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Vol. 9, No. 2

Welcome to Ute Country

"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."

— Albert Schweitzer

PEEK INSIDE...



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2nd Annual One Nation Film Festival



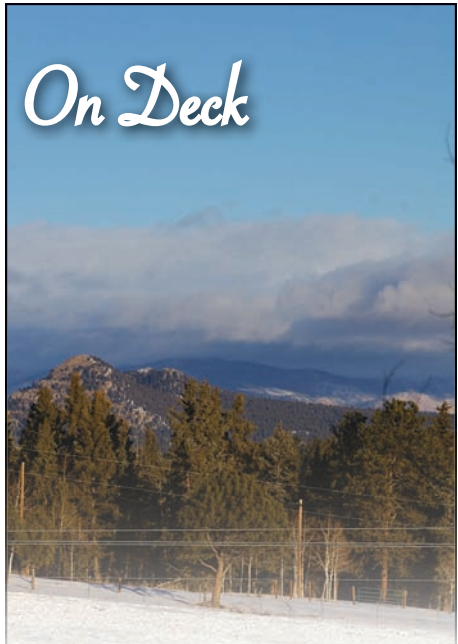
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Just The Facts - Snowball Earth



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Dakota Access Pipeline - Water is Life!



Jeff calls this cover photo the Real Polar Express. It was taken at Cripple Creek's Ice Festival last year. The image reminds us how resilient we mountain folk need to be in these cold winters. There is resiliency within you that's able to withstand the weather. There are plenty of things to do outside and sometime we just have to have fun to make the best of it.

Look inside these pages to see even more resiliency; from the Water Protectors at Standing Rock, to another outstanding Teacher Featured, to caring for the delicate orchid, to opportunities to give back to our communities and truly put the "unity" back into community.

Our Critter Corner que is getting low. We love to look at photos of your indoor and outdoor animal friends. We're happy to print them, just 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 March issue deadline is February 22 (all ads must have final approval by Feb 22).

Thank you,
— Kathy & Jeff Hansen

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



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The Thymekeeper Feeling the burn?

by Mari Marques Worden

If there is one thing all herbalists love it's our books. I find old books written about medicine and disease to be fascinating and will bury my face in one for hours on end. One of my favorites is called *The People's Common Sense Medical Adviser In Plain English* and was published in 1879, author R.V. Pierce, M.D.

The late 1800s were about the time pharmaceuticals were being developed and I often look back to see what people were doing back in the day to treat common ailments. Recently while I was perusing this book I noticed something so conspicuous it set me back a bit. Old books contain many clues, and sometimes it's what isn't in the book that raises questions for me. A problem I see quite often in my practice is heartburn. Heartburn is just one of the modern diseases not found anywhere in this rather large and comprehensive book.

Why is this very common condition excluded? Well, it's quite possible that it didn't exist or if it did, it wasn't common enough to earn its place in the *Peoples Book of Common Sense Medical Advisor*. Per Wikipedia, about 42 percent of the United States population has had heartburn at some point. Other sources say up to half of all Americans experience it at least once a month and it's one of the main reasons people go to the doctor. This launched me on an investigation that proved to have somewhat predictable results.

What is heartburn, aka acid reflux, aka GERD (gastroesophageal reflux disease) and what causes it? GERD is characterized by the backflow of gastric or duodenal contents into the esophagus. Heartburn is a common symptom of GERD; however, heartburn may occur without having GERD. Common symptoms of GERD include heartburn, regurgitation of gastric acid or sour taste in the mouth, difficulty or pain swallowing and chest pain.

Persistent reflux can lead to esophagitis, (inflammation of the esophageal mucosa.) This can lead to the ulceration of the esophagus. In addition, scarring and narrowing can occur making it difficult to swallow food. If you've never experienced the need to dislodge a piece of food from your esophagus it is quite frightening and this isn't the worst of it. The treatment of this condition is to have the esophagus stretched which is very painful and may need to be performed more than once. Over time, persistent reflux can lead to esophageal cancer.

"If they don't fret about their own misfortunes they will generously dwell upon another's perplexities. No wonder they are afflicted with dyspepsia."

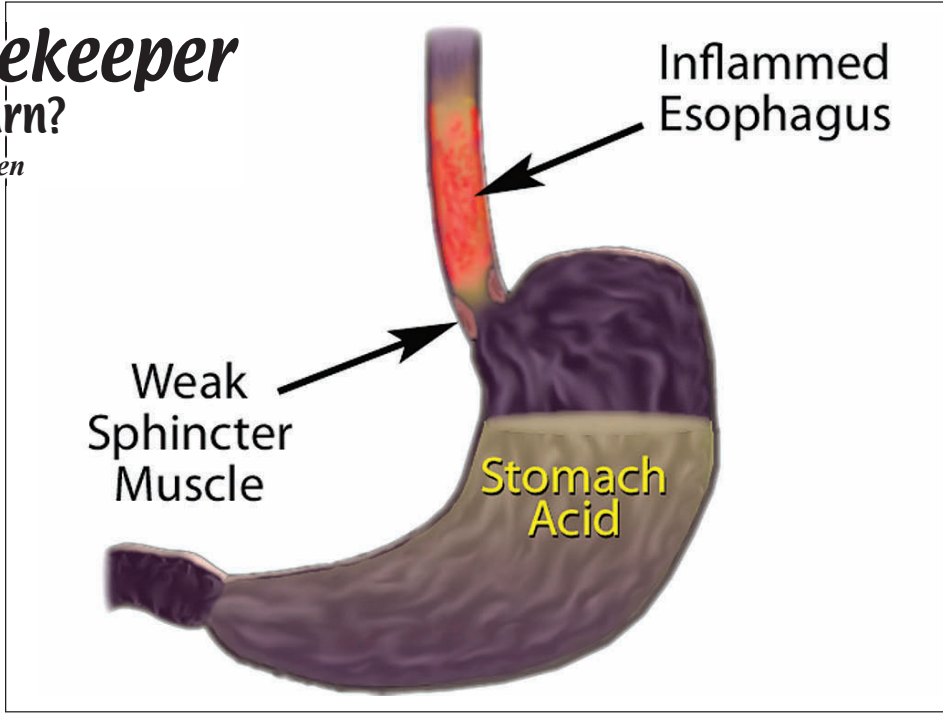
— R.V. Pierce, M.D.

Contributing factors

The pharmaceutical industry would have you believe that you have excess acid in your stomach and some people do, but most people are more likely to have too little. This is partly due to modern diet and lifestyle. Regardless, we all have hydrochloric acid and it is necessary to digest food and assimilate the nutrients from that food. It just needs to stay where it belongs — in the stomach.

You have a sphincter (yes you have more than one of those) which is responsible for keeping the acid in. This sphincter is called the lower esophageal sphincter or LES. A normally functioning LES creates pressure, closing the lower end of the esophagus but relaxing when you swallow to allow food to pass into the stomach. Over time this sphincter can become lax allowing acid to leak out when you lay down or bend over. Propping up the head of the bed with a couple of bricks can help relieve this problem, but is not a solution.

Factors that increase LES pressure are protein, carbohydrates, nonfat milk, low



dose alcohol.

Factors that decrease LES pressure are fat, whole milk, orange juice, tomatoes, chocolate, high dose ethanol, cigarette smoking, certain medications, stress and long term sitting.

Let's take a closer look.

Smoking

Digestion begins in the mouth via chewing and saliva. Smoking cigarettes can weaken the LES and reduce saliva, which normally acts to flush stomach acid out of the esophagus and contains bicarbonate, a natural antacid.

Prescription drugs

Many non-steroidal anti-inflammatory drugs such as Ibuprofen are known to contribute to GERD. Other prescription drugs including antibiotics, calcium channel blockers, bronchodilators for lung conditions, osteoporosis drugs, some sedatives and birth control pills also play a role.

Although there is a time and place for pharmaceutical drugs, the medications prescribed for GERD have a list of side effects that are scary and quite lengthy to say the least. Some of them include: chronic irritation of the lining of the stomach (it seems counterproductive to take a pill that moves the inflammation a little further down.); severe diarrhea due to intestinal infection; bone fractures; dementia; kidney disease; and low magnesium and B12 levels to name just a few. These side effects can occur after one year of usage and most people I know have been using the purple pill for years.

Infection

The gastric pathogen *Helicobacter pylori* is a major cause of chronic gastritis and peptic ulcers and may play a role with heartburn. Some strains of *Lactobacillus acidophilus* as a probiotic have been used in the protection against the effects of *H. pylori* and can play an adjuvant role in the treatment. Antibiotics are not recommended due to cost and resistance factors. Approaches based on simple dietary changes are likely to prove safer and cheaper than complex drug regimens in this case.

Stress

The closest I could come to GERD in my common sense book was dyspepsia, or upset stomach. More than anything the author ties dyspepsia to "mental disquietude". He goes on to say "If they don't fret about their own misfortunes they will generously dwell upon another's perplexities. No wonder they are afflicted with dyspepsia." Stress also increases metabolic rate and can lead to mineral deficiencies.

Overindulgence

This one kind of goes without saying; if you are experiencing the symptoms of heartburn it's best to eat small frequent meals avoiding caffeine and alcohol with meals.

General dietary recommendations

- Avoid overindulging, eat small frequent meals (If still hungry after eating, wait 10 minutes before choosing more food)
- Avoid caffeine, alcohol and drink only a small amount of fluid during meals
- A diet rich in fresh vegetables and fruit, whole grains, legumes and adequate protein.
- Eating in a calm manner supports digestion
- Lower bad fat intake
- Eat your last meal by 7 p.m.
- Avoid overcooking your food. Enzymes are destroyed by overcooking.

- Digestive enzymes may be used for cases of chronic heartburn.
- Avoid fried foods, spicy foods, onions, carbonated beverages and tight clothes. These are often triggers.

Put that fire out and heal the mucous membrane

If you are in a situation where the fire is on full blast, your best herbal allies are marshmallow root powder or slippery elm bark powder. Both are soothing, cooling and healing to the mucous membrane and are very easy to use. Simply stir a teaspoon into 8 ounces of cold or cool water and shake vigorously or whisk in. Although I don't condone the use of plastic bottles, there simply is no easier remedy when traveling. In severe cases of the burn you can add a tablespoon or as much as you want but be warned, you'll have a slurry before long that we as herb students referred to as herbal snot.

Both are inexpensive and can be found right here at The Thymekeeper or thethymekeeper.com/bulk herbs and selecting Starwest Botanicals.

Case study

This is a 39-year-old female suffering from chronic heartburn symptoms for two years. She had taken birth control pills for decades and had an extremely poor diet of mainly processed and fast food. So bad were her symptoms, the burning sensation was immediate after a single bite of pizza, spaghetti or Mexican food. Taking 10 antacids and the purple pill was her daily protocol.

In addition to dietary changes, she drank the slippery elm mixture and the healing herbal infusion daily. After three weeks our client was able to eliminate antacids and the purple pill completely. Her recommended dietary changes included incorporating sea vegetables, low carbohydrates, low bad fat intake and gut flora support using prebiotics and probiotics.

HEALING HERBAL INFUSION

3 parts marshmallow root (Whisk in slowly or will result in mucilaginous globs)
1 part chamomile
1 part licorice root (not for high blood pressure)
½ part fennel
Steep ½ hour, drink up to 3 cups daily

In another case study closer to home, when I first met my husband, he too was experiencing severe heartburn. When I learned he was consuming milk and cookies as a nightly snack before bed, I said oh, you must stop that immediately. He did. Problem solved. One simple dietary change did it. Simple, yet another thing we herbalists love.

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 719-301-0944. Mari is available for private consultation.

Herb class with The Thymekeeper

It's time for another Home Remedies class. Learn how to treat common ailments such as ear infection, cold and flu, stop bleeding and treat wounds and much more. Sunday February 19th 1:30-3:30 p.m. at The Thymekeeper 1870 CR 31 Florissant, CO. Cost: \$20. Pre-registration is required.

Bill Beery

by Linda Bjorklund

William Harrison Beery was born in Ohio in 1838. He found himself in the Rocky Mountain west working as a teamster when the Civil War broke out in 1861. Beery joined the Union cause and served with Company K as a private in the Third Colorado Cavalry. In 1866 Beery married Mary Julia Castello. The Castello family had come to Fairplay in 1863 after the Judge and his son became involved in early mining. Castello was a county judge and a member of the first State Senate of the Colorado Territory. The judge and his wife operated a log hotel and trading post which drew a number of the local Ute Indians into Fairplay.

The next year after his marriage to Mary Julia, Beery obtained a patent and perfected a homestead claim on the quarter section in Fairplay in and around which most of the town later settled. He had become a respected businessman, holding the offices of deputy land receiver, county treasurer and agent for Wells, Fargo & Co. He maintained an office close to the store where the post office was located.

