Sustainability Program is largely thanks to the Colorado Springs *Independent's* Give! Campaign. The campaign runs from Nov. 1 to Dec. 31, and it's One Nation's biggest fundraiser of the year. Give! plays a major part in keeping ONWT growing and expanding.

This year, One Nation has been fortunate enough to collect \$16,700 in matching grants. What does this mean? Well, One Nation has been promised \$16,700, but only if it's able to collect an additional \$16,700 from the public to match the money it's been promised. This means that for every dollar you donate, it will be matched dollar for dollar.

By participating in Give! and donating, you invest in ONWT's ability to grow and better serve more of our Native brothers and sisters.

Where does Dunson hope to see Warrior Chickens go from here? She says the goal is to deliver more coops, and then the program can hopefully morph to utilize the coops already put in place to help fertilize the soil so that people can begin to garden and grow fresh food for themselves.

"You can't have sovereignty until you have sustainability," Dunson said, and I want to help people "grow sustainability for themselves."

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Growing Ideas Autumnal tasks

by Karen Anderson, *The Plant Lady*

Sorry to have missed you in October, but I'm back this month to share some more tidbits and tips about high altitude, organic gardening in our mountain region. Hope you all experienced an enjoyable and fulfilling growing season this summer. Now it is time for the Earth Mother and the plant life to rest and await the protective blanket of the winter snows.

In my experience, this year was not a typical one weather wise. If you recall, in my last article I wrote about donning the stocking caps and sweatshirts in September. Not even close. Mother Nature fooled me this fall. I found myself slathering on more sunscreen and seeking shade for most of the month. Normally, we would have a hard freeze around mid-September followed by the Indian summer warmth, which did not happen at Paradise Gardens. Also, our average last frost date would be around June 15th, but this season, it was June 2 or so. In essence, we were very blessed with a longer growing season than usual. Please don't get comfortable and expect the same conditions in the future. It really doesn't happen that often, unless this Global Warming thing changes everything that I know to be true about mountain weather patterns.

Autumn seems to the absolutely the busiest time of year for me in the gardens and I enjoy working the land at season's close.

One of the Golden Rules in my world is to have 99 percent of the outside chores accomplished by Oct. 31, as this is the average date of the first big snowfall of the Rocky Mountain Winter Season. On occasion, I have been caught in the middle of September with a heavy snowstorm that doesn't go away until the next June! It happens. But it is not the end of the world; simply Mother Nature pulling a fast one on us. Most seasons however, do allow time for me to accomplish enough to feel comfortable. As I write this in late October with snow predicted again next week, I am dedicating my time to putting the gardens to bed for their winter resting period. Most indoor chores will be waiting for me when I have my mission accomplished. I've learned over the years that it is OK not fret about that and to apply the 'First Things First' policy in my life (most of the time).

I do it all in the fall

Even though it is November, you may still have time to incorporate some of these tips before the snow flies for good. Here is a brief review of the most important things I have been doing to prepare the gardens for winter.

- Cut back all perennials (after gathering seed) with the exclusion of hardwood shrubs such as potentilla, snowberry, cotoneaster, spirea, currant, and others. I like to leave about

6" of the sturdier perennial stalks as a reminder of their location next spring. Fall clean up in your gardens helps to prevent insects from laying eggs that can be a future problem.

- Shredded all cuttings and incorporated them into my compost piles. This organic matter adds heat and nourishment to the process of composting.
- Raked most of the aspen leaves, especially those under groves and created a leaf mold pile. It is suggested that if the leaves of Aspens have the 'black spot thing' due to a very wet summer, to avoid leaving them on the ground. I feel that I can "cook" them sufficiently by using manure and other ingredients to the mix.
- Amended the beds with bone meal,



compost, manure, and topped them off with a blanket of broken down straw.

- Gave perennial gardens their last drink of water for the season. If you have trees or shrubs that have been planted recently and they are exposed to winter sun with no snow to cover the earth, then I highly recommend regular winter watering for them.
- Cleaned and secured the greenhouse. A clean greenhouse is a happy greenhouse!
- Put all gardening tools, concrete bird baths, decorations etc. inside to protect them from the winter elements.

Houseplants

Remember that the winter sun coming in your southern facing windows is extremely intense. Many plants cannot endure this kind of heat magnified by the glass. The best selection for sunny winter exposure will include cactus, most succulents, and geraniums. These plants are more durable to cold drafts as well.

My houseplants will be receiving some much needed make-overs during the colder months as most of my attention during summer is dedicated to the outside gardens.

If you have any specific questions about winter houseplant care, please feel free to email me at plantladyspeaks@gmail.com.

Thanks to all the readers who shared in the Gardening Journey with me this summer. I sincerely hope that you have been helped by the information in the Growing Ideas column. My intention is to continue to share my knowledge and experience with our community in the future.

Happy Thanksgiving and many blessings to All!

Rampart Library news

by Anne Knowles

November is Family Literacy Month and to celebrate, Florissant Public Library is hosting a Families Reading Together dinner and storytime on Wednesday, November 4 at 6 p.m. There will be guest story readers (including Keith McKim, Zach Gibson, the principal at Lake George Charter School, and a firefighter from Florissant Fire Rescue), Bailey, the Paws for Reading therapy dog and a kickoff to the national program 1,000 Books Before Kindergarten. The Friends of the Florissant Library are providing a complimentary family friendly dinner to everyone who attends. The children's area at Florissant has recently been updated and is even more child friendly so this is the perfect opportunity to check that out. Reservations are required by calling the Library at 719-748-3939.

Weekly children's programs at Florissant include storytime every Friday at 10 a.m. and Paws for Reading on Fridays from 11 a.m. to 12:30 p.m. Stitches the Scarecrow will be the special storytime guest on Friday, November 20 at 10 a.m.

November book events in Florissant are the discussion group Lit Chat on Wednesday, November 4 from 3 p.m. to 4:30 p.m. and the Book Worms book club on Wednesday, November 18 at 10:30 a.m. The book "Suspect" by Robert Crais will be discussed. The Book Club at Woodland Park Public Library will meet on Tuesday, December 1 at 10:30 a.m. to talk about "The Goldfinch" by Donna Tartt.

If you want to be part of a fun group of people who make a significant difference in our library and the community, you will want to check out the Friends of the Florissant Library. They will be holding their annual potluck meeting at the Florissant Library on Monday, November 9 at noon. Please come, meet some new people and see for yourself why it is such a wonderful group.

For the fishermen out there, nationally known Landon Mayer will be at the Woodland Park Public Library on Wednesday, November 4 from 6:30 p.m. to 8 p.m. to talk about his new book, "101 Trout Tips: A Guide's Tips, Tactics and Techniques".

It was two years ago, just before Thanksgiving 2013, that Rampart Library District joined Marmot, a partnership of 28 Colorado library institutions with over 100 libraries. We have a shared catalog with more than 3 million items. Our patrons may place holds on all of these items and have them sent to our libraries in Woodland Park or Florissant. This gives everyone in our community the resources of a very large library system and we hear from patrons everyday how much they like this service. Of course it is more expensive than our previous stand-alone system where you just had access to the 70,000 items in our collection, but we feel is well worth it. If you ever have any questions about our catalog or how to use it or need help with finding any materials, please come into our libraries or call Florissant at 719-748-3939 or Woodland Park at 719-687-9281. We are very glad to be a part of Marmot as 2015 marks their 30th anniversary.

Speaking of anniversaries, we have several very significant ones coming up next year. It will be 40 years since the resolution creating Rampart Library District was passed by the Teller County Board of Commissioners and 50 years since Woodland Park Public Library first opened its doors as Woodland Memorial Library. The Florissant Public Library began as a small lending library operated by the Florissant Grange in 1970 and became part of Rampart Library District in 1980.

