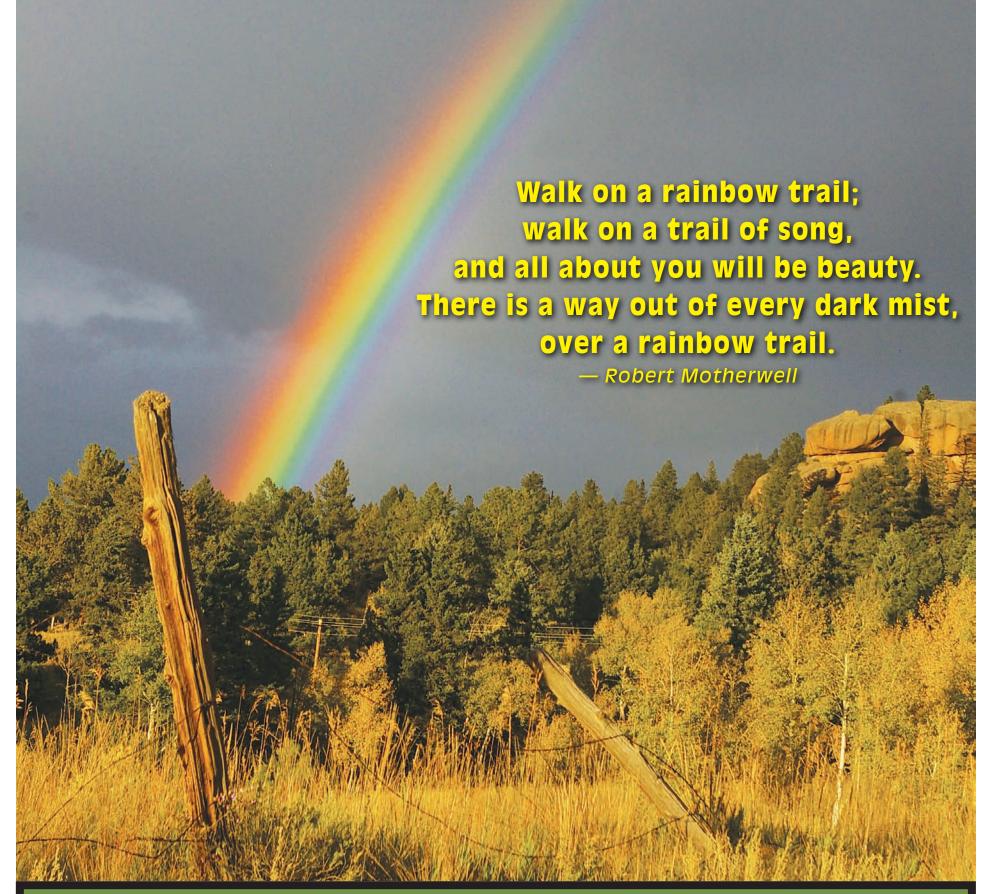
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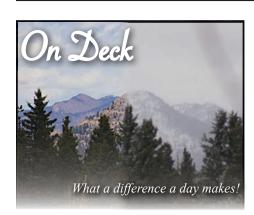
PEEK INSIDE...







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This month's cover photo was taken on Upper Twin Rocks Road in Florissant. Colorado rainbows are beautiful; they portend change, as they remind us of unity and diversity all at the same time.

Much like rainbows advise of us changes, we at the *Ute Country News* have some changes. We thank Karen Earley for the time she was able to dedicate to the *Day Trippin with Karen* column. We wish Karen the very best in her new adventures. We will miss her enthusiasm. We also welcome Caleb Green who brings us Greens Go To Fitness column. Caleb wrote an inspiring introduction with a straight-forward approach. When you are ready to get serious about your physical health, give Greens Go To Fitness a read, follow his instruction, and notice the results.

Rainbows remind us to appreciate each hue and celebrate the entire spectrum. The colors blend and complement each other. I invite the "cover-to-cover" reader to discover the synchronous strings of thought woven throughout these pages.

Spring may bring new photo ops for your indoor or outdoor animal friends. Feel free to send in pics of your pets, give us their name and what area the photo was taken. Critter Corner is always looking for new pics. Please send via email to utecountrynewspaper@gmail.com or snail mail to POB 753, Divide, CO 80814.

We love to hear from you. Do you have comments, questions, or an article for consideration? Please send to us via email to utecountrynewspaper@gmail.com or snail mail to POB 753, Divide, CO 80814.

The May issue deadline is April 24 (all ads must have final approval by April 26).

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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Sweet betrayal, part I was printed in March 2017 issue on page 2.

Sugar was first introduced to this country in 1751 by the Jesuits who brought suga cane to New Orleans from Haiti. By 1791 commercial production was in full swing. Today, sugar is obtained from sugar cane or sugar beets and those beets are almost predominantly GMO. (Ensminger et al. 1983: 2061)

Over the last 225 years, the refined white granules of pure sucrose known to us as sugar have become a staple of the human diet in developed countries. If you eat like most Americans, you almost can't avoid it. In fact, you would have to make a concerted effort to eliminate it from your diet and the ensuing withdrawal can seem brutal to some people. Sugar is the leading food additive in the U.S. today. With the exception of tobacco, I believe the sugar industry has perpetrated one of the largest assaults on our health in history. Refined white sugar damages your health from head to toe. It affects your brain, your digestive system, endocrine, cardiovascular, and immune systems.

Equally problematic is that due to the processing of sugar it has essentially no nutrients left, therefore it contributes nothing to the diet except calories.

"Refining of raw cane sugar into white sugar removes most (93%) of the ash, and with it go the trace elements necessary for metabolism of the sugar; 93% of the chromium, 89% of the manganese, 98% of the cobalt, 83% of the copper, 98% of the zinc and 98% of the magnesium. These essential elements are in the residue molasses, which is fed to cattle." (Schroeder 1973b: 152).

Sugar is a thief

Empty calories create negative nutrients. Since the organism must consume its own nutrients to metabolize, the only way for the calories from sugar to metabolize is to steal enzymes provided by vitamins that your body stores. Not only is it void of nutrients, it is nutrient depleting.

Nutrient deficient foods crowd out nutrient dense foods leaving people in caloric excess, increasingly fat, yet still hungry and malnourished. Not your ideal environment for a healthy body.

How it makes you fat

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When sucrose is consumed, an enzyme separates sucrose into its individual sugar

Empty calories create negative nutrients.

units of glucose and fructose. Both sugars are then taken up by their specific transport mechanisms. Uptake of both occurs at the same time. The body will use glucose as its main energy source and if the excess energy from fructose is not needed, will be put into fat synthesis. Controlling sugar intake can help control hunger and allow fat stores to more readily release fat. http://healthyeating.sfgate.com/difference-between-sucrose-glucose-fructose-8704.html

In the 1930's Cleveland, OH dentist Weston Price became alarmed by what he considered rampant tooth decay in his adult clients. This was often accompanied by other health concerns such as arthritis, osteoporosis, diabetes and others issues. However, it was the younger patients that caused him the greatest concern. Crowded, crooked teeth were becoming more and more common, along with what he called "facial deformities" such as overbite and narrowed faces. The children invariably suffered from other serious ailments that ranged from frequent infections to asthma to behavioral problems and more.

This is what prompted Dr. Price to embark on a 10 year adventure and led him to some of the most remote and isolated regions of the World. It was in these remote areas that had no "civilian" contact that Dr. Price found the smoking gun. What he observed were people with uniformly broad dental arches, all 32 teeth present, little or no decay and no crowded teeth.

Researchers at the time attributed the general good health of the primitive people he studied to racial purity. I heard that statement earlier today and like Dr. Price, I don't buy it. Upon further investigation, he found that very often the groups living close by, of the same race, had come in contact with traders or missionaries. It was at that time they had abandoned their traditional diet for the foods available in newly established stores; sugar, refined grains, canned foods, pasteurized milk and devitalized fats and oils. In these groups, he again found rampant tooth decay, infec-

tious illness and degenerative conditions.

One need look no further than diet and lifestyle to understand the vast differences in health from the so-called primitive peoples to those exposed to civilized populations.

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I have a cookbook that was published in 1935. To date I've found one single recipe in the book that doesn't include sugar; and lots of it. Books were probably the best way to distribute information in those days. Not everyone had televisions and companies like Imperial Sugar, the self-proclaimed "mother of all sugars" produced their own cookbooks with their corporate profits in mind. Imperial even produced a cookbook for kids in the 1970's.

Bones, dem bones

The health of our bones isn't something we typically have in the forefront of our minds. Probably because as long as they aren't complaining or we aren't chilled to the bone, they are hidden from sight and we actually prefer it that way. The truth is; your bones can tell your secrets long after you are gone.

Bones are no exception in the havoc that sugar wreaks. In a case controlled study of 57 children ranging from 18 months to 14 years in age, a significant association was found between abnormally low blood calcium and intake of at least 1.5 liters per week of soft drinks containing phosphoric acid. Primarily found in cola drinks, there is also evidence that phosphoric acid promotes kidney stones and osteoporosis. Researchers at Tufts University, studying several thousand men and women, found that women who regularly drank cola-based sodas — three or more a day — had almost 4% lower bone mineral density in the hip. Sugar is so acidifying that it causes your body to take calcium from your bones and excrete it through your urine leaving you prone to kidney stones. (Mazariegos-Ramos E, et al. Consumption of soft drinks with phosphoric acid as a risk factor for the development of hypocalcemia in children: a case control study. J Pediatrics 1995.)

Be still my beating heart

Our brain reacts to sugar in the same way it reacts to falling in love. Don't be fooled. The only thing sugar has to do with your heart certainly has nothing to do with love. Yet, it's how we express our love often times. For example, a box of chocolates for Valentine's Day.

By now you're probably not surprised to hear that hypertension is found almost exclusively in developed countries to which the standard western diet is strongly linked. Hypertension is a condition wherein a patient's blood pressure measured greater than 140/90 on more than one occasion. Usually, a somewhat higher value is allowed for patients who are older than 60. This condition is virtually nonexistent in undeveloped areas and in those areas increased blood pressure is not related to advancing age. In general, hypertension has no single cause; however excess sodium and excess sucrose are contributing factors. (http://www.webmd.com/ osteoporosis/features/soda-osteoporosis#1)

continued on page 4

Herb class with The Thymekeeper

Let's make home remedies. Learn how easy and inexpensive it is to make your own. We'll learn how to make tinctures, teas, poultices, compresses, salve and many different ways to apply herbal remedies on Sunday, April 23 from 1:30 to 3:30 p.m. at the Thymekeeper 1870 CR 31, Florissant, Colorado. Cost is \$20; pre-registration is required. If you register and cannot make it, please let me know as soon as possible.

Byrd Raikes Fuqua

by Linda Bjorklund

The term most commonly used to describe Byrd Raikes Fuqua was "flamboyant." She was a woman well-entrenched in the upper levels of society in St. Louis, Missouri. Mrs. Fuqua was described in the *Chaffee County Republican* on May 11, 1923, as "a prominent club woman of the Missouri city, being a member of the St. Louis woman's Chamber of Commerce, state secretary of the National Shakespeare society and a member of other organizations."

Whatever caused her to travel into the mountains of Colorado in 1921 has not been revealed, but when she sampled the waters of the Hortense Hot Spring beneath the peaks of Mt. Princeton, she became convinced of their healing effect on her failing eyesight. By the end of 1922, she had purchased the Hortense Hot Spring and 160 acres of land on Chalk Creek.

The hot spring was located conveniently near the Hortense Mine, originally established in the Chalk Creek Mining District in 1872, where promising deposits of silver had been found. At that time partners Merriam and Keyes worked the mine and built a neat roomy cabin near the hot spring. In 1874 a cousin of Merriam, a Major from the Union Army, bought a one-third interest in the mine.

Major Merriam often boasted of his military medals as he made a spectacle of himself during drinking binges. It was suspected that his seemingly unlimited financial means were from his oil-rich father, who furnished the wayward son with money as long as the son remained in the west. One night the Major indulged in a drinking spree and fell in the mud near the hot spring. He awoke the next morning sober, but without his usual hangover. He was convinced of the miraculous power of the hot spring.

In 1880 the Denver, South Park and Pacific railroad had reached and passed the Hortense Mine. By this time Major Merriam was operating a 15-room hotel and was advertising the virtues of the hot spring as hot water was pumped into the three bathtubs that served the guests.

As years went by the silver mines produced less and less and Major Merriam sold the property in 1894. The Ray family owned the Hot Spring and the mine until they sold it to Byrd Fuqua in 1922.

Mrs. Fuqua was intrigued by the mining history of the area, and the first project that she undertook was to establish the Byrd Colony, within it a dude camp for affluent boys, the Alpine Lodge for Boys. The cabins all were named after different types of birds — Oriole, Robin, Blue Bird, Blue Jay, Sparrow, etc. They were all built in the fashion of mining cabins. The primitive atmosphere was offset by the elegant spa, a swimming pool and an outdoor pavilion where parties and dances were often held.

Byrd became well-known in the Buena Vista area as a wealthy eccentric. She maintained a fleet of luxury cars and was often driven around by a uniformed chauffeur as she sat in the back seat with her two German Shepherd dogs. She also kept a stable of fine horses.

In May of 1923, Mrs. Fuqua invited the boys of the Buena Vista school to enter a "bird house" building contest. The first prize would be a \$10-gold piece, the second prize a \$5-gold piece and third place was worth \$2. She offered to pay for any materials used in the building of the bird houses. Each of the contestants was to submit with his

bird house a description of the kind of bird for which the structure was intended.

There were 14 enthusiastic

The Chalk Cliffs near Mt. Princeton in 2017. photo by Linda Bjorklund

say. Blue birds were favorites, but there were also houses for cedar birds and wrens. The first prize winner built a blue bird house; a log cabin with curtained windows, wood ready for the fireplace, a big sun porch for baby birds and a special trap door arrangement for cleaning the house. The second prize winner was a cedar bird house with a cobblestone fireplace. The third place winner was a wren house, a two-room cabin. One of the rooms was supposedly for the father wren to take care of the nestlings, while the mother wren hatched out the current nest of eggs in the other room.

entrants, each of

whom presented

his bird house

and read his es-



A scan of the newspaper photo of Byrd Raikes Fuqua from the Chaffee County Republican on May 11, 1923

The Alpine Lodge for Boys was augmented by Mrs. Fuqua's introduction of additional wildlife to the area. Peacocks, elk, deer and mountain sheep were brought in, released, and her neighbors admonished to protect them. A series of fish retainers were built to rear trout for the area. This project was supported by the state fish and game people.

One beautiful evening Byrd had invited

a select group of people to a party at the Oriole cabin. She entertained the guests with colorful stories about her life. She told of how she had served overseas as a Red Cross Nurse during World War I and she had the uniform and pictures to prove it. Then she went into a tale of her friendship with one of the Generals from the war who was also an airplane pilot. She related how she had convinced the General to bring his OX-5 airplane and fly it up Chalk Creek Canyon while she rode along.

At one point the aircraft hit some turbulence and was turned upside down. The two occupants were hanging from their seat belts in the open cockpit for about five miles, before the General could right the airplane without hitting any trees. The source who repeated the story made it a point to corroborate the facts by checking with the General, who was stationed in Texas.

On another party occasion, Byrd entertained her guests by making a spectacular entry through the swinging doors from the kitchen. She was dressed entirely in white: from the Texas Stetson on her head to the well-fitted white buckskin suit and white satin pumps. She had reputedly worn the same outfit when she was presented to President Calvin Coolidge at the White House in Washington D.C.

Byrd knew how to accent her natural beauty by pulling her dark brown hair back into a chignon at the nape of her neck. The style of her clothing was of chic, simple elegance. She was at home in any level of society.

She entertained her guests with her colorful stories as well as an occasional song at the Baldwin Grand piano, while she accompanied herself. Her talents as a singer and pianist were minimal, but she made up for that with her overwhelming showmanship.

In about 1925 Byrd was looking for something new and exciting to do, so she organized a safari-type expedition to hunt for and capture a live mountain lion. She hired several experienced hunters and, within a few days, came back from the Glenwood Springs area with a magnificent specimen, which she named "Buena Vista." After being staked out in the back yard of a local forest ranger for a while, the mountain lion was donated to the St. Louis Zoo, and lived a life of leisure there. Meanwhile, Byrd pocketed the \$500 from a bet she had made with an African game hunter.

Byrd Fuqua managed her Byrd Colony until her husband passed away. She sold the property to Horace Frantz in 1945. At that time he operated one of the largest trout farms in the world.

In 1954 Byrd helped her friend Harriet Alexander establish the Salida Frontier Museum, near the hot springs pool on Rainbow Boulevard. Mrs. Fuqua donated her collection of Native American artifacts to the new museum. Now nearing 70 years of age, Byrd Fuqua

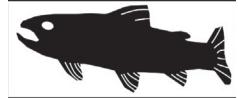
didn't have the stamina of her younger years. Her health began to fail and she died in June of 1956. She was buried in the Mount Olivet Cemetery at Buena Vista. The simple marker states her name and the years of her life: 1886-1956.

of her life: 1886-1956.

Nowadays the area that used to feature the Byrd Colony is dominated by the Mt. Princeton Hot Springs; a resort famed for its accommodations that center on its own hot springs. There are no signs pointing to the Hortense Hot Spring, nor is there any evidence of the cabins named after birds. But you can still see the grandeur of the Chalk Cliffs on your way toward the peaks of Mt. Princeton.

Byrd Raikes Fuqua was a legend of her era. It was said that she would walk into a room and fill it. "Flamboyant" seems to be the appropriate word to describe the woman whose tales live on after her.

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The Thymekeeper Sweet betrayal, part II continued from page 2

Shysters

According to a newly published article in JAMA Internal Medicine, in the 1960's more and more research was surfacing suggesting that sugar may be linked to coronary heart disease. In a move that can be considered nothing less than dastardly, the sugar industry secretly funded research to sway people away from this opinion and lead them to believe it was fat and not sugar that was the hazard. A group called the Sugar Research Foundation wanted to refute the fact that sugar was a contributor so they funded research by Harvard scientists who obediently complied with their wishes. They concluded that there were major problems with the research conducted implicating sugar and the best way to address coronary heart disease was to cut fat out of the American diet. They then published the results of their findings in the prominent New England Journal of Medicine in 1967 without disclosing where the funding originated from. One of the researchers was the chairman of Harvard's Public Health Nutrition Department — and an ad hoc member of the Sugar Research Foundations board. Once again, corporations behaving badly.

In the same issue of the JAMA Internal Medicine, Marion Nestle PHD writes the following in a commentary regarding the subject:

"Is it really true that food companies deliberately set out to manipulate research in their favor? Yes, it is, and the practice continues. In 2015, the *New* York Times obtained emails revealing Coca-Colas cozy relationships with sponsored researchers who were conducting studies aimed at minimizing the effects of sugary drinks on obesity. Even more recently, the Associated Press obtained emails showing how a candy trade association funded and influenced studies to show that children who eat sweets have healthier body weights than those who do not."

I remember as a child collecting bottles and cans for money specifically to buy ice cream or Pixy Stix straws or both. Those straws were filled with nothing but fla-

vored sugar and we were happy to pour it straight into our mouths. Sugar sells and left unchecked, our kids will go for it every time especially when it is placed at their eye level. Did you ever notice the crazed wild eyed characters portrayed on children's products? Children are exposed to multiple forms of marketing as food and beverage companies spend billions of dollars targeting them.

In the 1970's the US Government started a review on the safety of sugar for the first time. The sugar industry stepped in to muddy the waters. Suddenly a report surfaced called Sugar in the Diet of Man claiming scientists dispel fear over sugar. Although there is no evidence it was paid for by the sugar industry. The industry distributed the report widely and this was the report the government used to base their findings.

This manipulation of evidence and ensuring there's no conclusive evidence to link sugar to poor health parallels the techniques used by the tobacco companies back in the day.

Mainstream media is just one of the players doing their part to make sure facts are ambiguous when it comes to food. Knowledge is power, especially when it comes to your health and the health of your family. There are plenty of good documentaries that clearly show we are headed down the wrong path with our sad American diet.

It's time we take our health into our own hands. Do your own test; cut sugar out of your diet and see the results for yourself or watch the documentary That Sugar Film. The results of this 60 day experiment are eye opening to say the least. This test conclusively proves it isn't the amount of calories that matter when it comes to weight gain and health; it's the source of the calories. The damaging effects sugar causes can also be reversed by eliminating it from our diet. Sugar, guilty as charged.

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 or 719-748-3388. Mari is available for private consultation.

New kid in class Guffey Community Charter School "enrolls" new principal

by Mrs. MacDonald's 3rd and 5th grade class

There will be some changes coming to Guffey Community Charter School this fall. Mrs. Martine Walker will soon be the new Guffey Community Charter School principal. She has been selected to replace our current principal, Ms. Moore, who will be retiring this spring after 15 years at Guffey School. Mrs. Walker said that she was not originally looking for a job to be a principal, but when she saw the job opportunity, it just felt right. She followed her heart and here she is. "I didn't pick Guffey,

Guffey picked me," she says with pleasure.
Although, Mrs. Walker has never been a principal before, she is really looking forward to it. She is very excited to become the new principal and learn new things. When asked what would make her a good principal, she responded that she has a lot of experience with other things. She enjoys learning, outdoors, people, and most importantly she loves kids. She loves to explore and implement ideas that she has and that others' have. She also likes to be a good example and to show that you can do anything that you put your mind to. Mrs. Walker has been a caregiver, nurse, and has managed a few businesses including her own. "All these things put together will help make me a good principal," she explained. She is excited to take on this job because she will get to see what an amazing place this is.

When asked what her expectations for the new year are, she replied that she has learned that one of the best things to do in life is to not have any specific expectations. "I don't have any expectations. I certainly have lots of thoughts and ideas of what it is going to be like, but I won't really know until I am actually doing it," she remarked. She believes in going with the flow and being in the moment, "I have learned that if you have expectations, you may not be ready to do what is right at the moment.'

Mrs. Walker doesn't have any plans for changing the school. Her goal for her first year is simply to survive. She wants to learn and grow as much as possible, as well as integrate into the school and into the



New principal Mrs. Martine Walker receives a warm welcome.

community. She will learn by absorbing as much information as she can. She can relate to Nemo. "Just keep swimming, just keep swimming," she says with a smile.

Mrs. Walker was born in Michigan and lived there until she was 7 years old. After that, she moved to Virginia and spent the rest of her childhood there. "I went to a lot of different schools because my parents moved a lot," she recalls. The school that she went to in 11th and 12th grade was her favorite because it was a small school with a lot of outdoor opportunities. She has lived in Colorado Springs for 17 years. She got her degree at UCCS in psychology.

Mrs. Walker loves the outdoors. "One of the most important things in life is to learn to love the outdoors and that is why you are so lucky to live in Guffey," she remarked. One thing that bothered her while she lived in Colorado Springs was that she and her family didn't

get to live in the outdoors. She is very much looking forward to living in Guffey. Mrs. Walker also loves to cook and is an excellent chef. She likes pets and has three dogs. "They are all dachshunds," she says. "They are my favorite kind of dogs." Maybe she will have more when she moves to Guffey. The love of her life, however, is her son Chevy. "Chevy is 7.5 years old, as he will tell you", says Mrs. Walker. He is her only child. Chevy will be enrolled in Ms. Hartman's class in the fall.

Mrs. Walker is very excited to be Guffey Community Charter School's new principal and Guffey School is excited to welcome her. "I think she will be a great principal for the school," stated Luke King. We all think that Mrs. Walker will be a great principal. We are sure that this will be the start of a great year and we hope she will stay for a long time. So here's to our principal for many years to come!







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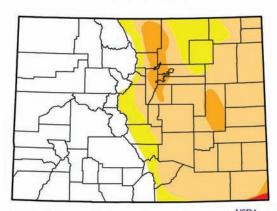


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Colorado's year-round fire threat

by Coalition for the Upper South Platte

U.S. Drought Monitor Colorado





March 21, 2017

http://droughtmonitor.unl.edu/

While the central mountains of Colorado have experienced a good amount of snowfall this winter, the same cannot be said of areas east of the Continental Divide. Most the Upper South Platte (USP) watershed is experiencing either Abnormally Dry or Moderate Drought conditions. The lack of moisture, coupled with weeks of high wind and red flag warning days, has prompted counties (Teller, Park, Douglas and Jefferson) in the USP watershed to impose fire restrictions and/or burn bans. It cannot be stressed too emphatically that these conditions are, in fact, cause for alarm. Fire season in Colorado is no longer constrained to a few months in the summer — the potential for wildfire is a year-round threat that calls for awareness and diligence on all our parts.

growth, the National Weather Service issues fire weather watches or warnings, aka Red Flag Days. A FIRE WEATHER WATCH is issued when conditions will be present within 12-72 hours. A FIRE WEATHER WARNING (Red Flag) is issued when the conditions will be present within 24 hours If a warning or watch is issued in your area, here are some tips on how to prepare: Make sure there's at least a 72- hour supply

- of important medications in your go-bag • Prioritize personal items (pictures, documents, etc.) to take if time permits when
- evacuation is necessary Remove deck/patio furniture, cushions and doormats to prevent ember ignitions and remove propane tanks as well
- Know how to turn off the gas to the home Have a ladder ready to place
 - against the house for Fire Departnent use if you are called to
 - Have garden hoses connected for Fire Department use
 - Make sure windows, doors and garage doors are closed Close windows and doors on
 - ehicles that will be left behind

Even though many counties provide reverse 911 services durng an active fire or flood event, it s a good idea to sign up for local Emergency Notifications/Alerts as

Here are some links to the serrices provided by counties in the Jpper South Platte Watershed: Park County: http://www.