In 1870, when Judge Castello moved the rest of the Castello family to a town which he established and named Florissant, after the town they came from in Kansas, Beery and his family stayed in Fairplay. Judge Castello opened a trading post in Florissant, which was well used by the Ute Indians.

On July 21, 1871, Beery was in Jayne's store when a shipment arrived from Oro City (mining camp near Leadville). The package indicated that it contained gold and the destination was shown as Denver. Beery commented, "Hello! Another gold package from Oro today?" Postmaster Jayne replied, "Yes, and a big one, too." The package contained 66 ounces of gold dust, checks and currency, valued at \$1,260. Jayne completed the paperwork which would accompany the package to Denver.

Beery reminded Jayne of the impromptu party that he was having later at his home a few blocks away. Jayne and his clerk, Perry, finished the day's work and closed up shop, then headed for the Beery place. Soon after the guests had arrived, Beery announced that he had forgotten the fruit that he planned to serve and would make a short trip to get it. He was gone no longer than 10 minutes.

After the party guests had gone home, Jayne returned to his store, where he also lived. The next morning when he began to sort through the mail he noticed that the gold package was missing. As he searched the store, he also saw that a window was partially open. Alarmed, he found Billy Beery and asked him to help locate the package.

The Oro City postmaster was notified and the finger-pointing began. Jayne was the first suspect and he turned immediately to blame Beery. The clerk, Perry, was a third suspect. A search party, which included Jayne and Beery, descended through a trap door into the basement at Jayne's store. Candles had to be lit to penetrate the darkness but soon a crumpled package was discovered with the label that identified it as the one that had contained the missing gold.

There the investigation stopped. Nothing could be found to incriminate any of the three suspects. The case might have been dropped, except for the stubbornness of an investigative agent from the U. S. Post Office.

Special Agent John B. Furay, under instructions from the superintendent of the Money Order Bureau, was engaged to

Drawing from a post office report, illustrating the gold theft story.

take up the investigation. All the papers related to the case were held by another agent who had concluded that he could not come to any conclusions about the guilty party. Agent Furay headed for Fairplay in late October, knowing that he had to start over gathering information regarding the burglary.

Furay first questioned Jayne. The storekeeper was extremely nervous and agitated as he answered the questions posed to him by Furay, which, to a less experienced interrogator, might have given rise to a suspicion of guilt. The special agent was finally satisfied that Jayne had answered honestly.



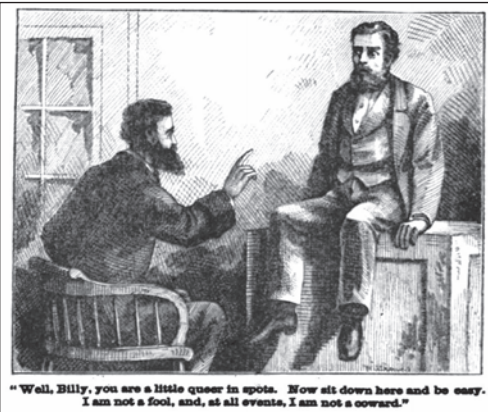
William Beery and his wife Julia - credit Family of Anna Lillian (Beery) Bielz

The agent then set out to question Perry, the store clerk. Again, Furay assessed the subject and found his demeanor to be somewhat combative and sensitive to any words that might be construed as an accusation. After careful questioning and assessment of answers, Furay was likewise convinced of Perry's honesty.

That left Billy Beery. Agent Furay walked into Beery's office just as a local miner was finishing his business there. Furay calmly took the key to the door and locked it, leaving just the two of them inside. Indicating that he was there to talk about the post office robbery, he sat in a chair as Billy seated himself on top of a box. At first Beery was belligerent, challenging the agent to "prove it." It wasn't until Furay asked him, why he did it, "Was it for your nice wife and darling child that you committed the crime?" Beery finally broke down in tears and began to admit his guilt.

He told Agent Furay how he had planned the party to get Jayne and Perry out of the store, then made up the story about forgetting the fruit. While he was gone, he wriggled through the window and quickly grabbed the package of gold, then threw it into his own stable on the way back to his own house. He later retrieved the package. When he and Jayne were searching for it in the basement of the store, Beery used the darkness before the candle was lit to throw the registered package-envelope across the room.

Billy assured the agent that he would return the money and gold, but that he had already spent some of it. Furay collected from him about 30 ounces of gold dust and \$100 in currency. The checks had been destroyed.



They made arrangements for Beery to bring the rest of the money to Denver.

A date in January had been set. Meanwhile, Beery's connections with Judge Castello served him well, as a prominent attorney was hired to defend his case. Six hundred dollars was deposited to the bank to cover the restitution. When the trial date came up in April, the attorney argued that the money had been repaid in full and the case should be dismissed. Although Agent Furay tried to get Beery to serve jail time for the theft, the case seems to have gotten lost in the paperwork.

William Beery moved his family to the ranch that he owned on Currant Creek near Thirty-Nine-Mile Mountain. He had been familiar with the trading posts that his father-in-law Judge Castello had established. So, when the federal government established Indian Agents to supervise the removal of the Utes to reservations, Beery became an interpreter.

When the well-publicized Meeker Massacre happened in 1879, Beery was involved in negotiating with the Utes through Ouray, one of their well-known chiefs. Beery made several trips to Washington D.C. with the Ute delegations. After the Meeker incident, the government and white settlers anxious to get rid of the Utes forced them out of two reservations in Colorado and into their final home in Utah. Beery officially became an Indian Agent in 1880, and helped supervise their move into the Uintah Reservation. He attempted to get the allotments that the Utes were guaranteed, but was only moderately successful. He continued as Indian Agent until 1882.

While Beery was still serving as an Indian Agent, living on his Currant Creek Ranch, the newspaper reported that the Beery's lost two of their six children to diphtheria in 1881.

But it appears as though he settled into the life of a rancher, as he bought and sold cattle periodically. In March of 1885 it was reported that Beery had just completed a new residence on his place near a town called Kester. A social hop was planned as a housewarming. In December of that year it was announced that there was to be another social dance at the Beery house and all the neighbors were invited to attend.

In March of 1888, Beery fell in his hay barn and received what were thought to be serious injuries. But, he evidently recovered, as he was appointed road overseer for the Currant Creek area in November that year.

In 1893 the newspaper announced that Beery drove his herd of "milch" cows to Cripple Creek, intending to operate a dairy there.

Julia Beery was living in Colorado Springs in 1909, when her passing was reported. William H. Beery, sometimes known as Billy Beery, and sometimes referred to as William H. Berry, lived in Cripple Creek until 1911, when he passed away. He was buried in the Mt. Pisgah Cemetery, just outside the town of Cripple Creek. His gravestone is typical of those who served in the military, with simply his name, his company and division.

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Lake trout, brown trout and northern pike ice fishing

by Jeff Tacey

With ice fishing and winter in full swing it's time to target some species besides the famous rainbow trout.

Lake trout can be caught in nearby Twin Lakes Reservoir, just north of Buena Vista. There are also rainbow and brown trout swimming here. You won't have to go far from shore to hit the deeper water. Both the upper and lower lakes are bowl shaped. Jig sucker meat on tub jigs, airplane jigs or large Kastmasters work well.

West of Gunnison is Blue Mesa Reservoir. Use caution as only the east end of the lake is frozen. Rainbow trout, perch, and kokanee salmon also fin these waters. The same baits and lures will work here. Get the lake map and fish the deep drop-off points by shore.

To target brown trout, head to north central Colorado and ice fish North Delan-

ney Butte Reservoir, which also has rainbow trout present. No bait at this reservoir so it's a lure only game. Try a jigging Rap or Shad.

You won't have to go far for northern pike as Elevenmile Reservoir is one of the best in the state. Rainbow and brown trout are also present along with kokanee salmon. Waterdogs on a quick strike rig will catch pike. Also slabs of sucker meat or small whole sucker on a tube jig will work. Let it set with a loose drag or use a tip-up. Pike will be staging in shallow bays for the upcoming spring spawn.

North-east of Gunnison, Taylor Park Reservoir is an underutilized winter pike fishery. Rainbow, lake and brown trout also swim here. The same lures and baits will work here.

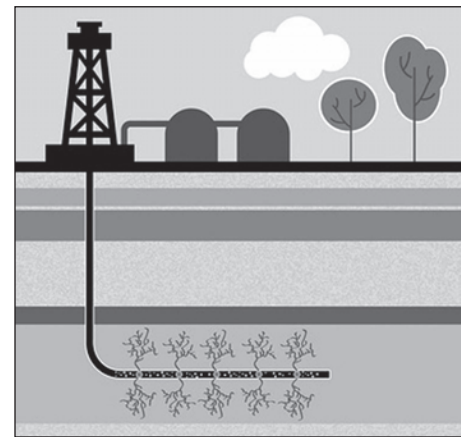
Check the 2016 Colorado fishing guide for all rules and regulations.

Drilling, fracking, earthquakes and our energy bills

Fracking. This term has quickly become a common household word. But how many of us really know what it means? Let alone how the process affects a person's everyday life. Retired geologist, John Rakowski, will talk about what the process of fracking is, as well as its impact on both the environment and society at the Pikes Peak Historical Society's February Chautauqua.

John will speak on the evolution of "fracking" from post-Civil War times to the present. He will discuss the advantages of horizontal drilling and fracking as well as the downsides of the two processes. We'll learn about the sudden increase in earthquake activity in the Mid Continent region of the United States and why it's occurring. John will also discuss how horizontal drilling and fracking impacts our energy bills.

John's mineral and fossil collection, which began in his early teen years, includes minerals collected in the Pikes Peak area from the early 1960s to the present. He later earned a degree in geology. He has worked as an exploration and exploitation geologist in the oil and gas industry for over 40 years. His profession has taken him to locations throughout the U.S. and several countries overseas. John chose to retire to the Florissant area and is now active with the Pikes Peak Historical Society and the Lake George Gem & Mineral Club. John is a member of the Society of Independent Professional Earth Scientists and the Division of Professional Affairs of the American Association of



Petroleum Geologists and is also a member of Professional Geological Societies in the Rockies and Gulf Coast.

The Pikes Peak Historical Society invites you to learn more about fracking, the environment and the resulting effects at their monthly Chautauqua (free program) on Sunday, February 19th, at 2 p.m. at the Florissant Library. The Library is located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. For more information call 719-748-8259 or 719-748-3861.

WPSD welcomes new SROs

Woodland Park School District (WPSD) starts the New Year by welcoming two new School Resource Officers (SRO). Glen Jardon is the new high school SRO and Derek LeCheminant serves as the new DARE officer for elementary students. They join Shannon Everhart, middle school SRO; and Sean Goings, WPSD Safety and Security Officer.

Jardon, a police officer for 25 years, served as the district's SRO from 1991-2006. He left to pursue patrol supervision and then served as a general crimes detective at Woodland Park Police Department. Since the SRO unit is under the investigations commander, he decided to return to the district. "I didn't realize until I taught a DARE class the other day how much I missed WPSD," Jardon said. "I missed it so much!"

Except for obvious physical changes and new staff, as well as technology, Jardon says many things have also remained the same throughout the years. "As much as kids change, they stay the same," he said. "I just hope we can help them through this developing period and they

grow up to be successful citizens; healthy and able to pursue their dreams."

Derek LeCheminant was in active duty with the US Army for 14 years and in the Army Reserves for the last year. He started with the Woodland Park Police Department in October 2016, hired specifically as the Drug Prevention Specialist at WPSD. The position is grant funded through Mission Possible along with Families And Community Together (FACT).

LeCheminant grew up in Arizona but was stationed at Ft. Carson and lived in Manitou Springs about four years ago. He liked the area and was anxious to move his family back here.

"I really want to create a good relationship with the kids," LeCheminant said. "I want them to have a positive first experience with a police officer. They need to think of us as someone to trust and go to if they need help."

Although the team of SROs is split between the school buildings, they back one another up when necessary. The safety of WPSD students and staff continues to be a top priority.

CCV's 2nd Annual Evening of Music & Silent Auction

The Cripple Creek-Victor Pioneers Music Department will be holding their 2nd Annual Evening of Music Silent Auction and Dinner on Thursday, February 16th at 6 p.m. in the High School Cafetorium. Tickets are \$5 for adults, \$2 for students, and FREE for military veterans and first responders. Ticket price includes a lasagna dinner prepared by the 21st Century Cooking Class. You may purchase your tickets at the door 410 N. B Street.

The evening will feature performances by our students, as well as local talent. Silent auction winners will be announced at 7:15 p.m. Last year we raised \$1,275, which helped with the purchase new uniforms, as well as funding in part for our annual trip to Denver to compete in the Music in the Parks Festival. We hope to meet or exceed that amount this year.

ICC awards \$11,100 in mini grants for youth

Inspire Chaffee County (ICC) awarded \$11,100 in mini grants to three local organizations that will host pilot projects in Chaffee County. These pilot projects will test new ways of connecting underserved youth to the outdoors in Chaffee County. The pilots will run from January 25 through April 30, 2017.