We are very proud to have served our communities all these years, to have grown

with you and developed to meet your needs. We are very excited about the future, what it holds for all of us and how the library can evolve to serve you in the best ways possible. We thank you, our community members, for making this library what it is and for allowing us to be part of your lives.

Rampart Library District will be closed on Wednesday, November 11 for Veterans Day and Thursday, November 26 and Friday, November 27 for the Thanksgiving holiday.

Here are more events for Florissant Library (334 E. Circle Dr.) Registration required 719-748-3939:

Lit Chat - Wednesday, November 4, from 3 p.m. to 4:30 p.m.

Publisher - Thursday, November 5, from 9 a.m. to 11 a.m. Want to learn how to make your own cards, invitations, or brochures? Learn how to make publications with pictures, text and fun! Prerequisite: You must have basic computer skills, experience using a computer mouse and keyboard and/or have taken the Mouse Basics or online Mouse tutorial and Computer Basics class. Microsoft Word experience needed.

Google Apps - Thursday November 12, from 10:30 a.m. to noon. Learn to use the best cloud service available! This course teaches the basics of Gmail, Google Calendar, Drive, and Contacts. Requires basic computer knowledge and internet access. Users will need to own or create a Gmail account.

Internet Basics - Thursday, November 19, from 9 a.m. to 10 a.m. Never explored the World Wide Web? Are you hesitant to try? This course will give you a basic overview of how to use the internet and help you search effectively for information on virtually any topic. Prerequisite: You must have experience using a computer mouse and keyboard and/or have taken the Mouse Basics or online Mouse tutorial and Computer Basics class.

Here are more events for Woodland Park Library (218 E. Midland Ave) Registration Required 719-687-9281 x102:

Excel I - Friday, November 6, from 10 a.m. to 11:30 a.m. Setup, format, preview and save a basic spreadsheet using Office 2013 version of Excel. Learn how to add your own customized toolbar. Prerequisites: Experience using a computer mouse; basic knowledge of a computer or Computer Basics class; keyboarding/typing skills; Microsoft Word recommended.

Mobile Devices - Friday, November 13, from 10 a.m. to noon. Learn the basics of using a tablet device (iPad or Android). Includes setup, browsing the internet, installing apps, backup, and restoring your device. Requires an Android or iPad, and internet access (available at the library).

Excel II - Wednesday, November 18, from 10 a.m. to noon. Learn about document enhancing features such as: conditional formatting and additional mathematic functions. Prerequisite: 2007 Excel I class or have experience using Excel and designing a basic spreadsheet.

Both locations - Free Legal Self Help Clinic Friday, November 6, from 2 p.m. to 5 p.m. Registration required. Call 719-687-9281 x103 for Woodland Park and 719-748-3939 for Florissant.

environment through military operations."

"We are excited to partner again with our military installations and the communities through the Joint Land-use Study," said Rob MacDonald, PPACG Executive Director. "As with prior regional studies and collaborations, our ongoing community and military partnerships work toward common goals."

- Data collection and analysis and public input will cover:
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- Regional stormwater management
- Compatible alternative-energy development
- Wildfire risk
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- Competition for electromagnetic spectrum

Barrel-aged American Sours and Wilds The Paradox Beer Company is opening soon in Divide

by David Martinek

photos by David Martinek

The first taste is robust to be sure. But then the clear, rich flavor strikes you square in the palate, causing an instant smile, and you know that you are drinking an original, one-of-a-kind, rare beer.

Since February 2012 when the Paradox Beer Company began as basically a consulting firm to advise startup craft brewers, the company has evolved into a unique craft beer brewer in its own right. Led by founders, Brian Horton and Jeff Aragon, brothers-in-law who migrated from New Mexico and Trinidad, Colorado, the men started brewing their beer with only a handful of barrels, a few portable fermenters and some leased time at the Pikes Peak Brewery in Monument.

"We bought some hours at the Pikes Peak Brewery when they weren't brewing, during their downtime," recalled Horton. "We brewed our wort up there and brought it down to Woodland Park to age. During our first year, we produced a little less than 300 barrels. Now we easily produce over 300 barrels a month."

Paradox started distributing their beer from Woodland Park, but as business grew their limited facilities prompted them to look for larger space. When the former Community Center on Buffalo Court (near Divide Feed) became available from PK Enterprises, Inc. in Divide, they jumped at the opportunity. Now, they have a 7,200 square foot facility, including a large, two room cooler, to manage all of their brewing functions under one roof, i.e., wort production, fermenting, barrel aging, bottling, marketing and distribution, and yeast and bacteria management. In addition, the building is 100 percent powered by wind generators, and has its own water supply. Solar power capabilities are planned. The company is also able to filter and process their water and brewing waste.



Paradox adds a little yeast to each bottle to continue the fermentation process. The bottles are dark to protect the unpasteurized beer. The labels say "Brewed in Divide, Colorado."

"Our beer is definitely Belgium inspired," said Jeff Airman, Paradox's premier brewer and blender. "We call our beer Barrel-aged American Sours and Wilds because we capture and isolate wild yeast and bacteria. Once isolated, our yeast is house-grown, and the bacteria we colonize is similar that found in yogurt. The bacteria give the beer a slightly sour taste. We brew three to four batches a month and then blend them to create a beer that is different and appealing."

Their beer is aged in (formerly) wine and whiskey barrels for a minimum of four months, but perhaps as long as a year or more in some instances. It is unfiltered and unpasteurized. In order to control oxidation, which ruins beer, a little yeast is added to each bottle to continue the fermentation process until any oxygen is consumed, producing natural carbonation in the process. As a result, the alcohol content ranges from seven to twelve percent (higher alcohol content is allowed in home-brewed and craft beers). "There are maybe 10 other 'craft' brewing companies in the United States that brews like we do," said Horton. "What we try to do is honor the uncertainty of nature through the use of the wild yeast and bacteria that produces a different beer each time. We all have a concept of the kind of beer we are producing, but we're always pleasantly surprised. After rigorous testing and the purchase of selected grains, we blend our beer to arrive at the signature flavors for which Paradox is known."

In their new facility, Paradox has space for their brewing room, barrel storage, cooling, warehousing and distribution, and for a tasting room, complete with an historic bar and mirror

that came from the Tabor Opera House in Leadville. Once they open, McGinty's Wood Oven Pub will provide a menu of foods tailored to compliment the beer. In fact, Paradox adds food pairing suggestions on their bottle labels.

Paradox's beer is shipped throughout Colorado and currently to retailers in six other states.

"Distribution in Colorado is through Elite Brands of Colorado," explained Carol White, Marketing and Distribution Manager. "In the

other states, California, Illinois, Massachusetts, Minnesota, and Washington, we deal with individual distributors in those areas, since liquor, beer and wine laws differ in each state."

Paradox's facilities provide for limited pro-



(l to r) Brian Horton - founder; Jeff Airman - brewer/blender; Jeff Aragon - founder; and Carol White - marketing/distribution manager.

duction which causes the growing demand for their beer to stay high. Most of their beer is sold before it is bottled, according to Airman. "Our beer appeals to the advanced palate, to the experienced beer drinker," said White. "All of our beer has 'Paradox Beer Company, Divide, Colorado' on the bottle," concluded founder Brian Horton. "This is our home now" we want to be good corporate citizens in Divide. And we want the Paradox Beer Company to become a destination for locals and travelers alike."

The company is laying a patio and planning to build a beer garden on the three acres around the building, as well as regular tasting and tour events, and hopes to open their doors in their new facility on or before the end of the year.