- parkco.us/list.aspx?ListID=170 • Teller County: http://www.co.teller.co.us/ OEM/EmergencyInfo.aspx
- Douglas County: https://public.coderedweb.com/cne/en-US/84B13CCD6B41
- efferson County: http://jeffco.us/sheriff/ emergencies/code-red/
- Here are the links to Chaffee and Fremont Counties:
- http://www.chaffeecounty.org/
- http://www.fremontco.com/

Hopefully, by the time this article is published we will have seen some rain and or snow in the region that will help to reduce fire danger in our area. However, what is important to remember is that in Colorado, wildfire is not a matter of if, but rather, a matter of when. Be safe, be prepared and be

by Teller County Regional Animal Shelter Adopt Me

Cinnamon

Hello. My name is Cinnamon. Please let me tell you a little about myself. I was found outside of TCRAS. I was so cold and hungry until the nice people at the shelter brought me inside. They gave me a clean and warm place to stay. They gave me great food all the while trying to find my home. Well, no one came looking for me, so now I am looking for a home and family to call my own. If you are looking for a pretty petite girl, please come up and meet me at 308 Weaverville Road in Divide, or call 719-686-7707.

An advantage of this unseasonably warm

conducive for getting out of doors to work on

our homes and properties, creating defensible

spaces and clearing away potential fire fuels.

pleting a home inventory. Consider making

a video walk-through of your possessions

and keep it in a safe, off-site location (this

can include cloud-based storage). Have an

Evacuation Plan and a designated meeting

supplies and a plan for them as well.

contact and provide status updates.

place for all family and household members.

Be sure EVERYONE knows the plan. If you have pets and or/livestock, be sure to have

Designate a local friend or family member

who is outside the area affected by the fire

and with whom family members can keep in

When weather conditions support in-

creased wildfire activity and or rapid fire

Prepare well in advance of a fire by com-

and dry weather is that is makes it more





Teacher Feature: Karen Schneider

April 2017 Teacher Featured: Karen Schneider Name of the school: Summit Elementary, Divide, CO Submitted by: 5th Grade students

"I like the way she teaches. alive for me. I enjoy science the most. We can only get it in one day a week though. I think we could use a few updated." — Dawson Tisdall (student)

"For starters she give us no homework, passing the assignments are easy because she walks us through it.'

— Shannon Elizabeth Fitzgerald (student)

"Mrs. Schneider makes everything fun. She helps out with math. She is very funny and she jokes around a lot. She makes everything easy and not hard. We read fantastic books that she picks out. She does things the easy way. — Antonia Ramirez (student)

"I like the way she teaches us and goes over it when we don't get it. When someone still don't get it she don't get mad.' — Kaylee Hatton (student)

"We are learning about history and I love that but what I also love is math and I also *like fractions but what I love is that Mrs.* Schneider is really nice and really kind. I also like her because she helps us with writing." — Marissa Lysette Sandoval-Clor (student)

"I would like to help by having some kind of party with the whole class. I love being in the class of Mrs. Schneiders class. — Acacia Foran (student)

"Mrs. Schneider is a great teacher. She does group novels. Right now were reading a book called 'A Wrinkle in Time.' I like it because we can relate to it. The characters are our age. We also do science projects. The science projects are fun. I like them mainly because she lets us do them pretty much on our own. So, yah she's pretty much the best teacher ever. No, she IS the best teacher ever. I love her. She's awesome. — Anonymous (Student)

Mrs. Schneider (front left) on a field trip to Pikes Peak

"Mrs. Schneider has a very large 5th grade class. She encourages all the kids to learn, be creative, be nice to each other, and to be who they are as kids. She is very organized, she plans well and is in constant communication with the parents. I strongly believe that she creates a good, strong learning environment and is really preparing the 5th graders for middle school

— Donna Fitzgerald (parent)

Teacher Feature: Hillary Leeman

April 2017 Teacher Featured: Hillary Leeman Name of the school: Ca on City Middle School Submitted by: 6th Grade Science students

"She is the nicest and funest teacher in the 6th grade core teachers. — Sean Biggs (student)

"I like the experiments. — Erika Tippet (student)

"She is nice. I like the labs." — Josh Rinue (student)

"I love this classroom for the freedom to learn how we want. I enjoy how different this class is from the rest. Thank you Mrs.

— Hope Kolman (student)

"I think Ms. Leeman is the nicest teacher in the 6th grade. She is strict but nice at the same time. She deserves to be nominated." — Sean Biggs (student)

Nominate a teacher or para-educator. Each month at least one teacher will be featured in the Ute Country News. The teacher will receive a \$50 cash prize and an additional cash prize of \$50 will go to the school that nominated the teacher.

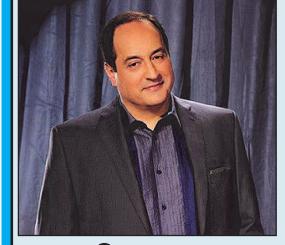
Teachers/para-educators can be nominated for a project, for creativity in making learning fun, for problem-solving techniques or for support/inspiration. Nomination forms may be submitted by

teachers, para-educators, principals, superintendents. Forms can be found on www. utecountrynews.com and can be returned via email: utecountrynewspaper@gmail.com or UCN, POB 753, Divide, CO 80814.

students, parents/guardians/grandparents,

This Teacher Feature was sponsored by Ute Country News. If you are interested in sponsoring a Teacher Feature, contact us utecountrynewspaper@gmail.com or call





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Josh Blue Saturday, May 20th \$20 in advance. \$25 at the door



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Reasons for Hope

by Patricia Turner, founder of the Sacred Earth Foundation

Two months ago I wrote an article for this wonderful paper called *Living in a Fish Bowl*. I have since found new reasons for hope for our global problem of Climate Change. I discovered an organization called Citizens Climate Lobby who has answers that can truly address our situation. They are an international non-partisan grassroots organization that is "committed to creating the political will for a livable world". Their reach is vast and covers every state in the US with six chapters internationally.

This is the best-organized and most successful organization I have found that truly has a plan and the commitment of over 40,000 volunteers and 20 employed members. They lobby congress and have liaisons to many of our representatives in Congress. They build relationships on a non-partisan basis. Their main goal is to enact legislation for a carbon fee and dividend to address global warming.

These are the main points of their legislation and I have taken this directly from their own website: citizensclimatelobby.org

own website: citizensclimatelobby.org

1 Collection of Carbon Fees/Carbon Fee
Trust Fund: Upon enactment, impose

a carbon fee on all fossil fuels and other greenhouse gases at the point where they first enter the economy. The fee shall be collected by the Treasury Department. The fee on that date shall be \$15 per ton of CO2 equivalent emissions and result in equal charges for each ton of CO2 equivalent emissions potential in each type of fuel or greenhouse gas. The Department of Energy shall propose and promulgate regulations setting forth CO2 equivalent fees for other greenhouse gases including at a minimum methane, nitrous oxide, sulfur hexafluoride, hydrofluorocarbons (HFCs), perfluorocarbons, and nitrogen trifluoride. The Treasury shall also collect the fees imposed upon the other greenhouse gases. All fees are to be placed in the Carbon Fees Trust Fund and be rebated to American households as outlined below.

2 Emissions Reduction Targets: To align US emissions with the physical constraints identified by the Intergovernmental Panel on Climate Change (IPCC) to avoid irreversible climate change, the yearly increase in carbon fees including other greenhouse gases, shall be at least \$10 per ton of CO2 equivalent each year. Annually, the Department of Energy shall determine whether an increase larger than \$10 per ton per year is needed to achieve program goals. Yearly price increases of at least \$10 per year shall continue until total U.S. CO2-equivalent emissions have been reduced to 10% of U.S. CO2-equivalent emissions in 1990.

3 Equal Per-Person Monthly Dividend Payments: Equal monthly per-person dividend payments shall be made to all American households (½ payment per child under 18 years old, with a limit of 2 children per family) each month. The total value of all monthly dividend payments shall represent 100% of the net carbon fees collected per month.

4 Border Adjustments: In order to ensure there is no domestic or international



incentive to relocate production of goods or services to regimes more permissive of greenhouse gas emissions, and thus encourage lower global emissions, Carbon-Fee-Equivalent Tariffs shall be charged for goods entering the U.S. from countries without comparable Carbon Fees/Carbon Pricing. Carbon-Fee-Equivalent Rebates shall be used to reduce the price of exports to such countries. The State Department will determine rebate amounts and exemptions if any.

This organization has really done its homework by studying carbon taxes and fees endorsed in other countries and those countries have seen a reduction in carbon emissions and an increase in renewables.

On March 18, an editorial in the *New York Times* called *Shed a Tear for the Reefs* reported on the severe death of the Great Barrier Reef in Australia just last year and it happened nearly 30 years before it was expected. One of the Great Natural Wonders of the World is deeply threatened.

Some of you may not share my deep love of the natural world. When I realize the impending demise of Orangutans just so the very powerful can grow palm oil for sale, or the demise of our coral reefs, which provide 25% of the world's fish, I find myself heading towards despair. I have decided that I need to take my despair and turn it into action and I am now helping to develop a chapter of Citizens Climate Lobby in Colorado Springs. I hope to also continue to do this for the Woodland Park and Florissant areas.

Even if you don't care about the fact that we are seeing the greatest extinction of all time, I'm sure you care about you and your children having food and water. With the immense increase in floods and droughts worldwide, the national security issue is impending and we may find our grocery store shelves empty of many of the products we expect. When people are starving they have to move and with rising seas we will see less livable land and more people needing to live on this land. Forty percent of our world's population lives on the coasts and they are seeing their homes disappear.

I so hope some of you will investigate my facts, learn about what we can do to address these issues and join me in becoming active for our beautiful planet and for the survival of humankind. Our planet will survive without us but we cannot survive without a livable planet.

Patricia Turner is a retired research scientist at the University of California and Scripps Institution of Oceanography.

Be a part of the celebration!

Hartsel Days is the first weekend in August. This fast growing event, over 800 attendees last year, is inviting vendors to participate. This year's events will feature wagon rides, great food, music and dancing, duck race, auction, parade, bed races, photo booth, free pancake breakfast and our First Annual Chili Cook-off! It's all happening off the main corridor of US Hwy 24. Get your registration for a booth in NOW! If interested, please call or email: 719-838-1653 or HartselDays@gmail.com. Booth fee only \$35 for a 10x10 space. Electricity is available for a nominal charge. Don't miss out on this great opportunity. Hope to see you there!

SteampunkPast, present, future or some of all three?

by Flip Boettcher

Steampunk is a movement which seems to be gaining "steam," but what exactly is it? Definitions of Steampunk are similar, but vary a little. According to www.ministryofpeculiaroccurances.com, "Steampunk is modern technology (iPads, computers, robotics, air travel) powered by steam and set in the 1800's."

Steampunk is an "inspired movement of creative imagination with a backdrop of either Victorian England or America's Wild West," continued the website. There is no electricity and only steam or spring power. Steampunk can also incorporate post-apocalyptic, fantasy, horror, and alternative history themes. Steampunk heroes are Jules Verne, H.G. Wells and Mary Shelley, authors of 19th century scientific romances.

The term Steampunk first appeared in 1987 and was coined by author K.W. Jeter. Jeter, along with two other science fiction authors, were writing what Jeter called

"Victorian fantasies" and wanted a proper term for them as he felt they were going to be the next big thing. "Something," he said, "based on the appropriate technology of the era; like 'steam-punks', perhaps..."

Steampunk has become more than a subgenre of science fiction and fantasy; it has become art, fashion, engineering, music and lifestyle, said the website. The challenge is to make something elegant out of random bits. Steampunk design emphasizes a balance between form and function.

There are definitely no set guidelines for Steampunk fashion. Steampunk blends modern styles with a Victorian influence. This can include bustles, corsets, gowns, petticoats, suits with waistcoats, coats, top hats, spats, tailcoats and military inspired garments (Wikipedia). Steampunk fashion also includes accessories like timepieces, flying or driving goggles, ray guns and cog wheels. Post-apocalyptic items like gas masks, ragged clothing and tribal themes can be included as well.



Steampunk hat created by Deb Hamm of Unrepentant Artist in Fairplay, CO.

For a healthy dose of Steampunk, the Spirit Riders Western Emporium and the McCandless building are hosting the 3rd Annual Escape in Time to Steampunk and Wine event in Florence, April 22 and 23.

The event will be held in Pioneer Park, two blocks north of Main Street at Pike's Peak and 3rd Streets. There will be vendors set up throughout the park from 9-5 p.m. both days, and there will be live music Saturday 9-11 a.m., and Sunday 9-5 p.m.

The Gold Canyon Gunfighters will have an old west town set up with gunfights throughout the day; they also will be performing shotgun weddings.

This year's event theme is Steamy Love and there will be marriage vow renewals. Throughout both days there will be Steampunk costume contests, best Steampunk vehicle, kids' games and free carriage rides between the park and Main Street. The Fremont Civic Theater group, a non-profit, will be selling wine, beer and spirits as a fundraiser at the festival. Saturday night 7-11 p.m. there will be a Steampunk Ball.

For all your Steampunk fashion wear, Barb Brierley at Spirit Riders on Main Street, has just about anything any Steampunker could want. According to Barb, one can even get a box of assorted sized cog wheels on Amazon.com.

While in Florence, visit Papa's Pizza on Main Street to find Tom Bruno and Bob Storey's Steampunk-esque book. It's a three episode science fiction story featuring steam power and no electricity called *Zotikas*; episode one is entitled *Clash of Heirs*. Bruno, co-owner of Papa's Pizza, says Steampunk is Victorian themes with

no electricity and all steam power.

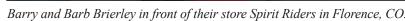
There are a couple of other places throughout Park County to find Steampunk. Deb Hamm, artist/owner of the Unrepentant Artist on Front Street in Fairplay, said she "actually began seeing things that were 'not quite right'... while walking along the Boulder Mall about 15 years ago! This was a style of art that I hadn't seen before; eye glasses that had rivets and unique style. A bike outside of a restaurant that was not just rusted but had been 'refurbished' Steampunk style... not quite as "wild" as things are now. That was about 15 years ago!" Hamm even found earlier this year a photo of two pieces of jewelry she had made about 20 years ago with gears, compass, etc... Wow.

According to Hamm, Steampunk is "a neo-Victorian culture with deep connections to the Industrial Age where steam was supreme and dirigibles floated about. Art from this culture is typically very old stuff, made new again, to look old with a healthy load of funk! It may include steam machines (of course) but also gears, pipes, clocks, aeronautical hats, goggles, pocket watches, Victorian dress, a gentlemanly attitude, top hats and bustiers. Just a few of the, hopefully authentic, parts you can find to make Steampunk art, jewelry, sculptures, music, weapons, and more."

Recently, Guffey started its own Steampunk Society. Lawrence Epps, Steampunk society president formed the Guffey Steampunk

Society last year. The first meeting was in October, 2016, and since the first meeting an LLC was formed and officers were

formed and officers were elected.
The Guffey
Steampunk Bar



be having their second Vagabond Flea Market May 27 and 28, from 10 -3 p.m. at Strictly Guffey. The society will also be having the first Steampunk Festival in October at the Bull Moose Restaurant.

To Epps Steampunk is "the most famous new trend that you've probably never heard of. Steampunk is a reinterpretation of history through a science fiction and fantasy lens focusing during the Victorian Era, approximately 1840-1910, combining social practices of the era with re-imagined technology and an emphasis on steam power."

Steampunk societies can be found all across the world. It is an opportunity to bring business to our communities by supporting other Societies, Epps said. It is also

an excuse to dress up in a range of clothing styles and accessories from across the 19th century, he added. Check out the Society's Facebook page, facebook.com/Guffey Steampunk Society, for meeting announcements. Their meetings are held at the Bull Moose Restaurant and open to the public. The next meeting is April 1.

There is a growing movement of adults who favor Steampunk as a culture and lifestyle through their fashion, home décor, music, and film. Steampunk is a blending of "Victorian aesthetic principals with modern sensibilities and technologies," Wikipedia.

For more information on the Steampunk and wine festival call 719-431-3592 or information: Steampunkwine@yahoo.com



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Green's Fitness Go To An introduction to fitness

by Caleb Green

To start off, I wanted to give a bit of an in- ■ troduction to who I am. Raised in Chaffee County's Buena Vista, I grew up with a love for the outdoors. My parents were an active couple, and as I grew older, I learned to love sports such as hiking, rock climbing, competitive mountain biking, mixed martial arts, and whitewater rafting. I started getting into fitness when I was 14 after an injury whitewater rafting. It became in my best interest to work in strength training, as many of the sports I did required strength to avoid injury or death.

I became a personal trainer in 2013 and have studied many different fitness methods, experimenting on what works best for different people. The last couple years I've devoted much of my study to methods that focus on how humans are meant to move, also known as bipedal movement. This being said, my approach to fitness is how it benefits people for practical purposes that directly have cause and effect for what personal goals are; whether that be injury rehabilitation or competitive body building, or any goal in between.

I think it is appropriate to give an idea of some basics with nutrition, cardiovascular exercise, and strength training. Keep in mind this introduction is meant to be broad and will not cover everyone's specific needs, but should give a basic blueprint into where to start.

Nutrition

Nutrition is where we will start as it is the most important part to a successful healthy lifestyle. As a quick disclaimer I'll just mention that I'm not a nutritionist or a doctor, and I would recommend anyone that needs specific advice consult a nutritionist. That being said I would say that nutrition contributes to about 70 percent of your results one way or the other.

Now I'm sure everyone has heard of macronutrients; Fats, Protein, and Carbohydrates. Almost every diet program is based off of your percentage breakdown of these nutrients. As far as they go, everyone can

be different as to what breakdown works for them. I would suggest to go ahead and take 10 minutes to complete a metabolic typing test to get an idea of what type of fat oxidizer (how fast your body metabolizes fat) you are. Most people will be a normal oxidizer that needs about 25 percent protein, 20 percent fats, and 55 percent carbohydrates. This is a good link to access to take a reputable test. https://www.google.com/url? sa=t&source=web&rct=j&url=http://www. healthalkaline.com/WinningByLosingChap7.pdf&ved=0ahUKEwjWioqIkNvSAhV PImMKHQ6gDPYQFggsMAE&usg=AFQ jCNHtr_7uMrF6bQKgxSYRW9BpLyOjLw &sig2=dqLOjoClR72rAO4NZyNhvw.

To give a brief explanation of these nutrients, protein is what you should think of as a repair crew. Its main job is to repair and replace cells in the body that get damaged. Fats are like a marathon runner; they tend to be what your body goes to for sustained energy. Carbohydrates are like a sprinter. They're typically metabolized quickly to keep you energized for short periods of time. To give everyone a basic idea of how many grams of each to get, using a 2,000 calorie diet as an example for a moderately active person, you need roughly 275 grams of

People make time for what's important to them. If health is a priority there will always be time.

carbohydrates, 125 grams of protein, and 44 grams of fat

You should get these nutrients from a variety of whole foods when you can. That means that your food should be as minimally processed as possible with lots of vegetables, small meat portions, and whole grains. That can be easier said than done so I'll go



into more detail in future columns.

Cardiovascular exercise

Let's go on to cardio. Everyone tells me they hate cardio, which is understandable. It can be difficult to get going, as much of the time it causes heavy breathing. Mostly, it can make you feel out of shape, which no one likes to be reminded of. However, it's one of the best ways to keep your heart healthy. How much cardio is always a good question and while I would have different recommendations according to different goals, the American Heart Association recommends moderately intense activity for 30 mins a day, five days out of the week to keep your heart healthy. That's a pretty attainable goal! I think most of us spend longer looking through social media feeds.

Strength training

To finish off the basics, let's take a quick look at strength training. This tends to be everyone's favorite, as results are the easiest to feel and see from building muscle. When people think of strength training they tend to think of Arnold Schwarzenegger and his body building career. Body building can be a good option for some, but most people don't want to become a competitive body builder. The American College of Sports Medicine recommends a minimum of two noncon-

secutive days a week to stay healthy and maintain or build muscle mass. Everyone always asks the question how many sets and reps, and for basics 3-4 sets of 8-12 repetitions that are heavy enough that it's an effort to complete would be a good start. Most people are also scared of getting injured, so would recommend starting with machines to build some basic strength. Try to hit every major muscle group; legs, back, chest, and core in every workout.

This should be a good way to get started with a basic fitness program. Some good further reading can be found with the American Council on Exercise, or you can reach out to me personally at cgreen.cchs@gmail.com with any questions you may have. I'll do my best to respond in a timely fashion.

Really quick, to anyone that says they don't have time to exercise, here's an answer. People make time for what's important to them. If health is a priority there will always be time. According to the U.S. Department of Health and Human Services, only about 30 percent of people are a healthy weight and 60 percent are either obese or overweight. When I learned that statistic, it floored me and I want to make sure people understand how immense that statistic is, and how much it should be a priority to be healthy. Next month I'll take a more in depth look into different methods of resistance training. Thanks for the read!

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A Mountain Seed: Ryley the Valiant

by Jessica Kerr

Thave wondered for 10 years what I would Lsay to my best friend on this particular birthday...Unfortunately, I won't be there to say anything at all. I will be 726 miles away, which has been agony. Though I have searched the internet thoroughly and probed some of my polyglottal friends, there seems to be no saying, idiom, or expression in human language that can accurately describe my best friend without cliché. So, I will tell you a story instead.

I sat on my bench beneath my favorite tree. As watercolors do, the sky began to bleed from dark blue to purple to pink and finally to gold. Below it, the stoic face of Mt. Princeton stood silent, welcoming the morning. Calm ripples flowed behind ducks swimming in the lake in front of me, and the muted rush of the waterfall fell on my ears.

I rested my hand on the single stripe on my dog's neck. His fur was soft, smooth, and clean. Intently, he watched the ducks gliding on the surface of the chilly pond. Occasionally, a brown ear would flick to some noise in the distance around us, then it would flick to me, then back again at the ducks.

Our mornings often began this way: quiet and still. I would wake up, and he would rise from the crook of my knees, jump off the bed, and wait for me. I would go to the bathroom to begin my day, followed by a small brown shadow. Then he would follow me to the kitchen, to the closet, and to the door. We would walk to the park, around the lake a couple of times, pause on the bridge to say hi to the ducks, and look up at the blue sky. Then we would stop at our bench and I would write or pray.

That day I held no journal and I had no words. Even the wind held its breath and the cottonwoods were silent. My fingers traced the white stripe on his neck, and followed it into the strap of his blue harness, where I scratched for a moment. He leaned heavily and said, That feels so good!

I traced the outline of his harness and patted his haunches. The tears I had been fighting finally burned my eyes and I couldn't breathe. Leaning into his strong body, I wrapped my arms around him and squeezed gently, my silent tears soaking his little white stripe.

He had been watching me pack for a week. His eyes would make inquiries: Where are you going to take that cello? Are you housesitting again? Why are all of these boxes cluttering the entryway? Silly girl...trash goes



As any puppy does, Ryley kept outstripping collars and harnesses as he

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in those big white bags, not clothes.

When I was 12 years old, I had begged my parents for a dog. Sure, we had two already: an old, red hunting dog and an aging chocolate lab. But they weren't mine. I devoured dog stories, watched dog videos, and even spent time teaching our old dogs new tricks. I wanted my own dog. I wanted a border collie, the brown one, from that new litter at Vickie's house; the one with a white stripe on his neck and one stocking longer than all the others. I begged, pleaded, implored and prayed.

"Some dogs can live 15-20 years, Jess," my dad would say. "You have to think about all of that time he would be with you. How old will you be in 20 years, Jess?"

"Think about what will be going on in your life then. You'll have been through college, and you will probably be married and have kids. Twenty years is a long time," he would say. "What will you do with him when you go to college?'



Ryley as a puppy, barely seven weeks old.

"I will take him with me."

My prayers were answered on June 12, 2007 and my deepest wish was granted: I held my new puppy close to my chest. I stared into his blue-green eyes. I followed him every moment of every day, scolding him when he made a mess and praising him when he did something right. Within one short week, he had become house trained and within a month he could sit, lay down, bark on command, whisper, and shake his paw.

That entire summer, he only left my side when I went to a friend's house or had a softball game. We walked together; we played together, slept together. Splashing in puddles and swimming in cold mountain streams, we grew up together. I taught him to switch my bedroom light on and off. I taught him the difference between all of his toys, and I taught him to sit, stay, and roll over. He taught me to how to be patient.

When I was 12 years old, I vowed to take him wherever I went: college, into marriage, to the moon and back. When I was 20, the world taught me a hard lesson: you can't take everything with you.

Under the watch of the granite peaks, we sat. For 30 minutes, 40 minutes, an hour...we sat in the rising sunshine, me holding onto my anchor. When I passed too early from childhood into the shadowy land of adulthood, he

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A full-grown Ryley, his eyes as intense as ever.