The mini grants will support the programs sponsored by the Greater Arkansas Nature River Association (GARNA), a partnership between FIBArk Community Paddling Center (FCPC) and Rocky Mountain Outdoor Center (RMOC), and a partnership between Buena Vista Parks & Recreation Department and Family & Youth Initiatives (FYI).

GARNA will partner with local organization to host a Spring Break Adventure Camp for youth whose parents work full-time, youth who must care for younger siblings and youth who lack financial resources, knowledge, equipment and/or transportation to participate in outdoor recreation. The GARNA camp will offer underserved students a positive outlet to connect with nature, an environment to build positive relationships with peers and adults, and a chance to learn new skills in the outdoors. Predicted results include improved health, behavior, and focus for participating youth. Some activities will include an adventure day with local nonprofit Guidestone, a cross country ski day, a Monarch Mountain ski instruction day and more. Pilot funding from ICC will be matched with funding from the U.S. Forest Service's Every Kid in a Park program.

FIBArk Community Paddling Center (FCPC) and Rocky Mountain Outdoor Center (RMOC) are collaborating to develop the Families on the River program (FOTR), which will give at-risk and low-income youth and families, as well as families of other socioeconomic levels, an introduction to whitewater kayaking. The largest obstacle for most families is apprehension of the river stemming from a lack of knowledge of whitewater safety. Other obstacles include a lack of access to equipment, lack of transportation and lack of time. FOTR addresses these obstacles, teaching youth and families how to access and safely enjoy the resource they have in their backyard. Participants will consist of parent-child or mentor-child pairs so that the

fears or apprehension that might otherwise limit a child's access to safe and enjoyable whitewater experiences can be alleviated. At the end of the course, participants will have the option of participating in free Paddlefest clinics, as well as the FCPC/RMOC youth paddling program, and river-based courses during the warmer summer months.



Adventure Buddies "Mentoring in the Outdoors" is a youth mentoring program offered by Buena Vista Parks & Recreation Department and FYI. Adventure Buddies activities are designed to deepen mentoring relationships while supporting outdoor activities, self-confidence, collaboration, outdoor skill development, and healthy lifestyles. The program will foster one-on-one relationships with one adult and one youth per activity and will engage a maximum of six adult-youth matches during an outdoor activity. Activities last an average of three to four hours and include outdoor skills such as snow safety, wilderness awareness, and tracks and scat identification, as well as participatory activities such as mountain biking, skiing or snowboarding, snow shoeing, river rafting and disc golf. These mentoring relationships will impact youth by helping them to experience the joy of nature and outdoor activities for pleasure, stress reduction, and healthy living; improve their sense of themselves and sense of future; form positive relationships with peers and family; and avoid risky or delinquent behavior. To address the removal of barriers from participation, Adventure Buddies will provide transportation, appropriate clothing and gear specific for the activity.

The ICC Pilot Proposal Review Council included Ben Lara, U.S. Forest Service, Pike/San Isabel National Forest; Tracy Predmore, Colorado Parks & Wildlife; Lisa Martin, Chaffee County community member; and Stephen Baker, Chaffee County High

School student. "We have heard directly from the youth in our community that they are interested in more water and snow sports as well as family oriented activities. What is exciting about these pilots is that they support each of those interests, while removing many of the barriers that typically prevent youth participation," said Windy Selig, who coordinates the ICC effort through FYI.

"It was an extremely competitive process and it's obvious this community cares about getting all Chaffee County youth outdoors," said Lara. "We are excited with the high level of collaboration presented in each of the selected mini grant proposals which shows a strong community commitment to this effort," said Lisa Martin, "Each of the three selected proposals offer new and exciting ways to engage Chaffee County youth and families in experiencing outdoor recreational activities and have a strong focus on serving youth that otherwise may not have the opportunity to participate in some of these exciting programs."

The GOCO Inspire Chaffee County Coalition has developed a vision for helping more youth access natural places by improving connectivity, working to overcome barriers to getting outside, and ensuring that all neighborhoods — including each mobile home park — have community outdoor space. It has also developed a vision for outdoor programming that includes building bridges between agencies already working with youth and families and those that have outdoor expertise. Finally, our coalition would like to identify a number of local outdoor agencies that would like to create pathways to outdoor careers for youth by offering internships or volunteer opportunities.

Great Outdoors Colorado (GOCO) invests a portion of Colorado Lottery proceeds to help preserve and enhance the state's parks, trails, wildlife, rivers, and open spaces. GOCO's independent board awards competitive grants to local governments and land trusts, and makes investments through Colorado Parks and Wildlife. Created when voters approved a Constitutional Amendment in 1992, GOCO has since funded more than 4,700 projects in urban and rural areas in all 64 counties without any tax dollar support.



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Mentoring A five star product review

As Christmas 2016 approached I spent hours researching trampolines. There were round ones, rectangular ones, and even square ones from which to choose. Some trampolines were even spring-free if you wanted to fork over enough cash. As my wife and I reviewed trampoline after trampoline, hoping to find that perfect Christmas present for our four boys, we had a lot to consider. Would it be safe enough? Would it be bouncy enough? Would it fit in our tiny backyard? Would we have to sell our car just to make a down payment? The decision making process all became more than a little dizzying.

One young man's life has been forever changed because another man took time to invest into his.

After narrowing down our options, I began to read pages of customer reviews. I wanted to know that it would withstand our constant companion of wind and not become a part of my neighbor's property. How could I be sure that the safety net would last for more than a couple of weeks? I began to focus almost exclusively on the trampolines that received four and five star reviews. Ultimately, I wanted to know that the trampoline was going to work.

Why are we, Chaffee County Mentors staff, so passionate about matching young people with adults in a one on one mentoring relationship? Simply put, it works! The following is part of an actual recommendation letter that we received one year ago for one of Chaffee County Mentors newest mentors:

To Whom It May Concern;
10 January, 2016

I am excited to learn that Dan is considering mentorship again; he was the most influential male role model I had during my youth. Dan was my mentor at the Summit County Mountain Mentors from 1999 to 2001. I was 11 years old and was raised, alongside two other siblings, by a single mother in low-income housing. I had minimal supervision and guidance during my pre-teenage years and was accordingly highly susceptible to social pressures as well as potentially destructive behavior. It was the time that I spent with my Dan that helped me develop beneficial habits during these impressionable years. We spent most of our time together hiking through local trails and skiing, and oc-

casionally joined group activities with the Mountain Mentors such as whitewater rafting. From these activities I gained productive exercise habits as well as a genuine appreciation for the outdoors. His clearly positive attitude and active lifestyle served as a reference for my own evolving character. Today I am an avid mountaineer and am pursuing my Ph.D. in Biochemical Engineering in Vancouver, British Columbia. I am confident that my relationship with Dan honed the direction that my life took.

Any child would be very fortunate to have Dan as a mentor. He understands the difficult lifestyles and attitudes that youth may encounter and he provides appropriate guidance in the form of trust, humor and patience. In my experience, Dan treated me as a peer and bridged the gap between role model and friend. Our conversations spanned from wonderfully juvenile humor to the pros and cons of my different career interests. Throughout our hikes, he provided supportive insight to my problems and I felt safe casually talking about difficult subjects such as family fights, making friends and the standard lot of teenage insecurities. It was nice to have a male adult that I could talk to without judgment.

It has been 15 years since Dan was my mentor and we are still in contact with each other, a testament to how greatly I welcome his advice and conversation. I hope to pay forward his mentorship by one day volunteering as a mentor myself. It is amazing how much of an effect a good mentor like Dan can have on a child's self-worth, confidence and motivation.

Warm regards from Canada,
Keith

Did you get that? One young man's life has been forever changed because another man took time to invest into his. Even better is that this was primarily accomplished while hiking on local trails. You don't have to be an adrenaline junky or have lots of money to make a significant impact. Your supportive, consistent and trustworthy presence will do just fine. Further, mentoring is the gift that keeps on giving and has the very real potential of transforming mentees into future mentors.

Mentoring works. I hope I can say the same thing about our new trampoline.

To find out how you can support Chaffee County Mentors head over to our website, <http://chaffeementors.org>. To begin your journey as a mentor, contact me, Kenny Wilcox, at 719-530-2581 or kwilcox@chaffeecounty.org.

Free screenings available Women's Wellness Connection expands eligibility

The Targeted Outreach Program administered by Heart of the Rockies Regional Medical Center Foundation now offers free cervical cancer screening and diagnostic services to qualified women aged 21 through 64. The program is made available through the Women's Wellness Connection, a program of the Colorado Department of Public Health and Environment.

"Many forms of cancer are preventable if women get screened early," said Brenda Gentile, HRRMC's community health worker. "This expansion of services by the Women's Wellness Connection will help young women who can least afford screening stay cancer-free."

Previously, eligibility for these services began at age 40. The Women's Wellness Connection expanded eligibility as of January 1, 2017, to include younger women who may not have the income or insurance coverage to pay for these important screening services. To qualify for these free services, women must earn less than 250 percent of the federal poverty level, be in the United States legally, and either have no health

insurance or have health insurance with high deductibles or copays.

Women are eligible for a number of diagnostic procedures. If women enrolled with the Women's Wellness Connection are diagnosed with cancer, most will qualify for treatment through Health First Colorado's Breast and Cervical Cancer Program.

The Targeted Outreach Program at HRMC also offers free breast cancer screening for women ages 40 to 64 who meet the same eligibility requirements. Women can check eligibility and clinic locations at the www.wvc.dphe.state.co.us/ or by calling Brenda Gentile at 719-207-2088.

About 12,000 women are diagnosed every year in the United States with cervical cancer and approximately 4,000 women die of the disease, according to the Centers for Disease Control and Prevention (CDC). Latinas and African-American women are at higher risk for developing and dying from cervical cancer. The Women's Wellness Connection provides free breast and cervical cancer screenings to eligible women at more than 120 locations. It is important to recognize that screening saves lives.

CASA needs volunteers

Join us to get the "411" on CASA volunteer opportunities and find out how you can make a profound difference for an abused or neglected child in the Pikes Peak Region. We'll meet February 11 from 10 to 11 a.m. at the CASA building 701 S. Cascade Ave in Colorado Springs. Please RSVP to Kelly 447-9898 ext. 1033 or kellyp@casapp.org.

Mustang Heritage Foundation

by Flip Boettcher
photo by Flip Boettcher

Stefanie Skidmore, a horse trainer who lives in Guffey, Colorado, has recently been approved by the Mustang Heritage Foundation for their Trainer Incentive Program (TIP).

The MHF is a 501 (C)(3) non-profit that works with the Bureau of Land Management in order to "facilitate successful adoptions for America's excess mustangs and burros," according to the MHF mission statement on their website.

Mustang is not a breed of horse. Mustang refers to descendants of horses the Spanish brought to the New World and left. These rugged, beautiful, versatile, trainable horses freely roam on public lands protected by the 1971 Wild Free Roaming Horses and Burros Act. Periodically though, the mustangs are thinned out to ensure the health of their range.

Hopefully, these mustangs get trained and adopted out, but a lot go to holding pens. "Currently," said Skidmore, "there are about 45,000 mustangs in holding pens." According to the Free Roaming Act, they are not to be euthanized. If these beautiful horses do not get adopted out by six or seven years old, they go to long term holding for the rest of their lives; the end of the line for them. The MHF has adopted out nearly 5,000 mustangs since their start in 2007, but need to start adopting more.

The TIP, which was started recently, was developed to help gentle, train and adopt more mustangs. Approved trainers have to pick up a mustang, gentle it, and find an approved adopter within 90 days of pick up. If all requirements are met, trainers are guaranteed \$700 for that horse. A trainer can have up to four mustangs at one time, said Skidmore.

According to the website, trainers are to use natural horsemanship techniques that show a solid relationship between the horse and trainer based on respect and understanding. Training techniques should demonstrate a strong bond between horse and trainer. No abusive or excessive training techniques are allowed. Any methods to promote fear or pain-based responses are prohibited.

There are a variety of horse training techniques grouped under the term natural horsemanship that have become popular since the 1980s. The training techniques vary, but all

stress rapport with the horse (Wikipedia) using natural methods based on observation of free-roaming horse behavior and rejecting abusive techniques.

Working with a horse to get its cooperation is not new. Xenophon, a Greek historian and essayist (C. 430 – 354 BCE) wrote a two part treatise called *On Horsemanship* in which he emphasized, among other things, the use of operant conditioning and stressed "reassurance over punishment." Harsh methods seem to get faster, if less predictable results. Although not all traditional methods are inhumane, some were harsh, but gentle techniques have always existed.

Some natural horsemanship trainers are called horse whisperers and some European techniques do involve human body language to communicate with the horse. The term horse whispering originated in Europe in the 19th century when Daniel "Horse Whisperer" Sullivan made a name for himself in England "rehabilitating horses that had become vicious and intractable due to abuse or accidental trauma," Wikipedia.