The Paradox Beer Company is located at 10 Buffalo Court in Divide. For more information, call 719-686-8081 or email Carol White at carol@paradoxbeercompany.com.



The long bar with mirror in Paradox's tasting room came from the Tabor Opera House in Leadville.

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Joint Land-use Study gets grant

The Pikes Peak Area Council of Governments has been awarded an \$800,000 grant from the Department of Defense, Office of Economic Adjustment, to serve as the project manager for a two-year Joint Land-use Study with local and state governments and three area military installations. PPACG's 16 member governments and others will match the grant with an additional \$100,000 in local funds. Three planners have been hired to lead the project, with support from PPACG and local government staff, installation personnel, and specialized consultants.

The Colorado Springs Regional Joint Land-Use Study will produce a strategic plan to preserve military readiness and defense capabilities while supporting community economic development and jointly

beneficial adjacent land uses. The plan will promote community development that is compatible with military training, testing, and operational missions, and seek ways to reduce operational impacts on adjacent lands. The U.S. Air Force Academy, Fort Carson, Peterson Air Force Base, local jurisdictions in El Paso, Teller, Pueblo, and Fremont Counties, and the State of Colorado will participate. PPACG previously led the six-year, four-county effort to study the impacts on the community related to the growth of Fort Carson.

"Our community has a history of working cooperatively with our military neighbors," said Marc Snyder, chair, PPACG Board of Directors. "This study will enhance existing relationships and identify additional ways to improve our region's economy and natural

Shining light on the Dark Act

by Carol Grieve

In July this year, the U.S. House of Representatives passed HR 1599, a bill we call the DARK Act (Denying American’s the Right to Know) because it would deny voters the right to pass state bills to label genetically engineered foods (GMOs) and make mandatory labeling at the federal level impossible. This bill, if passed in the Senate, would pre-empt all state labeling initiatives. Currently there are three states that have passed their labeling initiatives, including Maine, Vermont, and Connecticut. To date, over 70 GMO labeling bills have been introduced in 30 states. If the Dark Act passes in the Senate it will not only pre-empt all the state initiatives, it will allow food that is labeled “natural” to contain genetically modified ingredients. The bill will make the labeling of GMOs only voluntary.

Why is there so much lobbying and big money being spent to deny us the right to know? The biotech industry, which is really a group of chemical companies, Monsanto, Dow Chemical, Syngenta, and DuPont, have a vested interest in keeping the public in the dark. They know that if there is a label on their products that says “contains genetically modified ingredients”, the consumers, even consumers who are not fully educated about GMOs, would make a choice to buy a conventional or organic product, because there might be some inherent risk in buying a product that contains GMOs. Many consumers would make that choice because

they would consider that risk and the fact that GMOs have no more nutritional value than conventional products and therefore choose the conventional or organic product. The biotech industry also knows that there will be a liability issue on down the road if they label their products containing GMOs, as the truth surfaces about the health risks associated with genetic engineering and their associated chemicals.

The biotech industry and the Grocery Manufacturers Association and its members spent nearly \$87 Million in 2013 and 2014 to fight GMO labeling initiatives. They were successful in convincing many consumers that the cost of labeling would greatly increase food prices — which has been debunked by Consumer Reports.

Consumer Reports found that the median cost that might be passed on to consumers is just \$2.30 per person annually, or \$9.20 for a family of four. Does this sound like a great increase in food prices? Many companies routinely change their labels to update nutritional information or to market their products. Therefore, adding additional information to their labels would not be burdensome.

Another argument that the industry uses is that it would be too confusing to Americans. I don’t know about you, but this infuriates me as they are insinuating that we are too stupid to understand information on a label. Perhaps they want us to be dumbed-down? Currently, 64 countries require labeling of



GMOs. In addition to labeling, 38 countries worldwide have officially banned the cultivation of GM crops. The picture painted by the biotech industry and the U.S. government that GM crops have been accepted by the majority of countries worldwide is therefore, quite obviously wrong.

The biotech industry through the use of powerful marketing and propaganda have duped much of the American public into believing we need GMOs to feed the world. Here is why this is not true. More than 40 percent of all U.S. cropland is devoted to GMO crops. Yet even though nearly 80 percent of processed foods sold in the U.S. now contain GMOs, the majority of genetically engineered (GE) crops aren’t grown to feed humans. The bulk of today’s genetically engineered soybeans and corn in particular, are

used to feed animals and generate biofuels. GMOs do not feed the world, the feed profit. Americans consume 193 pounds of GMOs annually. The animals that provide us with nearly all the meat, poultry, and dairy we eat are force fed genetically engineered crops that their bodies were never designed to process.

Who’s getting healthy on GMOs? Not the American people, whose health has declined since GMOs were introduced into our food supply. Not American farmers, whose numbers have dropped precipitously since agribusiness has taken over our farmland. Not the billions of animals being pumped full of antibiotics to stave off illnesses associated with confinement and GMO feed. No, the only ones getting healthy are the four largest pesticide, agro-chemical, and biotech companies, Monsanto, DuPont, Dow Chemical, and Syngenta — whose sales have jumped from \$60.1 billion in 2004 to \$119.3 billion in 2012. This figure has further escalated since 2012.

The other great lie perpetuated by the biotech industry is that GMOs have never been proven unsafe. It’s hard to fathom when you listen to our representatives at the EPA and FDA talk about having no knowledge of any studies proving that GMOs are harmful to human health as they did during these hearings. There are over 2,000 studies by independent scientists that have shown how GMOs and their associated pesticides are indeed harmful to human health, animals, and the environment.

Did you know that the FDA does not even conduct its own studies? It relies on the chemical companies’ data that they provide to the FDA?

On October 21, there was a hearing in the Senate on Agricultural Biotechnology which discussed GMO labeling. I listened to the entire hearing. The food and biotech companies’ PR firms and lobbyists likely choreographed the Senate spectacle, which sang praises to GMO safety while warning of the high cost and irresponsibility of mandatory labeling. Our senators are supposed to represent the people but this hearing was not about representing us. It was about the corporations’ need to maintain their profits at the expense of the American people and their health.

You may be wondering what you can do? If you believe we have the right to know what is in your food no matter how you feel about GMOs, you can make a choice to let your voice be heard. You can contact your senators and ask them to vote NO on HR 1599 and to take a stand for labeling so that we are not kept in the dark. If we do not stand up for our rights and allow the corporations to run our government, we will become a society that has given up on democracy and one that is controlled by these corporations. This is about everyone using their rights under the Constitution and demanding that our representatives represent the peoples’ will. Nearly 93 percent of people in this country think that GMOs should be labeled. This issue will be further discussed and decided upon by our Senators in the near future. Call your Senators today at 888-894-1033.

As Margaret Mead said “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

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

Carol is currently conducting classes on food education at Mountain Naturals Community Market in Woodland Park every Saturday at 3 p.m. For a list of topics see the ad on page 32, email carol@foodintegritynow.org or call Mountain Naturals at 719-687-9851 for more information.



Wild Nodding Onion

Allium cernuum
by Ciena Higginbotham
artwork by Ciena Higginbotham

Have you ever been on a hike and smelled the familiar pungent scent of an onion? You probably brushed against the dainty pink flowers of a Wild Nodding Onion.