I struggled with life and death...when I battled the black monsters of depression, my brown warrior sat with me, a watchful guardian in the night. I could always find his warm neck and hold onto it, my tether to reality.

As I sit here and bawl, all I want to do is crawl under my desk and hug the ball of fur that should be sitting beneath my feet. I must hug my pillow instead.

It has been nearly two years without my valiant one. I left for school with the intention of being gone one year, and one year has turned into two. Often I will speak to my mom on the phone and she says he always comes into the room when he hears my voice. Sometimes, when I have to hang up quickly, he gets upset and jumps on my mom, yelling Where's she going?! It hasn't been long enough yet.

Some of you might call me crazy for saying my dog can talk.

I call you crazy for thinking they can't. The morning I moved to Tulsa, we pulled out of the driveway an hour late. I cried all the way through Salida and I did not speak until we reached Pueblo. It took me months before I stopped reaching to set my plate on the ground for him to lick or saving my last piece of crust for him. It took even longer to stop whistling for him to come to me. Leaving that white-striped face behind was the hardest thing I have ever done.

I do not let myself think of the day that I will bury him.

My intentions are to return very soon. Even if I could return tonight, there could be no restitution for the time I've been missing from him. I will forever owe him for being my anchor, defender, and guardian. He has been assigned to me and he has done his job magnificently.

Yes, he is "just a dog." But he is so much more than that. He is far above the clichéd title of "man's best friend," too. The title I have bestowed upon him is Ryley the Valiant, for that is exactly what he is: courageous, loyal, gallant, and heroic.

This piece of writing fails to tell the world just how much I love you, Dog. There are not enough words for me to say that adequately express my feelings of gratitude for your selfless love. Perhaps, when I am 40 years old, I will have found the words to say to you, dear Dog, that are worthy of such a guardian.

Your green eyes have bored a hole in my soul and your paws have branded my heart and I will never forget you...when I return to my mountains, I will never leave you again. Happy 10th birthday, my valiant one

Woodland Park

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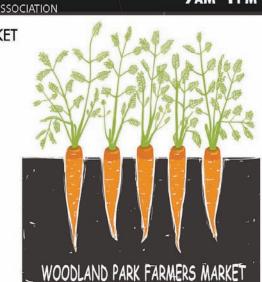




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Gardens Inc. All you need for a successful growing season

by Kathy Hansen photos by Jeff Hansen

Spring has sprung! Gardeners everywhere can feel it emerge from within and it just keeps getting stronger, building in intensity and making itself ever-present. Perhaps you have experienced it yourself. It is that urge to get outside to smell the fresh air, get your hands in soil, and to be around green growing plantlets as visions of colorful flowers dance through your head. Gardens Inc. has everything a gardener could need for a great growing season, including experienced advice from co-owners, Justin and Hailey Jobe.

Gardens Inc. is located in the Gold Hill South shopping center in Woodland Park, Colorado. The Jobe family has been gardening for generations. Brenda and Rod Jobe, Justin and Hailey's parents had a garden store in Colorado Springs. When Justin showed interest in becoming a gardening shop owner, Brenda and Rod were happy to show him the ropes. Justin built quite naturally on what he learned growing up in a gardening family with his innate need to know the process of how everything works. He started with the basics and began to notice how each factor creates a new outcome. His fascination continues to grow along with his knowledge base. Evidently, it is infectious as sister Hailey has decided to become a botanist. Hailey works at Gardens Inc. on Saturdays.



Hailey and Justin enjoy helping gardens thrive.

Whether you are seeking seeds or starters, Gardens Inc. has all you need. They have a good variety of organic seed stock for those who like to start their own.

For those who don't have as much time or space, Gardens Inc. has starters galore! The best part is they began at high altitude (8,400 ft.) so they will have a better chance of surviving the transplanting process at high altitude

'Atmosphere is 80-90% of being a healthy plant," Justin pointed out and specified, "even a plant started in Colorado Springs is going to have to adjust to the thinner atmosphere of Woodland Park." Eliminating as many factors as possible that can stress a plant during the transplanting process contributes to a successful gardening season

Many of the starters offered at Gardens Inc. are heirlooms which have the added benefit of the genetic lineage of growing in the mountains, hand-picked by Brenda (or

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best of her fruit. Heirloom tomatoes are often weirdly shaped and have creases in them, characteristics which appeal to the experienced eye as the flavor is superbly superior compared to the traditional round and red tomato considered the current standard. Justin mentioned some of his tomato heirlooms. The Chadwick cherry tomato is a deep red, golf-ball-size, while the Black Krim is darker black with pink in it. He also has Siberian and Romas which are red varieties.

Plant a variety of vegetable starts to keep those tomatoes company. Some favorite pepper options include the bell, Tequila Sunrise, and several habanero and pablanos for those who like it hot. Additional vegetable starts available are the Black Beauty Zucchini, Brussel sprouts, cauliflower, and cucumbers.

Homegrown meals always taste better, especially when homegrown herbs accompany the veggies. Gardens Inc. has basil, thyme, cilantro and chives to name a few. For those with very little space, container gardeners, or those who wish to test the green in their thumbs an herb garden offers great rewards in making fresh herbs available for most every meal. You simply cannot get better flavor than fresh, homegrown herbs. For those who use herbs as medicine you will notice the color and aroma far surpass what you will

find in the grocery store. Justin is happy to share nis knowledge base of what works for soil combinations. He has a variety of soils, peat moss, verniculite and other growing mediums available, as well as pH test-, soil test- and moisture test-kits. He has growth supplements, blooming agents, and organic plant food. He also as all natural pest control, deer repellants, and insecicidal soaps.

What's more is that he vill answer any questions you have and help identify what works best for your situation. He tests new products himself. When

asked if he carries products he knows to be harmful to the environment, he answered, "I would love to say we don't carry absolutely anything harmful to the environment but we do carry salt based fertilizers, which a lot of people will argue hurt the environment when used improperly. If you know anything of the Salton Sea in California, it has super high salt levels now, to the point not much lives in it. That was caused by salt fertilizers used in field crops and the run-off working its way to the lake. Now when growing in soil, I heavily promote using your organic fertilizers so you're not running into anything of that nature. When it comes to the pesticides, we definitely do not carry any super harmful pesticides that are harmful to the environment and to the bugs we aren't trying to get, aka, the bees and butterflies, things of that nature."

Justin knows his business! He welcomes questions, encourages dialogue, and doesn't mind being called by another name if names

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ing about the gardening experiences of his

He also will point a person in a smart direction. He gave an example of a soil gardener who wanted to immediately convert to a hydroponic system. Justin piped-up immediately, letting the customer know such a move involves considerable cost. He then offered an option of a product that can become a stepping stone for such a transition, CocoCoir. In this way, the transition can begin and if it looks like the results are the direction the grower was hoping, the next steps (and associated costs) can be incurred, if not then no great loss.

Gardens Inc. has everything the hydroponic gardener can possibly think of from growing cubes, to nutrient solutions. to reservoirs, as well as lighting and fans. He carries a wide variety of nutrient solutions and encourages reading labels to narrow down the best solution for your situation. "You can feel like a scientist if you want to," Justin chuckles at how meticulous the science can become and he carries a line of beakers from gallon size to shot glass, all calibrated, as well as pipettes for measuring ease and accuracy.

Does Justin have a preference for soil or hydroponic? What is important is for each gardener to find the system that works for them and their specific micro-environment. "It's a lot of trial and error. If it's working for you and you're happy with it, then that is the system for you," he said.

It is amazing how many items Justin can fit in a relatively small space. He knows what items are most popular in which seasons. He also pays attention to the natural "fads" his stock tends to cycle through. Most of all, Justin is happy to have on-hand catalogues from the leaders in gardening supplies and he places orders every week. He is happy to special order for customers, a service especially helpful to those who prefer to let someone else drive to the 'Springs'

In fact, a new program Justin is offering for those folks who understand predator bugs to be an environmentally considerate, as well as effective method of getting rid of insects; order cards for predator bugs. All you have to do is place your order and pay through Justin and the company will ship your order directly to your home.

Is the budding gardener within starting to bug you? Stop in at Gardens Inc. at 741 Gold Hill Square in Woodland Park or call 719-687-1800 and let Justin or Hailey know which high



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On a (rock n') roll Heart of the Rockies Radio wins 13 Awards of Excellence in 3 years!



Back Row (from left): Gary Buchanan, Kim Johnson, Paula Johnson, Dean Johnson, and Rolland Johnson. Front Row (from left): Molli Buchanan, Terri Buchanan, Dan Ridenour, Andrew Stossmeister, Christian Kelly. Not pictured: Doreen White.

Heart of the Rockies Radio Group in Salida, Colo. was honored with four Awards of Broadcast Excellence at the Colorado Broadcasters Awards Banquet, held in Denver on Saturday, March 11, 2017.

For the third year in a row, the Best Station Imagining Campaign Award was granted to Hippie Radio 97.5 FM for their liners and promotions. Also for the third year in a row, HRRG Sports Director Andrew Stossmeister was recognized for Best Sports Coverage By An Individual Or Team for high school football coverage.

HRRG received the Best Community Service Campaign for their "Don't Drive Impaired" alcohol and marijuana workshop, held in Salida last December. Law enforcement and citizen volunteers tested the effects of alcohol and marijuana, including both smoking and edibles.

Hippie Radio 97.5 FM's Dan R. was also awarded in the Best Morning Show category. HRRG President/COO Gary Buchanan said of the awards, "It takes great people to make great radio stations, and we have a great group of people at Heart of the Rockies Radio.

Money Smart Week in Fremont County

by Sean Beharry

The John C. Fremont Library and its **I** partners are hosting several financial literacy programs for people of all ages during Money Smart Week. Money Smart Week is a national initiative developed by the American Libraries Association and the Chicago Federal Reserve, during the last week of April, the 22nd to 29th to increase financial literacy.

What is financial literacy?

The President's Advisory Council on Financial Literacy defines personal financial literacy as "the ability to use knowledge and skills to manage financial resources effectively for a lifetime of financial well-being. Balancing your checkbook is one of the many skills needed for being financially literate, but knowledge on how your decisions affect your short and long term plans is vital to your financial health.

The John C. Fremont Library is working with its dedicated partners to ensure high quality financial information is delivered to its community. The Bank of San Juans partners with the library every quarter for financial literacy programs. They gladly came on board for Money Smart Week. Central Colorado Housing is a division of Upper Arkansas Area Council of Governments (UAACOG), also collaborates with the library. They have previously led the Money Smart Week initiative in Fremont County and are eager to continue their involvement. Rocky Mountain Bank and Trust has been a dedicated partner to the library in other ways and are now happy

to share their financial knowledge with our community. Joining this latest initiative are the Friends of the John C. Fremont Library, who are committed to providing resources to our community free of charge

Money Smart Week 2017 in Fremont County features events for people of all ages. The information will be tailored to their audiences. Youth programs will range from basic counting skills to planning for college or buying a car. The adult programs are varied by age, and include classes aimed at homebuyers, seniors, and veterans. UAACOG and the library are also hosting practical events, like credit report printing and community shredding. A full list of the events at the library is listed on page 36.

One of the John C. Fremont Library's goals is to connect with community members, in order to meet their different financial knowledge needs. Although these classes do not cover the full breadth of financial information, we hope Money Smart Week is a starting point for those aiming to build their financial literacy.

Teen Ambassadors update

The library's teen ambassadors were very active in March, but too active to have time to write an article! They are currently busy with track and field, a state patrol internship, pep band, learning about the Communities that Care initiative, Spring Break, trying to dominate all of the trivia nights in Florence, and preparing for their submission to the May edition of the *Ute Country News*.

Show us what you've got! Entertainment and vendors needed for upcoming Alpine Music Festival

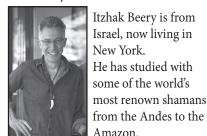
T he Little Chapel Food Pantry is planning their Alpine Music Festival for July 8 this year in Divide, Colorado. They will have two stages and are looking for local talent. They are also seeking vendors for food, artisans, crafters, and designers of home-made items are welcome to apply. Booth space is 8X10 and only \$50. See email and phone below.

The line-up for music so far includes: The Blue Canyon Boys (bluegrass), Jake Gill (country), Charlie Searle and the Ashtones (a mix of everything), Mark Cormican and the Starwood Band (John Denver and similar music), The Mia Troxell Band (local talent), The Salida Circus (stilt walkers, acrobats, clowns, etc.).

If you are interested in scheduling an audition email littlechapelfoodpantry@outlook.com or call Ken or Judi at 719-322-7610.

Upcoming Events at The Sacred Earth Sanctuary

633 Valley Rd. Florissant, CO 80816



May 12 7:00pm deep into the night. Guayusa Dream Tea Ceremony

This is an intensive shamanic evening into the dimensions of dream time, altered states, and connection to "soul states".

May 13-14

10am-4pm daily

Green Medicine Workshop Learn of the healing ways and green

medicine from the Andes and the Amazon. This is an experiential workshop to teach the healing ways from Quechua and Amazonian Medicine. Itzhak apprenticed with and was initiated by Don José Joaquin Pineda, a well-known fifth generation Ecuadorian Quechua Yachak (shaman). Itzhak's gentle and humble ways will instill in you the power and beauty of shamanism, which reconnects us to Mother Earth, the spiritual realms, and to all our relations It is one of the most ancient practices on earth and opens our hearts to new hope. He is also author of many books including the Gift of Shamanism. Itzhak will also offer private sessions.

Contact pati@sacredearthfound.org and visit our website for details on the upcoming events page. www.sacredearthfound.org.



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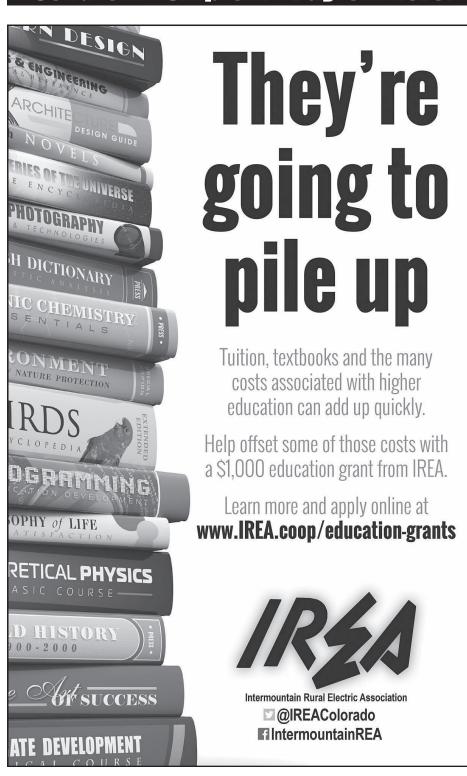
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Gateway welcomes guests

Fifth grade students at Gateway Elementary School welcomed Teller County Commissioner Marc Dettenrieder and Cripple Creek Chief of Police Mike Rulo to speak to their class about the U.S. Constitution. Topics included the Bill of Rights, the three branches of government, and how a bill becomes a law. Each student also received a booklet containing the U.S. Constitution and the Declaration of Independence.

Testing... testing...HRRMC expands Direct Access Lab Testing program

Last month, Heart of the Rockies Regional Medical Center is adding a folate (folic acid)/vitamin B12 panel and a testosterone test to its Direct Access Lab Testing Program (DALT). Patients may order lab tests at discounted prices, from a set menu of 19 DALT tests, without a physician's order. Cost for the folate/B12 panel is \$65 and

Cost for the folate/B12 panel is \$65 and the testosterone test is \$45. The full list of tests is available online at hrrmc.com.

Several DALT tests saw a price increase

on March 20, 2017 the first increase since the

program began in April 2014. The new prices are comparable to 9Health Fair test costs.

HRRMC offers Direct Access Lab Testing (DALT) at both the hospital and the HRRMC Buena Vista Health Center as part of its community wellness program, Wellness U. DALT testing ensures that everyone has access to affordable lab tests and can take an active role in monitoring their health.

active role in monitoring their health.

Lab results are mailed within four days of the test date. HRRMC will immediately

call patients with critical results that require urgent medical attention by a physician.

HRRMC will not send DALT results to a patient's medical provider. It is the patient's responsibility to set up an appointment to review the test results with his or her provider.

Payment is required up front, by cash, check or credit card. Insurance companies will not be billed, and in many cases insurance will not cover the cost of the tests because they are not ordered by a physician.

A waiver explaining DALT specifics must be reviewed and signed prior to the lab test. Anyone under 18 must be accompanied by a parent or legal guardian.

The laboratory results of Direct Access Lab Testing require additional expert interpretation and do not substitute for medical advice, diagnosis or treatment, which should be based on your physician's professional judgment, his or her review of your test results, the findings of physical examination, and the review of your personal and family medical history.

Woodland Park Prost! Keg & Cork Craft Beer and Wine Tasting to be best ever!

The Woodland Park Arts Alliance announced the date for its 2017 "For Arts Sake" fundraiser. On Friday April 7th, WPAA and co-sponsor, Banana Belt Liquors, is hosting the Keg & Cork Craft Beer and Wine Tasting at the Ute Pass Cultural Center in downtown Woodland Park.

The 6th Annual "For Arts Sake" fundraiser generates funding for public arts projects throughout Woodland Park. Past projects include the 2015 'The Story of Us' mural, the 2016 restoration of the antler archway in Antler Alley, and 2016 improvements to Antler Alley expected to be completed in 2017. This does not include the annual raising of scholarship monies for students in need to continue their arts experiences and arts educations.

Ralph Holloway, WPAA Founder and Board member, said "WPAA is the foremost advocate of the arts in Woodland Park and that means all the arts, ranging from crafts and dance, to architecture, film, media, and digital technologies, to the traditional fine arts, performing and visual. In 2017, we are making a concerted effort to refine and expand our promotional capabilities to benefit the many fine artisans located in the greater Woodland Park area."

Although the 50 wines and 25 craft beers may originate across the country, the event is firmly rooted locally, with beers from Paradox Brewing and Bristol Brewing, wines from Colorado Vineyards, hors d'oeuvres and appetizers from local restaurants, gift certificates and gift baskets from area businesses, and art showing and auction by local artists. This year's event will add new features such as nonalcoholic beverages for designated drivers and a fruit mashup bar for the adventurous. Holloway added "We decided to broaden the participant base to include non-drinkers, so more people can enjoy the art, music, food and fun."

enjoy the art, music, food and fun."
Keg & Cork chairman, David Perkins,

stated, "Last summer WPAA, in conjunction with Keep Woodland Park Beautiful, vastly improved Antler Alley through the Lowe's Community Impact Grant. Improvements included two new columns to hold a new metal arch, sophisticated LED lighting system, flower planters and benches. Antler Alley is being converted from a mere walkway to a 'hip and chill hangout'. Perkins further stated, "The new Antler Alley, plus the addition of Cowhand Plaza, the Memorial Park makeover, and newly transformed Woodland Station, combine to dramatically change downtown." He further said, "The public can expect big things from WPAA in the future We have exciting public art projects planned all over the city, but it takes time and money. This fundraiser is the core mainstay in our efforts to create more public art projects."

Darlene Jensen, Main Street Coordinator, reiterated, "It's organizations like Woodland Park Arts Alliance (WPAA), Keep Woodland Park Beautiful (KWPB), the Downtown Development Authority (DDA), Main Street, and the tremendous energy generated by their many volunteers working tirelessly on a daily basis, that create positive and lasting change, and improve the quality of life for every single citizen."

Woodland Park Arts Alliance is a nonprofit 501(c)3 organization, dedicated to enhancing the quality of life for individuals, families and entire Woodland Park the community by facilitating artistic, cultural and economic development opportunities.

Tickets are \$20 in advance and \$25 at the door. The doors will open at 6 p.m. and end at 9 p.m. Guests must be 21 to attend. Limited tickets are available online at www.wpartsalliance.com, and in person at Banana Belt Liquors, Curves, Mountain Naturals and Studio West Aveda.



Seeds to SproutsBackaches in pregnancy

by Maren J. Fuller, MSM, CPM

Real information on everything from conception to age two

Every pregnancy and every woman's body is different, but there are some things that almost everyone experiences while they are working hard to grow a baby. We'd like to address some of the most common in a series of articles aimed at the 10 months it takes to make a baby.

Most women experience some level of discomfort or pain in their back, especially during the last half of pregnancy, and many times there doesn't seem to be a good reason for it or a good way to treat it. First, it's useful to understand some of the reasons behind back pain in pregnancy. The main ones are weight gain, changes in ligaments and spine, loss of strength and flexibility, and poor sleeping position.

Throughout pregnancy it is normal and healthy to gain weight, and this weight gain happens all over, not just in the belly. If you are at a normal weight, you should expect to gain 25-35lbs by the time you give birth (check with your midwife or doctor to learn what your healthy weight gain should be.) Enlarging belly and breasts add much of the weight and make your shoulders roll forward and your upper body round to the front. This change in posture can put undue stress on your neck and shoulders and make your upper back ache.

Weight gain can also cause the curve in your lower back to increase and put strain on the whole lower spine. This pain can be anything from a dull ache that lasts all day to sharp, intense pain that increases with movement or activity.

All types of back pain can increase during pregnancy due to the hormones that work to relax the ligaments in your body. These cause a loss of stability in joints, including the spine and the pelvis, and make it harder to keep your posture healthy. Many women also experience a loss of strength and flexibility during pregnancy, sometimes due to weight gain, decreased exercise, or illness. This can make it harder to keep the spine strong and stable and increase the likelihood of pain.

What can we do?

There are many different ways to help alleviate the discomfort, depending on the cause of your symptoms. The first thing to remember is to avoid things that can make back pain worse like lifting, standing or sitting for long periods, slouching, and "waddling" in late pregnancy. Take breaks, lie down for naps during the day, keep your posture strong, and make sure to point your toes forward and walk straight, even as your belly grows. Light exercise and regular stretching can also help you avoid these common causes.

Prenatal yoga can be a great way to keep your body flexible and strong. Find a class or teacher that is geared toward pregnancy to make sure that you are doing yoga that is safe and healthy for a pregnant body. Focus on good hip-opening and hamstring stretches that will help to ease tension in your lower back. Swimming is another wonderful exercise to keep strong, limber, and flexible while avoiding painful impact.

Heat and/or ice can both help, depending on the type of pain you are experiencing. Experiment with a warm rice bag, or put it in the freezer and see if cold works better for your back. You may use a heating pad on a low setting but never fall asleep with a heating pad on. Warm baths can also be a great way to soak away the strain of pregnancy. If needed you can also take acetaminophen for pain relief (remember to never take ibuprofen in pregnancy).

If these basic techniques do not help to relieve your pain or discomfort, you should consider another type of treatment. Chiropractic care, especially during the third trimester, has been shown by research to help balance your pelvis. This can decrease back pain during pregnancy and also help your baby get into a better position for birth, decreasing your chance of back pain during labor. Adding massage (by a qualified prenatal massage therapist) and acupuncture can also be an amazing way to decrease tension and pain.



The final consideration is position and propping during sleep. Sleep during pregnancy is different than outside this time and needs to be approached with thought, and a lot of pillows! Most women stop sleeping on their stomach relatively early in pregnancy and by 20-24 weeks you should stop going to sleep on your back as much as possible. When you sleep on your side, be sure to have a pillow under your head and 1-2 between your knees and feet. If it feels good for you, you can also prop a small pillow under your belly and one behind your back. (Sometimes this takes a partner to accomplish!) Keeping your hips open during sleep and your body supported will reduce stress and strain on your spine and make pain less likely.

Is back pain ever concerning?

Rhythmic cramping or back pain can also be a signal of labor. If you are 40 weeks pregnant and ready to have a baby, this sign will probably make you pretty happy! But if you are in your first trimester or anytime during pregnancy before full term (37 weeks) this can be a very concerning sign.

If you ever experience sharp or severe pain that comes on suddenly, you should contact your midwife or doctor or go to the emergency room as soon as possible. Sharp back pain can be a sign of ectopic pregnancy, miscarriage, kidney infection, or other serious problem. Also if you ever feel con-

cerned about any kind of pain or discomfort, always talk to your provider.

Resources and suggestions for further reading and support:

- Dr. Sears on backache in Pregnancy: http:// www.askdrsears.com/topics/pregnancychildbirth/seventh-month/backache
- Backache causes and treatment: http:// www.webmd.com/baby/guide/back-painin-pregnancy#1
- Pregnancy Sleep Positions: http://www. webmd.com/baby/positioning-whilesleeping
- Warning Signs/Symptoms: https://www. babycenter.com/pregnancy-symptomsyou-should-never-ignore

Questions? Comments? Suggestions for future columns? Please send them to: utecountrynewspaper@gmail.com or contact Maren at CommunityMidwiferyCO@gmail.com

Maren Fuller is a mother, a midwife, an educator, and an activist dedicated to finding support, providing education, and building community for Colorado families during pregnancy, birth, and parenting. She and her family live on a small homestead in Florissant, CO. Nothing in this article should be considered a substitute for medical advice, common sense, or your own research and is written for informational purposes only.