No abusive or excessive training techniques are allowed. Any methods to promote fear or pain-based responses are prohibited.

There may not be any whispering going on. Horse whisperer seems to be applied to horse trainers who are able to tame and train wild or very bad horses. Since observers don't really see the communication between horse and trainer and the horse seems to magically respond, it's as if something was secretly whispered to the horse. Some natural horsemanship trainers prefer the term, others don't.

Skidmore, who was born and raised in Germany, is a natural horsemanship trainer. When



Stefanie Skidmore is riding Blanca, an approximately 20-year-old rescue horse. Legend, on the left, is a 2-1/2-year-old half-mustang rescue. Pirate, a 3-1/2-year-old heeler cross is watching them on the right; Castle Mt. is in the background.

she was six years old, Skidmore remembers being taken horseback riding and not liking it at all. By age eight though, Skidmore was living in the country with nothing to do, so she and a friend decided to start training Shetland ponies.

Since she is not athletic or brave, Skidmore said she learned to get along with horses so she would not get bucked off or worse. Skidmore has taken lessons, read training books, traveled and gone to clinics to improve her horse training techniques.

In 2007, through her studies in school, Skidmore volunteered at Mission Wolf in Westcliff, Colorado. In 2011, Skidmore moved to America and got married. Through her husband she found her way to Woodland Park and then Guffey where they live on 350 leased acres on the side of Castle Mountain.

Horses are herd animals; they want to get along to feel safe, said Skidmore. By figuring out why horses do what they do; what they need and want and give it to them; one can influence them to get along, like it is their idea. Horses are like kids, explained Skidmore, and one has to go at their pace to build trust and respect with small steps. One wants to make the right thing easy and the wrong thing difficult, she stressed.

Skidmore likes to go to people's houses to train their horses. It's more horsemanship education, she said, teaching the person how to partner with and train their own horse in their environment. Skidmore enjoys working with owners' and horses' fears and has

worked with many "problem" horses. She said she always seemed to get along better with horses than people.

Although Skidmore has worked with feral horses, domestic born but gone wild, she has never worked with a wild-born horse before. Skidmore is looking forward to being a part of the TIP and will be picking up her first mustang this month.

To gentle the mustang involves loading and unloading into a trailer, picking up all feet and being able to lead. Skidmore is planning on at least 10 days to one-and-one-half months for gentling; each mustang will be different. Skidmore said she may eventually have two mustangs at a time.

Skidmore also has to find an acceptable adoptee that pays the MHF \$125 for the mustang. It is also important to link the owner with the proper horse and what the owner wants to accomplish with that horse. Once the mustang is gentled and adopted, Skidmore can continue with further training. As part of finding adoptees, Skidmore would like to raise public awareness of the plight of the wild mustangs.

To contact Skidmore for more information or to inquire about adopting a mustang, call: 719-377-8587 or email: stefanie_skidmore@outlook.com. That's stefanie_skidmore at outlook.com

For more information about the MHF visit their website: www.mustangheritagefoundation.org.

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A Mountain Seed: The newborn and the masked thief

by Jessica Kerr



It shuttered quietly, slowly, rhythmically. We left the car running — the air hovered around single digits, and frost gathered on the windows. Warmth blasted from the heaters onto my feet, onto my face, and into my body. Our conversation remained soft, a burst of laughter here and there. I settled in the passenger seat, slightly turned so I could see my friend as we sat, parked, in my driveway.

There was movement to my right, out in the alley. I turned my head and saw a medium-sized ball of gray fur waddling, chub toddling back and forth. The conversation paused. Sitting in the middle of the alley was a thief. He wore a gray uniform, a black mask, and a bushy tail decorated with black and gray stripes. The summer had made him fat and the winter had made him fluffy.



created by the headlights of our car fell upon it in a strange way. It appeared as if the neighbors had dumped a canvas sack of clothes below their truck. Perhaps a raccoon or bear had dragged a trash bag away from the dumpsters.

"I — I think it's a deer..." My friend was craning his neck, straining to see more clearly. "It's not moving, though...and anyway, I've never seen a deer that small before."

Then, we both had an idea. What if.... Midwinter, deer are superabundant in Buena Vista, and many other mountain towns. There seem to be more deer wandering the streets and alleyways of our small town than inhabiting the grasslands and trees of the surrounding mountains. It seems like the deer never end: they haunt your daily walk with the dog, they eat your gardens, they hop your fences, and they leave little brown pellets on the side-walks. The deer trot gracefully through the parks and drink from cold creeks. They shelter under your children's trampoline, and share land with your cows and horses.

These mule deer transform to a ruddy brown in the summer and dull to gray in the winter. Bucks grow angry eyebrows in rut and they shed their majestic racks in the winter. Does expand with the tiny bodies they carry inside them, then become lean again when the babies are born. Fawns grow out of a fragile frame into a strong and graceful adult.

"Do you think it's a newborn?"
 "I think so..."
 We sat in silence, straining our eyes to see as clearly as possible. As we focused on the tiny bundle of mystery, we held our breath.

"Move forward a little, I want to see better. But...I don't want to be outside in case Momma is around."

"You don't think it'll run away if I move up?"
 "Not if it's a newborn. It'll probably just lay there, relying on its camouflage. Jeez, it sure does look like a sack of laundry or something."

"Yeah," he smiled. Creaking in the cold, the white Blazer inched forward.

"Yeah, it's definitely a fawn. See its ears?"
 "Yeah..." we spoke in whispers. The baby lay beneath the rusty green of the truck, nose tucked into its tail, ears flat against its spotted neck. No bigger than a small backpack, it lay motionless, one large, dark eye peering.

No words. No movement. Pure awe.

I don't remember how long we sat there, drinking in every piece of that fawn. He didn't move, either...if I saw him in a field, I would have assumed he was a piece of smooth sandstone, speckled with white.

I suppose I did go inside at some point; when I did, he did not move a muscle as I walked past the truck and opened the gate. An hour or two old, at most, he was. The next morning, he was gone. Off to romp and play on gangly legs with his mother. Off to mature and eat the grass of the valley, the bark of the evergreens, and the lettuce of the townspeople. Off to sprout antlers and leap with strong legs.

Another mountain seed had been born, and another mountain seed would grow among the stoic boulders and the whispering trees.

<https://www.facebook.com/kerokaje17>

Seeking vendors

Vendors, have you been missing out on a great opportunity? Each year on the first weekend in August, the community of Hartsel celebrates Hartsel Days. 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! 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. Hope to see you there!

8th Annual Pie Palooza is February 9th

by Flip Boettcher

Hear ye! Hear ye! Hear ye! Calling all pie makers within the realm. Join in the pie madness and try your hand at becoming this year's Grand Champion/Best in the Show pie maker in the 8th Annual Guffey Community Charter School Pie Palooza, held February 9 at 5 p.m.

The Pie Palooza is a pie contest and a fundraising pie auction. Bakers who enter need to bring two of each pie entered, one for judging and one for the auction. Entries for just the auction are welcome as well. There are four pie categories: fruit, cream, savory and other. Ribbons are awarded for first, second and third places in each category, and the Grand Champion. The rules are simple. Pick up an early entry form at the Guffey library, the school or on the school's website www.guffeyschool.org and enter your best pie, or pies in the contest.

An old time western melodrama, *A Question of Pie*, will be presented by the Guffey School Players. The melodrama was written by Alexi Alfieri and directed by middle school teacher Hillevi Peterson-Hirsch.

Once again, local auctioneer Chris Downare will auction off the pies. Last year, according to Pam Moore, school principal, Downare auctioned off 59 pies and \$6,370 was raised for the school. Funds raised this year will go toward the purchase of new chairs and desks for the classrooms.

Over the years the school has raised about \$22,800 auctioning off pies: 2010 - \$1,600; 2011 - \$2,000; 2012 - \$2,500; 2013 - \$2,366; 2014 - \$3,641; 2015 - \$4,300; and 2016 - \$6,370.

The price for the top selling pie has increased over the years: 1st year — two sold at \$100 each; 2nd year - \$160; 3rd year - \$210 was a Velvety Chocolate Butter Pecan pie; 4th year - \$200 for a Pomegranate Mixed Berry pie; 5th year two sold at \$270 each; 6th year - \$300 for a Fillo Lasagna pie; and 7th year - \$330. What will the top selling pie bring this year?

According to www.definitions.net, palooza is an exaggerated event. Palooza came from Lallapalooza, a music festival. According to www.dictionary.com, pie is "a baked food having a filling of fruit, meat, pudding, etc., prepared in a pastry-lined pan or dish and often topped with a pastry crust." Put the two together and you get a pie fest extraordinaire.

Refreshments, pie of course, will be served after the awards are presented and just before the auction. Come and join the pie madness.

Past Grand Champions are Alexi Alfieri, two-time winner Norma Farica, Dawn Carrica, Gene Farmer, Hillevi Peterson-Hirsch and last year's winner Pat Lamb.



2016 Pie Palooza cast. photo by Flip Boettcher



2016 Pie Judges (left to right): Marion Carver, Eugene Farmer, Denise Taylor, and Betty Royse. photo by Lynda MacDonald

WP preps for Small Business Revolution final round

Woodland Park is one of eight communities nationwide selected out of 14,000 for consideration in the Small Business Revolution opportunity from Deluxe Corporation. "Woodland Park is that special small town that can maximize the \$500,000 boost for our small businesses and downtown area," said Mayor Neil Levy.

Deluxe's Amanda Brinkman and the Flow Nonfiction film crew visited Woodland Park on November 29, 2016 to visit with the downtown businesses and community volunteers. "Small towns make America great," Brinkman said.

Following similar visits to the other communities on the short list, Deluxe will announce the finalists on February 9, 2017.

"This is where the real work begins," explained Main Street Coordinator Darlene Jensen. The final winning community will be selected via on-line voting by the public. "When the announcement is made, we need to have all of our citizens, families, and friends join in the voting effort to ensure Woodland Park is the top vote getter."

There is only one week to vote, from February 9-16, 2017. Last year the winning community registered nearly 100,000 votes. Please visit during February 9-16th: <http://www.smallbusiness-revolution.org> to vote.

"Please share with your friends, family, professional organizations, Christmas card list, High School alumni association. You get the idea," she said. "And yes, anyone you know in and outside Colorado. This is a national even global vote."

Everyone is encouraged to post pictures and videos of Woodland Park on their social media pages under the hashtag #mywoodlandpark in order to help the town's chance of winning the half a million dollar grant.

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Community volunteers take a break while working to restore this Cripple Creek home for Marine Corps veteran Andrew Smith and his disabled son.

Community helps Cripple Creek Veteran

by Steven Wade Veatch and Rich Ingold
photo by Rich Ingold

There is a lot of activity at a small blue house on the top of the hill on the southwest corner of Hayden Street and Galena in Cripple Creek, Colorado. On any given day, you can hear hammers pounding and saws buzzing to make a home for a veteran and his son.

The Victor-Cripple Creek American Legion Post 171 is leading the effort to make the house habitable for Andrew Smith, a 100 percent disabled Marine Corps veteran, and his 7-year-old son who is afflicted with muscular dystrophy.

The local American Legion post and community volunteers raised the front entrance, built a new porch and handicap ramp, signed plumbing and electrical contracts to bring these services up to code, organized the interior for significant remodel work, and started making the interior functional.

So far, the Victor-Cripple Creek post has provided over 360 volunteer hours to get this home ready for Smith and his son. The post has worked tirelessly in their fundraising efforts and has raised over half of the money

needed to install the kitchen, handicap bathroom, flooring, back deck, and related work to complete the project.

Donations are coming in from community members and veterans from all over the country in all amounts. One donor, who lives in Corpus Christi Texas, sent a gift, and said, "seeing articles . . . about veterans, I do what I can. I am mailing a donation of \$50.00 for your Andrew Smith project. I am also a 91-year-old Navy veteran of World War II." Another donor in Walden, NY wrote: "I found the story to be extremely uplifting during the Holiday Season, and I can think of no deed more fulfilling than to reach out and help not only a fellow veteran in need but also a disabled child. It truly embraces what the American Legion is all about." He and his associates donated \$550.

Funding is still needed for this important project. You can contribute to this worthy cause by sending your tax-deductible contributions to American Legion Post 171, P.O. Box 604, Cripple Creek, CO 80813.

Teacher Feature: Jenny Hartman

February 2017 Teacher Featured: Jenny Hartman

Name of the school: K-2, Guffey Community Charter School

Submitted by: Pam Moore, Guffey Community Charter School Principal

Regarding Jenny Hartman:



This Teacher Feature was sponsored by Ute Country News. If you are interested in sponsoring a Teacher Feature, contact us utecountrynews-paper@gmail.com or call 719-686-7393. Teacher Feature nomination forms are available on our website, if not at your local school.