With its long, soft, grass-like leaves and pink clusters of flowers, *Allium cernuum* speckles the open forest. The plant can grow from 12” to 18”, enough to peer through the waving grass. It has a head of nodding flowers that bloom from June to July. These tiny bell-shaped flowers come in subtle varieties of pinks and violets though they can occasionally bloom in white. They appear in umbels, or loose clusters. This term has the same Latin root as umbrella, because of its shape. These loose, nodding clusters live true to their meaning as they protect the flower’s nectar from the rain. Short-tongued bees, such as the Halictid bee, frequently stop to get some of this guarded nectar and pollinate the flowers. Slender leaves grow out to 12” tall from a purple tinged elongated bulb 1” – 2” in length.

The bulbs of the Wild Nodding Onion can be used like a cultivated onion. Though not of culinary value, it is an excellent addition to soups and salads. The taste is much stronger, but also somewhat sweeter than that of the store bought onion. The Northwest Coast First Nations steamed the plant

in pits lined with cedar boughs. The flowers add a delightful flavor as well as a lovely garnish to a salad. Gather the leaves in the spring and cook them up with pasta or add them raw to your veggies. When gathering the plant, pick only the largest ones and keep looking for others, rather than staying in one area. By doing this, you will scatter your picking activity and leave the patch only thinned, not picked clean. This ensures that your favorite onion patches will still be plentiful, year after year.

Onions are easy to save for later use. According to Honest Food’s website, “clean the onions in a basin of cool water by gently rubbing them down to remove old, dry skin. Once cleaned, wrap in a damp paper towel and put them in a covered container or plastic bag in the refrigerator. Stored this way, the onions will keep for about a week to 10 days before they deteriorate.” To find out more information on harvesting onions, go to <http://honest-food.net/2014/05/19/how-to-harvest-wild-onions/>.

Onions, in general, like to live in large groups and can cluster at the roots. Some that I have found seem to be more dispersed. But you will always find them in the sun — they can’t grow in the shade. Wild onions are tolerable to drought and can grow in rocky soil. Easy to identify, there is only one thing you



need to check. While this plant closely resembles another small-flowered perennial, Death Camas (a poisonous imposter), it is easily distinguished by its strong smell. The main rule is this: if it looks like an onion and it smells like an onion, it’s an onion. All parts of the plant

should smell like an onion.

This smell makes the plant a useful repellent. Deer, moles, moths, and insects beware! Plant wild onions in your garden to help deter scavengers. All parts of the plant can be rubbed on exposed skin to discourage biting bugs. It also has interesting medicinal values similar to garlic. The plant can be ground to a paste to make a poultice to be applied externally to various infections like sores, swellings, and pleurisy pains or can be applied to the chest to treat respiratory ailments. Wild onions have a history of treating colds, croup, sore throats and more.

Though the season is over, keep an eye out next spring, or even better, use your nose. See if you can find the Wild Nodding Onion. Give it a taste!

Would you like to know more about easy to identify edible plants? Check out www.eatheweeds.com. Here you will find helpful information on identifying the plants, the history behind them, how to harvest and even some recipes you can try out.

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Duck and goose hunting

by Jeff Tacey
photo by Jason Havens

With the duck hunting winding down in the South Park area, it's time to take a trip out east on the Arkansas River and South Platte River.

You will need to check the 2015 Colorado Waterfowl guide for seasons and dates. Duck and goose seasons are different with all the different zones and areas in the Central flyway, so the season dates are different for each area. If you go on the western side of Colorado you'll be in the Pacific flyway, totally different season dates and limits.

One of the best places to duck and goose hunt is the Tamarack Ranch State Wildlife Area (SWA). It stretches for 15 miles along the South Platte River.

Two other great spots to hunt are Barr Lake State Park and North Sterling Reservoir State Park; both offer pass shooting for Canadian geese as they leave the lake for the day to feed.

If you're heading to the Arkansas River, John Martin State Park is a waterfowl haven. The lake has the most water it's had in years; ducks and geese will be here in great numbers if the weather is right. Overcast skies, snow, wind, rain and cold are the waterfowlers friend.

Rocky Ford SWA is also a good waterfowl spot. Make sure to bring your decoys, floaters for the water and shells for land both work. Spinner and flag decoys will draw ducks and geese in for a good shot.

Check waterfowler.com and cpw.state.co.us for migration updates. Pay attention to the cold fronts as that will push birds down from Canada and the northern US.

Watch out! You might see me carrying my Browning BPS 10 gauge.

Happy Thanksgiving

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WE PACKAGE EACH BUNDLE JUST FOR YOU!! IT MAY TAKE SEVERAL DAYS. PLAN AHEAD SO YOU'LL NEVER RUN SHORT OF YOUR FAVORITE CUTS!!

FREEZER FAVORITE 3 Lbs. Pork Chops 4 Lbs. Bulk Sausage 3 Lbs. Round Steak 4 Lbs. Boneless English Roast 5 Lbs. Lean Ground Beef 10 Lbs. Grade A Fryers Total Weight 29 Lbs. \$3.36 Per Lb. \$97.44 Approximate Total	FAMILY BUDGET BUNDLE 6 Lbs. Pork Chops 6 Lbs. Pork Steaks 5 Lbs. Hilltop's Bulk Sausage 10 Lbs. Lean Ground Beef 6 Lbs. Round Steak 6 Lbs. Sirloin Steak 10 Lbs. Boneless English Roast Total Weight 49 Lbs. \$4.81 Per Lb. \$235.69 Approximate Total	SUMMER GRILLER'S SPECIAL 5 Lbs. Lean Ground Beef Patties 3 Lbs. Tri-Tip Steak 3 Lbs. Country Style Spareribs 4 Lbs. Deli Beef Franks Total Weight 15 Lbs. \$5.42 Per Lb. \$81.30 Approximate Total
HILLTOP'S BEEF VALUE BUNDLE 30 Lbs. Lean Ground Beef 3 Lbs. Round Steak 15 Lbs. Boneless Chuck Roast 7 Lbs. Boneless Short Ribs 6 Lbs. Sirloin Steaks 6 Lbs. Lean Stew Meat 6 Lbs. Rib Steaks 6 Lbs. T-Bone Steaks 6 Lbs. Cube Steaks 12 Lbs. Boneless Rump Roast Total Weight 100 Lbs. \$6.09 Per Lb. \$609.00 Approximate Total	PLENTY OF PORK BUNDLE 3 Lbs. Pork Chops 4 Lbs. Bulk Sausage 4 Lbs. Country Style Spareribs 6 Lbs. Pork Steaks 4 Lbs. Pork Cutlets 5 Lbs. Ground Or Cubed Pork Total Weight 24 Lbs. \$3.35 Per Lb. \$80.40 Approximate Total	HOME COOKIN' BUNDLE 3 Lbs. Pork Chops 3 Lbs. Hilltop's Italian Sausage 4 Lbs. Sirloin Steaks 6 Lbs. Boneless Chuck Roast 3 Lbs. Cube Steaks 5 Lbs. Lean Ground Beef 4 Lbs. Grade A Fryers Total Weight 29 Lbs. \$4.96 Per Lb. \$143.84 Approximate Total

Prices are subject to change without prior warning!!



A Mountain Seed:
Thank God for it
by Jessica Kerr



An autumn leaf rests on a fence post in Tennessee. I had a weekend visit with a friend to her hometown and was very relieved to see non-flat land. Though the hills of Tennessee are not the Rocky Mountains, I was still very glad to see some sort of topographical change.

our house, our food, our job, our friends, and our family. But do we ever say thanks for our very lives and the things that make us so?

Fourteen and a half years ago, a toddler was living in a poor orphanage in the Ukraine. A couple came in, looking to adopt two little boys. Brothers named Slovik and Dema were chosen. They would now not know the harsh life of the Ukraine but would be raised in the United States. They would have much to be thankful for.