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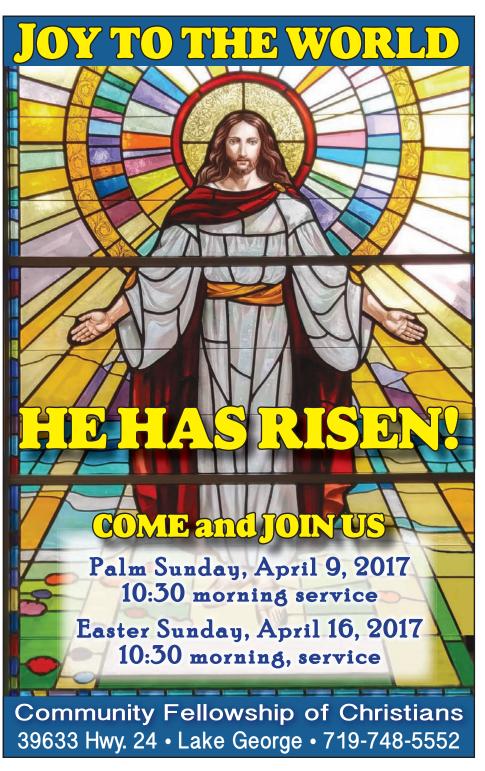
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One Nation Walking Together

American Indian miners by Urban Turzi

At first glance, I must admit when I think of the American Indians I doubt I ever thought of them as miners or prospectors. However, before the Indians came in contact with the White man, they used gems and stones as a basic part of their lives. "Prospecting for useful rocks was as much a part of the Indian's life as his search for food". (Earth Science magazine, Spring 1979, Richard Pearl).



Aboriginal use of minerals had many purposes. Ornaments were made which consisted of beads, carved figures and jewelry. Hard stones were gathered and fashioned as weapons for use as arrow and spear heads, knives and tomahawks. Others uses included the carving of soapstone for utensils; crushed quartz was used as an abrasive in pipe making; some used biotite as a mirror; selenite and mica were used as windows; some minerals were crushed for use as pigments such as turquoise, azurite, malachite and hematite; bartering with blades and beads was also common practice as a form of currency.

Might we give the Indian the title of geologist? Knowing the hardness and mineralogy of the rocks. Native People could recognize which rocks were best suited for use as sacred pipes, arrow head points and other weapons, etc. Since quite a number of the tribes were nomadic, on the move hunting for food sources or better locations to establish their communities, they were always observant of what Mother Earth had to offer.

Native American mining methods were obviously primitive compared to modern mining practices. For tools, the Indian had stone hammers, deer or elk horns for picks, and hard wood used as gads for prying the rocks apart. Knowing he could break rocks by building fires against the stone surface and then throwing water on the heated material is reported to have been a common practice. (The mining of gems and ornamental rocks by the American Indian, the Smithsonian Institution, Paper no. 13, 1941). Some of the gemstone/ornamental material found during travel or by purposeful mining by the American Indian included: ruby, sapphire, beryl, tourmaline, turquoise, garnet, olivinite, lapis lazuli, different varieties of quartz, petrified wood, magnesite, staurolite, azurite, malachite, galena, catlinite, obsidian, etc.

Just maybe, when we think of the term "Indian" jewelry, chances are green/blue turquoise might be the gemstone we first envision in a silver setting. These stones were especially valued by the Pueblo people. "Artifacts suggest over a thousand years ago, the Pueblo peoples had greater wealth in turquoise than now (Cushing, 1901, pp.)." The most notable of the turquoise mines is the Los Cerrillos, in New Mexico, were it has been reported to have been "diligently worked by these people 1,000 years ago, (Pepper, 1920, p.377)". The only resource I have on turquoise is a book entitled:



Zuni Indian Drilling Turquoise, 1930

Turquoise, by Joseph Pogue, first published in 1915, fifth printing 1973. Within the state of Colorado, turquoise is reported as being found in Conejos, Mineral, Teller, Eagle, Lake, and Saguache Counties. But who knows, it may exist in other parts of our mineral rich state.

What was once a matter of survival can today be seen as forms of artistic expression and sometimes a source of income for a variety of media. Pigments now are used for paintings, wood for carving kachinas or musical instruments, minerals and gem stones for jewelry, metals for jewelry, clay for pottery, and hides and feathers for a variety of others artistic applications. The Native Americans regarded the earth as their Mother and they still do as Mother Earth is the source of our sustenance. That is why the early aboriginal miner now espouses the concept of the 7th generation, namely, any decision we make today, whether personal or business, must take into consideration the impact it will have on seven generations to come. The Native Americans were not only the original miners but also our original environmentalists.

Educating the general public about the plight of the Native People, the history, and the many positive aspects of their culture is an important segment of the mission of One Nation Walking Together. Our mission can only succeed and make a positive difference in the lives of Native People with a personal investment by you: of your time as a volunteer, a financial contribution, or a donation of merchandise. Only by caring and sharing can we fully realize our true worth to our fellow brothers and sisters. For more information on how you can help please visit www.onenationwt.org or email, office@ onenationwt.org or call 719-329-0251

Divide Chamber of Commerce Spotlight on the Divide Chamber

 $m{F}$ ach month we feature our new and renewing members of the Divide Chamber $m{L}$ of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - www.dividechamber.org.

- Prospect Home Care & Hospice: 719-687-0549 or www.prospecthch.org. Providing the highest quality homecare and hospice services to the residents of Ute Pass and neighboring areas since 1982.
- The Insurance Center, LLC: 719-687-3094 or www.wpinsurancecenter.com. A trusted choice independent agency inviting you to experience our exceptional customer service to meet your insurance needs.
- Mueller State Park: 719-687-2366 or www.cpw.state.co.us. Offering year-round recreational opportunities: fishing, camping, hiking, biking, horseback riding, winter
- Mountain Top Cycling Club: 719-689-3435 or www.mountaintopcyclingclub.com Non-profit organization that encourages cycling for health, recreation, sports and transportation. All skill levels welcome.
- Teller County Regional Animal Shelter (TCRAS): 719-686-7707 or www. TCRAScolorado.org. Forever improving the lives of animals in our community offering adoptions, education and housing of lost pets.

This one's for the birds Celebrate Earth Day with tie-dyes, music, and raptor fun

 $B^{\text{eaver Ponds Environmental Education}}_{\text{Center located on Sacramento Creek}}$ between the towns of Alma and Fairplay is hosting a free and fun event to celebrate Earth Day on April 22nd, from 11-3 p.m. In addition to guided ecology hikes along the interpretive trail, there will be live music from 2-3 p.m. and tie-dying throughout the day with nature-derived dyes. The highlight of the day is sure to be the "Animals Need Water Too!" program that starts promptly at noon. Beaver Ponds EEC is located at 2234 Busch Run Road in Fairplay. There will be fun to be had for individuals both young and

"We're partnering with Nature's Educators for a not-to-be-missed hands-on program," explains Beaver Ponds Executive Director, Paul Alexander. "They are bringing along a bald eagle or osprey feathered friend and other critters like a water snake and frog to help demonstrate how water is such an important resource. It's well-known that plants and animals need water in order to survive. However, there are some animals that depend on it more than others. During this unique program, visitors will have the chance to meet some of the wildlife species that live in or around water up close. Find out how they use the riparian ecosystem to



Brizo the Osprey, photo by Mackenzie Welch

live, eat, and play their own important role helping keep their habitat functioning. We expect the day to be very busy, so please carpool to the event if you can.

Visitors can expect to learn about subalpine ecology, beavers, alpacas, llamas, goats, and chickens. They can also visit the greenhouse and learn how to keep a

year-round garden, as well as learning about water saving micro-fodder systems for feeding livestock. Visitors will also learn about five types of renewable energy, as well as fire mitigation treatments and the very-old Bristlecone pines found in this area — some are nearly 2,000 years old! Most importantly, visitors will have the opportunity to get outside and hike on a beautiful, private piece of Park County

"Bring your own scarf or t-shirt to make your very own Earth Day 2017 tie-dye," suggests Alexander. "Staff and volunteers will be on-site to help with lots of hands-on activities and fun throughout the day.' Enjoy live toe-thumping music at 2 p.m. by

local favorite, Gladyys Kravitzz and Friends If you can't make it to this special celebration, Beaver Ponds will be open to the public for visiting hours on May 27th, June 12th, and July 22nd between the hours of

Visit www.beaverponds.org for more

The mission of Beaver Ponds Environmental Education Center is to provide environmental education that gives individuals of all ages the tools and knowledge to become better stewards of the earth.



Forensics State Champion

Woodland Park High School Senior Sage Brown won 1st Place in her Informative presentation at the state Forensics competition. The speech was written by Sage herself, and was titled "The Human Supercomputer." Congratulations!



Sheba

Sheba is a two year old female Basenji Mix. She's out-going and adventurous, and would love to tag along with you on your camping or hiking trips. She's a sweet girl who is eager to please and would do great with land to stretch her legs or just an active family. To learn more about Sheba either call 719-395-2737 or stop in Ark Valley Humane Society at 701 Gregg Drive, Buena Vista, Colorado.





Pikes Peak ENT

PPRH Specialty Clinic is happy to announce the addition of Pikes Peak ENT to the expanding list of specialty services provided for the residents of Teller County and the region.

Pikes Peak ENT provides both medical and surgical management of disorders of the ears, nose and throat. These Board-Certified physicians perform a full range of ENT procedures on both children and adults including:

Ear Surgery Sinus Surgery Head & Neck Surgery Sleep Disorders Reconstructive Facial Plastic Surgery

Pikes Peak ENT is committed to delivering comprehensive, patient-centered evaluation and treatment for all ENT problems. Children and adults alike will be examined with the utmost attention to detail and treated with compassion and concern.

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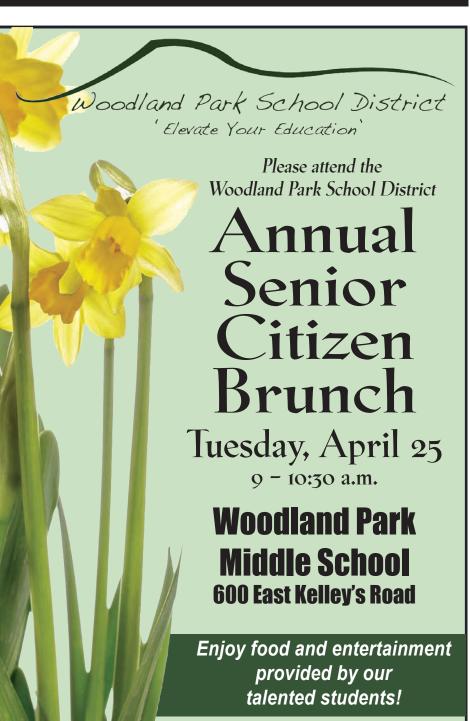
For more Information or to schedule an appointment, call 719-686-2832.

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ease RSVP by April 14 to 686-2000 or kquaderer@wpsdk12.org



Banded Iron Formation at the Fortescue Falls, Dales Gorge, Karijini National Park, Western Australia. Cyanobacteria contributed oxygen to Earth's atmosphere. Oxygen combined with iron in the ocean's water, caused chemical precipitation of the iron oxides, and formed dark red bands. photo by Graeme Churchard

The Great Oxygenation Event

by Steven Wade Veatch and Vishwam Sankaran

About 2.25 billion years ago, the Earth experienced a significant climate change — it was frozen from top to bottom. From space, it looked like a "snowball" orbiting the sun; a tiny white dot. Scientists have called this cold spell the Huronian Glaciation, and they have characterized this frozen planet as "Snowball Earth."

Following this intense glaciation, the planet thawed, marking one of the greatest periods of transition in our planet's history

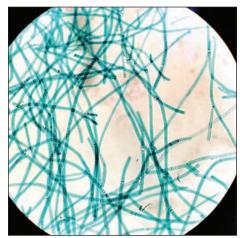
— The Great Oxygenation Event, one that would change forever the destiny of this planet we call home. Here is what happened.

Soon after Snowball Earth melted a new kind of bacteria evolved — cyanobacteria, the planet's first photosynthesizing organisms that made oxygen. Before this, there was little oxygen in Earth's atmosphere. From cyanobacteria, there was a slow and inexorable enrichment of gaseous oxygen in the atmosphere that continued over millions of years. Some of the oxygen came from cyanobacteria mats that rolled and pitched with the waves of the sea. Near the shore, cyanobacteria grew in layered structures known as stromatolites. The stromatolites pumped out substantial amounts of oxygen.

A lesser amount of oxygen was also added to the atmosphere through a photochemical process where high-energy ultraviolet light from the sun split water molecules (H2O) into their hydrogen (H) and oxygen (O) atoms in the upper atmosphere — a process that continues today.

The rising oxygen levels brought the Great Oxygenation Event — a major shift in the content of oxygen in the atmosphere. In the meantime, due to the higher levels of oxygen resulting from photosynthesis, iron — previously dissolved in the oceans — could no longer stay in solution, and resulted in the "Great Oxidation Event." One result of this so-called "rusting" event was the formation of rocks known as banded iron formations (BIFs). BIFs are white bands of chemically precipitated quartz, or chert, with alternating darker red bands of the iron oxide minerals hematite and magnetite. From this oxidation of iron and the formation of BIFs, we infer that oxygen began to appear in Earth's atmosphere.

There is little agreement on the source of the iron that was dissolved in the oceans before the Great Oxygenation Event. One source of the iron likely weathered from ironbearing rocks on land masses. Another, much larger, source of iron spewed out in dark



A photomicrograph of Cyanobacteria. Cyanobacteria produce oxygen as a by-product of photosynthesis, and it is thought this process converted Earth's early, oxygen-poor, atmosphere into an

oxidizing one, causing two major events: 1) the "Great Oxygenation Event" and 2) the so-called rusting of the Earth. Both events dramatically changed the nature of life forms on Earth. Image by Matthew Parker

clouds from more active submarine volcanoes and hydrothermal vents on the seafloor.

The BIFs were deposited in a relatively brief geologic time between 2,600 and 1,800 million years ago, and occurred in large bodies that exceeded hundreds of meters in thickness and extended thousands of meters laterally. BIFs are an essential part of our modern industrial complex as they yield most of the rich iron ore mined today from the massive iron ore deposits of Minnesota, Michigan, Ukraine, Brazil, Labrador, and Australia.

Despite the frozen conditions of the first Snowball Earth, the period following it was an evolutionary triumph when oxygen became part of Earth's atmosphere and early life flourished. Oxygen formed the extensive iron ore deposits that are the foundation of modern society. Although we are building a compendium of knowledge about past and present climate change, unanswered questions about Snowball Earth remain while certain aspects of climate change remain unknown.

An army of scientists, with intellectual fire, continue their work in their search for answers. Even if we do not find some of these unknown factors affecting climate change, those factors will perhaps find us.

Marie EvB Gibbons An exhibition of 80 individual works

Sellars Project Space is pleased to present an exhibition of 3D wall and pedestal works by internationally recognized artist, Marie EvB Gibbons. An opening reception will be held for the artist on Saturday, April 8 from 4-8 p.m. on the 2nd floor of the historic Twitchell Building in Downtown Salida's Creative District. The artist will be traveling to Salida and will be present at the reception. This exhibition continues through May 8, 2017.

"My work tells stories; it discusses the trials, tribulations, joys and frustrations in life, my own — and those that I witness. I finish

my clay work in post-fired finishes, meaning I do not work in a traditional manner with clay, using fired glazes. Instead, I use a variety of mediums applied after the work is fired, in order to achieve the completed look that I have in my mind's eye (acrylic paints and washes, inks, waxes, iron surfaces, resins to name a few)," says Gibbons.

Sellars Project Space is open Monday · Friday from 10-5 p.m. and by appointment. For further questions, please feel free to contact Jimmy Sellars 719- 221-9893 or via e-mail jimmy@sellarsprojectspace.org or mark@sellarsprojectspace.org.



Native Plants of the Ute Country Pasqueflower, Pulsatilla patens

by Mary Menz

Tohn Muir wrote "The most admirable I flower in the estimation of settlers in this part of the new world was the Pasqueflower or wind-flower. It is the very first to appear in the spring, covering the cold gray-black ground with cheery blossoms." He was writing about memories of his youth in Wisconsin, but the Pasqueflower is native to the Rockies and northern states of the Midwest. He could have said these words referring to anyplace in this plant's growing range.

Known also as Easter flower, wind flower, and prairie crocus, it is usually one of the very first native flowering plants found each spring in Ute Country. It can range from very light lavender to an intense dark bluish purple. Your first sighting might be a fullyfledged grouping of flowers or might be a clump of head-drooping, hairy stems barely emerging from a tuft of overwintered grasses.

This early bloomer was known as passefleur or passflower in medieval France, but was later changed to Pasqueflower as it blooms around the time of Easter and Passover in similar growing conditions around the world. Pasque in French refers to Easter and the paschal feast.

Showy plant characteristics

The Pasqueflower has six to eight individual sepals (petal-like structures) that are connected at the base, under which are wispy purplish brown, finely dissected leaves. The central part of the flower is composed of up to 200 yellow stamens that surround the taller, also yellow, epicenter — a pistil with numerous styles, on the tips of which sit the flower's pollen. As the plant matures it gets taller, the sepals drop, and the styles evolve into a mass of feather-like plumes that carry the seeds in wind. A large mass of these "plumose flowers" going to seed resembles soft mist or smoke on the ground.

In fact, every part of the plant is covered in fine hairs that shine brightly in the sun, giving it a silver aura. The very fine hairs all over this plant help to insulate the flower



The center of the Pasqueflower features a rich yellow composition of stamens and a dense pistil with numerous styles.



The Pasqueflower is nearly hidden from view as it emerges from a mass of overwintered grasses

Even if the Pasqueflower becomes covered by a heavy and deep late season snow, we still smile knowing that the continuation of spring is just a quick thaw away. The Pasqueflower will remain and re-emerge to provide an early pollinator a resting site.

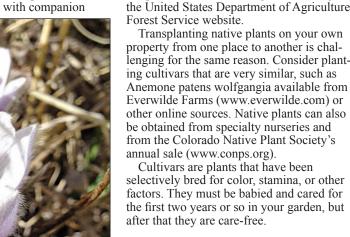
Medicinal and other uses

Like many native plants, the Pasqueflower has a history of being used medicinally by native people and American settlers. While overall, the plant is toxic, there are reports of portions of the plant being used to topically and aromatically to cure ailments like rheu matism and headaches, respectively.

At one time, early Europeans also used the juice from the stems of the Pasqueflower to color Easter eggs.

Introducing Pasqueflower to your garden

Digging up or otherwise disturbing native plants on public lands is illegal unless a special permit is obtained. Native plants are part of a valuable ecosystem that provides habitat for native pollinators and other animals. It's also known that many native plants demand symbiotic relationships with companion



factors. They must be babied and cared for the first two years or so in your garden, but after that they are care-free. Mary Menz is a naturalist and Colorado

Native Plant Master. She loves to search for — and find — native plants. You can reach her at snowberryblossom@gmail.com.

When in full bloom, the Pasqueflower

colony stands erect with drooping heads

until the warm sun coaxes them upright.

The best practice is to "respect and protect

plants in an ecosystem and they often die

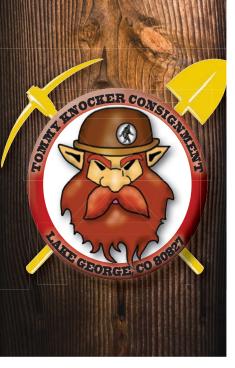
wildflowers and their habitats, leave only

photos so that future generations may enjoy

our precious natural heritage," according to

footprints, and take only memories and

without their habitat neighbors.









RICHARD

SOPRIS

EARLY

DENVER

by Linda Bjorklund

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Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to utecountrynewspaper@gmail.com. Be sure to include the critter's name

as well as your name.



by Danielle Dellinger

Spell and the crew last appeared in March 2017's issue, pages 16 & 17, "Space."

hen there is nothing, is there still Spell looked around her blank world. There was no color, no light and dark, no grey areas. She was in a place that just existed. Dimension Jumper had teleported her to a realm where living things were not meant to be, let alone survive. The vastness of the void brought home to her just how insignificant she was in the grand scheme of things. A void, in philosophy, is the concept of nothingness manifested. So, is there really something when there should be nothing? Humans have long debated the void and how it may tie in with he human condition, which are the characteristics, key events, and situations which compose the essentials of human existence, such

as birth, growth, mortality, emotionality, etc. It was Spell's punishment to be confined to this void. Dimension Jumper had said to her before he'd left that she was meant to be here because she couldn't do any more harm while in this place. She couldn't sit, stand, walk, run. jump, or lie down while in the void. She could only float and drift. There was gravity, and yet there wasn't. It felt like there was a scientific element keeping her from spiraling away into infinity. Or maybe there wasn't, and she actually was flying off into the infinity of nothingness.

ime Warp stared at Dimension Jumper, her mouth hanging wide open. "What did you just do?'

Dimension Jumper shrugged. "What needed to be done," he replied. "I will not be used as her pawn. Saving the world is not on my to-do list. Besides, that's just too much responsibility, and she only wants me to save the world so she can be put in charge of it."

"That doesn't mean you can teleport her off to some godforsaken place!" exclaimed Ti. "Actually, I can, when she's posing a threat

to this current reality.' Ti threw up her hands in exasperation. You've got to be kidding me. This can't be happening," she muttered, pacing around. Bender watched the two of them for a mo-

ment. "Sweetheart, where did you take Spell?" The same sick smile that adorned Dimension Jumper's face when he mutilated the swing set in the park spread across his face now.

Bender shivered at the creepiness and took step back.

"I took her somewhere that's perfect for her." Bender shook her head. "That's not a good enough answer. Where exactly did you take her?"

"The void," he answered simply. "The what? The void?" Bender repeated

Time Warp stopped her pacing and looked at her child. "You didn't . . . " she said slowly, the horror dawning on her face.

"Oh but I did." "That place isn't meant for humans! It swallows them up; it devours them like they're

nothing! Dimension Jumper smirked. "Exactly. Prob-

Ti let out a noise of frustration and turned to Bender. "We have to go there. We have to get

"I don't know how to get to a void. And even if I did, I'm not sure that I would want to risk myself or you. If a void devours everything in its path, then we likely wouldn't come back with our powers, or come back at all for that matter."

"Bender! She's my mom! We have to do whatever we can to bring her back." Bender stared at the ground. "I know, Ti. I

hear you and understand how you're feeling, but this sounds incredibly dangerous." "Bender!" Ti yelled, tears welling up in her

A heavy silence fell over them, almost creating a mini void in itself. It was suffocating.

It was tortuous. "Look," Dimension Jumper said, eventually breaking the silence. "I did what I had to do to protect our family and the world. So, I guess, in the end, I actually did carry out her plan, just not in the way she had intended.'

Time Warp abruptly stormed from the room, stomping through the house to the front door, slamming it shut behind her.

Bender looked at her son. "You understand why I at least have to help her try, right?" A darkness crossed Dimension Jumper's eyes.

"I wouldn't do that if I were you . . ." he warned.

Bender sighed heavily. "Your powers combined with your mom's were able to alter an old man's ailing body to the healthy youth it once was. That is incredible. You did it to save yourself, and your mom did it to save you. Now, you need to do this to save your mom and your grandmother. Your grandmother was right in the sense that if you hone your powers, you'll be a force to be reckoned with,

a force that will be used only when necessary. Son, you need to help bring your grandmother back. She may not be deserving. But this is an important lesson in compassion and humility that you need to learn. It'll serve you well later in life. Maybe Spell will try to redeem herself once she's saved. Maybe she won't. But don't you think we should give her that chance?"

Dimension Jumper shook his head. "Why do you keep defending her when all she wants is to use me for my powers?"

Bender approached her son and hugged him. "I'm not defending her. I know it sounds like I am, but I promise I'm not. All I'm saying is that once you start giving up on one person because they're bad, it makes it easy o give up on everyone, on humanity. You shouldn't do that. The world needs people who care about other people, especially now more than ever."

"Mom . . . I just . . . I can't with her." He hid his face in her hair.

"I know. I understand. I really do. Just, you're such a loving and caring person. Don't lose that, sweetheart. You must always fight for that side of you to stay alive."

He backed up and looked into Bender's eyes. "What happens if we bring her back?"

"We lay down some rules that she absolutely must follow. If she doesn't, she must leave. We won't stop caring about her, but if she insists on being a toxic part of the relationship, then we must take care of ourselves and tell her this isn't working out."

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Dimension Jumper raised an evebrow. "Isn't that basically what I did though by taking her

"Kind of. But she wasn't given the chance to follow the rules and redeem herself."

"I don't want to be her engineered experiment. She's been planning all of this all along. I don't want to be part of it anymore."

'Son, at this point, you have to trust me. Ti and I will keep you safe. You know that. We've both promised that to you."