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 students, parents/guardians/grandparents, teachers, para-educators, principals, superintendents. Forms can be found on www.ute-countrynews.com and can be returned via email: utecountrynewspaper@gmail.com or UCN, POB 753, Divide, CO 80814.

Follow-up to January's Teacher Featured, Brenda Goolsby

Our new Djembe arrived Monday and in each class we are getting to play it this week and explore the music and instruments of Africa. We watched a video with African singing, dancing and drumming. We danced, played instruments and sang a welcome song called, "Funga Alafia" and we played a stone-passing singing game called "Obwisana."

The decoration on the outside of the drum resembles African kente cloth, so the art teacher, Emily Sundstrom and I have been integrating our subjects to talk about the symbolic colors and patterns of the cloth. Several of the grades have tried some weaving projects with her already this year, and others will try it later this spring.

We LOVE our new djembe! Such a special addition to the musical education of ALL my Summit students. I am truly grateful. Thank you both.

May the Teacher Feature continue to grow and bloom into something truly beautiful!

Scholarship announced for 2017 Honorary Deputy Sheriff's Association

As a community service in support of high school students applying for college, the Honorary Deputy Sheriff's Association (HDSA) announced their scholarship program.

"We are again proud to assist students that want to further their education by offering this program," said Michael Perini, HDSA President. "The student selected can be justly proud of their achievements meriting recognition."

Scholarship applicants must reside in Teller County, CO., and apply to a school in the state. The scholarship award is for \$500 for the academic year 2017-2018.

Students need to act fast; scholarship applications due to the Teller County Sheriff's Office for selection committee review by February 27, 2017.

It is administrative policy to make all scholarship payments directly to the Colo-

rado school in which the student is enrolled. Therefore, when tuition is due, present a copy of this letter to the finance office and ask them to invoice us at the address provided.

Upon receipt of the school's formal invoice, the HDSA will promptly remit payment directly to the school.

"Should you receive another scholarship covering the full cost of your education, or if your plans change and you do not attend school in Colorado (as required under this program), please inform us by September 1, 2017," Perini said.

The award may then be given to an alternate from Teller County, as this scholarship is only good towards an in-state school. This award will be paid only during the 2017-2018 academic year.

Learn more about HDSA at: <http://www.tchdsa.org>

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Zander is a 2 year old male Flame Point Siamese mix. With his beautiful coloring and bright blue eyes, it's hard not to fall in love with Zander. He loves snuggling and giving affection to all humans and also playing with his toys (especially if they have catnip in them!) He has a very laid back disposition and is very easy-going. Zander did test positive for FIV but that just means he'd need to be an indoor only cat. FIV is a disease that only other cats can contract through intense bite wounds. Please don't let that stop you from considering this handsome sweetheart! You certainly won't regret falling for sweet Zander. Stop by the Ark Valley Humane Society and see him for yourself. We're located at 701 Gregg Drive, Buena Vista, CO or call 719-395-2737.




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Reiki Heaven and Earth A better understanding

by Olga Daich

The bridge that connects the spiritual and scientific world is quantum physics. I will try to provide the lector with a better understanding of Reiki through some scientific facts. I will start with the concept of energy.

In physics, energy is a property of objects which can be transferred to other objects or converted into different forms but never created or destroyed. (Wikipedia).

Acupuncture is an ancient Chinese practice of inserting needles in specific point of the body to manipulate the flow of energy (called CHI in China). Energy runs through our bodies via channels or meridians. Each channel of energy or meridian is related to, and named after, an organ and its function. When CHI flows freely through the meridians, the body is healthy and in balance, but if the energy becomes blocked, stagnated or weakened it can cause a physical, mental or emotional illness.

During a Reiki session, I work with energy and I work with what we call "chakras" (traditional Reiki practitioner may not work with chakras but they do work with energy). Chakras are spiritual energy centers that channel Universal life force energy (CHI, PRANA). There are at least seven chakras, located in our spiritual body, which are aligned with the spine. Each one is related or paired with an organ or glands, as well with specific emotions. During a Reiki session, I can find chakras open or closed, with high or low energy. This finding will tell me about physical, emotional, or spiritual struggles. If the chakra is closed it may affect the function of the organ or gland paired with it.

Here is where I become a channel of the CHI or PRANA energy to help open or balance the chakras. There are different ways to keep our chakras open and there are different reasons that cause a chakra to close, but may I say emotions and spiritual struggles play a very important role in this.

Dr. Oschman is a member of the Scientific Advisory Board for the National Foundation for Alternative Medicine in Washington, D.C. He has degrees in Biophysics and

Biology from the University of Pittsburgh. He is one of the leading authorities on the scientific understanding of hands-on healing. According to his studies, Reiki doesn't violate the laws of physics.

I would like to share his words from an interview with William Lee Rand: "Energy medicine involves understanding how the body creates and responds to electric, magnetic and electromagnetic fields. Reiki and other forms of hand-on healing are another form of energy medicine based on scientifically measurable energy fields emitted from the healer's hands."

In this article, Dr. Oschman also talks about pulsing electromagnetic field therapy (PEMF). "Research showed that certain magnetic fields can jump-start the healing process in fractures that have failed to heal. The magnetic field therapy was approved by the FDA in 1979. The frequencies for stimulating tissues repair is called extremely low frequency (ELF)." He explains how hands-on and hands-off therapies like Reiki can emit ELF signals from their hands.

Healing is a decision, a decision that comes from our souls.

Now, how do I know if a chakra is open or closed? During a Reiki session, I use my crystal pendulum as a tool. Once I know which chakras are closed or have low energy, I start using my hands and my heart as a channel of the CHI energy. I do hands-off Reiki. I often find myself moving my hands through different parts of the patient's body. My hands seem to pick up a different energy frequency on places where the patient has a blueprint of illness. It could range from a dysfunctional organ or gland to a broken bone. My hands stop in that specific place and start moving in a clockwise direction. I can feel the heat on my hands and once the heat sensation disappears from them I know I can move to the next body part.



Scientists talk about energy and electromagnetic fields in our body, (Bruce Lipton, PHD, MD cell biologist, Peter Fraser, Director of research NES, Rupert Sheldrake PHD Cambridge professor, Biologist, Lynne McTaggart, author of "The Field" and so on). Reading some of their research, allowed me to understand the different sensations on my hands during a Reiki session that, I started to pick up years ago. I don't know how to describe it, but it was not a heat sensation. It was more like a metallic feeling coming from my shoulder all the way down through the hand that I was using for Reiki. Even more strange was hearing a unique noise while I was moving my hand. At the beginning, I thought I may have started having troubles in my shoulder, but the metallic sensation and the strange noise stopped. I never had any kind of pain in my shoulder that I could link with that new sensation. This experience still is happening during some Reiki sessions. With time, I learned to recognize this experience as a connection with the electromagnetic field of the patient's body. I learned that during a Reiki session you can work with energetic fields and/or with electromagnetic fields.

To provide a better understanding of a healing session, I need to name a very important field. Scientists called this field the "morphogenetic field" which according to them is an "informational field" that we are connected to. I like to think this is the field I get connected to, during a Reiki session when I get information in my mind from the patient. Also, I wonder if my connections during a Reiki session with people who have passed away are somehow facilitated through that field.

Let me share one of my Reiki sessions as an example. I was called to work as a Physical Therapist with an older man who used to be the head of his family. I will call him Mike. Around 3 years ago, he was diagnosed with Alzheimer's. His health was deteriorating gradually, reaching the point where he didn't recognize any members of his family anymore, needed help for all the basic daily activities like eating, grooming, showering, etc. He didn't make eye contact with any one and he didn't articulate words, sometimes he babbled sounds, not words.

My work with him as a PT was to provide him with some passive exercises to help him with his stiff muscles. Every day I went to his house, said good morning to him and started my PT program without expecting any kind of physical response. He never made eye contact with me, his nurse or his family.

One day his nurse, who used to be present through the PT session, asked me if I could stay with Mike by myself, since she had to do something out of his room. I didn't need her help, so I agreed with her. I remember feeling very sorry for Mike's situation and wondering if I could help him

with a Reiki session. I made a decision to do a Reiki session for him. I didn't share my decision with the nurse or Mike. His mind was lost years ago, so it didn't make sense for me to explain Reiki to him. I started a prayer, I asked for guidance, then I set my hands over his head, (hands-off).

I got lost in time; I know I didn't move my hands away from his head during the whole session. The nurse's voice brought me back to the room; she asked me if I was done with the therapy. That was the moment that I realized I had already spent an hour with Mike; that was strange.

I answered her, "Yes, I am done for today." As part of my routine with Mike, at the end of the session I used to touch his arm and say to him, "Good bye Mr. Mike, I will see you tomorrow." He never looked at or answered me, until that day. That moment will be recorded in my heart forever. After saying good bye to him and while I was turning my back to head out the door, I felt his hand grabbing my arm. I turned to him, he was looking at my eyes and he said "Thank you". How can I describe my feelings?

The nurse looked at me and said, "He talked!" She said it was the first time that she heard his voice, since she started working with him.

Mike made eye contact with me only for a short time when he said "Thank you". He immediately went back to his own world.

This very short moment changed my point of view of Alzheimer's patients. Mike taught me something that I will never learn in any school. I would like to tell to the relatives of a person with an Alzheimer's diagnosis, "Never give up on them". They get lost for a reason that we can only guess at, and this is my guess: according to some scientific research, the memory function is not located in a specific part of our brain but somehow in the morphogenetic field.

My question is what causes a person to get disconnected from this world? Is it a spiritual struggle? Is it an overwhelmingly low energy information picked up from the "field"? I don't know the answer, what I know is what Mike taught me that day. They are there; we need to find the way to reach them and bring them back.

Mike, as most of my patients, was my teacher.

I will be talking about distance healing and some basic concepts of quantum physics in my next article.

Healing is a decision, a decision that comes from our souls.

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 email. Namaste.



Native Plants of the Ute Country Common Juniper, *Juniperus communis*

by Mary Menz
photos by Mary Menz



Common juniper is a common understory plant in the Ponderosa Pine forest.



The young berries are green and have a waxy coating.



Berries of the common juniper can take up to 18 months to ripen to the deep blue seen here.

The common juniper serves not only as a welcome greenery during a winter hike or snowshoe outing, but also provides a necessary function in the ecosystem year-round. Its low-growing, dense bough structure and long-lasting sturdy berry supply creates a convenient bed and breakfast for small mammals during heavy snowstorms.

Colorado chipmunks, the rock squirrel, and the Mexican woodrat all consume the food of the common juniper. So do rabbits, in some areas where preferred forage is scarce, and a significant number of birds. The Wild Turkey and the Townsend's Solitaire are particularly fond of the berries mid-winter and in some years heavily depend on them for survival.

The common juniper is unique in that it is circumpolar. It appears as an understory plant in pine forests around the world at the same latitude. In addition to providing a food staple to small mammals and birds around the world, the common juniper provides human use as well — both as edibles and landscape favorites.

Historic uses

Throughout history, the wood, leaves,

and berries have been used to make bows and beads, as aromatics used in ceremonial practices of purification, or as medicine. Specifically, the berries of common juniper have been used in salves, tonics, tinctures, inhalants, and antiseptics. Specialty infusions of both leaves and berries have more recently been used in gins and craft beer production.

The practice of using common juniper as a medicinal continues, but always consult with professionals before using as large doses and long term internal use are not recommended (see the text *Edible and Medicinal Plants of the Southern Rockies* for more information). A local herbalist can also help guide people in their use of common juniper.

Landscaping uses

Common juniper is a small, but mighty, conifer. It's tolerant of shade or full sun and loves poor soil and windy exposures like those seen in Ute Country. It provides all season beauty in the native garden. Be careful when planting, however. The common juniper is dioecious, meaning that male and female parts grown on different plants. The male plants produce the pollen and the

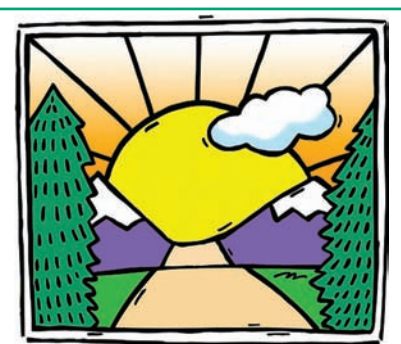
female plants produce the seed cones that produce the berries. Because this plant is wind-pollinated, there must be a male plant nearby to fertilize the female plant or berries will never form. Purchase plants in the fall when the female plant's berries are visible, for example.

The common juniper's berries are beautiful when young and mature. From green to deep blue, they add interest to the landscape year-round.

Fun facts

- The crushed leaves have a scent reminiscent of lemon or apples.
- In Scandinavia, juniper wood is often used to make little containers in which butter and cheese are stored.
- Native Americans used the juniper berries as an herbal remedy for diabetes.
- Common juniper is a member of the Cypress family, and is an aromatic wood.