Through the door came a staff member. In her arms she carried a bundle — a third baby. These parents saw him and asked, “Who’s that?” The staff member realized her mistake and went to take him back to the nursery, but the parents insisted their inquiry be answered.

It was Miles. He was two and half years old, severely underweight, sick, and hours away from death. I imagine

Some people are so poor that all they have is money.

Then the dumpster divided. You can imagine my surprise! The mist lifted a bit and revealed an uneven outline, shaggy fur, and four strong legs. Backing up, the creature released the dumpster and turned her nose down the street. She ambled on, slowly, curiously. What other places were there nearby to help add winter fat?

I looked back at the girl and her dog. They stood in the same position they had been in, gazing at the bear. She was lumbering toward them, slowly. The bear probably didn’t even know they were there. She soon would, though, for like her kin, her nose was strong. She was beautiful in her danger; as large as a small dumpster, wandering through the streets and alleys by night, and among the trees in the forest by day. She was preparing herself for wintertime when she would sleep long and hard.

The girl and her dog turned slowly, drinking in one more moment of this sight, then disappeared into their home. I decided to do the same; it was beginning to get cold. One last look at the magnificent bear, then I left her in peace, returning to my warm apartment.

It is easy to be thankless in our minds and even our hearts. We have so much yet we still complain. Most of us have a good place to live, food to eat, a job, a car, pets, and each other. Love is quickly shown to us and we care about others, even if it’s only a little. I read once, it escapes me where: “Some people are so poor that all they have is money.” How true that can be.

However, wealth, and whether or not it is good, is not the point I’m trying to make. November is the month we’re reminded to be thankful and we usually think of things like

that compassion gripped the new parents, because I have seen him. He sits in the Senior English class I help teach. He is humorous, intelligent, and downright cool.

It stops you in your tracks when you think that someone you’re staring straight in the eye could be dead right now, nonexistent. Then you see them breathe, turn their head, and speak. They laugh, they smile, and they ask a question or quip a phrase. I imagine what would have become of Miles had that staff member not “accidentally” brought him out of that nursery. Thank God.

We should all be thankful for our homes, jobs, and other things we as Americans take for granted. We should be thankful for our mountains (I miss them dearly), and our food much like the bear in our story was for hers. But as human beings, we should be thankful for our lives. What we really hold most dear can be snatched from us in an instant. In a biology textbook I read when I was in school, I learned that only three percent of the cells in our body have to be dead when we die — 96 percent are still alive. Therefore, life is very precious and very delicate.

So when you go on your walk today, or out to the coffee shop, or to the store, or on a hike, look at a person you perceive with your eyes and look deeper than your eyes can. Imagine their story; the happiness and the sadness, the sanctity and preciousness of their life. For just one day, I challenge you to look at every person you lay eyes on as I see Miles. Think; that person might not be here right now. See the wonderful creation of their eyes, their breath, and their heartbeat, and thank God for it.



Spotlight on the Divide Chamber

Each month we will feature up to five new or renewing members of the Divide Chamber of Commerce. Visit our website at www.dividechamber.org.

■ **Mountain Mama Appliance Repair:** 719-229-8070. On-site Appliance repair throughout Teller and Park Counties, and throughout the Ute Pass region, with 20 years of experience. Licensed and bonded. Washers, dryers, dishwashers, and all cooking appliances.

~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

14 Gingerbread House Bazaar from 8 a.m. to 2 p.m. at Faith Lutheran Church. Lunch is from 11 a.m. to 1 p.m. There will be seasonal gifts, homemade candy and cookies, craft items, pickles and preserves.

14 The Grace Church Ladies Sewing Group, “Loose Threads” invites you to attend their Christmas Bazaar and Bake Sale in the parish hall from 8 a.m. to 2 p.m. Proceeds to support Chaffee County Search and Rescue North.

15 HOPE will be sponsored by the Knights of Columbus breakfast at the St. Rose of Lima Catholic church on November 15th. The breakfast is from 7 a.m. to 11 a.m., and offers a choice of breakfast burritos, pancakes, sausage, eggs, and biscuits and gravy for \$6 for adults and \$4 dollars for kids. We will also have fair trade products and clothing for sale by the UCUONI organization which supports human trafficking victims. For more information call Beth Ritchie 719-395-6938.

21 HOPE will be at the Xi Mu Christmas Fair on November 21, at the McGinnis Middle School from 9 a.m. to 4 p.m. We will have a booth and be selling the UCUONI items again. For more information call Beth Ritchie 719-395-6938.

CANON CITY

11 Fremont County The Emergency Food Assistance Program’s distribution is at First United Methodist Church, 801 Main Street, 1:30 p.m. until gone. Call Erlin Trickle 719-275-4191 X111 for more information.

20 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.

NAMI

3, 10, 17, 24 NAMI Connection Support Group for adults with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets every Tuesday from 6:30 p.m. to 8:30 p.m. at St. Thomas More Hospital in the Community Education Room. Contact Sherry at 719-671-7954 or NAMIsoutheastco@gmail.com.

18 NAMI Family Support Group for family and caregivers of individual with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets third Wednesday of every month at St. Thomas More Hospital in the Community Education Room. Contact NAMI at 719-315-4975 or NAMIsoutheastco@gmail.com.

19 NAMI Southeast Colorado Annual Meeting at 7 p.m. in the St. Thomas More Hospital Community Education Room, 1338 Play Avenue, Canon City. Contact NAMI at 719-315-4975 or NAMIsouth-eastco@gmail.com.

CHIPITA PARK

14 & 15 The Twelfth Annual Chippita Park Association’s Better Arts and Crafts Fair will be held November 14 from 9 a.m. to 4 p.m., and November 15 from 10 a.m. to 4 p.m. at Marcroft Hall, 910 Chippita Park Rd. in Chipita Park, CO. Here is your chance to purchase one of a kind works of arts and crafts from fine artists. Also included; food, baked goods, prizes and Bob and Bernie’s famous Philly Cheese Steaks. For more information: 719-314-7637 or 719-684-9237. The Ute Pass Historical Society’s Traveling Book Shop will be there. The Traveling Book Shop offers a great selection of historical books about Ute Pass, and the one of a kind 2016 Historical Photo Calendar! This calendar makes a great gift, and is available for \$12 + tax.

CORPORATE

9 History of the Palmer Lake Star by Jack Anthony at Colorado Springs Masonic Hall, 1130 Panorama Dr., beginning at 6 p.m. In 2012 Jack was invited to be a member of the Palmer Lake Historical Society’s board. Jack took on the project to research and nominate the Palmer Lake Star to be designated a state historical site. In January 2013, the star was selected for inclusion in the State Register of Historic Properties. In honor of the 80th year the star shines, the Pikes Peak Posse of the Westerners program is on the history of the Palmer Lake Star, also known as the Star of Bethlehem, which has shined since 1935. Program format is in a casual, catered dinner setting at a cost of \$17. Reservations are suggested by Friday prior, noon. Guests are welcome! Membership

CRIPPLE CREEK PARKS & RECREATION

21 Indoor Archery Tournament for all ages from 1 p.m. to 5 p.m. only \$10.

21 Holiday shopping trip to the Outlet Mall in Castle Rock from 9 a.m. to 5 p.m.

On-Going Classes:
Aikido for Adults (Martial Arts), Mon and Wed 6 p.m. to 7 p.m., only \$5 Archery Classes, most Fri 5 p.m. to 6 p.m., and Sat 8 a.m. to 10 a.m. by appointment.

Bible Study for Women Only, every Wed evening from 5 p.m. to 6:30 p.m. English as a Second Language, Call Michael 719-689-3514 for info.