Dimension Jumper sighed like only a dramatic teen boy could. "Fine."

t what point do you stop existing in a void? Can you die in a void and then become a spirit still trapped within it? Spell tried to move her fingers and toes, but she couldn't feel if she was. It was like she was numb, like her brain was numb because her five senses weren't being stimulated. She let herself float along, staring into the blankness. She couldn't even hear her own heartbeat. Did she even still have a heartbeat? Was she even alive still? Maybe this was death. Maybe Dimension Jumper had actually killed her, and the afterlife was just an endless void of numbness. It was depressing to think about. Oh? Was that something? A thought was something, right? Did spirits have thoughts? Or emotions? Spirits were still people, right? Just in a different energy form? So many questions, so much time to think about them. But time can't exist in a void because time is a manmade construct. A silly construct, really. Or, was it manmade after all? Because animals know they have to get certain things done within a certain amount of time to ensure their survival. For all humans know, animals may have a different word for "time."

Spell shut her eyes. So this was how it was going to end for her? She was just going to drift along until something or nothing happened? She had thought about trying to use her powers to get out of there, but the void drained her of all motivation. It was probably better this way, anyway. Her own grandchild had forced her out of the family. Her own daughter had turned against her. She was certain Bender was on their side. It had been a long time since anyone had been on her side. Past had at one point stood up for her, but they split because he eventually decided her side wasn't the right one to be on. She wondered if he'd come save her now, if he knew what was going on. No, probably not. He'd probably washed his hands of her years ago. She thought she'd always been trying to do the right thing, but it seemed to blow up in her face all the time. People always brought up morality when confronting her. She hadn't thought her morality to be skewed, but maybe it was. It was possible she wasn't as good as she thought she was.

ender raced out of the house to find where Time Warp had gone. Luckily. she didn't have to look far. Time Warp was sitting in the middle of their lawn, her eyes zeroed in on a random blade of grass in front of her. Bender cautiously approached her, then knelt down beside her.

"What're you doing?" she asked Time Warp "Trying to connect with the void."

"How's that coming? You don't want to be somewhere more private, not next to a busy

'Opposites attract. If I'm someplace chaotic, then the void might come to

"I see." Bender watched her lover a moment. "I got our son to agree to help bring back

"Good. Bring him out here. Let's see what he can

"Bender, yes, I am. Now go get him," Sighing inwardly, Bender went back into the house and retrieved their child, who was, not surprisingly, reluctant to come outside. He shuffled over to Ti and stood in front of her, keeping a few feet between them

Time Warp exhaled heavily and looked up at Dimension Jumper. "So we can either let you go to the void alone, or all three of us will go. Your choice. I'm, inclined to say all of us should go because I'm not sure I can trust you. to bring my mother back."

Dimension Jumper glanced at

Bender smiled caringly at Ti. You know I will." She leaned in and kissed her cheek. Dimension Jumper closed his eyes, leaned his head back, and balled up his outstretched fists. The plasma globe appeared around him, clicking and sparking loudly. Bender got up and stood beside him. She closed her eyes as well and let her aura spread out around them both. It hardened until it looked like glass. From Time Warp's perspective it seemed as if nothing was happening, but inside their respective shells, they were shooting through universes and dimensions at warp speed. Finally, they burst through a barrier, like a pencil puncturing through a piece of paper. Being within the void for the first time was a jolt to Bender. She almost lost her footing as she became lightheaded. She gazed around the

best she could with her blurry vision. "So this is it," she breathed, feeling as if all oxygen had left her.

"Yep. This is it." Dimension Jumper seemed to be right at home. He squinted, trying to spot Spell. He moved them more into the void, their entry sealing up with a zipper sound.

called out to her, but didn't get a reaction. blood slid out of her nose.

Time Warp gasped, immediately getting to her feet and forcing her hand through Bender's aura to her hand, which she firmly grasped.

me easier."

"You're sure this is the right location to do something so magical and powerful?"

Bender. "I think it should just be me and mom," he said, nodding toward Bender. Ti looked at Bender. "Fine. Fair enough.

Keep him safe, please."

After what felt like an eternity of searching, they finally came across Spell. Bender They drifted closer, and were greeted with a powerful shockwave of energy. Bender was jolted again, and back in her present reality,



cused all of her energy of her energy and sent if to where the other three were other three were.

Dimension Jumper was saying.

"Remember what I said? You can't give up on her yet, not without giving her a second. chance. Spell, do you hear that? We're here to bring you back so you can redeem yourself. Let's put all of this behind us. We want to move forward." Still no response.

"Let me try," Ti said, startling the other two and making them jump.

"Ti, what're you doing here?" Bender asked. "You started to get a nosebleed, so here I am stepping in to help. I should've done it in the first place." She turned her attention to Spell. "Mom, it's me. I'm here. Please come back." Still nothing.

Dimension Jumper growled in frustration. "Patience," Bender hissed at him.

"Mother!" Time Warp called. "Mom!" When her calls continued to fall on deaf ears, she forced herself out of Bender's aura sphere, ignoring the protests from the two behind her. She floated over to Spell, the atmosphere feeling like hundreds of thousands of knife points sticking into her body. She grimaced and pushed through the pain to reach out and grab her mother's hand. Another shockwave of energy burst out from Spell

vour match in this

"Looks like she doesn't want any visitors," — right now. I'm done playing these games. If this Dimension humber was a second or second o we're done, and we'll be taking our leave."

When she still didn't get anything from her mother, she squeezed her hand as tight as she could, hoping the pain would wake her up. The other two soon joined Time Warp and put their hands on Spell as well, doing whatever they could to rouse her.

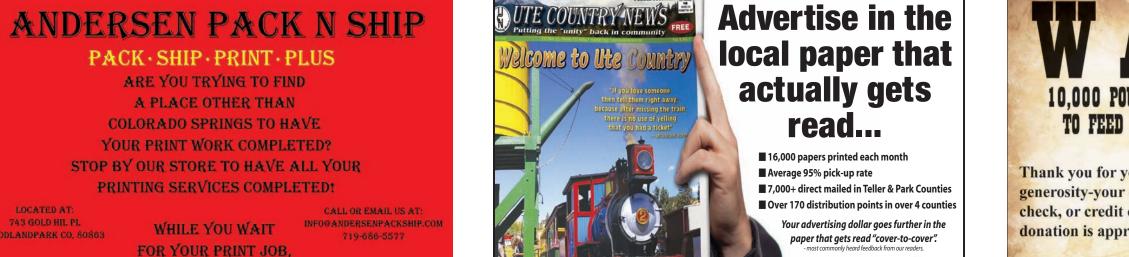
What was that feeling on her hand, Spell wondered. Why did it feel like cramping? Was that the beginning of her body shutting down? Why didn't it start in her feet? So maybe she really could die in this void. All alone. With nothing. Not even a reminder of her former reality. And those voices—surely she was hallucinating now. No one else could be in the void with her. That was the whole point of it, right?

Suddenly, a burst of blood red color filled the void, along with a horrible, unearthly wailing.

To be continued . . .

Twitter.com/ZepherSong Facebook.com/storyrealm

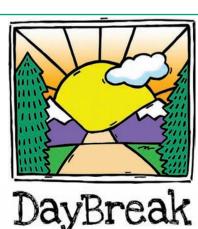
Attention Danielle Dellinger fans: Keep your eyes peeled for next month's











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Reiki Heaven and Earth Animals and the universal language of love

by Olga Daich

We are living in a world that holds different levels of frequencies. The realms of minerals, plants, animals and human beings, each has a different vibration, different frequency. Each of them has their own way of communicating. However, there is a language that allows us to tap into different realms, the language of love.

Most of us have been witness to the communication between people and their pets, and people and plants.

In my last two articles, I have written about the FIELD as a FIELD of information that allows us to get connected. It has been called the divine Matrix, the Hologram, the mind of God

Each species has its own morphogenetic field. According to Dr. Ruper Sheldrake "Morphic fields are concerned with the organization of self-organizing systems. For animals in social groups, morphic fields hold the different members of the group together and coordinate their activity. So, for example, a flock of birds can turn at the same time because they are not just looking at the next bird at the same moment; their actions are too quick for that. I think they are responding to a kind of collective field. I would say the same of schools of fish, packs of wolves and indeed groups of people". (Psychology Today, by Marc Bekoff PhD Animal Emotions.)

There is a lot to say about morphogenetic fields, most of this information is online. The lector may find all this information as fascinating as I did. I would like to share here my own experiences tapping into the field of horses and dolphins.

Horses

I was living in the mountains of Venezuela, in a beautiful city called Merida. My house was located almost 30 minutes away from the city. We had only a few neighbors around our house. Our closest neighbor had two very aggressive dogs. These dogs were raised and trained in a wrong way by their owner. I will call him William. The dogs were kept locked inside a fence to avoid any attack by his dogs to the few people and animals that moved freely around our houses.

I was around 6 months pregnant, carrying my only child, Annet. Her dad woke up early that day to take care of some business in the city. I decided to stay in bed longer.

The noise of people screaming woke me up. I ran downstairs and open my door. My neighbors were shouting at me "Run and call William!" They were standing on the other side of the pasture. William has three fenced acres of pasture where he kept some horses. My house was located on the other side of the fence. It took me a few seconds to realize what was going on. I saw a mare with her brand-new colt. He was born the day before. The two dogs were biting the legs of the colt. He was trying to escape from them "hiding" between his mom legs.

The mare didn't do anything to protect the colt, she was just standing there, she didn't move at all. It was a very disturbing scene. My neighbors were screaming from a distance "call William!"

I was the closest person to William's house. I didn't feel it was safe for me to run over there. William's house was maybe a half mile uphill away from mine. A farmer was hospitalized once because he was at-

How many times does your dog [or cat] know you are sad or sick and it tries to reach your face to dry your tears or just to touch your hand so you can feel you are loved? That is the was feeling her language of love.

tacked by these dogs. What would happen if the dogs saw me running up the hill? What if they chased me? I was 6 months pregnant I made my decision. I yelled at them "I can't do it!" The reason was obvious. One of the farmers ran all the way around the fence, heading towards William's house. My neighbor's screams must have awakened William. I saw him jumping from a window and running down hill in the dog's direction.

It was too late for the new born colt. I couldn't see more of that; I went inside of



Here is a photo of the dolphin at the moment he came to me.

had more beautiful experiences with them I know they are smart. I know they can feel because she came closer and closer to me. This horse was known to avoid human convou, as most animals can.

Dolphins

My daughter and I were in Spain. She was asking me to take her to the zoo. I don't like zoos but I was trying to distract her in any way from the very recent loss "I am so sorry for your baby, why didn't you of her dad (very hard times for us). I took

> She wanted to see the whale and dolphin show. We were the first to get in the Huge open area where the trainers were getting ready for the show. I stopped at the gate. I saw the dolphins in the distance. They were being fed before the show started.

> I was feeling sad and ashamed of myself for being there. I was feeling guilty. In my mind, while I was standing there watching the dolphins being fed I started to apologize to them for our human behavior.

> Then even though they were being fed, I saw one of the dolphins coming my way. My heart got overwhelmed when I saw him swimming right straight in my direction. He stopped in front of us. He didn't move; he was looking at me. From my heart was coming only a few words "I am so sorry". This beautiful dolphin was reading my heart. There was not a language barrier between us.

I am not sure how long the connection lasted. It was long enough that my daughter got the camera and captured that moment. People coming through the gate started to notice the situation and they started to come close to us. The dolphin turned around and joined the group of dolphins that were feeding

This beautiful dolphin left a question forever in my heart: What are we doing? I hear so many people saying things like: is just a dog, is just a cat, is just an animal. I wonder in my heart: Really?

Just because they don't speak our language it doesn't mean they are not smart or

How many times does your dog [or cat] know you are sad or sick and it tries to reach your face to dry your tears or just to touch your hand so you can feel you are loved? That is the language of love. My beautiful golden retriever saved my life once.

How long are we going to keep ignoring a language that it doesn't need words to be

If you have any questions or want to contact me for a Reiki appointment you can reach me by email:olgacely@hotmail.com Please write REIKI as a subject in your



was speaking

right to her. I

sadness and she

tact, yet she came close and put her snout

right in my belly. She knew I had a babe

in my belly; that made me cry even more.

I raised my hand and started touching her

face, I told her with my words and my heart,

protect your baby"? It is very hard for me to

describe the strong connection between the

horse and me. She was asking me for her

babe. My husband was witnessing the situ-

ation. (I must say he was the first to know I

My dog's name is Maya.

my house. I was feeling overwhelmed.

A couple of hours later my husband came back. I told him what had happened. We decided to go to the city and try to forget the awful event. That night when we were coming back home, my mind turned back to the event of that day. I couldn't stop crying.

The mare had never been tamed; I never got close to her before, nobody did. It was still a beautiful and wild horse.

When we were driving close to the house I saw the horse in the pasture. Her colt had to be put down because of its injuries. From the distance and yet sitting in the car I was crying and thinking aloud, wondering why she didn't do anything to protect her babe? I got out of the car and stood close to the

fence, my house was a few feet higher than

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SPIRITUAL COACH

was pregnant, even before I did. He knew it would be a girl and even he gave my daughter her name, Annet Costanza).

I spent a few minutes touching and talking to the horse. I heard my husband's voice "Come inside the house; this is not good for the babe, this can hurt the babe". He took me away from her.

I have no doubts about how emotions affect our body and our babies when we carry them in our womb. Annet is now a healthy young lady who loves horses but her body is highly allergic to them. She can't get close to horses; her body will get red and itchy. The emotional situation while I was pregnant gave my child an allergic respond to a

I do have a connection with horses. I have *email. Namaste.*

Salida Council for the Arts awards community grants



H Mark Weidman, Joe Lobeck, and Suzanne Rittmann each received grants.

The spring recipients of the Salida Council for the Arts Community Grant awards are H Mark Weidman, Suzanne Rittmann, and Joe Lobeck. Each of the three received a \$500 Community Grant to bring their unique, artful project to fruition.

Her vision of bringing people of the Salida community together through a uniting art project won Suzanne Rittmann an SCFTA Community Grant. "Puzzling Evidence" is a community collaborative multimedia project inspired by a contemporary interconnectedness. "We each have within us a piece to someone else's puzzle." She will create four or more large, jigsaw puzzles with identical pieces. The pieces will be offered to the public to take home and craft, using any variety of media. These unique works of art are then returned and will fit with any number of other pieces decorated by others. Experimenting with how the pieces compliment and contrast with each other to create the whole will stir conversations. Grant funds will provide for materials as requested by participants, frames and bases for the installation, publicity and informational materials, as well as shipping if needed. Rittmann intends to have the interactive puzzles displayed during this year's ArtWalk at the end of June.

Joe Lobeck received a grant to allow his School of Nin to offer Parkour performances

and free workshops for Salida Circus 10th Anniversary. The performances will feature Salida Circus youth from Boys and Girls Club and Emporium workshops. Funding will go towards design and building of four vaults with black lighting and fluorescent tape and tutor/performer fees for four events.

The grant monies photographer H Mark Weidman received are to be used in support of his ongoing project "Salida Ink." This story-telling work, to be displayed at the Steam-Plant in August 2017, will feature compelling photographs of local subjects with tattoos. Weidman's photos are not simply snapshots of interesting tattoos, but rather portraits of interesting people with beautiful ink.

These awards were the first of three SCFTA grant cycles. Applications for cycle two will open in May and be awarded in July and the final cycle accepts applications in September for November awards. By having three grant cycles this year the Arts Council hopes to optimize their response to year round requests and maximize a wide variety of participation. Grants of up to \$500 each are open to applicants seeking funding for local arts and cultural based projects. These projects need to have a definable connection to the Salida Community and be supportive of the Council's Mission Statement. Visit www.salidacouncilforthearts.org for additional information



WPHS Chefs

Woodland Park High School offers a class called ProStart as an elective for juniors and seniors who have completed Foods 1 and Foods 2. This program offers classroom teachings with opportunity for hands-on experience in a kitchen setting.

Angie Cunningham, Family and Consumer Sciences teacher at Woodland Park High School, recently took her ProStart students to a culinary competition at Johnson and Wales University in Denver. The team had to prep, cook, and plate each dish, which also needed to taste amazing. The WPHS team received 7th place! According to the Colorado Restaurant Association, WPHS did "a phenomenal job!"



(above). One of their creations (inset).

According to their teacher, Angie Cunningham, "Yes, the ProStart program is a restaurant/hospitality management, culinary arts, and business economics curriculum. It provides for high school and college academic credit, scholarships, and paid work experience opportunities for students.

JOB FAIRS

SPRING JOB FAIR SERIES



April 4, Colorado Springs

Young Adult Job Seekers (16 - 24)

Hotel Eleganté, 2886 S Circle Dr. 80906 11:00 a.m. Open to Veterans 11:30 a.m. to 4 p.m. Open to General Public

April 12, Colorado Springs

Adult Job Seekers (18+)

Hotel Eleganté, 2886 S Circle Dr. 80906 9:30 a.m. Open to Veterans 11 a.m. to 3:30 p.m. Open to General Public

April 25, Woodland Park

Adult & Young Adult Job Fair (16+)

Ute Pass Cultural Center 210 E Midland Ave, 80863 1:00 p.m. Open to Veterans 1:30 to 4 p.m. Open to General Public

April 26, Cripple Creek

Adult & Young Adult Job Fair (16+)

Aspen Mine Center 166 E Bennett Ave, 80813 11:00 a.m. Open to Veterans 11:30 a.m. to 3 p.m. Open to General Public

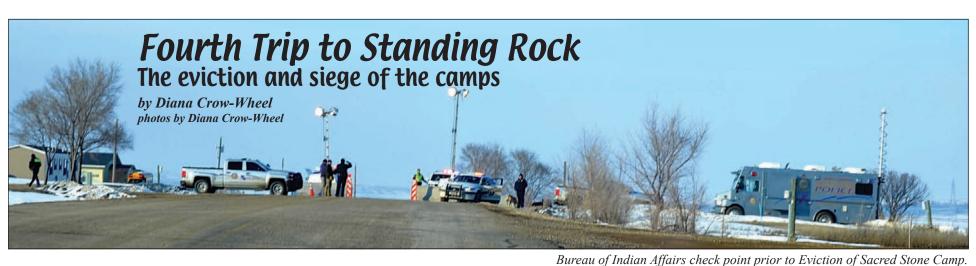


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OLGA DAICH

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Tlean up continues at the Oceti Sakowin Ovate Camp. Rosebud Camp and Black Hoop Camp that are situated on treaty land and "managed" by the United States Army Corp of Engineer. You wouldn't know it by the government's recent actions, but Article Six of the United States Constitution states that treaties are the supreme law of the land.

The Water Protectors were in consistent negotiation with a representative of the new governor of North Dakota, Doug Burgum, and USACOE (United States Army Corp of Engineers), requesting more time for clean up after the quickly announced eviction notice was declared

People wanted to clean up and honor their camps with prayer and resolution, but the combination of three blizzards, sub-arctic weather and the generous amount of donations, made it impossible to clear the camps before this eviction deadline of noon on February 22, 2017. There were signs posted to bring these donations back to other communities and there were last minute attempts to transport donations to other communities. Structures were ceremoniously set on fire in the camps so that they would be not be disrespected, as what happened in the North camp siege on October 27, 2016, where paint and urine were spread on personal belongings that were put into a dumpster, and then released in a pile on the ground. So far, there have been over 700 arrests and Morton, North Dakota is attempting to issue arson charges for these ceremonial fires.



Someone posted the Lakota values.

Father John Floherg was instrumental in securing transportation, gas money and lodging for Water Protectors that chose to leave. Four people chose to take aid from the State of North Dakota to assist them with relocation. Others chose to stronghold and uphold the Treaty Land agreement (see Fort Laramie Treaty sidebar).

On February 22, 2017 at 10 a.m., 200 law enforcement from various agencies with Bearcat armored personnel carriers and 16 Humvee vehicles, seized the camp of Oceti Sakowin Oyate. There were approximately 36 arrests including Colorado resident and journalist Ed Higgins of Activist Now. Grandmother Regina Brave was also arrested. She has been a participant in the Wounded Knee incident in South Dakota in 1973. Jameson Dargon of North Dakota boldy took a last stand on top of a structure, and finally agreed to come down without threat of arrest. He was arrested and his car was impounded. The camp was cleared by 2:09 p.m., according to Morton County sheriffs.

The Rosebud Camp was seized on February 23, 2017, and more arrests resulted. On the same day, the Morton County judge dismissed three criminal trespass charges due to lack of evidence.

up homes, jobs, and left families to fight this pipeline. Oceti and Rosebud protectors thought they were moving to Sacred Stone and onto reservation land. This was LaDonna Bravebull's land, the woman who started the Standing Rock movement against the pipeline. She later learned that members of her family had sold their shares of the land. The remainder goes back to the tribe. Tribal land sales are set up so that smaller and smaller portions of land are retained by families. The Sacred Stone camp is now under Federal jurisdiction.

On February 24, 2017 I left to go to Standing Rock for the last time. I knew I would not be allowed back on the Oceti or Rosebud. The Veteran Responders were located on the top of the hill next to Sacred Stone community and it was referred to as the Eagles Nest.

There was a prayer fire on February 25 which included Water Protectors and Elders. A redirection was in the discussion the works. A soft Bureau of Indian Affairs (BIA) checkpoint was installed, and campinto Sacred Stone camp. This was the last prayer gathering of Sacred Stone. We ate our last supper on February 26 in a jovial mood, community and social media galore. We went to visit the 7th Generation Camp, formerly Black Hoop, and the new Cheyenne Prayer camp on Highway 1806, two or located on private land.

Tribe, BIA and the Water Protectors. Gas cards were being distributed, automobiles were being towed and fixed. A peaceful dismantling was in process even with the short notice.

You have to remember that people gave

Meanwhile, there was a Federal eviction in ing and building supplies were not allowed miles south of the seized Oceti and Rosebud camp. The Cheyenne camp was either leased

People were moving, relocating, cleaning, building and helping one another. Meetings for negotiation were taking place and again Father John Floberg was instrumental in the communications between the Standing Rock



Clean up at Camp Oceti prior to evictions.



Last camp there, Cheyenne prayer camp Cannonball ND.

There was just not enough time. U-Hauls were being obtained from far away towns such as Mandan, Bismark, and Mobridge. On February 27 the Federal government seized and evicted Sacred Stone, 7th Generation and the Eagles Nest Camps. A temporary camp was being opened at Eagle Butte, South Dakota for the displaced com-

munities. The Cheyenne River Reservation welcomed displaced people. They are soon to be facing the Keystone pipeline south of their reservation.

All structures and materials left at the camps were either taken by the tribe, residents or destroyed. The school house in

continued on next page

Fort Laramie Treaty 1851

There are 17 Articles in this treaty, which s available for further investigation at the Standing Rock website.

An agreement was made between the United States government and the hiefs and headmen of the Brule band of the Sioux nation. The Minneconjou band of Sioux, the Yanctonais band of Sioux, and the Arapahoes also signed.

The agreement stated "From this day forward all war between the parties to this agreement shall forever cease. The government of the United States desires peace, and its honor is hereby pledged to keep it".

The Indians desire peace, and they now pledge their honor to maintain it.

It further stated that in exchange for dropping any claim to land already considerd to be part of the United States, the tribes would retain the rights to the territory, on which only authorized persons "shall ever be permitted to pass over, settle upon, or reside in territory described in this article, or in such territory as may be added to this reservation"

Treaty of 1868

The treaty of 1868 was also signed at Fort Laramie, Wyoming. The Black Hills were included in the newly defined Sioux land. Located in South Dakota, it was and still is considered sacred to the Great Sioux nation. Unfortunately gold was discovered and General George A. Custer escorted migrant miners to the Black Hills in violation of border treaty. War ensued. The U.S. Government seized the Black Hills in 1877. It later broke the Sioux nation into reservations. (See Dawes Act for further information).

"This war was brought upon us by the children of the **Great Father who** came to take our land from us without price."

You have to remember that only a small percentage of the people knew about these treaties and there were not enough interpreters. Poor communication maintained the fuel for warfare and unresolved peace. Custer lead an army detachment and encountered the Sioux and Cheyenne at the Little Bighorn river in Montana. The native people saw the white man trespassing on their land and protected their land accordingly. The Battle of Little Big Horn, Custer's Last Stand or referred to by the indigenous people as "Greasy Grass" occurred on June 25, 1876. The Sioux warriors wiped out General Custer and approximately 200 of his 7th Calvary soldiers. News travels to Bismark, North Dakota, via telegraph in regards to Custer's death and the 7th Calvary is revived with vengeance.

Many tribes did not sign or agree with the Treaty of 1868. Sitting Bull and his band of Hunkpapa Lakota resisted and were perceived as a threat to the United Stated government. They refused to live on reservations and were resolved to continue to live their ways. Sitting Bull, a chief and

holy man of the Hunkpapa Lakota Sioux led a furious stance against the United States. He was the first chief of the collective Sioux. Reservation agent, James McLaughlin dispatched the Lakota police to bring him in for questioning. On December 15, 1890 at the approximate age of 59 he was shot and killed by Indian police at Standing Rock, North Dakota. Fatalities also occurred for the government agents. It is claimed it was due to miscommunication. History repeats itself.

Subsequently the massacre of the Lakota Sioux at Wounded Knee took place Dec 29, 1890. Located in Pine Ridge, South Dakota, approximately 250 people were slaughtered mostly women and children thus creating more historical trauma in this area.

There was another stand-off with the U.S. government in 1973. Leonard Peltier is still imprisoned for an alleged murder. History repeats itself, again.