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.



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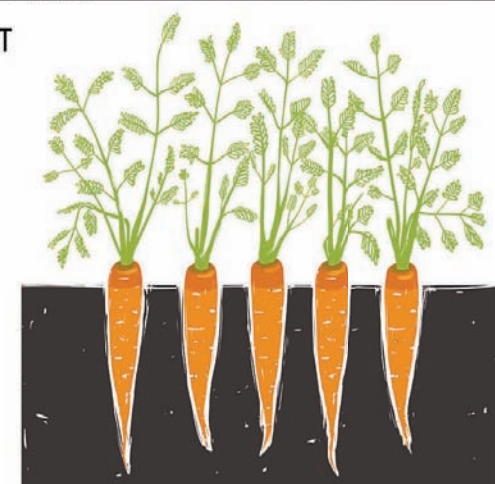
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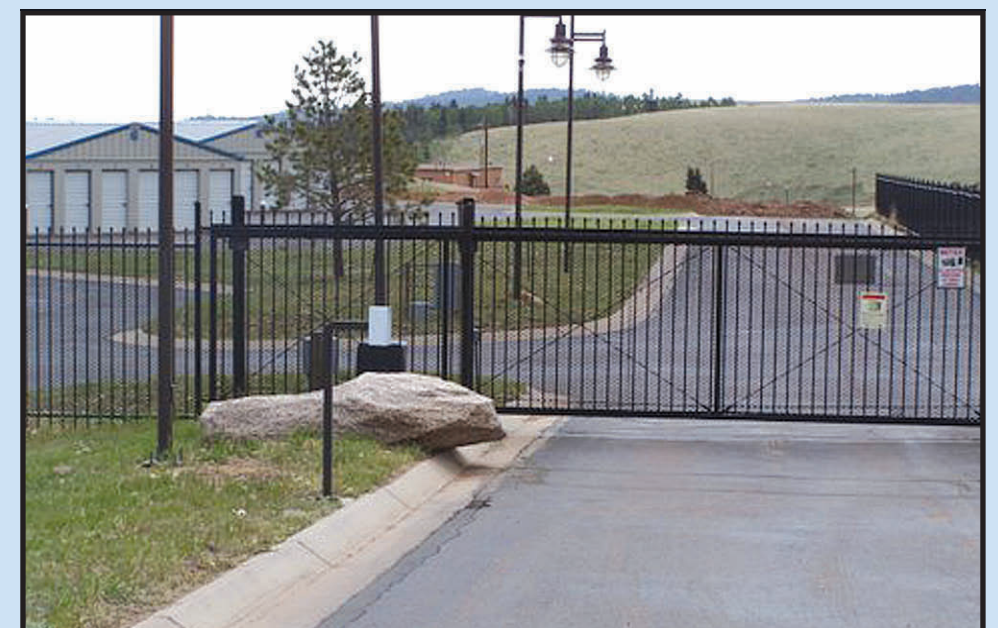
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One Nation Walking Together

2nd Annual One Nation Film Festival

by Kelsey Comfort

As the Dakota Access Pipeline (DAPL) helped bring Native issues to the forefront of the news, local non-profit One Nation Walking Together (ONWT) hopes to continue to shed light on similar land rights topics, as well as additional challenges American Indians face.



To help accomplish this, ONWT is proud to present the Second Annual One Nation Film Festival (ONFF). ONFF features powerful films about, by or featuring Native Americans or indigenous groups. Join us Sunday Feb. 19 at Stargazers Theatre located at 10 S. Parkside Drive in Colorado Springs. Films begin screening at 10 a.m., doors open at 9:30 a.m. All-day ticket passes are available for \$25; discount student, senior and military tickets are available for \$20. Tickets can

be purchased in advance at www.stargaz-ertheatre.com, or at the door. ONFF's goal is to educate the public through films that positively portray the culture and history of Native American and indigenous people in the Americas using creative visual and written media. ONFF seeks to improve understanding and deepen appreciation for indigenous people's values, perspective and history. For ONFF's second year, selections include films from Hawaii, Australia, British Columbia and more. All of ONFF's carefully chosen films accurately represent the culture and history of Native American and global indigenous peoples, while also bringing awareness to important issues such as environmental conservation, cultural preservation and efforts to inspire Native youth. As film screening coordinator, I can say we had even more film submissions this year than last year, which made my job extremely difficult. I think the films we've selected are incredibly well done, and they are going to really impact the audience in a profound way. ONFF will screen three full-length documentaries, four documentary short films and

two narrative short films. The three full-length documentaries will be *Little Wound's Warriors*, *The Good Mind*, and *Mele Murals*. *Mele Murals* will be the festival's closing film, which examines graffiti art and its relationship to ancient Hawaiian culture. The film follows two renowned street artists, Estria Miyashiro and John Hina, a group of Native Hawaiian youth and the rural community of Waimea. *Mele Murals* shows how underground graffiti powerfully integrates with Native Hawaiian traditions and modern life to impact the students, the town of Waimea and most of all—the artists. Festival events will also include live Native entertainment, as well as a panel of speakers who will discuss the Dakota Access Pipeline. At approximately 12:25 p.m., panelists Jan Johnson, David Sherman and Laura BenAmots will share their personal stories of their trips to Standing Rock, and their experiences at the camp. Donations of items to send to Standing Rock will also be accepted during ONFF. The awards show will begin at approximately 5:30 p.m. Awards will include

both Jury Selection and Audience Choice winners. Audience members will be given ballots when they enter the theatre so that they can vote to select the Audience Choice film winners. ONFF isn't just a film festival. When you purchase a ticket to ONFF, your money directly benefits One Nation Walking Together (ONWT), a local non-profit whose mission is to make a positive difference in the lives of Native Americans who live in seven western states, including Colorado's urban areas. Enjoy some great movies to help a great cause! ONFF hopes to bring awareness and create a dialogue about the beauty and resiliency of American Indian culture along with the challenges Natives face. So come on down to Stargazers Theatre on Sunday Feb. 19 for a day full of entertainment and education. For more information, visit www.onenationfilmfestival.org or call 719-329-0251. ONWT continues to accept donations for DAPL. Bring them to 3150 N. Nevada Ave, Colorado Springs, Colorado 80907. Open to accept donations Tuesdays through Fridays.

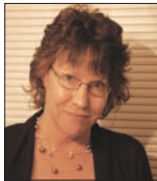
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Day Trippin' With Karen

Travels in the Arkansas River Valley

by Karen Earley
photos by Karen Earley

February is Heart Month (which means get moving for your heart's health!) and the time for a romantic get-a-way with your loved one. A great place to do this is right in your own backyard; the Arkansas River Valley. From B&B's, lodges and chateaus to hot springs, saunas and spas with strawberries, chocolates and wine tasting to romantic dinners, champagne and warm fires, what more could you ask for? An affogato, bacon wrapped gorgonzola dates, smoked wings, riverwalks holding hands-not just the dog leash and pinball! Are you getting my drift? A heart-shaped box of chocolates isn't going to cut it in 2017. This is the year of creativity. So start Valentine Trippin with me...



We begin at The Midland Stop, 801-1B Front Loop. Buena Vista, in a unique little Mecca called "South Main." Travel to the very end of Main Street in BV (follow the signs!), whistle and you'll wind up at The Midland Stop. Locals Mike and Francie Allen joined the live and work concept of South Main and started the Midland, a craft espresso/gelato bar, in 2015. (Be sure to check out their story online at www.midlandstop.com.) According to business manager, Jake Mueller, they have created what he likes to call, "the best craft (aka 3rd wave) coffee/espressos east of the Continental Divide, for sure in the Arkansas River Valley! The gelato is handmade and fresh. They describe it as, "dense, simple, vibrant, and clean, our gelato is crafted using only high-quality ingredients. We make it from scratch according to our own recipes." Drown it with some House Espresso and you have the perfect Valentine gift-an affogato! It really doesn't get much better than this. Pastries are homemade, too. The House Espresso is made from their Midland Stop Blend, as are Firefox and the Midland Maple. You can also try a Macchiato, Cortado, Cappuccino, Latte or Mocha. The Midland Stop blend is fresh roasted for

them by the BV Roasters, now Bongos. Finally, you can't miss the awesome painting of the Midland Tunnels by Terry Allen, Mike's sister. The Midland Railroad used to run right by here, just across the Arkansas River. Walk out the North door, turn right and walk to the trail sign. You'll see the Riverwalk and it should be clear enough to go on. It's an opportunity to get moving! Midland Stop winter hours are 7 a.m. to 3 p.m. and later on weekends. Call 719-966-5286 for more info or go to www.midlandstop.com. We're back on the road, taking 285 South to E. Hwy 50 towards Salida. Wallbangers Sports Bar & Grill is located at 720 E. Hwy 50, Salida. It's big! You'll see it on the left as you get into Salida. In 2011, owners Greg and Trish Wall turned a former restaurant into a renowned eatery/sports bar extravaganza. Now a family restaurant, famous for their wings, it has been a winning combination for the restaurant and local sports teams sponsored by Wallbangers. Have fun dining and checking out the Spartan room with lots of local memorabilia. They also have a great video game room. Kids love it, and adults are welcome, too. In addition to a full service bar, wine and great beers on tap, Wallbangers sports an expansive menu. Starting with Hors d'oeuvres wings: slow smoked, fried and amazing tossed in your favorite buffalo sauce, plain, mild, hot, Wallbanger hot, buffalo garlic, bbq, sriracha hot, sriracha honey lime. Fried pickles, fried mushrooms, and salads for everyone's taste. Try green chili-smothered ground Angus, burritos, quesadillas, fish tacos, sandwiches, burgers, Wallbanger sloppers, salmon, chicken, steak, or ribs. According to manager Brittany Phillips the huge menu and the sports TVs are what bring in the hunters, skiers, families, tourists and locals. The friendly atmosphere has to be a draw, too. Winter kitchen hours, Sunday – Thursday,



Coincidentally, Salida has been known as the "Heart of the Rockies" since the 1940's. Originally dubbed "Follow the Hearts to Salida" by Wilbur Foshay, infamous Chamber Manager. photos courtesy of the Salida Regional Library

11-9 p.m., Friday & Sat. 11 a.m.-10 p.m. Bar open until they close. 719- 539-9544. www.wallbangerssportsbar.com. The Fritz, 113 E. Sackett Street in downtown Salida, is not quite a hidden treasure. All the locals know about it and connoisseurs of French, American, Mexican, eclectic fine food. According to owner/chef Grant Prill, you can call it Gastro Pub, Americano Bistro, Global Café; patrons call it delicious! The place is adjacent to Riverside Park and the Victoria Tavern, (ca. 1904). It's a perfect valentine restaurant because most of the tables seat two. A few favorites are the bacon wrapped gorgonzola dates and mac & cheese with bacon, provolone, parmesan.... Go figure! The Fritz also has a full service bar, beer and wine. You'll learn about the special when you arrive or call 719-539-0364, or visit www.thefritzsalida.com

If you are interested in being featured in a day trip with Karen, email her at coloearels@gmail.com.

Date night defined

Brief history of dating

by Polly Roberts

I lost a bet. I was moving out of state for a few years and a friend of mine pointed out that after being single for a decade, this might be a good time to look for someone with whom to share my life. So she made me a bet that, in retrospect, I should have taken more seriously. Because I lost. I was required to sign up for on-line dating for 6-months and to actively participate in the process. Big surprise — that's how I met my husband. The funny thing is that the website didn't consider him a "best" match for me — his 'compatibility score' was kind of in the middle. He had two on-line photos; one was him with his daughter at her college graduation (being a good dad got him points), but the other photo was him with the Stanley Cup (being a hockey nut did not get him points). After going on several different (read: boring) dates with the supposed best matches for me, I thought, what the heck, let's try the hockey nut. We've been together almost eight years. Dating is a recent occurrence in the history of civilization. In ancient times, there was rarely a courtship process — many marriages were by capture, not choice. When there was a scarcity of women within a tribe, men would just raid other villages for wives. During medieval times arranged marriages for the aristocracy was the norm. Being Prince Charming could have its drawbacks when a marriage was forced for political or financial advantage. Marrying Prince Charming could lead to an awkward situation — there would sometimes be a bedroom audience when the marriage was consummated to confirm that the marriage was legally binding. The medieval poor had more choice. All they had to do was to live together, sleep together, and refer to each other as husband

and wife. This practice still exists in the root of what is called "common law marriage". Colonial American marriages were also less about romance, and more about men finding women who could bear children to help share the heavy workload that frontier life demanded. The early Americans started experimenting with new courtship practices like "bundling", when two single people would sleep together in the same bed. One or both of them would be sewn up in separate "bundling bags" and sometimes also separated by a "bundling board." In the early 1800s, people began to seek out relationships emotionally rather than analytically. During the Victorian Era (1837-1901), romantic love became the primary requirement for courting and marriage among the upper classes. But an interested gentleman could not simply walk up to a young lady and begin a conversation. Even after being introduced, it was still some time before it was considered appropriate for a man to speak to a lady or for a couple to be seen together. Smitten couples rarely saw each other without the presence of a chaperone, and marriage proposals were frequently written. During that time in the quickly expanding American West, a shortage of women forced men to take a more pragmatic approach to marriage. Practical life demanded less romance and more of what a woman could bring to the marriage. Many ads similar to the one below appeared in newspapers all over America: "Any gal that got a bed, calico dress, coffee pot and skillet, knows how to cut out britches and can make a hunting shirt, knows how to take care of children can have my services till death do us part." Flash forward to the 20th century where romance has played an increasingly important

role in dating. In the 1950s, courtship was a formal and elaborate routine of going steady, getting pinned and then engaged, all under the watchful eyes of parents, and long before the days of shows like "The Bachelor," 1965 brought us "The Dating Game," the forerunner in TV dating shows for singles. Today, technology has created the most significant shift in dating yet. Men and women can post personal profiles on lifestyle and dating sites and apps, and get to know each other through texts and e-mails. By the time the first date happens, we've already gotten to know so much about the other person online that the first face-to-face date already has an air of familiarity. Between 2005 and 2012, over one third of Americans had met their spouses online — including me. With all the changes that have taken place in dating over time, everyone agrees once you find it, nothing beats true love.