Judo, on Tuesdays from 6 p.m. to 7 p.m. only \$5

On-Going Activities & Sports/Fitness:
Air Rifle Shooting for Kids ages 5 to 18 every Thursday from 5 p.m. to 7:30 p.m. FREE

Archery Indoor Open Shooting, most Fri 6 p.m. to 8 p.m. & Sat 10 a.m. to noon. Call ahead. \$2

Archery Outdoor Open Shooting, Daily Sun-up to Sun-down, \$5 pay at Park & Rec

Day Care (KRU) - Kids Rock University, Licensed Program ages 5 - 17, Mon - Fri

Day Care (KRU) field trips one Friday per month, call for dates/times/ places

Kids Adventure Club for Boys and Girls, Grades 1 thru 6, Call John for Info 719-689-3514

Roller Skating/Blading most Fridays 1 p.m. to 4 p.m. Call ahead. \$2

Silver Sneakers Fitness Membership is FREE for qualifying seniors!

T-25 Cardio Workout DVD is FREE to all Fitness Members

Volleyball for Adult Leagues, games on Wednesdays, 6:30 p.m. at Cresson Elementary

Volleyball Open Gym at Cresson Elementary, Sundays noon to 2 p.m., FREE

Youth Outdoor Soccer League, games on Saturdays at Hern Field. Call 719-689-3514 to Register/Questions/Fees

DIVIDE

9 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.

14 Christmas in Divide. See ad on page 16 and story on page 32.

23 Divide Little Chapel on the Hill-Food Pantry Distribution. We will have our regular distribution plus a complete turkey dinner for everyone on Monday, November 23rd from 3:30 p.m. to 6:30 p.m. at the Little Chapel Food Pantry, behind the little white church (Little Chapel of the Hills) at 69 CR 5 just north of the stoplight in Divide. For single person groups we will have large hens (chickens) rather than turkeys, so that we will have plenty of turkey for the large families. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com.

MUELLER STATE PARK

7 Hike Elk Meadow Trail. Meet at the Elk Meadow Trailhead at 9:15 a.m. Enjoy the early winter woods on a hike through forest and meadow with Volunteer Naturalist Nancy. Moderate 3.5 mile trail.

14 Rock Clinic Lab from 10 a.m. to noon at the Visitor Center. Explore the different types of rocks: sedimentary, igneous, and metamorphic. See them up close and learn to tell them apart. Find out how they were formed and what they can tell you about the landscape. Led by Volunteer Naturalist Bob.

14 Touch Table: Rocks Around Us from 1 p.m. to 3 p.m. at the Visitor Center. Learn about rocks of all types. Get to see and touch a variety of rocks: igneous, sedimentary and metamorphic! Volunteer Naturalist Bob loves to share his knowledge about all things to do with geology!

15 Hike School Pond/Stone Mill Trail. Meet at 9:15 a.m. at the School Pond Trailhead. Join Volunteer Naturalist Nancy on a gentle hike through rolling hills and forests. Watch for signs and tracks of animals in winter! Only 2.5 miles. Meet at Preacher’s Hollow instead if there is a lot of snow.

21 Hike Homestead Trail. Meet at the Homestead Trailhead at 9:15 a.m. Visit the Osborn Homestead and hear what it was like to live in the old days with Volunteer Naturalist Nancy on a 3 mile moderate hike.

21 Hike Outlook Ridge. Meet at Outlook Ridge Trailhead at 1 p.m. Hike along Outlook Ridge with Volunteer Naturalist Rose to see some great scenic views. Moderate 2 miles.

24 Hike Rock Pond Trail. Meet at the Visitor Center at 10 a.m. Hike one of our favorite trails with Volunteer Naturalist Rose. This trail drops about 600 feet in elevation and is 5 miles round trip.

26 Visitor Center will be closed to

FLORISSANT

FLORISSANT FOSSIL BEDS

14 Join park rangers and members of the Colorado Springs Astronomical Society for a look at the sky’s constellations from 6 p.m. to 8 p.m. Night Sky Programs begin with a short presentation in the Visitor Center, followed by stargazing with telescopes, binoculars, and laser-guided tours of the stars and constellations. Please note that the telescope viewing is weather-dependent, and takes place only if clear. Presentations take place no matter the weather. Dress warmly; nights can be cool even in summer. Bring binoculars or a flashlight if you wish (red-filtered lights only please). Call 719-748-3253 ext. 202 for details. Admission for the program is the regular park entrance fee, which is \$5 per adult (16 years and older); children and federal pass holders are free. For additional information, please call 719-748-3253 or visit our website: www.parks.gov/info or on Facebook at www.facebook.com/FlorissantNPS

FLORISSANT GRANGE

25 Free Thanksgiving Dinner with the Jammers. We will be needing cooks and helpers. If you are interested please call 719-748-5004.

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 and Thursdays at 9 a.m. for all ages. Donations accepted. They may call us at 719-748-3911 x102 and leave a message. We will also ask them to place a sticky note on our world map showing places they have served our country.

FLORISSANT PUBLIC LIBRARY

6 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. By computer

LAKE GEORGE

8 Veteran’s Day service at Community Fellowship of Christians at 10:30 a.m. for more information 719-748-5552.

LAKE GEORGE CHARTER SCHOOL

10 Veteran’s Assembly at 10:15 a.m. We will have an assembly to honor all veterans in the area. We will then serve lunch at 11:15 a.m. If a veteran would like to join us we would appreciate a call saying Donations accepted. They may call us at 719-748-3911 x102 and leave a message. We will also ask them to place a sticky note on our world map showing places they have served our country.

17 Election for school board. At this time there are three seats available and we have five candidates. The

NEW MOM’S GROUP

3 Join us for this fun and educational gathering of new parents on the first Tuesday of every month. We will discuss topics such as infant sleep, infant feeding, postpartum adjustment or physical development and have lots of time for socializing and meeting other parents. This group is provided free of charge and is open to all parents of babies under age 1. Held at The Yoga Room, 321 W. Henrietta Ave., Suite 1A, Woodland Park. For more info, call 719-761-7541 or continuedonpage31

WOODLAND PARK PUBLIC LIBRARY

6 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. 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 sign up by calling 719-687-9281 ext.103 for Woodland Park. Woodland Park Public Library is located at 218 E. Midland Ave. Call 719-687-9281.

RAMPART LIBRARY NEWS

See page 24 for full list of November’s events.

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Students are identifying macroinvertebrates at the High Creek Fen during the 2014 fieldtrip.

Outdoor learning at the High Creek Fen

by The Coalition for the Upper South Platte
photos courtesy of The Coalition for the Upper South Platte



If you drive south on Highway 285 from Fairplay for about nine miles, you will come across a small dirt road to the east that leads to an unassuming parking area and sign describing the High Creek Fen. Walk toward the stand of trees in the middle of the vast, open landscape, and you will know you have reached the High Creek Fen when the terrain changes from dry to boggy. Middle school students make this trek annually to learn about this unique South Park feature.

The High Creek Fen is an extreme rich fen, meaning this groundwater-fed wetland has nutrient-rich water that supports plant and animal communities of biological significance. The High Creek Fen is one of only a few extreme rich fens in the world. The fen is home to uncommon bugs and more rare plant species than any other wetland in Colorado. Two of these plant species, Porter's feathergrass and pale blue-eyed grass, are found almost exclusively in the area.

The High Creek Fen supports such ecological diversity because of its geology and history. The fen is fed by snowmelt coming from high in the Mosquito Range to the west and underground aquifers. This water seeps through limestone, and springs up from the ground, creating a wetland with water rich in calcium, magnesium, and other nutrients. As you walk into the fen, white salt deposits from the mineral-rich water evaporating are visible on the ground.