June 30, 1890 in United States v. Sioux Nation of Indians, the United States Supreme court ruled that the government had illegally seized the Black Hills. One hundred twenty million dollars was awarded to the Great Sioux nation, who since then has refused to accept the money.

They want their sacred land back. There has never been a peaceful resolution from the treaties. Today the federal government is unaware of treaty obligations. Historical trauma remains. Racism holds deep roots in North Dakota. The Heart River and Cannon Ball River has a peaceful history. There has been no bloodshed by the Cheyenne, Sioux, Adasha, Mandan and other tribes who have gathered there for prayer and ceremony.

the Sacred Stone community was removed. There were no floods or possibility of contaminants getting into the Cannonball River, as many of the media outlets portrayed.

The prayer and work of the camps were ultimately destroyed, although people are using Standing Rock as a model for a sustainable community with a focus on non fossil-fuel energy.

The council of Cannonball had voted for eviction as did the Standing Rock Tribal Council. There was talk of monetary payoffs to the residents of Cannonball, and Water Protectors were no longer welcomed. This was not the first time big oil paid off the poor. That is when I left. People felt betrayed by the Standing Rock Tribe.

An indigenous elder stated that "They can step on the fire, but the embers will spread out". That is what is taking place now. Multiple camps are setting up throughout the country to fight gas and oil pipelines. A strong stand to protect our land and water is increasing, even as the Trump administration is taking steps to dismantle the Environmental Protection Agency.

Water Protectors Michael Marks and Red Fawn are still incarcerated on false federal charges. Other Water Protectors are facing arraignments and court dates.

People are regrouping and a No DAPL march took place in Washington D.C. on March 10, 2017. Tipis were erected on the lawns of the Washington monument.



Fr. John Floberg, helping the people.

Sold

Rallies are spreading throughout country, as evident in this recent one in Colorado Springs

of fossil fuel dependency is gaining momentum world-wide. Ireland is the first country to fully divest from fossil fuels. Divesting is an action we can all participate in to reduce our dependency on fossil fuels. It is important to educate the public about topics such as the destruction caused by the fossil fuel industry, available alternative fuel sources, energy alternatives, legislative activism, and to remember the amendment injustices, treaty violations, blatant racism and over militarization of Morton County, North Dakota. All this is presented in an effort to save our water for future generations.

On March 15, 2017 the bridge on highway 1806 was re-opened.

The pipeline area is just a ditch adorned by barb wired. The pipeline is now beneath the great Missouri River, and oil is deemed to flow any day now, traversing the largest watershed in the country.

Pipelines do break, and it is not illegal to spill oil. Remember, this oil is for export, and in a perfect example of community Not-In-My-Back-Yard, (NIMBY), the Bismark Public Utilities Commission voted to have the pipeline moved further south to its cur-

Standing Rock was an historic gathering of native people and world-wide supporters. Never under estimate the power of water and the prayers.

On March 14, 2017 there was a 4,800 gallon Chevron spill in Rangley, Colorado. We were encouraged by the elders to go back to our homes and fight for clean water and land

rights. We are not exempt here in Colorado from threatening environment and hazardous contaminants. DIVEST!

For further information:

- ColoradoStandingRockConnectFB • COSWaterisLifeWarriors FB
- Indigenous Environmental Network FB
- Smoke Signals, with Myron Dewey
- DeFund DAPL.org

Mni Wiconi! Water is Life!

Editor's note: We thank Diana Crow-Wheel for her passion, courage, and commitment to assisting the Water Protectors. We are grateful and honored she chose to share her first-hand account of these events with the Ute Country News. We wish you peace and love in all your future endeavours.



Mni Wiconi Water Protectors at Cheyenne camp



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Woodland Park School District 'Elevate Your Education' **Preschool and Kindergarten Roundup** and Pre-Registration **Tuesday, April 18** 4:30-6:30 p.m. held at each elementary school Pre-register your child in the school s/he will attend in the fall according to the boundaries for each school. Children who will be five years of age on or before Oct. 1 are eligible to enter kindergarten in Please bring your child's birth certificate, immunization records, social security number, and emergency contact information to the school. School staff will be available to meet parents and We are excited to welcome your student to Round-Up! (Please note: no childcare is available during the event.) If you need more information or have questions regarding boundaries, please call: **Columbine at 686-2300 Gateway at 686-2051**

Summit at 686-2401

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The Ute Country News is seeking sales representatives for Breckenridge, Buena Vista, Salida, and Colorado Springs. **Experience helpful, but will train. Basic computer skills** required. Ability to identify potential markets helpful. **Generous commissions. Send letter of interest and** resume to Ute Country News POB 753 Divide CO 80814 or utecountrynewspaper@gmail.com.

Wine club formed in Florence



Tracy and Dan Vinton sipping wine-aritas at their wine tasting bar in the Barn and Barrel

Blue Bell returns to Cup and Cone

The Barn and Barrel at 115 W. Main Street ▲ in Florence is proud to announce the formation of their new wine club, featuring Aspen Peak Cellars wine. The kick-off for the wine club will be Friday, April 21, 4-7 p.m. That is the Friday night before the steampunk festival April 22 and 23 in Florence.

There will be food, live music and a happy-hour-priced glass of wine at the kick-off. Wine club members will also receive 10% off regular priced store items, happyhour-priced glass of wine anytime they visit the store, free tastings of new wine releases and an invitation to special quarterly events. Annual introductory price of the wine club is \$25 per person; after April 21 it will be

Dan and Tracy Vinton, owners of the Barn and Barrel, started selling Aspen Peak Cellars wines in April, 2016. They offer wine tasting, wine by the glass, wine to take home by the bottle and case. They now offer a wine-arita, that's a margarita made with wine.

 $B^{ ext{lue}}$ Bell Ice Cream is back! "I am excited to

once again offer Blue Bell

hand dipped ice cream in our

shop," said Jerri Fry, owner

of Cup and Cone in Cañon

City. "Exclusive Blue Bell

flavors have been sorely

missed by my customers

who are Blue Bell Fans.

est ice cream shop in the

region offering a combina-

tion of National brand name

ice creams and Colorado's

own Boulder brand and Cool

Beads brand ice creams. "We

rotate over 80 flavors during

the summer," said Fry. "Our

Gaia

coop shop is local owned and

Gaia is 1- 1/2 year-old Shepard mix about 45lbs. She

is friendly but does not do well

in loud, hectic environments so

she gets looked over at adoption

events. She would probably like

an adult home with someone who

is active and willing to take her

along. She has been to known to

jump a fence to see what's on the

with Gaia please call Dottie at 719-748-9091

other side. To set up a meeting

When Blue Bell pulled their product from

the market in 2015, Cup and Cone brought

in Boulder brand organic ice cream. During

this time Fry also rounded out her menu with

classic ice cream parlor favorites. She added

handmade root beer after a customer-judged

Adopt Me by AARF

competition between seven of her recipes.

Cup and Cone is the larg-

Aspen Peak Cellars located in Bailey, Col-

orado, use primarily Colorado grown grapes from the western slope and some grapes from Lodi. California to blend and age their wines. Currently, the Barn and Barrel have 11 different varieties of wines, including some interesting and unusual ones. It is hard to make a choice.

In spite of an unfortunate accident, Aspen Peak Cellars is still able to produce wine. The business was located at the bottom of steep Crow Hill in Bailey. Last September, a semi-truck plowed into the building. destroying it and 20,000 bottles of wine and all their vats, but one. They have re-located to a temporary location while re-building. Some of the wine bottle labels the Barn and Barrel are selling exhibit scratching from the accident and may be collector's items.

Besides selling wine, the Barn and Barrel is a large antique store with clothes, jewelry and much, much more.

Put Friday, April 21 on your calendar and come explore the Barn and Barrel, join the wine club, and enjoy the food, wine and music.

"I train my staff to be Soda Jerks, as well

the drinks made in the shop have roots back

People can socialize in real time in the shop.

"Tourists from all over the world have been in

Hours at the Cup and Cone are daily 10-9

p.m., and come Summer hours are 10-10 p.m.

the shop but everyone can speak ice cream."

to the early 1900's and are delightful."

Libraries transform by Michelle Dukette photo courtesy of the Niagara Falls Public Library Collection

Rampart Library news

When I was a young girl growing up in Niagara Falls, N.Y. I rode my bicycle to my local library every week. To me the library was a refuge from a home life that was far from ideal. I recall the day I signed up for my first library card. It was shiny and silver and my ticket to a whole new world of experiences. I remember spending countless hours at the library while Kitsch the library cat sat near me on the table, a windowsill, or purred as he weaved in and out and around my legs. In the library I was able to explore other worlds and spark my imagination through reading. The public library became a second home to me and ultimately led me to choose a career as a librarian. The library transformed who I was and who I would ultimately become.

The public library became a second home to me and ultimately led me to choose a career as a librarian.

During the week of April 9th to the 15th we celebrate National Library Week. This vear's theme is "Libraries Transform". Just as public libraries transformed me, I hope that our service to the community of Teller County has had an impact on you in a positive way — whether it be large or small. Whether we have helped you create your resume, have given you a positive experience through a program or event, or have broadened your mind through a wonderful book, we hope that our libraries have transformed you. Not only do libraries transform, they are themselves transforming. No longer just place from which to borrow books, they are busy and vibrant community centers.

We hope that you come in and celebrate

For adults

In today's world it is great to get your news from reliable sources. The Woodland Park Library has some wonderful, award winning magazines and newspapers to read up on current events including *The Wall* Street Journal, The Gazette, The Denver Post, Time Magazine, the National Review and now the newest addition to our collection. The New York Times. Visit our third floor reading room, relax and catch up on world events.

Adult Programs

5 Microsoft Word I at WPPL 10 a.m.-12 p.m. **5** Free Legal Clinic at WPPL & FPL 3-4 p.m. 3, 13 Computer Quickie at FPL April 2:30-

12 Adult Coloring Group at FPL 10:30-11:30 a.m.

13 Computer Basics at WPPL 10-11:30 a.m. 12 Microsoft Word II at WPPL 10-12 p.m. 19 Excel I at WPPL 10-12 p.m.

Kitsch the Library Cat lived to be around 24 years old

and is still an icon to locals in Niagara Falls, N.Y.

READERS

26 Excel II at WPPL 10–12 p.m. To register for computer classes, please call Mary Ann at 719-687-9281 ext. 102.

The Teen Room at the Woodland Park Library has had a serious makeover. We have new paint and new furniture. Visit us soon and spend some time in this new space. We hope that you love it. A special thanks to the Rampart Library District Foundation and the Woodland Park Holiday Home Tour for their generous financial contributions, which made this makeover possible.

Teen programs 4, 11, 18, 25 Teen Art Club at WPPL 3:30-

5, 19 Wii at WPPL all day

7, 14, 21, 28 Minecraft at WPPL 3-5:30 p.m. 13, 27 Teen Advisory Group at WPPL 4-5 p.m. 12, 26 Anime Club at WPPL 3:30-5 p.m. **19** Teens Cook at WPPL 3:45-5:00 p.m.

25 Teen CRAFTernoon "watercolor resist" at WPPL 2:00-3:30 p.m.

For children

One book 4 Colorado will be back for its sixth year from April 17-May 1, 2017 when the Colorado State Library — with help from various sponsors — gives away 75,000 new copies of the same book to every 4-year-old in the state through public and military libraries and Denver Preschool Program classrooms! Which book is it? Find out April 17! To learn more, visit: www.

Children's programs

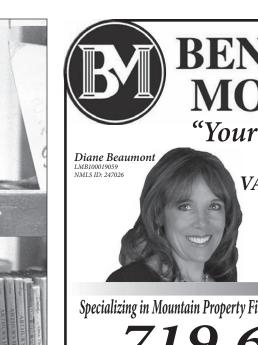
4, 11, 18, 25 Books & Babies at WPPL 10 a.m. 5, 6, 12, 13, 19, 20, 26, 27 Children's Story time at WPPL 10 a.m.

7, 21, 28 Story time at FPL 10 a.m. **7, 14, 21, 28** Lego Club at WPPL all day 14 Easter Egg Hunt (Storytime Plus) at FPL

New procedure for internet use

Starting in April, the Woodland Park Library will have a new automated reservation system for patrons using library internet computers. Patrons will no longer need to make a reservation at the front desk; instead they will be able to sign up right at an available computer, using their library card. For patrons who do not currently possess a library card, now is the time to apply for one so that you will be ready for the change. Not only does a library card allow you to use a library computer, but also borrow any of the wonderful books, movies and music that we have at the library. For current card holders, library fines must be paid down to below \$10.

for the Easter Holiday.



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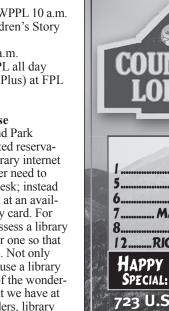
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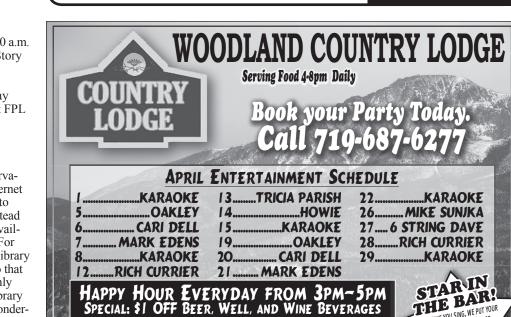
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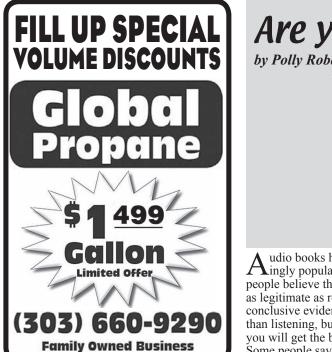


Rampart Library District closed April 16



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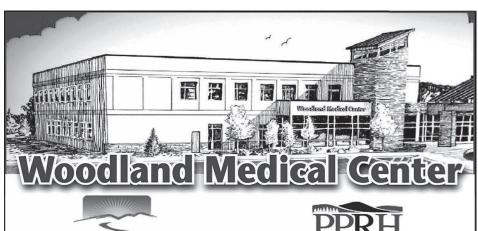
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udio books have become increasingly popular in recent years, but some people believe that listening to a book is not as legitimate as reading one. There isn't any conclusive evidence that reading is better than listening, but if you combine the two you will get the best of both experiences. Some people say that they just cannot give up the sensation of turning real paper pages and that it is part of the reading experience. That's okay, but audio books have many advantages and benefits.

Audio books are convenient. An audio book is easy to turn on and start reading, no matter what the location, noise level, or time of day. You can have audio books on your phone, iPod, computer, and in the car. This makes the content accessible and you can easily continue where you left off. Also, audio books are greener than print books — you save trees when you choose audio books.

You can listen to audiobooks when your eyes are occupied but your mind is free. Take them with you in the car - on road trips, during commutes to work, school, or activities, and while running errands. You can listen to audio books while you're taking the dog out for a walk, cleaning, knitting, waiting at the doctor's office, getting ready in the morning....think how many books you'd read if you listened while you do all that.

You experience a book in a new way by listening to the inspiring voice of your favorite author or an expert storyteller. It is easy to become absorbed in a book when you hear the voices of the characters in the story come alive. Audio books are more than spoken versions of printed books. It's like the return of the old radio productions that our parents loved. A voice can reveal so much more than mere print (sarcasm, for example). For non-fiction, a good narrator will emphasize important points through the inflection of their voice, helping you understand the information more easily

Audio books open up books to those who struggle to read or hold print books. Everyone deserves to be able to immerse themselves in a story regardless of their eyesight or physical or mental ability. Audio books are great for readers with poor eyesight or blindness, and fantastic for dyslexics.

We could all do with giving our eyes a rest from time to time. Bombarded with televisions, computers, laptops, tablets and smartphones, sometimes it's nice to let our eyes drift off and let our ears pay attention.

Audio books bring life and depth to a child's reading experience. Especially for young children, listening comprehension exceeds reading comprehension. Listening to books helps build cognitive skills, vocabulary, and an understanding of language structure. Audio books that come with a copy of the print book are particularly valuable as a model for fluid reading because a child can follow along as the narrator reads. They also give parents an occasional break from reading (and rereading the same stories again and again), and they enrich a child's multi-sensory experience with books.

The more you practice something the better you get, so it makes sense that listening to an audio book can help you improve your listening day to day. At work, with friends, with family — really listening to people is an amazing skill to have. When it is time to talk, audio books show you how to hold people's attention when telling a story, which is also an important life skill.

Just like listening to good music can lift your spirits, so can audio books. We have a large collection of audio books available at the Florissant Public Library, either on our shelves or available through our catalog. Language is beautiful and hearing stories aloud through audio books will give you an

411 on CASA volunteer opportunities

Find out how you can make a profound difference for an abused or neglected child in the Pikes Peak Region. CASA 411 Hour is April 5 from noon to 1 p.m. at the CASA Building 701 S. Cascade Avenue, Colorado Springs, CO. Please RSVP to Kelly 719-447-9898 ext 1033 or KellyP@CASAppr.org.

Music makes the difference

Peak New Horizons Band spring concert. sociate Director, will both conduct the Gold Concert Band and the Swingmasters Jazz Band in concert Saturday, April 29, at 2 p.m. in the Strickland Chapel located on the Naza-

rene Bible College campus. The College's

of Freedom Honda in Colorado Springs). This is a FREE concert and all are welcome. The concert is well attended and seating is first come, first serve. Arrive early for best seating!

address is 1111 Academy Park Loop (just east

The Gold Concert Band will be performing a very diverse program including Sousa's "Liberty Bell March", an "Allegro from Symphony #10" and a great medley of tunes from the "Wizard of Oz" plus several other selections. The Swingmasters Jazz band will play several big band standards such as Benny Goodman's "Stompin' At the Savoy", Freddie Green's "Until I Met You, and the ballad "Willow Weep For Me" and Paul Simon's "Sound of Silence" plus other familiar tunes.

Please mark your calendar to enjoy Bill Callen's Pikes Peak New Horizons Band spring concert Saturday, April 29, at 2 p.m. Bill Callen is the Band's founder and

director. Bill's career was music education

at Holmes Middle School for 25 years. Mark

Ves, music makes the difference and, dra- Israel, the band's Associate Director, was I matically so during Bill Callen's Pikes the United States Air Force Academy Band's and Falconaires' trumpet soloist. Mark is

Bill Callen's Pikes Peak New Horizons Band always welcomes new members. Interested? If so, call Bill Callen at 719-598-2373 or, visit the band's web site at www.ppiom.org.

The Gold Concert Band has all categories of instruments represented: woodwinds, brass and percussion. Musical experience represented by the band's members runs from professional musicians, school band teachers, other local bands and college and high school musicians. Some have joined the band after not playing for decades or with no prior musical experience. The Gold Concert band usually consists of 55-60 musicians. The New Horizons Band is a musical organization whose membership is open to musicians 40 years or older. Rehearsals are Tuesdays and Thursdays from 9:45-11:45 a.m. with a break for socializing and a snack.

The Swingmasters Jazz Band performs big band favorites and is a smaller group; about 15 musicians and rehearses the same days as the Gold Concert Band, just later, from noon to 1:30 p.m.

Bill Callen's Pikes Peak New Horizons Band is under the auspices of the Pikes Peak Institute of Music and is a 501(c)(3) nonprofit organization.



olorado's full of rocks; some bear gold, diamonds or silver and others burble oil, gas, and water. A rare few record death itself.

These geological gallows occur in sedimentary rocks that dot some of our most inconspicuous scenery. Striped layers in such strata built up one-by-one as sediment accumulated at the bottom of valleys, lakes and oceans. As they were laid down, the layers recorded the changing conditions in ancient landscapes, often preserving signals of events that transpired. Geologists tease these clues out of rocks just like a dendrochronologist reconstructs ancient variations in rainfall

Such rocks aren't economically useful but they're important because they allow us to understand how our planet responds to cataclysmic events, like massive kill-offs of the earth's biota, and how ecosystems recover from them.

Colorado's geology has something few other states have: evidence of the three biggest mass extinctions the earth has ever witnessed. During these intervals, our planet went from vibrant to nearly lifeless.

Every kid knows the third-biggest of these events. It's the one in which a giant asteroid blasted our planet — launching a massive tsunami, causing acid to rain from the skies, and catapulting shards of volcanic glass across the globe. Oh, and it killed off the dinos as well as many of their sea-faring brethren. This event, known as the K-T extinction, occurred

66 million years ago. It marks the boundary between the Cretaceous and Paleogene periods.

Colorado was the first place the K-T boundary was documented on land. Near Golden a geologist found a horn core from the latest Cretaceous dinosaur Triceratops. Directly above it the dinosaur fossils disappeared, but the rocks bore early Paleogene plant fossils This change signaled a radical turnover in the earth's biota — early evidence of a massive terrestrial extinction event. This global wipeout was followed by another cool event the diversification of

mammals and blossoming of plants that ushered in our modern habitats. The second-biggest mass extinction primarily impacted the oceans. It was a doozy — snuffing out corals, sponges, armored fish, and all the seafood that a time traveler to the Devonian period might have eaten. Here in the west, this end-Devonian event snuffed out marine communities the size of the Great Barrier Reef, as well as land-going ones. The cause was a one-two combo where oceans lost nearly all their oxygen, transforming them into something that might have stank like the black lagoon. Evidence of this mass extinction has been hiding in plain sight for millennia. Geologists recently identified the extinction in 360 millionyear-old rocks exposed in Glenwood Canyon, on the Flat

Tops, and along the stony battlements surrounding Ouray.

What is the behemoth of extinction?

It's the P-T, which occurs at the boundary between the Permian and Triassic periods, 252 million years ago. It wiped out about 95 percent of the planet's creatures. During the P-T our continents were rendered into barren, dusty Mars-looking landscapes. The oceans barely lapped onto continents, and when they did, they likely looked like an aquarium gone bad after a summer's vacation. Slime and

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forests, in bleached reefs, and in collapsed fisheries. It's also happening in our beetle-ravaged forests and on our bison-less prairies.

Triceratops fossil from near Brighton, CO.

was everywhere, making places like

Colorado look like the original Dead

Sea. Few creatures could tolerate these

conditions, and those that did gave rise

What is the cause of this "Great

been from eruption of giant Siberian

volcanoes, or it could have been from

strange natural gas that gushed from

the seafloor. New evidence about this

event is forthcoming from Colorado,

as geologists work to constrain the P-T

in rather ugly rocks exposed along the

Front Range and in mountainsides from

Extinction is a natural part of life. It

brings balance to evolution. Studying

it isn't stressful, especially when it oc-

curred long before we walked the planet.

Yet when extinction impacts us, we

Imagine scads of plants and animals

going extinct. It's actually happening

right now and not just in faraway rain

Dying"? We don't know. It might have

to the era of dinosaurs.

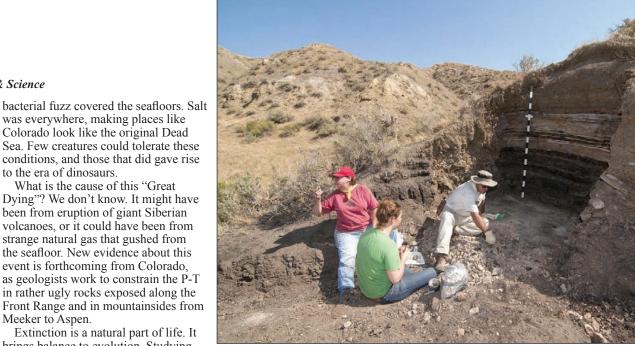
Meeker to Aspen.

How do we know if, when, or how these ecosystems will recover? One of the best ways to figure this out is to go back to times where critters endured cataclysmic events. By studying ancient extinctions, we can figure out how the survivors made it through their deathly gauntlet and what fostered re-establishment of new communities

Unlike these ancient creatures, we can imagine the future. More importantly, we are like the Once-ler in Dr. Seuss' The Lorax. We have the ability to learn from the past, to alter course, and to change our future.

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

Suggestions and comments welcome at jwhagadorn@dmns.org



Digging for evidence from the third biggest extinction event, K-T Boundary near Limon, CO.



The second-biggest mass extinction, End-Devonian near the Flat Tops, CO.



P-T Boundary and slime reefs near Ft. Collins, CO. from 252 million years ago.







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Going big WPDS enjoys the National Geographic **Giant Map of Colorado**

The Giant Map of Colorado is an over-sized vinyl floor map measuring 14' x 21'. It is designed to encourage learning geography through physical movement and games. Different organizations can request the map which travels around the state along with a complete curriculum and ideas on how to make the map a fun and interactive activity. Columbine Elementary 4th graders recently enjoyed hav-

ing the map in their classroom, learning about their state, using chains to follow the routes of rivers, and cones to trace the Continental Divide. National Geographic created a giant map of each state to travel to schools, libraries and museums. Go to the University of Colorado, Colorado Springs site for more information on the traveling map: www.uccs.edu/coga/colo-

April is LOL month at the **Butte Theater**

abin fever setting in yet? Need some laughter to cure the sick of the news blues? The Butte Theater in Cripple Creek has an April of comedy planned that is the perfect cure for the "late winter when the heck is spring coming frenzy"



Saturday April 1, RIP improve Comedy will appear the Butte Theater at 1 and 7 p.m. The troupe performs short-form, long-form, and musical improvisational comedy that is sure to have you laughing until you cry. No two shows are ever the same, so be prepared for an off-the-cuff, top-of-the-head, tip-ofthe-tongue experience, and be ready for some audience participation to boot! This show is \$12 per person



Friday and Saturday, April 14 and 15 the WYNOT Radio Theatre Show will bring its antics to the Butte stage. The WYNOT is a theatrical spoof of the golden age of radio — a time when men were men, dames had moxy,

The end of April will close with a spotthe stage on Saturday, April 29. Join the fun and help the Butte raise funds for the upcoming season. This production will feature acts from the local community including the good, the bad, and, in some cases, the very ugly. Boo, cheer, laugh, bang the gong, and

Tickets for all shows are sold on a Creek, and Wildwood Casino.