Blind Date with a Book

During the month of February, both the Florissant and Woodland Park Public Libraries will offer an opportunity to go on a mystery date with a book. You will find books on display that are wrapped in brown paper. Simply select one based on the description... no peeking! Take your "date" home and get acquainted. Will it be funny, mysterious, horrifying or romantic? You won't have to worry about dressing up, making awkward conversation, or having bad breath. Will you meet a new favorite author and have a great time, or will this relationship crash and burn before it gets started? Inside each book is a Rate Your Date slip. Let us know if you enjoyed yourself or if it was a dud. Each slip you turn in will earn you a treat for your bravery.

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Dimension Jumper

Time Warp and Bender last appeared in December 2016's issue, on pages 20 & 21, "Shade Hunters."

Bender jumped back from the crib when she saw the baby inside of the plasma globe, the black static lines dancing frantically. "What is that?" she gasped.

Time Warp glanced at her. "A baby, who is one of us," she replied. She started to reach down to pick up the child, but Bender grabbed her by the elbow.

"Wait! You don't know what that power can do to you!"

Time Warp sighed, rolling her eyes. "Look. We don't have time to discuss this. This burning building is about to collapse. We need to leave." She reached down, her hands going through the plasma globe. Her arms tingled with tiny pinpricks of pain. "It's okay. I've got you," she cooed. The baby stared at her with large eyes.

"Let's go," Bender said hurriedly, putting an arm around Time Warp's shoulder.

They dashed from the building, Time Warp protecting the baby inside her coat. Once they were at a safe distance from the blaze, they stopped and peered at the child.

"Who are you? Where did you come from?" Time Warp muttered, gazing at the baby as the plasma globe slowly faded, now that they were out of danger.

The baby made a soft noise, as if she were trying to answer. She understood every word they were saying, but being an infant, her ability to speak had yet to form. She remembered the moment she'd jumped into her current body. Admittedly, it hadn't been the smartest thing to jump from her past dimension to this current one, because she was now stuck in this weak, essentially useless body. At least she had power to create a shield around herself for protection. Her former body had been that of a 60-year-old woman. She'd left that dimension because she was a fugitive according to their laws, but all she'd done was hand out books to children and the elderly. Now, here she was staring into the eyes of two women who she could tell were different from everyone else, just like herself. She giggled and cooed happily, grinning and showing off her gums.

8 years later . . .

Dimension Jumper stood in the middle of an abandoned playground. Her poofy, wavy hair fluttered around her head as she closed her eyes and concentrated on expanding her plasma globe out from her body, spreading out toward all the rusted playground equipment. The moment her globe touched metal, there was a crack and spark of static electricity. The metal pole of a swing set smoked and popped the more she forced her globe onto it. She stopped when the pole snapped in half and the swing set fell lopsided to the ground. Her goal had been to twist and mangle the metal.

She shook out her hands, her eyes fixated on the snapped pole. Her mind flashed back to the day she had told her parents, Bender and Time Warp, who she was and how she had come to be there. They had questioned her about how she had ended up at the orphanage, but she didn't know because she jumped into the baby's

body after she had arrived at that place. It was certainly a strange sensation to go from being 60-years-old to 20-days-old. Starting from square one all over again wasn't fun. But her parents had helped her to learn things quickly so her body could catch up to her mind.

She stared at the pole for a moment longer and then walked away, heading home. When she walked inside their house, Spell was sitting on the couch.

"There you are. Come here," she said, patting the cushion beside her. "I have something for you."

Dimension Jumper walked over and sat down. "Yes, Meemaw?"

Spell smirked at the nickname. She handed Dimension Jumper a small, thin, spiral-bound book. "This'll explain how you came to be."

Dimension Jumper looked from the book to Spell. "What do you mean?" she asked, frowning.

"I mean, Time Warp and Bender are actually your biological parents."

Her jaw dropped. "How can that be?"

Spell shook her head. "Just read the book."

"Why're you giving this to me now?"

"I think you're ready. You've lived all this time without really knowing where you originated from."

Dimension Jumper frowned again.

"I think it's weird you have the information to my life."

Spell sighed. "Just read it and you'll understand."

Dimension Jumper opened the book to the first page and was about to start reading when Spell put her hand over the page.

"Not here. In private," she said.

Dimension Jumper gave her an annoyed look, and then got up and headed to her room. She sat down on her big chaise lounge and opened the book to the first page again.

Dear Dimension Jumper,
I, your grandmother, Spell, have written this book on your origins. I know it'll be a bit hard to believe, but please just don't stop reading until the end.

When you first came into existence, you were ordinary. You had no powers. No special abilities. But then your soul began to reincarnate, again and again. All in all, I think you've reincarnated at least six times already. Yes, I know, that's a lot for a soul. However, in the beginning for the first couple lives you lived to be only 10 and 13-years-old, respectively. Time Warp and Bender have also been reincarnated the same amount of times as you. Throughout their several lifetimes they have always had you as their biological child, and have traded off being male and female. But when you would die unexpectedly, that was you jumping into different dimensions, though you always jumped into their lives. This last time, however, I interfered in a way I probably shouldn't have. I forced you to jump dimensions and land in that orphan baby's body. I did this because for the first time, Time Warp and Bender were both reincarnated as women, and that threw some things out of whack. I've always known that

you would one day have immense and unique powers. I wanted to make sure that you would live up to your full potential.

By now you're probably concerned about how much I've manipulated your life, well, lives. Yes, it's true. I have. But for good reasons. You could hold the key for the future. You could help humanity

future from my father, Thoth, and I obviously get my magic from Isis. I'm thankful they were my parents, and I hope you're just as thankful for Time Warp and Bender being your parents. I hope you'll allow me to help you cultivate your abilities so you can save the world from itself, so you—



Dimension Jumper

become unstuck; help it stop repeating its flawed and horrific history. You could make the human race better as a whole. Being able to jump dimensions means being able to jump between parallel universes. If someone was stuck in a hard choice or a horrible situation, they could just jump to their parallel universe and keep happily living out their life. Wouldn't it be great to help people? Parallel universes could exist through the "daughter universe" theory, which follows quantum mechanics and the law of probability, and it suggests that for every outcome that could come from one of your decisions, there would be a range of universes, each of which saw a final outcome.

Now, you may be wondering how I came to be. I am the unknown offspring of the Egyptian god and goddess, Thoth and Isis, respectively. Thoth was the god of wisdom, and Isis was the goddess of magic, healing, protection, and marriage. Combine their powers, and you get me. I mainly get my ability to somewhat see the

slammed the book shut and threw it on the floor. How dare Spell interfere with her life!

How dare she basically turn her into an experiment! She got up and stormed down the stairs, the air crackling around her. Spell was still sitting on the couch.

"Shame on you!" Dimension Jumper shouted, walking around to stand in front of her. "Shame on you for making me a toy, a pawn, in your big game of life. I am a person. A being with feelings and thoughts!" The air popped sharply as her voice rose.

Spell calmly looked at her. "What you need to understand is—"

"I don't need to understand anything about your sick ways or plans. What you need to understand is that I will no longer be manipulated by you." Her eyes were alight with fierce determination and anger. "No more of your trickery!" She turned to leave, but as she started to an invisible force closed around her neck.

"You think you can walk away just like that? You think you can just go do your own thing

after all that I've done for you?" Spell said lowly, gracefully standing up with her hand outstretched and clenched.

Dimension Jumper could only choke on air in response.

"That's what I thought. You will not defy me. You will not walk away from your destiny. I worked too hard to bring you to this point to have you throw it all away."

At that moment, Time Warp and Bender walked in. Time Warp yelled and ran to her mom, trying to pull her hand down.

"Let her go!" Bender shouted, stretching out her own hand toward Spell. She concentrated hard on breaking the hold Spell had on Dimension Jumper.

There came a loud snap, and both Spell and Time Warp were thrown back. Bender jumped and dropped her hand. She looked to her daughter and saw the plasma globe around her. Her black pupils had completely taken over her eyes. The black static lines danced all over her globe. Dimension Jumper turned and faced Spell, who was just now sitting up on the ground. The globe began to expand out from Dimension Jumper toward Spell. She envisioned Spell as the metal pole of the swing set. The globe crawled over Spell's foot, and she let out a piercing scream as her ankle snapped and her foot twisted out at a grotesque angle.

"Stop!" Bender yelled at the top of her lungs. "You'll kill her!"

Dimension Jumper wasn't listening. A sick grin began to cross her face the more mutilated and mangled Spell's lower half became.

"Honey, stop!" Time Warp called.

"That's enough!"

Their attempts were futile. "What happened between them?" Bender demanded, looking to Time Warp, who merely shrugged.

"The book," Dimension Jumper said, her voice deep and unlike her.

"Bedroom," Dimension Jumper answered.

Bender raced to their daughter's bedroom and found the book on the floor. She picked it up and began scanning through it, becoming horrified. She raced back out and shoved the book at Time Warp to look over.

"I know what she did is wrong," Bender said quickly. "But you can't deal with it this way."

"Why not? It's a fitting punishment for someone with such a hideous soul."

Bender glanced at Time Warp just in time to see the horror and disgust appear on her face. Time Warp met Bender's eyes. They both knew the other felt helpless. What was there that could be done? They were racking their brains as what to do when Spell thrust out her hand and fire suddenly engulfed Dimension Jumper's plasma globe. She clenched her hand and began trying to force the globe to collapse in on itself.

"Mom!" Ti yelled, shaking her by the shoulders. "Knock it off! Stop!"

"Your child needs to be taught a lesson," Spell said, her voice strained. "This insolence will not be tolerated."

"Mother, she has every right to be angry,

by Danielle Dellinger

to walk away from you! You planned out her whole life and destiny! You didn't give her a chance to be herself."

Spell shook her head. "You have to look at the big picture, Ti. I did all that for the sake of humanity. She has a real chance of saving us; she just needs to see that."

A groaning sound suddenly came from inside the plasma globe. The air itself began to vibrate. Then there came a big bang, but not nearly half as loud as The Big Bang. The plasma globe collapsed on itself and Dimension Jumper was nowhere in sight.

All three women stared at the charred, smoking circle on the ground.

"She's . . . gone," Time Warp muttered. "Just like that . . ."

"I knew she was that powerful," Spell said, breathing hard as the pain caught up with her. She looked down at her twisted lower half and felt a hint of pride at Dimension Jumper's work.

"Where could she have gone?" Bender asked. "Is she even still in this dimension?"

Time Warp shrugged, her face blank as she went into shock. The whole situation was starting to prove to be too much for her. She slowly got up, her eyes still on the spot where her daughter had once been.

Bender went to her lover and wrapped her arms firmly around her. "We'll find her," she said in her ear. "No matter what or how long it takes, we will find her. She's our child. We'll bring her home."

"I don't know if she even wants to come home anymore . . ." Time Warp turned and buried her face in Bender's shoulder. "We've probably lost her for forever."

Bender rubbed her back. "Have faith, love. Have faith." Her eyes fell on Spell as she remained seated on the ground. "Right now, we have to help your mother."

Time Warp didn't answer, only shook her head.

"Fine. I'll do it," Bender released Ti, and then knelt beside Spell's legs. She put her hands on them, shut her eyes, and concentrated. After a minute, unsettling cracking and popping was briefly heard before Spell erupted into agonized screaming. Her bones were slowly reset, and soon her legs were back to normal as far as they could tell. Bender then helped Spell to her feet and she awkwardly limped away.

Bender turned back to her love, and took both of her hands in hers. "Let's see if we can track her," she offered.

Time Warp shrugged, but she was willing to do anything and everything to find their daughter.