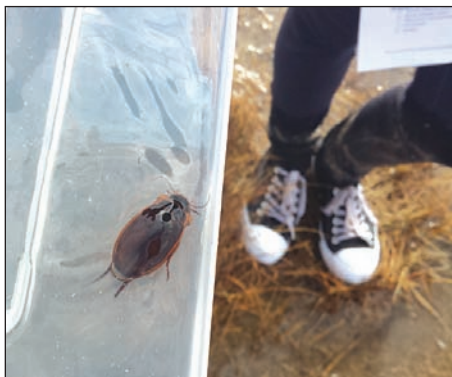
The fen was shaped by the last Ice Age. The fen is a relic of this era, a time when South Park was much colder and wetter. Plant communities that were well suited to Ice Age conditions, and now survive almost entirely in much more northern latitudes, are still found at the High Creek Fen. The continued survival of these arctic disjuncts, or isolated populations typically found in arctic climates, means you can find plants at the fen and surrounding areas that live nowhere else in Colorado.

In addition to providing habitat for rare species, the High Creek Fen has many other watershed benefits. Like all wetlands, fens help filter out heavy metals and other pollutants in ground and surface water. The sponge-like nature of fens means they absorb heavy precipitation and slowly release it downstream. This process reduces the risk of flooding, minimizes erosion, and recharges groundwater systems.

Pioneer botanists first documented the High Creek Fen in the 1860s. Over a hundred years later, people began mining the fen for peat. The peat found at High Creek Fen turned out to be a poor amendment for garden soils because it is low in nutrient content, hinders drainage, and slows aeration. Peat mining was stopped in the area, but not before part of the fen was permanently lost. The impacts from peat mining can still be seen today, and due to the very slow accumulation rate of peat at the fen (as low as 4 inches per thousand years), disturbed areas cannot be restored on a human timescale.

It wasn't until the late 1980s, after a researcher at Colorado State University reported extreme rich fen wetland systems existed in South Park, that the unusual nature and important natural heritage value of the High Creek Fen was widely recognized. Following this recognition, The Nature Conservancy (a nonprofit group dedicated to conservation) acquired the fen for protection. The High Creek Fen is now open to the public year-around, dawn to dusk.

Even with public access, the High Creek Fen remains a rarely visited and little known feature in the area. The South Park National Heritage Area (SPNHA), South Park Middle School, and the Coalition for the Upper South Platte (CUSP) have teamed up to increase student awareness of the High Creek Fen and the ecological diversity of South Park. Since 2012, SPNHA and CUSP have hosted a fieldtrip with funding from SPNHA to take students from South Park Middle School to the High Creek Fen to learn about its history and monitor water quality.



A predacious diving beetle found by students in the High Creek Fen during their September 2015 fieldtrip.

Prior to going out in the field, students learn about the history of the High Creek Fen and its natural history and ecological significance. On the day of the field trip, students armed with this background knowledge take a short bus ride to the fen to begin exploring the area firsthand. Small groups walk from the dry, cactus-laden parking area toward the spring and comparatively lush strip of wetland.

Once in the fen, students start performing basic water quality tests including pH, dissolved oxygen, temperature, and turbidity (clarity) to get a sense of what kind of water is surfacing and flowing through the fen. Then comes the fun part — hunting for bugs. Macroinvertebrates (organisms without a backbone that are large enough to see) are great indicators for what kind of shape a water system is in. Different species of bugs respond differently to pollution in wetlands or other water bodies. Some, like stonefly and caddisfly nymphs, are more sensitive to contaminants, whereas others, like leeches and snails, are harder and can survive amid more pollutants. The more sensitive species found during sampling, the better the water quality. Every year, students are excited to find at least a few unusual macroinvertebrates and enough sensitive species to indicate high quality water.

Students also take a walk with a local historian and preservationist to understand more about the history that shaped South Park and the High Creek Fen. Between the historic context and the hands-on experience navigating marshy lands and netting bugs, students are challenged to think about the significance of the High Creek Fen and brainstorm ways to preserve and share this local treasure. The most rewarding part of the trip is seeing students show enthusiasm for the project and take pride in where they live.

The High Creek Fen field trip was recognized last year as one of the best projects in National Heritage Areas nationwide.

continued from page 29

communitymidwiferyco@gmail.com
or visit www.CommunityMidwiferyCO.com

SHINING MOUNTAIN EVENT CENTER

6 & 7 The 5th Annual Rocky Mountain Christmas Boutique, featuring elegant handmade gifts, décor and gourmet food items. Free admission. Event sponsored by Peak Internet, with all proceeds benefitting CHOICES of Teller County. Held Friday and Saturday, November 6 and 7 from 9 a.m. to 6 p.m. at Shining Mountain Event Center, 100 Shining Mountain Lane in Woodland Park. Breakfast buffet and lunch specials in the grill. For more information call 719-310-4043.

TEEN CENTER

4, 11 & 18 Bean & Cheese Burrito Special - \$1 for a homemade Bean & Cheese Burrito and a glass of lemonade.
6 Book Club. Come to our first meeting and find out what it's all about from 4 p.m. to 5 p.m.
9 Adopt-A-Spot Around Memorial

Park Clean Up and Recycling at 3:30 p.m. KAC

10 TAB Pow Wow at 4 p.m.

13 Volunteer Appreciation Dinner by invitation only 6 p.m. to 8 p.m.

17 Scrapbooking Fun. Come document the fun happenings at the Teen Center. Free! 4 p.m. to 5 p.m.

19 Heroscape/Lego Club. Come find out what it's all about at our first meeting! 4 p.m. to 5 p.m.

20 TAB Meeting. If you're on the Board, please attend. KAC 4 p.m. to 5 p.m.

23, 24 & 25 Teen Center Open noon to 6 p.m.

23 Redbox/Netflix Movie w/free popcorn & a drink! Starts at 3:30 p.m.

24 Hike Mule Trail. Let's hike Mule Trail and see what's changed since the Summer! You must be signed up to attend. Check out the sign in sheet at the Teen Center! 1 p.m. to 4 p.m.

24 Cooking Club. It's our first meeting for the Club. Come find out what it's all about! 4 p.m. to 5 p.m.

25 Give Thanks Party. We'd just like to give thanks for all the kids at the Teen Center with dessert & cocoa. Please sign up to attend so we have enough goodies for everyone! 4 p.m. to 5 p.m.

~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.

26 & 27 Teen Center Closed — Happy Thanksgiving!
30 Make Christmas ornaments to help decorate the Teen Center at 3:30 p.m. We invite you to come to the Teen Center, a fun, safe place for kids! Teens need to be registered at the Teen Center. Free! 4 p.m. to 5 p.m.
19 Heroscape/Lego Club. Come find out what it's all about at our first meeting! 4 p.m. to 5 p.m.
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23, 24 & 25 Teen Center Open noon to 6 p.m.
23 Redbox/Netflix Movie w/free popcorn & a drink! Starts at 3:30 p.m.
24 Hike Mule Trail. Let's hike Mule Trail and see what's changed since the Summer! You must be signed up to attend. Check out the sign in sheet at the Teen Center! 1 p.m. to 4 p.m.
24 Cooking Club. It's our first meeting for the Club. Come find out what it's all about! 4 p.m. to 5 p.m.
25 Give Thanks Party. We'd just like to give thanks for all the kids at the Teen Center with dessert & cocoa. Please sign up to attend so we have enough goodies for everyone! 4 p.m. to 5 p.m.

UTE PASS CHAMBER PLAYERS
22 Tweeds Fine Furnishings at 3 p.m. For tickets visit utepasschamberplayers.com or call 719-686-1798.