The Butte Theater is located at 139 E.

Wings-and-Warriors

organization based in Florissant. Its founder and president, Deb Davidson, is a lifelong resident of Colorado and for many years has raised and trained bloodhounds. She currently has 22 search and rescue bloodhounds in the field throughout the nation serving police, sheriff and fire departments. The volunteers at Wings-and-Warriors are dog lovers and have been trainers for over 25 years. We train dogs that have been rescued from shelters or rescue groups. By doing this, the dog becomes a valued service dog that gets a chance at a new productive life filled with purpose and love.

servicemen, we felt that training service dogs was something to just had to do! That's when Wings-and-Warriors was born. Wings-andmatch them with veterans (and others that may suffer from PTSD, TBI or certain other conditions). The dog and the new handler will go through a training program together. The training takes 7 months to 2 years to complete but will last a lifetime. Our mission is to "save lives one step at a time". Nationally, the demand for a service dog is much higher than the supply. There are many facilities located around the country, however a small percentage are accredited by Assistance Dogs International. Wings-and-Warrior's goal is to



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and the sound of adventure filled the air waves.

The Colorado Springs Gazette calls it a 'hilari-

ous send-up of old-time radio', complete with

'off-air' actor interaction and audience partici-

pation. Your Grandpa's Old Time Radio Show

this ain't. Shows are 7 p.m. April 14 and 1 and

twistedly nostalgic commercials, hysterical

7 p.m. April 15. Tickets are \$15 each.

light on local talent as The Gong Show takes in the end, vote for your favorite. Show time is 7 p.m. and tickets are \$15 per person.

reservation-only basis. Call the box office at 719-689-6402, the reservation line at 719-689-3247, or purchase online at ButteTheater.com. The April fun series is co-sponsored by the Butte Theater Board, City of Cripple

Bennet Ave., Cripple Creek, CO. For more information on the Butte's 2017 season, visit ButteTheater com

Do you know about Wings-and-Warriors? It is a non-profit 501(c)3 all volunteer Warriors will take dogs from shelters and

When we learned of the plight of returning

attain this honor. The dogs and their training are always

provided to the "handlers" at no cost. Sponsorships are available and monetary donations are always gratefully accepted. Please visit our website to learn more at www. wings-and-warriors.org.





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April 21 - 23 HBA Show

April 22 - 23 C/S Pet Expo





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Growing Ideas Gardening season's sprouted

by Karen Anderson "The Plant Lady"

Greetings Earth Keepers and Mountain Gardeners.

April is a month of much preparation for the Gardening Season here in the mountains. I will urge you to practice the patience needed to enjoy a successful experience throughout this gardening year. Please do not get too excited during some of these 'faux spring' weather patterns and go 'crazy' with too much planting, too soon! I trust that as surely as the sun rises in the east each and every day, there will be major cold and snowy spring storms (please!) coming our way throughout the early spring months. Don't let Mother Nature fool you! In order to avoid a lot of wasted time, energy, and money, as well as feeling the heartache of losing your precious plants, I urge you to use discernment in your choices when planting veggies, perennials, and especially annuals. Enjoy any nice days we are blessed with, but please don't let Spring Fever interfere with high altitude gardening protocol.

There are many season extending methods and materials available to help you get an earlier start, and allowances for extended fall protection. We are talking about cold-frames, greenhouses, starting seeds indoors, cold weather row protectors, knowledge of what types of plants will survive light to heavy frosts, and planting the desired plants and seeds at the right time. Keep educating yourself regarding these essential elements of cold weather gardening. Take the opportunities to learn by attending the Harvest Center Presentations, workshops, networking with friends, reading and researching. Knowledge is power! It can be beneficial to have a consultation on-site by an experienced gardener for a second opinion (see my number below).

There is much to do indoors and out during the month of April while we are awaiting the true and consistent warmer climate conditions. Here are a few suggestive preparatory and useful tips to occupy your time while you are anticipating and visualizing your foreseen Victory Garden.

Seedlings:

If you have already planted tomato, pepper and herbs seeds, you may wish to get busy with the transplanting of seedlings into sufficient size cups or other types of containers using soil that is more adequate for nutrition than the seed starting mix you originally planted in. Remember that your seedlings are 'babies', so treat them accordingly. They will need to be cared for A LOT to ensure their health as 'kids' before we send them out into the world to grow strong and productive. I feel it is our commitment and our responsibility to be as attentive to their needs as possible when we decide to start plant life with sacred seed.

Water often and gently, using deeper drainage trays that will act as reservoirs of moisture just in case you forget or are unable to provide hydration as regularly as required. This is super important as once those seedlings dry out, well, not good!

Too much sun will burn them up quickly, so watch them closely and if they need relief from the intense heat, move them to a more appropriate location.

Just like all children of all kinds, seedlings need to be fed what I call 'baby food', which is a light dose of organic fish emulsion for growth — about a teaspoon diluted in a gallon of water every 3-4 days. Another gentle fertilizer for flowering fruits and vegetables is an organic liquid bone meal that can also be diluted in water. This may be somewhat difficult to locate, but it would be a worthy search as it is readily available to plant life where powdered bone meal takes quite some time to break down and become absorbable. Do not use an abundance of this nutrient on leafy greens as we do not wish for them to bolt and go to seed at this time. We want more of the greens to graze on rather than flowers throughout the summer time and down the line as fall approaches, we can allow older and tired lettuce, spinach and other types of greens to flower and go to seed to collect or



Rhubarb bursts through a straw mulch blanket in the greenhouse.

"Gardening is cheaper than therapy and...

to volunteer in the garden next year. Watch for signs of insect pests or disease of any kind and get the safer soap out immediately to treat infestation or infection. Never spray the diluted soap during the heat of the day or in direct sun. Rinse the plants a short while after use.

Misting is a good practice when raising plant children.

Turning the seedlings around just about every day will aid in keeping them from bending too much in one direction, helping them to grow healthier. It's really cool when you see the other side of the plantlings, and they appreciate the balancing of alternating light changes.

Mellow music is a nice addition. They really enjoy the soft vibrations of gentle tunes. Talking to your plants is not a 'nutty' thing to do either. Tell them you love them every day and they are sure to respond in a loving way, as long as you take good care of them. I

have covered this process a bit more than the other following tips as this is the area where I devote most of my time in April.

Indoors:

I have discovered that I am able to harvest fresh garlic chives pretty quickly by planting the cloves of the garlic bulb that are too small to peel and chop for cooking, in a small pot of soil and placing in a warm and sunny environment. The greens will emerge from the cloves for you to cut as they grow and enjoy the delicious potency of garlic chives in a salad or any dish you wish.

If you have 'pantry potatoes' that are starting to sprout eyes and are too far gone to eat, you can plant them in gallon pots to get a good start on your potato patch. Of course, vou will need to take care of them until vou can safely plant outdoors, which is normally around Mid- to late-May and even then they must be protected from late frosts. Straw is the best mulch for potatoes. It acts as a warm blanket as well as holding moisture and keeping weed populations down.

I like to ready my houseplants for the summer months when I am focused on the outside gardens and don't have much time continued on next page



Starters need special attention and may need to be brought inside during extended cold spells.

to spend with them. A feather duster works well to clean off the leaves of small and big plants. Also, I have suggested in the past to use a hairdryer on low to eliminate the build-up of dust. On nice days, I may take a few plants at a time outside to the picnic table and give them a delicate shower of warm water with the sprinkling can, let them enjoy a bit of fresh air and soft sunshine and bring them back inside before any cold or wind can affect them negatively. Cuttings for propagation that have been living in water for a while are securely planted in fresh organic potting soil with a good dose of "GnatsAway" (an organic substance offered by Gardens Alive) to keep the moisture gnats from hatching and multiplying and causing quite a bit of unpleasantness in the home! I start to move the houseplants around in the house as the sun changes to their 'happy places' for the summer. It is also a good time to feed houseplants

accordingly Around the middle of this month is a good time to start seeds of the more tender veggies, such as squash, cucumbers, and eggplant. These plants grow fast and they grow big, so that's why I urge you to consider how many times you want to transition them to bigger and bigger pots as they become long, leggy, tangled and otherwise difficult to deal with.

Gratitude, which is totally free, is the best therapy of all" — Karen Anderson, the Plant Lady

Greenhouse:

Set your mousetraps! An ounce of prevention... you know the rest.

I would suggest that you begin to water any established beds - maybe with some of the water you are collecting from the rain barrels instead of dragging out the cold and stiff hoses which would need to be drained almost every time you use them this time of year. If the soil needs to be amended, apply organic fertilizers such as compost, aged manures, bone meal, 'broken down' straw and other organic matter. Fold in these materials and turn the soil to mix thoroughly. Keep the beds moist until you are ready to plant. Mulch too.

If you have had trouble with aphids, whiteflies, spider mites, fungus disease or any other issues in that area, it would be a good idea to wash down the windows or plastic coverings where there is an 'icky' residue present. I believe it was suggested to Kathy and Jeff Hansen by Justin at Gardens Inc. that either hydrogen peroxide or bleach diluted in water are good options to use for this chore. We simply want to do everything within our power to prevent major issues later on.

Remove any old straw lining your pathways in the greenhouse and lay down fresh straw. I like to clean up any loose material in the greenhouse in the fall that could encourage rodents and bugs to nest or hibernate and start anew in the Spring. Please do not feel that it needs to be discarded! Recycle by using it as mulch in the outdoor beds or add it to the compost pile to help build the soil as well as aiding in retaining moisture.

Finally, you can go ahead and plant some cold hardy greens, such as kale, spinach, all kinds of lettuces, radishes, peas etc. in the greenhouse as long as you have ample water supply and supplemental heat and/or row covers available for those super cold days and nights. You could be grazin' on fresh greens in about 3 weeks or so.

Outside:

By April in our mountain region, people of the Earth want to get outdoors as soon as the weather becomes more and more compatible to play in our yards and gardens. This is precious time for us to prepare for the gardening ventures ahead, but I would like to offer a few precautionary perspectives on the chores you can do during these transitional months from Spring to Summer.

I love to take a 'walk about' in the still predominately dormant gardens on a fairly nice day and 'take inventory' so to speak. Checking in with the trees to see if buds are forming on the Aspens and if their branches are pliable; signs they are healthy. If we have not been gifted with the moisture from snow over winter into early Spring, then I will advise you to water any recently (3 years) transplanted trees and bushes in the landscape. Winter drought is one of the most detrimental situations. Water deeply and if you have not already mulched, it would be a good idea to do that now!

Journeying on, I will check to see if my perennials survived the winter by giving the cut back stalks a little tug. Hopefully, they have taken or maintained good solid root systems and will not budge. On the other hand, if they are easily pulled out of the Earth, they most likely have 'passed on'. Take note of what kind of plant didn't make it and then try to figure out why. There could be a number of reasons.

Fluff up, but do not remove mulches from your garden beds unless the protective organic covering is more than 3-4 inches thick. A reminder that mulch is Mother Nature's Quilt and the plants will very much appreciate that extra warmth during the inevitable cold spells. 'Fluffing' helps the earth and plants to receive more air water and light as the growth cycle begins.

Avoid the temptation to rake up all the pine needles and other organic materials that are covering the ground at this time. You don't want to lose any moisture. By raking the Earth clean of Earth Mother's natural mulching mechanism, you will take away its purpose. (Dog poop is exempt from this rule of thumb, so I do – do poo patrol). Retain that life giving moisture as long as possible

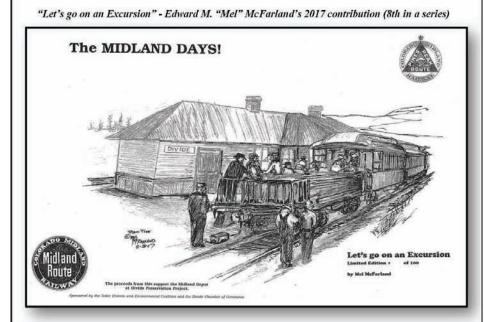
If your compost piles are thawed out enough, start turning them over in order to keep it healthy, aerated and 'cooking'. Apply water if really dry. If you are up to it, apply amendments, then turn over the annual and veggie garden beds in preparation to plant crops for the new season.

Please keep in mind that I share my experiences from 9,000 feet. For the lower altitude gardening community, the basics are the same, but with a few differences in what grows well in your area and the timing may be diverse depending on elevation.

I sincerely hope that some of these guiding suggestions help you along the way with your gardening dreams and visions. Next month, we will be exploring the Onion Family per special request, as well as a few other subjects relating to High Altitude Organic and Native Gardening. Enjoy the process of preparation!

The Plant Lady's Seed Line, Healthy and Happy Houseplants, as well as Blessing Beads are always available at the Outpost in Florissant and Mountain. Naturals in Woodland Park. Organic, Non-GMO and Heirloom vegetable starts will be ready for purchase at the end of this month as well. So, without further ado, I will wish you all happy gardening and be prepared!

If you feel that I can be of assistance to vou in your gardening endeavors, feel free to call me 719-748-3521 to inquire about landscaping consultations and other services I am able to offer in the world of Mountain Gardening this season.



The Colorado Midland conducted a number of excursions along their route from Colorado Springs to Grand Junction.

8th ANNUAL MIDLAND DAYS SYMPOSIUM

"Excursions"

(conversations about "Midland" railroad history)

Featured Presenters:

Mel McFarland, Tom VanWormer and Dwight Haverkorn Moderating and presenting: David Martinek

Saturday, May 20, 2017 - 9:00 am to 4:00 pm Hosted by the historic John Wesley Ranch - Divide, Colorado (21285 Highway 67 South, just before Mueller State Park)

Advanced Reservations: \$55.00/person (includes lunch & drawing). Walk-ins welcome but seating and lunch not guaranteed - \$60.00/person. Seating is limited. Reserve yours today! R.S.V.P. by Sunday, May 14th. Call: (719) 213-9335 or Email: MidlandDays@yahoo.com

Proceeds benefit Midland Days at Divide, Inc. (a 501(c)3 nonprofit corporation), future symposiums and the Midland Depot at Divide Preservation Project. Co-sponsored by the Divide Chamber of

THE TEAM YOU TRUST"

Hurry! Offer good

Offer good at participating stores through 4/22/17. Installation fees are

extra and required on all four tire

Cannot be combined with any other

3 Shocks/Struts

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See store for complete details

thru 4/22/17







Proven Ways for Parents to Help Kids Grow and Maintain Strong Families

Parent Resilience DEVELOP YOUR INNER STRENGTH

Knowledge of Parenting & Child Development PARENTING IS PART NATURAL AND PART LEARNED

EXPLORE THE WORLD FROM YOUR CHILD'S POINT OF VIEW

Social & Emotional Competence of Children GIVE YOUR CHILD WORDS TO EXPRESS HOW THEY FEEL

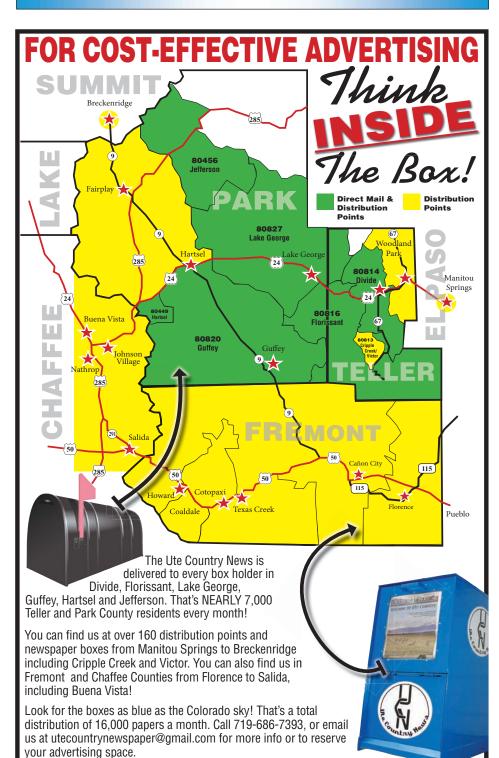
Social Connections CONNECT WITH A FRIEND

> **Concrete Support in Times of Need** ASK FOR HELP

> > To learn more or to get help, visit www.CO4Kids.org COLORA DO Department of Human Services 1-844-CO-4-KIDS

Community Partnership Family Resource Center www.cpteller.org 719-686-0705 Strengthening Teller County Families for 25 years!

Activities across Teller County include: Family Support Services, Adult Education, High School Equivalency Test Prep and Testing, Early Childhood Education, Parenting Programs, Cooking and Nutrition Classes, Adult Exercise, Community Gardens, Parent Engagement, and Basic Needs Services





L to R: Jacob Walinski, Alex Best, Sarah Wuellner, Gabe Patterson, Hannah Border

CCV Destination Imagination

We are very excited to announce that our team, from Cripple Creek & Victor JH/SH won first place for their presentation of "In It Together" at the Destination Imagination Regional Competition on February 25 at Summit Elementary School in Divide, Colorado.

The students have worked very hard as a team all school year and put together a strong presentation. The kids came up with the idea on their own. Over the past several months they wrote, rewrote and revised their script until they were satisfied that it would meet the Destination Imagination requirements. They have used class time to come up with solutions. They created their own props, designed a weight-bearing structure and worked as a

team to solve an impromptu problem. Their 8-minute skit was written to solve a world problem involving two nations.

The skit is about dinosaurs attacking people in England and the US. Four world leaders come together to try and render the dinosaurs harmless. They have integrated Destination Imagination requirements into their script. Students have used creativity, problem solving, and research in order to implement a well thought-out play.

As a result of their hard work, they not only earned First Place in the competition, but they learned to work together, to collaborate, to reach their common goals.

We are looking forward to their performance in Denver on April 22!

Creative DI Dawgz Summit DI hosts regionals while presenting unique challenge project



Summit DI Team top row from left: Brigitte Strawmatt, Donna Frick, Philip Ranford, Zehan Rogers, Tegwyn Toal, Christian Bonnette, Dawson Tisdall, Leah Strawmatt, Will Hensley, and dog Chloe.

The Destination Imagination (DI) team at stories about the benefits he's received through Summit Elementary School in Divide calling themselves "Creative DI Dawgz," recently hosted the regional competition for the Pikes Peak area where they walked away with numerous awards.

The team won first place in their challenge as well as received a Renaissance Award for outstanding design and engineering of props. They were also presented a rare and prestigious "Torchbearer" award for having an extraordinary impact in and beyond their local communities.

"Our incredible students not only placed first and will be moving on to state in April, but the other honors they received are ones that are not always awarded; only on extremely rare occasions," said Donna Frick, gifted and talented teacher at Summit Elementary who runs the DI program. The Torchbearer Award has been presented on three other occasions in seven years; and only at the Global level. The judges' write-up with the award states: "This project was amazing! They took a huge need, especially in your community, and the impact it had was totally evident in the challenge room. Their amazing project will impact veter-

ans, and their families and friends." Creative DI Dawgz found their challenge inspiration in a former Summit parent/Veteran's

his service dog Chloe. They teamed up with John Franks, the owner and trainer of Heroes Pack Academy. John creates a way for veterans who cannot afford the \$20,000 - \$30,000 that a service dog costs and/or the thousands waiting on lists to get the dogs they need.

According to Franks, it helps teach Veterans training and mindfulness techniques in hopes to help them accept their pasts. "To see these kids get it at the level they do and understand how important it is to be able to accept some things that didn't happen right and still show up for now, it's super touching," said Franks.

Every week, the DI team meets with Franks and other vets to help train previously neglected dogs, turning them turn into service animals. This outreach project requires a lot of dedication and time as well as provides a touching story that the team can use in their DI competitions.

DI is the world's largest creative problemsolving competition and it empowers kids with the skills needed to succeed in an ever-changing world. This hands-on way of learning fosters students' creativity, courage and curiosity through the field of STEM (science, technology, engineering and mathematics), fine arts and service learning.

~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

BRECKENRIDGE

8 The 9HealthFair will be held 7-noon at Summit High School, 16201 CO-9.

BUENA VISTA

1 BV Business Expo 9-2 p.m. at BVHS Gymnasium and Cafeteria 15 Annual Easter Egg Hunt 10-11 a.m. ticipation for all vets, of all wars

at Forest Square Park.

29 The 9HealthFair 7-11 a.m. at 549 10-11:30 a.m.

30 VFW's All You Can Eat Breakfast 10-1 p.m. at 27318 CR 314. Call 719-395-2929 for more information

CA ON CITY

15, 29 Jewett Liquor tastings 2-5 p.m. 5, 12, 19, 26 NAMI Connection Recovery Support Group. Adults living with mental illness. Every Wednesday 5:30-7 p.m. at St. Thomas More Hospital Communit Education Room. Free, safe, and confidential, 719-315-4975 www namisoutheastco.org

29 The 9HealthFair will be from 7-noon at St. Thomas More Hospital at Evangelical Free Church 3000 E. Main St.

CAÑON CITY PUBLIC LIBRARY 7, 24, 25 we are closed for staff

8 Common Cents for Colorado will be Managing money in retirement at 2 p.m.

15 Card making 101 at 10 a.m. 17th - May 1 One Book 4 Colorado every 4 year old in the state will receive a free book titled Mouse

22 Hal Bidlack performing as Alexander Hamilton at 2 p.m. • Every Monday - "BOOK" Babies

10:30 a.m. Tuesday and Thursday - Story time 2-5 years at 10:30 a.m.

· Every Wednesday - Wacky Wednesday at 4 p.m. after school activities for all ages.
• We have Gustaff Besungu performing for a story time the week after

Cañon City Library, 516 Macon Ave. 719-269-9020

COLORADO SPRINGS

OLD COLORADO CITY HISTORY CENTER 14 Learn about 100 years of Box Scouting in the Pikes Peak Region from a retired Air Force officer, and long time Boy Scout volunteer, John wn at 11 a.m. The presentation will also feature a display of scouting memorabilia, some of which is now on display at OCCHC. A committee led by Brown has put together a booklet with a pictorial narrative of the regional legacy of Boy Scouting. Books will be available for purchase and signing. Light refreshments will be served. Free to

CRIPPLE CREEK ASPEN MINE CENTER

society members and \$5 for others.

4, 18 TBI Group participation meetings regarding Traumatic Brain Injury 10-11 a.m. 5, 12, 19 AMC Community Luncheon

is held each Wednesday between 11:30-1 p.m. All community nembers are welcome, particularly seniors, persons with disabilities

olunteers, low income individu als and families. (Because of the PPWFC Job Fair, there will not be a Luncheon on the 26) Meals are provided on a donation basis.

5, 19 ATTUNE support group for male victims of Domestic Violence meets 4-5 p.m. 11 All Vets, All Wars Group par

12 Colorado Legal Services 1:30-3 p.m assists persons with low income and seniors who need meaningful access

o high quality civil legal services in the state of Colorado. 20 OIB Group for individuals with blindness or other sight issues

meets 10-11 a.m. 26 Pikes Peak Work Force Center Job

Fair 11–3 p.m.

28 Teller County Emergency Food Distribution Program (Commodities) will be held between 9-2 p.m. Please bring photo ID and proof of Teller County residency.

conference room. Call 719-689-

3584 for more information.

27 CC-V High School Cafetorium Community lunch and Student Staff Talent Show 11:30-12:30 p.m We will host a free lunch while staff showcase talents and students

compete for 1st, 2nd and 3rd place 28 Cross Disability meetings for persons with disabilities 10-11:30 a.m. Meetings are held in the 2nd floor

GED Program: Sign-up or learn more 7 and Fri., May 5. We also have an incentive to pay for the first test. Come to orientation to learn more

about the incentives. DIVIDE on our knees (0-24 months) at

10, 24 Little Chapel Food Pantry Distribution 4:30-6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com

GED classes are offered Tuesday and Thursday mornings from 9:30-noon. New Student Please call Katy to register 719-686-0705. Sign-up or learn more about two orientations, Fri., April 7 and Fri., May 5. We

> the first test. Come to orientation to learn more about the incentives. **Save the date** and pre-register for Midland Days May 20. See ad on

also have an incentive to pay for

page 33. To register at Midland-@yahoo.com or call Dave at

FAIRPLAY 19 Join the Friends of the Fairpla Community at their 8th Annual

Spud Fest. The event will be held at the American Legion in Fairplay Food will be served from 5-7 p.m. Tickets are \$8 for Adults and \$5 for children. The meal will include a baked potato with all of the toppings, a several varieties of chili, dessert and lemonade. Proceeds will be donated to the South Park Community Center Building Fund Contact Cheryl at 720-205-0178 if

you have any questions 19 The South Park Chamber will be hosting their Spring Business After Hours on Wednesday, April 19. The event will be held at the South Park Bar and Grill (formerly Trails End Saloon) in Fairplay from 5-7 p.m. Sponsors for the event include South Park Specialty Products and

Bar and Grill. The cost is \$5 for member and \$10 for non-member All proceeds will be donated to nurchase a new American Flag for the South Park Schools. Also join the fun as we hold a Silent Auction to raise money for Suicide Prevention. For more information, contact

our newest member South Park

Chervl at 720-205-0178. 22 BPEEC celebrates Earth Day. See

22 Free Photo Composition and Design Class. The Greater South Park Area Camera Club is hosting this class at the Riverside Inn in Fairplay from 10-noon. Photographers of all ages and skill level are welcome. For more information visit the club Facebook page at www.facebook com/GSPACC/ or email us at southparkcameraclub@gmail.com.

FLORENCE

21 Kick-off to Steampunk & Wine at Barn & Barrel. See page 26. 22, 23 The 3rd Annual Steampunk & Wine hosted by Spirit Riders and the McCandless Building. See page 9.

BELL TOWER 21 Mollie O'Brien & Rick Moore play

bluegrass

FLORISSANT 23 Herb class with The Thymekeeper

Let's make home remedies 1:30-3:30 p.m. See page 2 to learn how 23 Life and Times of Henry Hoder

and the Wildhorn Dude Ranch. See story on page 36. 6, 13, 20, 27 Thunderbird Inn. Every Thursday night is open mic jam at 7 p.m.

FLORISSANT GRANGE 1 Children's Easter Party 1-3 p.m. Easter egg hunt, crafts, goodies and

meet the Easter Bunny! 15 Chickens 101 from 9-noon. An informative class on raising chickens given by a local authority on the subject. Learn about what's needed for your own backvard operation \$20 per person; \$30 per family. Part of

eeds go to support the Grange 29 Chili Cook-Off/Dessert Auction noon-3 p.m. Fundraiser for the Florissant Grange Hall. \$10 fee for chili (money goes toward prizes for best chili). Silent auction for various donated desserts. It's always good

fun to watch the bidding wars! On-going classes:
• Let's Paint! Painting classes are

by reservation only and can have from 3 to 10 people. Supplies, snacks, beverages, and instruc tor are provided. Cost is \$30 per person. Call to reserve your space 719-748-5004. New Alanon Meeting every Wednesday

from 1:30 p.m. to 2:30 p.m. For more information contact 719-466-0431. Jam Night. Every Thursday all year the Grange Hall is open from 6 to 9 p.m. for the Jammers Music and Pot Luck. Please call 719-748-5004

FLORISSANT LIBRARY See Rampart Library News page 27 and Are you Listening page 28.

FLORISSANT NATIONAL FOSSIL BEDS

15-16, 22-23 FEE FREE Days for Na-

tional Park Week, the Monument as well as the other 416 national park units will offer free admission

28 Night Sky Program, 8–10 p.m. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the visitor center. For additional information, please call 719-748-3253 or visit our website: www.nps.gov/flfo or on Facebook at /FlorissantNPS

FOUNTAIN

23 American Legion Riders Post 38 presents One Nation Walking Together Poker Run. Registration 8:30-10 a.m. Cost \$20 single rider or \$30 two up. Meet at 6685 Southmoor Dr., Fountain, CO

GUFFEY

BULLMOOSE RESTAURANT & BAR 7 Disco Night Hosted by Piz & Pit

Bull 6-9 p.m. Wear your disco duds dance contest prizes

10 Open Mic Hosted by Super Chuck 14 South of the Border Night with ka-

raoke & April birthday party 5 p.m. 16 Easter breakfast 8-11 a.m. Easter egg hunt & party for the kids at noon. **17** Bingo night 5:30 p.m.

21 Karaoke 6 p.m. 24 Xbox Rock Band hosted by Cecil 6 p.m.

28 Stompin' George Show 6-9 p.m. 29 Karaoke 6 p.m.
For more information check our

website at www.thebullmoosein guffey.com, facebook page www. facebook.com/thebu guffey or call 719-689-4199

FRESHWATER BAR & GRILI 1 Stompin George 6-9 p.m. 8 Wii bowling 5-8 p.m. 15 Adam Ashley and Joe Beelavia

5-8 p.m. **22** Wii bowling 5-8 p.m. 29 Cari Dell 6-9 pm.

GUFFEY LIBRARY 3 Talking Threads 1-3 p.m. 5, 12, 19, 26 Pre-School Playgroup meets 1-3:30 p.m. 8 Colorado Common Cents Workshop

#2 noon-1 p.m. 10 Patches & Pieces 11-3 p.m. 17 Overdrive Workshop noon-1 p.m. 22 STEAM 11-1 p.m. 24 Guffey Literary Society 1-3 p.m.

26 Advanced Care Planning Workshop 11:30-1:30 p.m. All events are open to the public and free. Please feel free to call or email with any questions. 719-689-9280 or Guffeylib@parkco.us or visit our website: http://parkcounty. colibraries.org

HARTSEL

15 The Hartsel Community Center is again hosting the annual Easter Egg Hunt. All ages are welcome We hold the egg hunt and provide the baskets for everyone. This event takes place indoors or outdoors, regardless of the weather. There will be story-telling, and once more Farmer McGregor will try to catch Peter Cottontail. Come watch the fun enactment. The festivities start at 11 a.m. sharp and this year one lucky egg hunter will win a fabulous Easter basket full of goodies. Reach us at hartselcommunitycenter@gmail.com or 719-838-1653

MANITOU SPRINGS

26 ONFF and Sunwater Spa present a film screening the last Wednesday of every month. 7 p.m. at 514 El

PARK COUNTY

 Park County Senior Coalition has a Grant for Park County Veterans of any age to help pay for Housing, Utilities, Groceries and Gas. Fo more information, please call 719-836-4295.

SALIDA

5 A free legal clinic for parties who have no attorney, will be featured from 2-3 p.m. on the first Wednesgional Library at 405 E St, Salida, CO 81201. 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. Walk-ins are welcome, and

come, first-served basis. 6 Chaffee County Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Allemang for more information 719-539-3351

everyone will be helped on a first

8 Marie EvB Gibbons opening recep tion at Sellars Project Space. See

continued on page 36



COLORADO SPRINGS

PIKES PEAK POSSE OF THE WESTERNERS Remembering Fannie Mae Duncan and the Cotton Club by Kathleen Esmiol at 6 p.m., dinner at 6:30 p.m. What is the likelihood that the middle child of seven youngsters born to African American tenant farmers in rural Oklahoma in 1918 would become a figure in American history? Faced with the seemingly insurmountable challenges of her father's death, the ravages of the Dust Bowl, and her family's move to Colorado Springs in 1933, Fannie Mae (Bragg) Duncan defied the odds. Thanks to the foresight of the city's founder, General William Jackson Palmer, Fannie Mae received an excellent education in Colorado Springs' integrated schools, and as an adult she emerged as an entrepreneur, successful businesswoman, and communit activist. She became a catalyst for change during the volatile Civil Rights era, and the city was peacefully integrated at Fannie Mae's Cotton Club as everyone clamored to see the great black entertainers of the day. Don't miss the chance to enjoy historic photographs and hear the remarkable story of Fannie Mae Duncan, whose exploits are now chronicled in the African American National Biography and in her book, Everybody Welcome: A Memoir of Fannie Mae Duncan and the Cotton Club. Guests are welcome Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history. Program format is in a casual, catered dinner setting at a cost of \$17, payable in advance. RSVP and PAY via Credit Card online by Friday prior noon Email: posse@dewittenter prises.com or 719-473-0330 ask for Bob DeWitt. Event held at the Colorado Springs Masonic Center, 1150 Panorama Drive.

Mueller State Park

ots of hikes are on the calendar for April at Mueller State Park. As the days get longer and the buds start bursting open, you can join a ded hike to watch for other signs of spring The first spring migrant birds have already arrived. Mountain Bluebirds and American Robins have been seen in the park making their way north. Even the rare sight of a garter snake was observed on a warm afternoon!

Mueller's Volunteer Naturalists offer a variety of hikes from easy-going 2 mile jaunts to faster paced Fitness Hikes of 5 or more miles, guaranteed to get your blood pumping! See the full schedule below.

April's weather can be very mixed-up in the mountains! We've had a mild March and most of the snow has melted, but spring storms can often dump a bunch of snow. Visitors are encouraged to check snow conditions first on our website cpw.state.co.us or call the Visitor Center 719-687-2366 before arriving. Hiking, cross-country skiing, sledding and snowshoeing are all popular at the park through spring, depending on snow.

1 Rocks of the Mueller Region 9:30-2:30 p.m. at the Visitor Center. Explore the interesting variety of rocks from around the Mueller Region with Volunteer Naturalist Bob at an all-day Touch Table! Bob will share his collection of intrusive igneous, volcanic, and sedimentary and

metamorphic rocks he's collected from our area. Bob makes geology fascinating

and understandable! 2 Homestead Trail Hike at 1 p.m. meet at Homestead Trailhead. The Homestead Trail goes by an old log cabin where the Osborn family homesteaded about 100 years ago. Imagine what it was like to live in the mountains at that time, trying to survive off the land! Join Volunteer Naturalist Rose.

5 Fitness Hike at 9:15 a.m. meet at Preacher's Hollow Trailhead. Get ready for a workout with Volunteer Naturalist Chris. Hike a moderate to strenuous 6-7 miles over the hills on trails 3, 23, 21. Be prepared for the weather and bring a snack and water! 7, 28 Artists' Photo and Scouting Hike at 9:30

a.m. meet at Outlook Ridge Trailhead. This is a hike for artists to scout locations within Mueller to find the perfect "painting spot" for the upcoming Mueller State Park Art Show in July 2017. Volunteer Guide Cindi will take you on trails to overlooks with beautiful views. There is always the potential of spotting wildlife such as deer, fox, woodpeckers and much more. 2 miles.

8 Rock Canyon Hike at 9 a.m. meet at the Visitor Center. One of our favorite trails, hike down to Rock Pond and back up through Rock Canyon with Volunteer Naturalist Penny. Wind your way down into a lush valley to see bear claw marks

on aspen trees and a small, but pretty waterfall. Be prepared for a 5 mile round trip and elevation change of 700 feet. Bring water, a snack, and appropriate footwear for current conditions.

11 Full Moon Hike at 8 p.m. meet at Outlook Ridge Trailhead. A special treat at Mueller is watching a full moon rise above Pike's Peak! See this beautiful sight with Volunteer Naturalist Russ. Learn some trivia about our only natural satellite. Be ready for an easy-paced, 2 mile hike, returning in the dark. Bring a warm jacket for the night temperatures!

15 Homestead Trail Hike at 9 a.m. meet at Homestead Trailhead. Take a pleasant 2 mile hike through meadows and forests in this transition time between winter and spring! You may see tracks in the snow, trees buds opening, or migrating birds singing. Join Volunteer Naturalist Penny.

19 Fitness Hike at 9:15 a.m. meet at Visitor

Center. Get ready for a workout with Vol-

unteer Naturalist Chris. Hike a 5.5 mile

loop down to Rock Pond at a moderate to advanced pace. 23 Lost and Geer Pond Hike at 1 p.m. meet at Homestead Trailhead. Join Volunteer Naturalist Rose on a leisurely hike past

Lost and Geer Ponds. 3 miles total. 29 Outlook to Lost Pond Hike at 9:15 a.m. meet at Outlook Ridge Trailhead. Hike along Outlook Ridge and down to Lost Pond with Volunteer Naturalist Rose. Watch for signs of spring in blooming

trees and singing birds! **30** School Pond Hike at 1 p.m. meet at School Pond Trailhead. Enjoy a gentle hike to School Pond with Volunteer Naturalist Rose. Watch for animal tracks and the first blooming flowers!

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

~OUT AND ABOUT~

continued from page 35

- page 18. 14 Easter Egg Hunt at Columbine Manor Care Center, 503 W. 16 St. 2:30-3:30 p.m. **16** Walden Chamber Music at the
- teamplant 3 p.m. 21 The 2nd Annual AgriSummit. In celebration of local foods and agrithe 2nd Annual AgriSummit. This community event is being held at Salida's SteamPlant on Friday, April 21. Attendees will participate in educational sessions, opportunities for networking and inspired discussions focused on local food production and agritourism in our region. Content and discussions will be relevant to next generation and established producers as well as local food enthusiasts and community members alike. The

event will include breakout sessions

on topics such as agritourism.

ranchers, established producers and backyard gardeners, as well as the role of education and community building in creating resilient food systems. AgriSummit will include a luncheon catered by KalamataPi Catering featuring local foods and an early-season Farmers Market hosted by the Central Colorado Foodshed Alliance. After the conference sessions end at 3:30 p.m., there will be a Community Open House for all the communit to attend. Farmers Market vendors will have samples available, items for purchase and information on their offerings for the 2017 growing season, and the silent auction will open at 4:30 p.m. In the evening. join Guidestone in celebrating their 10th Anniversary! A silent auction live music and a gala dinner will be part of the festivities. Highlighting local foods will continue through the weekend with Savor Chaffee

resources for beginning farmers and

The Life and times of Henry Hoder and the Wildhorn Dude Ranch

The Wildhorn Dude Ranch, located north of Florissant L Colorado, has a history as rich and colorful as the country surrounding it. The Ranch was purchased by the Hoder Family in the 1920s. The Wildhorn Dude Ranch has seen everything from cowboys when it was a working cattle ranch to moonshiners and mafia shootouts during the Prohibition Era to a variety of celebrities when it was a dude ranch. Steve Plutt, local historian, will present an nteresting program on this piece of Teller County history at the Pikes Peak Historical Society's April Chautauqua.

Steve knew Henry Hoder while Henry was alive and a lot of the information presented in his program comes from first-hand information about events and people involved in the rich and lively history of the Wildhorn Dude Ranch. Steve Plutt has long lived in the shadow of Pikes Peak, having grown up in the Woodland Park area. Steve now resides near Lake George.

The Pikes Peak Historical Society invites you to learn more about Henry Hoder and the Wildhorn Dude Ranch at their monthly Chautauqua (free program) on Sunday, April 23, at 2 p.m. at the Florissant Library. The Library s located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. For nore information call 719-748-8259 or 719-748-3861.

County! Local residents and area visitors are invited to visit participating restaurants featuring locally sourced menu items from Colorado producers in support of the event. For information on registration, scholarships, sponsorships, or becoming a market vendor, visit: www.GuidestoneColorado.org, or contact Andrea Coen with questions: 719-239-0955 or andrea@ guidestonecolorado.org.

- **WOODLAND PARK** 5, 12, 19, 26 In-depth Non-d national Bible Study Fellowship. Please join us as we study the Book of John FREE! Wednesdays 6:30 p.m. at Woodland Park Community Church and Thursday: at 10 a m at High View Bantist Church. Contact: Tara Hendrickson for details at 303-949-8055 or zfunefarm@aol.com
- Keg & Cork Craft Beer and Wine Tasting 6-9 p.m. at Ute Pass Cultural Center. See page 14. 8 Farmer's Market. See page 11.
- 15 Pancake Breakfast at the Woodland Park Senior Center, 321 N Pine, 8-11 a.m. Celebrate Spring by joining us for a fresh cooked, all you can eat, breakfast. With smiles as bright as the first annual flowers, your home town seniors will be erving up fluffy pancakes, scrambled eggs, sausage, the best biscuits and gravy around, and a seasonal eat complete with juice and coffee or hot tea for only \$8 Kids 6 and under eat for \$2. Everyone is welcomed to enjoy great food and friendly conversation. This open to the public fundraising event helps to support the programs and activities of the Woodland Park Senior Center. We appreciated the support of each one of you! Mark your calendars and plan to join us on the 3rd Saturday each month this year.

Website: http://www.rmdrc.com 17 Diabetes Support Group meets the

third Monday of every month from 10 a.m. to 11 a.m. at Pikes Peak Regional Hospital. Open to all per sons with diabetes and their family members. Call 719-686-5802 for more information. 21 Parkinson's Group will meet at the Mountain View Methodist Church

and we will be watching a video. 23 Harvest Center - Informative Garden presentation by Larry Stevens 1:30-3:30 p.m. at Aspen Valley Ranch. You are welcome to join in on the fun and education. Visit wpharvestcenter.org for more

29 Craft Fair & Bake Sale 9-3 p.m. at Senior Center 321 N. Pine. Cost \$25 for an 8 foot table. Call Norma Franklin for more info 719-649-6289.

• Clothes Closet offers free food and clothing on Mondays, Wednesdays and Fridays from 1-4 p.m. Donations accepted. Call 719-687-2388

DINOSAUR RESOURCE CENTER

1 Trash Land 1-2 p.m. Performan by Denise Gard and her dogs Sienna and Joey. Sienna and Joey's favorite tov has been thrown away and they are certain that a monster dwells inside the trash can where it is. Will they be able to rescue it or vill it end up in scary "trash land"? Can it be recycled? So many questions! Come join us and see now Denise trains her dogs in this interactive and engaging program, and create your own "recycled" nasterpiece to take home with you included with museum admission. Call for pricing.

11 Teacher Appreciation Day 9-6 p.m. Take a free guided tour with proof of current teaching status. Call Geri (x110) for details and to schedule a tour time. Sign up for a teacher's special 20% discounted vearly membership for you on a ingle, dual or family membership

29 Basic Field Methods in Paleontol-ogy Course 9:30-noon. Steve Veatch's course is about the goal of collecting a fossil is to obtain a stable specimen with the greatest along with it. Class is from 9:30-12 p.m. Pre-registration is required, naximum of 14 students ages 12 to adult. Call Deb at 719-686-1820 x104. Class fee is \$20 plus museum admission of \$11.50 per person. Students are required to oring a pen, notebook and clip board. See our website for more n-depth details. Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO

GED classes are offered Thursday

munchkin-market.html evenings from 6 p.m. to 9 p.m Please call Katy to register 719 686-0705. Sign-up or learn more

at 420 W. Midland Ave. Woodland

in the area from 6:30-8 p.m. Our

Park to socialize with other cyclists

guest speaker will be Justine Calde-

rwood. "Finding Fascial Freedom"

Justine Calderwood, MSPT, Physi

cal Therapist at The Healing Spot

Physical Therapy, LCC will talk about how to free up your fascia.

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soft connective tissue that, when

restricted, can cause imbalances

in the body, leading to tightness, pain, or injuries...which can mean

nissed time on your bike. Learn

restrictions, so you feel better and

Club meetings are open to the pub

lic. Membership is \$25 individual

and \$40 for families. Membership

fees are applied to your choice of

Mexicana will be offering a \$25 gift certificate as a door prize along

with other great door prizes like two

Cafe Velo Grand Fondo, May 28th,

will be up for grabs. For more information call Debbie 719-689-3435.

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nity, bedding and more! Register to

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27-29 Ute Pass MOPS Munchkin

limentary registrations to the

MTCC event registration. Fiesta

move easier! Mountain Top Cycling

some tips to free up your fascial

Shop: 27 from 5-8 p.m. about 2 orientations. Fri., April 7 28 from 9-1 p.m. and 5-8 p.m. 29 Everything half price! 9-1 p.m. and Fri., May 5. We also have an incentive to pay for the first test. Woodland Park Commu Come to orientation to learn more Church, 800 Valley View Dr. FREE Admission. Cash, Check or Credit Card (Visa and Mastercard) Proceeds benefit Ute Pass MOPS 4 Join Mountain Top Cycling Club at (Mothers of Preschoolers). Contact Heidi Olson 719-748-1068 or Fiesta Mexicana Restaurant located

> WOODLAND COUNTRY LODGE See ad on page 27

more information

munchkinmarket@gmail.com for

Save the date: May 7 Ute pass Chamber Players at High View Baptist

VICTOR

Victor Lowell Thomas Museum wil be open weekends starting April Hours will be 10-5 p.m. each day The new heating system at the museum makes it possible for the museum to be open more during colder weather. The early spring opening of the museum is part the non-profit's mission of further ing education about Victor's history and helping create a more quality destination for visitors to Victor. The museum houses dis plays of local mining and pioneering artifacts and photos. Part of through the end of April and as a result; museum admission wil be half the regular price during this time. The museum's unique gift shop has been newly arranged and stocked and offers a variety of gifts for Mother's Day or any day of the year: fine jewelry, Victorian hats, new and used books, and gift certificates good for admission, shopping, and mine tours. For more information, visit VictorColorado.Com and follow us on facebook.

CCV High School Cookin up good food and talent

Community lunch and Student and Staff Talent Show will be held April 27, from 11:30-12:30 p.m. at CC-V High School Cafetorium. We will be hosting a free community lunch, featuring acts by our talented staff and students. While staff will be showcasing talents, students will be competing with their talent acts for 1st, 2nd and 3rd place.

The CC-V Pioneers Drama Class and 21st Century Drama Club students will be presenting the hilarious "The Complete Works of William Shakespeare (abridged)" on Wednesday, May 3 and Thursday, May 4. The show will begin both evenings at 6:45 p.m., and concessions will be open. 21st Century Cooking Class will also be serving pulled pork sandwiches. Admission is \$2 or two canned goods for adults, and FREE for school staff, students, military and law enforcement/first responders.

John C. Fremont Library

April's Featured Artist

We are featuring Emily Hill's handmade personalized home decor. Along with her partner, they recycle, re-use, up-cycle as much as they can to create one of a kind art. The series will be on display through April, and Emily will lead a special teen group for reclaimed art on April 6. A reception for the artist will be on April 8, 2-4 p.m.

Adult programs

- 4 Ute Indian Prayer Trees of the Pikes Peak Region at 7 p.m. This presentation is based on the book written by John Wesley Anderson and published by the Old Colorado City Historical Society (OC-CHS). The Ute Indian Prayer Trees of the Pikes Peak Region is not just a story about Culturally Modified Trees; it's about the advanced culture of the deeply spiritual Ute people behind the trees.
- 6 Upper Arkansas Recycling presents Movie Night: *Tapped* at 7 p.m. Upper Arkansas Recycling, a UAACOG Program is teaming up with the library for a free screening of Tapped. Tapped examines the role of the bottled water industry and its effects on our health, climate change, pollution, and our reliance on oil.

- 20 The Legacy of A. Benjamin Griffin with Diane Dudley at 7 p.m. The Griffin Ranch is a Colorado Centennial Farm, owned by the same family for over 100 years. Historian Diane Dudley will summarize what she has learned over the past year concerning the Griffin Ranches and Family History Research Project.
- 25 Your Own Home presented by the Bank of San Juans at 7 p.m. The Bank of San Juans will help us understand the home buying process and the difference between renting versus owning and financially protecting our homes.
- **26** Money Smart for Seniors presented by the Bank of the San Juans at 1 p.m. Seniors will learn important points to consider in planning for a more secure financial future, including how to guard against identity theft and other forms of financial exploita tion, as well as how to prepare financially for unexpected life events and disasters.
- 27 Teaching Kids about Money presented by Central Colorado Housing at 7 p.m. Learn about fun games you can play with your kids to teach them practical money skills. Laura Yost, Housing Counselor at Central Colorado Housing (a department of UAACOG) will introduce us to the games

- and the concepts they teach. **28** Free Credit Report Printing 11-4 p.m.
- Sean will help you access and print your free credit report. You will need to know your Social Security Number to access your report. Please call Sean ahead of time if you have any questions. This event is sponsored by the Friends of the John C. Fremont Library.
- 29 Scams Targeting Veterans presented by the Bank of the San Juans at 10 a.m. Aware of the growing number of scams perpetrated against older veterans and other elderly citizens, the FDIC developed a class to aid in fighting this alarming trend through education. The class, presented by the Bank of the San Juans, will help older veterans protect themselves against fiscal wrongdoing and aid those who care

- 4, 18 Vegan Book Club at 11 a.m. The Vegan Book Club discusses veganism and topics related to veganism. Club President: Harriet Balhiser, harrietbalhiser@bresnan.net
- **5, 12, 19, 26** Wool Gatherers at 10 a.m. The Wool Gatherers meet every Wednesday to yak, knit (or crochet or quilt), and have

lunch! The group is BYOP: Bring Your Own Project. All levels welcome.

- **6** Reclaimed Art with Emily Hill at 3:45 p.m. Teen group will be led by Emily Hill of B.E. Crafty to work on mixed media decoupage and eggshell mosaic creations.
- **26** Money Smart Story Time for Kids at 10:30 a.m. Join Lisa from the Rocky Mountain Bank and Trust for moneyrelated songs, stories, and rhymes, as well as a fun paint your own piggy bank craft.
- **27** Saving for College and Cars with the Bank of the San Juans at 3:45 p.m. Teens will learn basic financial literacy including general information on installment loans, including car loans and student loans.

6, 13, 20, 27 Teen Group at 3:45 p.m. Teens 6th to 12th grade are invited for crafts, games and fun. There is a new weekly theme. Snacks will be provided.

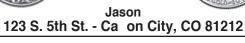
All programs and clubs are free and at the John C. Fremont Library, 130 Church Ave., Florence CO 81226, 784-4649 ext. 3 unless

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