UTE PASS CULTURAL CENTER
11 Veteran's Day. American Legion Post 1980 of Woodland Park will be holding a Veterans Day Celebration at 5 p.m. on Nov 11 at the Ute Pass Cultural Center. Free Bar-B-Q with all the fixings* for all Veterans, active duty military, national guard, reservists and their families. Event begins with a patriotic ceremony honoring all Veterans. No Host Bar will be open.

UTE PASS HISTORICAL SOCIETY
Ute Pass Historical Society Holiday Gift Shop Hours are Wednesday through Saturday, 10 a.m. to 3 p.m. We will be closed on Thanksgiving Day. We offer a large selection of books, jewelry, and Indian art. Our 2016 Photo Calendar makes a great gift! The Gift Shop is located in the Museum Center building in History Park, next to the Woodland Park Public Library, 231 E. Henrietta Avenue. Call 719-686-7512 or check our website: utepasshistoricalsociety.org. History Park is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library. Call the Ute Pass Historical Society at 719-686-7512 for further information.

17 The Wholistic Networking Community invites you to meet area practitioners and learn about holistic wellness from 11 a.m. to 12:30 p.m. at the Rampart Public Library, 218 E. Midland Ave. Be sure to mark your calendars for our regular meetings on the third Tuesday of every month. The featured presentation for our November meeting is "Shumann Earthing Resonance Device and EMF's" by Shari Bilger

and David Polley. Shari and David are excited to share with you their Shumann Resonance Earthing Device. Learn about the many health benefits of earthing and how you can accomplish this from the privacy of your own home. 24/7. Many of us live in a busy world and aren't able to walk barefooted on Mother Earth often. In addition, they will share how you can protect yourself from the damaging effects of EMF's and more. Shari Bilger is an international spiritual teacher and vibrational healer of many modalities. She is co-coordinator of the Wholistic Networking Community and the lead of WNC's healing team. David Polley is a dowser, energy explorer, inventor, student and a member of the healing team. Come have fun with us! For more information about the Wholistic Networking Community or to RSVP, telephone 719-963-4405.

WP WRITERS GROUP
5 & 19 Are you interested in writing/publishing commercial fiction and nonfiction? We are starting a Woodland Park writers group. All published and non-published authors are welcome. We will

discuss relevant topics such as plot, POV, hooks, character development, and the general business of writing/publishing. We will play with improve-writing. Polish your craft to get published! Meetings are at the WP Library, 218 E. Midland Avenue, Woodland Park, CO 80866 in the Small Meeting Room the 1st and 3rd Thursday from 6 p.m. to 8 p.m. For more info call 719-377-1546 or email kat@katwells.com.

WOODLAND PARK SCHOOL DISTRICT
11 Veterans Day Celebration. See ad on page 14.

VICTOR

16 American Eagle Overlook. Access update and open house at Victor Community Center. See ad on page 12.

28 Ute Trail Muzzle Loaders: shoot and meetings the last Saturday of each month at Victor. For information call 719-684-7780.
Save the Date for Gold Camp Christmas in Cripple Creek and Victor the weekend of Dec 11 and 12. For other questions call event coordinator, Kathi Pilcher at 659-3599.

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Christmas in Divide 2015

by David Martinek
photos by David Martinek

It has become a tradition. For the 24th year the Divide Chamber of Commerce will sponsor their "Christmas in Divide" craft fair on Saturday, November 14, just a few days after Veterans' Day. The fair will be held at the Summit Elementary School gymnasium from 9 a.m. to 2 p.m. and will feature crafters from the area, as well as entertainment and a visit from Santa. There will also be a silent auction.

As with last year, the chamber is partnering with the school's Parents and Teachers Organization (PTO) to present a holiday starter for the community. A chamber bake sale will be held in the morning along with donuts for a donation. The Summit Elementary PTO will sell chili and hotdogs for lunch.

The fair is a fund-raiser for the Divide Chamber and a much anticipated annual event for the community providing an excel-



Mrs. Brenda Baker, the Summit Elementary School music director arranges and presents the entertainment throughout the fair. One of the entertainment groups is always the Summit Singers, shown here performing during the 2014 fair.

lent opportunity for local residents get an early dose of Christmas spirit and to start their Christmas shopping. The proceeds from the fair help the Divide Chamber of Commerce maintain its presence in the community and support its various projects, including its support of the continuing renovation of the Midland Depot at Divide, sponsored by the chamber's non-profit partner organization, the Teller Historic and Environmental Coalition.

Santa Claus will be making a joyful entrance during the fair and welcoming one and all. Children and adults alike may sit on Santa Claus' lap and have their picture taken. Santa will be available from 10 a.m. to 1 p.m.

Mrs. Brenda Baker, the school's music director, will arrange and present the entertainment throughout the day, always a fair highlight. Performers will include the children of the Summit Elementary School, as well as that of other schools, and other entertainers. The emcee for the event will be the Summit Elementary School principal, Mrs. Katie Rexford.

For more information about the Christmas in Divide Craft Fair, go to the Divide Chamber's website at www.dividechamber.org or call Lisa Lee (Shipping Plus) at 719-686-7587, or Joe Kain (Ancestral Arts Trading Post and Gift Shop) at 719-687-2278.



Bunny Sabula, secretary of the Divide Chamber of Commerce, manned the silent auction booth at the 2014 'Christmas in Divide' craft fair.

Invest and Retire Center joins PSB&T

Park State Bank & Trust announced Craig Ketcham as the LPL Financial Advisor for the Invest and Retire Center (IRC).

"Our on-site services in retirement and financial planning have been a key service for our customers for several years," according to Tony Perry, President and CEO of Park State Bank & Trust. "Craig has been successful working with clients as a financial advisor since 2007, so we asked him to join our community bank as we knew he was committed to assisting individuals, families, and business owners, in pursuing their financial goals and objectives."

The Invest and Retire Center's role is to help customers make well-informed decisions about investments and retirement plans. "I am dedicated to being a trusted source for investment, retirement, and financial planning for the entire community," Ketcham said.

"I will continue to offer financial advice and strategies for 401(k) rollovers, investment and insurance reviews, wealth building and preservation strategies, investor education, trust and estate planning considerations, and long term care and eldercare issues," Ketcham said. Mr. Ketcham believes in providing a "complete catalog" of services and products.

Ketcham explains why individuals and businesses should come to him for financial advice. "As an independent financial advisor I offer unbiased investing strategies for the beginner



Craig Ketcham

as well as the experienced investor, he said. "Since I am independent, I am not constrained by a corporate philosophy or model that may direct an investor into something that may not be suitable for their needs."

The IRC is open to the entire community. "The role of Park State Bank & Trust is to serve the community," Ketcham said. "The Invest and Retire Center is open to all members of the community and I look forward to meeting with anyone interested in learning more about what the bank and the IRC can do for them."

The Invest and Retire Center works in partnership with the other bank departments. "I want to be your personal CFO (Chief Financial Officer) so I communicate with other bank departments to provide the best possible combination of services and products," he said. "The goal is to bring a team of experts

on board; to sit at the table on your behalf."

Ketcham really believes in education. "The financial world can be complex and hard to navigate for individuals and businesses," he said. "I will put guidelines and recommendations in plain English."

Ketcham believes his services are beyond what other financial advisors offer in these ways:

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If you are interested in consulting with Craig, he can be reached at 719-687-5276 or you can stop by Park State Bank & Trust, located at 710 U.S. Hwy 24, Woodland Park, CO. Ketcham is available during bank hours, evenings and weekends by appointment.

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