They both closed their eyes and focused on trying to find Dimension Jumper's energy. They kept their probe small at first, but when they didn't feel anything, they expanded it. Soon they were probing the whole world, searching in all the nooks and crannies, praying at this point for even a hint of their daughter's energy. Time Warp tried not to panic when they didn't get any results. If she had gone to another dimension, would they even be able to follow her? She started to give up when she suddenly felt a recognizable spark of energy.

To be continued . . .

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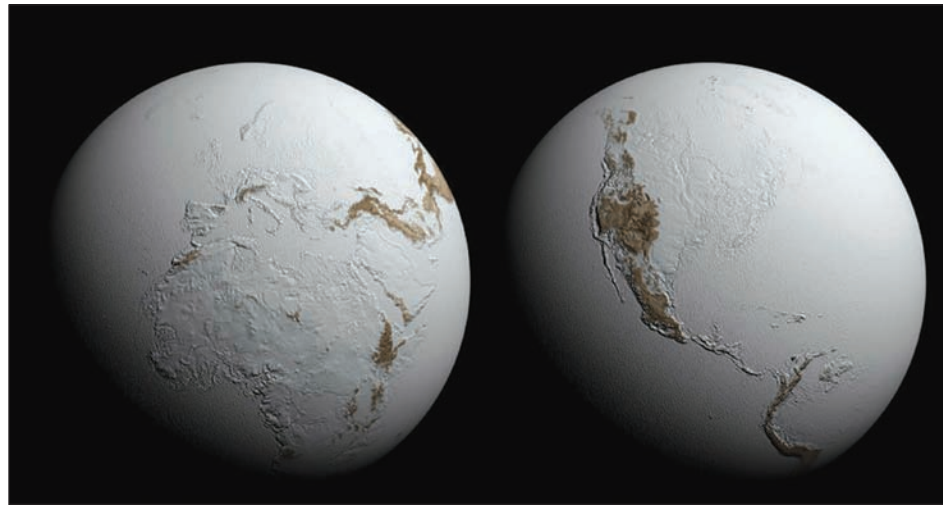
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Just The Facts Snowball Earth

by James W. Hagadorn, Ph.D.



Imagine the Earth enveloped in ice, as it was during Snowball Earth times, hundreds of millions of years ago. Image courtesy Neethis

Imagine the entire Earth covered in ice. It's not that far-fetched. It actually happened — more than once.

Was it because Anna got mad at Elsa? No — but the real reason is even cooler. Scientists only figured it out after a rather provocative hypothesis tied a bunch of bizarre evidence together.

The first clues were discovered on some desolate Atlantic islands. There geologists found layers of rock formed by glaciers, but sandwiched between tropical rocks. How had this happened? Did the islands tectonically drift from the tropics to the poles and then back?

Nope. Microscopic magnetic particles in the rocks showed that when they were originally deposited, the rocks were located near the equator. This could only mean one thing — that the tropics had once been covered by ice.

No problem, you say? There are glaciers

atop plenty of equatorial mountains, like the ones that feed the Nile or that dot Ecuadorian rainforests. Maybe such high-elevation glaciers could explain the equatorial ice evidence geologists were finding.

Except that the tropical strata below and above the glacial rocks weren't deposited at high elevation. Rather they were deposited in warm water, near tidal flats and ocean beaches.

It gets even crazier. In other reaches of the globe, scientists scratched their heads about similarly bipolar deposits — in Australia, Africa, Asia, and our own Rocky Mountains. Much like paleontologists figured out that dinosaurs all disappeared at the same time, it took a long time for geologists to figure out that all these glacial-tropical rocks were about the same age.

Meaning maybe the entire planet, even delightful places like Ecuador, had once been covered by vast sheets of ice; a Snowball Earth!

Such a preposterous hypothesis wouldn't have stood a chance if it hadn't been grounded in some seemingly unrelated Cold War science. A climate model, produced by a Soviet physicist trying to figure out the impacts of society's CO₂ emissions, provided one key element. It showed that if our polar ice caps grew to within ~30 degrees of the equator (think: Houston), so much of the sun's radiation would be reflected by ice that the planet's capacity to melt ice would be exceeded by the rate at which it produced and built it up. Like a runaway freight train, ice caps would grow unabated, eventually extending all the way to the equator and enveloping the earth in an apocalyptic winter.

Pre-Snowball, the earth's continental plates had become amalgamated in a giant supercontinent that straddled the equator. This configuration had two impacts. The

first was that it reduced absorption of much of the sun's heat that is normally absorbed by equatorial oceans. The second was that the intense rainfall in the tropics broke down mountains, rocks, and soils faster — a process that sucks planet-warming CO₂ out of the atmosphere. When you couple this one-two combo with the fact that the ancient sun was fainter, it could have cooled the earth, triggering one of those runaway ice ages, where polar ice grew unchecked until it blanketed the planet.

To break out of this icy trap, greenhouse gases like CO₂ and methane, regularly belching out of volcanoes, needed to build up in the atmosphere. Based on the chemistry of lime-rich, tropical rocks that overlie the glacial deposits, greenhouse gas concentrations rose to over 350 times present-day levels! Such concentrations would have been able to absorb enough heat from the sun's incoming rays to melt the globe's icy



Rocks like these ones, exposed in the Uinta Mountains of Colorado and Utah, signal times when our planet was a Snowball Earth. Image by J. Whiteley

blanket and break us out of Snowball Earth.

Nature tends to repeat herself. As evidence mounts for tying all these oddities together, we've learned that there were likely more than one of these Snowball Earth events.

The oldest ones have their remnants all around you. That's because most of society's iron and manganese, elements used to make steel and inhibit corrosion in beer cans, were deposited during Snowball times. With the oceans capped by ice, dissolved iron and manganese vented from seafloor fissures had nowhere to go. Seawater concentrations reached epic levels, and this metallic stew periodically precipitated out onto the seafloor, forming colossal metal deposits.

Out of the ashes of the last apocalyptic Snowball Earth event came life. During that event, rather than just metals building up, the key life-supporting nutrient phosphorous built up in the oceans. When the Snowball broke, photosynthesizing algae bloomed in preposterous proportions, boosting the ocean's and atmosphere's oxygen levels far beyond what the planet had seen before. This now-abundant waste product likely helped some rather innocuous multi-celled creatures start moving around and explode in diversity and size: the first animals.

James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science. Suggestions & comments welcome at jwhagadorn@dmns.org



Growing Ideas Dreamy orchids, Orchidaceae

by Karen Anderson "The Plant Lady"

"Plants are not simply objects of beauty and a source of food. They are essential for happiness, peace of mind, and life itself"
— from the book *Flower and Tree Magic*

February greetings, mountain folks; this month, I would like to share a few tips on growing orchids. At first thought, it seems incredibly out of the picture for our high altitude region. Not true!

I will say without hesitation that these ultimate exotics are surprisingly easy to grow and to maintain even in our mountain homes as long as they are provided with the proper conditions. These include bright light (no direct hot sun), fairly high humidity, good drainage, and a moisture retentive medium such as 'osmunda' bark or simply 'orchid bark'. If you do not have sufficient sunshine, orchids can be grown under fluorescent lights as well. The botanical details and scientific information regarding these lovely plants are incredibly complicated and it is one of the least understood flowers in the world today. To keep it simple, I will offer to you recommendations based on what I have successfully experienced in my relationship with orchids.

First of all, they are gorgeous, magical and vastly admired, with blooms that come in many different colors and are very long lasting — sometimes flowering for a few consecutive months! I am always dazzled and enchanted by their exquisite beauty and in old folklore; orchids represent grace, potential, love and universal understanding. Nice.

You can find these beauties tucked away in the bargain corner in some grocery stores at discount prices from \$6 to \$12 (normally they are quite expensive to buy). They may not be the best looking as they more than likely have already bloomed and are in need of some tender loving care, but with your attention and knowledge, these overlooked plants can be brought back to health in a very short period of time.

If you purchase an orchid and it looks fairly sad, the first thing you want to do when you safely bring it home (be careful in cold weather to protect it from the elements in the journey) is to give it a big warm hug. (I'm just kiddin' ya, but it certainly wouldn't hurt anything as long as you hug gently!). Orchids usually are planted in primarily bark, in a plastic container placed inside a non-draining ceramic vase. Remove the plant from the glass and place in the sink and treat with a soothing shower of warm water to eliminate dust as well as any negative energy. You may want to dry the foliage with a soft cloth to avoid water spots that can form on the leaves. Next, you will want to give your orchid a little trim by cutting back anything that looks unhealthy, including old stems and shriveled leaves etc., as usual, "If it's brown, cut it down". Then return to the vase and place in a warm and brightly lit area with a reminder — no direct sun. Temperatures of 65 to 70 degrees are comfortable for most orchid species.

Please avoid cold drafts or drastic changes in home environment. Orchids are not happy when those things happen! The growing medium should never dry out completely. I have found that watering once a week is a pretty good rule of thumb, but also be aware not to over water and allow the plant to be constantly 'swimming' in standing water as this will result in root rot. Since orchids enjoy a certain amount of humidity, and that's not usually the case in our heated mountain homes, I would suggest a fine misting with a water sprayer on occasion. But, with that being said, humidity is not as critical a factor as many folks believe. So relax and enjoy. Like all houseplants, you will need to move your orchids from location to location with the transitions of the seasons.

I have found that orchids will bloom when they want to and I place no demands on them to do so. As with most of my hundreds and hundreds of 'houseplant kids' I attend to their primary needs and let them do 'their thing' and am constantly surprised and enlightened in spirit when they offer me the gift of their beauty and splendence. A monthly application of a special water soluble orchid food (19-8-16) would be a good practice and will help to promote blooming.

Also, they may need to be transplanted when root growth seems to be extremely overcrowded. You can buy orchid bark at certain nurseries; it may be a little difficult to find but it's out there. Simply transplant into a bit bigger pot and add some fresh growing medium. These awesome exotics are not that difficult to grow; I encourage you to experience the joyful and uplifting adventure of growing orchids. Don't be scared — it's easy. Try it, you'll like it!

A final note for this month: Gardening Catalogues are beginning to clog our little mailboxes by the numbers. Peruse, window shop and relish in all the color and vibrancy of what is on the pages of each edition, BUT, please don't be tempted to do any ordering — yet! My March article will explain more in detail about my experience with catalogue shopping in our Rocky Mountain area.

February is the month for lots of love. Happy Valentine's to everybody! I will be offering a limited supply of unique Valen-

tine's Arrangements and 'Love Beads' at Mt. Naturals in Woodland Park, and at the Outpost in Florissant.

Take very good care of yourselves and of each other and please remember to put the 'unity back into community'. Thanks

for your attention to and support of this Growing Ideas column; I very much enjoy the process of contributing what I know to be true to further enhance your gardening experiences. Go in peace; grow in peace, and happy winter gardening.



Orchids are gorgeous, magical and vastly admired, with blooms that come in many different colors and are very long lasting — sometimes flowering for a few consecutive months!

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Mni Wiconi Water is Life!

by Diana Crow-Wheel and Kathy Hansen

There is a war going on within the United States that few people are talking about, and it is happening amidst prayer circles and ceremonies. The Standing Rock Sioux Reservation lies in South and North Dakota, the northern boundary is the shore of the Cannon Ball River. It is a sovereign nation, as such self-governing, and the sixth largest reservation in the United States.

Tensions have been escalating because the Standing Rock People intend to protect the water, their indigenous rights to sacred grounds, their 1st Amendment Rights to their religious practices/pursuit of their happiness, and so much more that is currently being threatened by the Dakota Access Pipeline (DAPL).



Heavily armed Morton County Sheriff's deputies keep an eye on the peaceful camp. photo by Valerie Saidman

Dakota Access Pipeline (DAPL) Facts

by Other98% & IP3 — Indigenous Peoples Power Project

Dakota Access, LLC, a subsidiary of Energy Transfer Crude Oil Company, LLC, is developing a new pipeline to transport crude oil from the Bakken/Three Forks play in North Dakota to a terminus in Illinois with additional potential points of destination along the pipeline route.

If you search on Google, chances are you'll be on a website that makes it seem like it's a great idea. But — thing is — the DAPL is a terrible idea. The reason why Google says otherwise is that the million-aire Texans who run Dakota Access, LLC produce a ton of expensive websites aimed to misinform the everyday people they're taking advantage of.

Here are the facts presented alongside some of the lies Dakota Access has been telling online about the safety of the DAPL and their legal standing with the Standing Rocking Sioux Tribe:

What Energy Transfer, LLC claims: "The Dakota Access Pipeline traverses a path on private property and does not cross the Standing Rock Sioux Tribe's reservation. 100% of landowners in North Dakota voluntarily signed easements to allow for construction of the pipeline on their property."

The Truth: Dakota Access DAPL Sued Hundreds of Individuals & Businesses to get what they wanted:

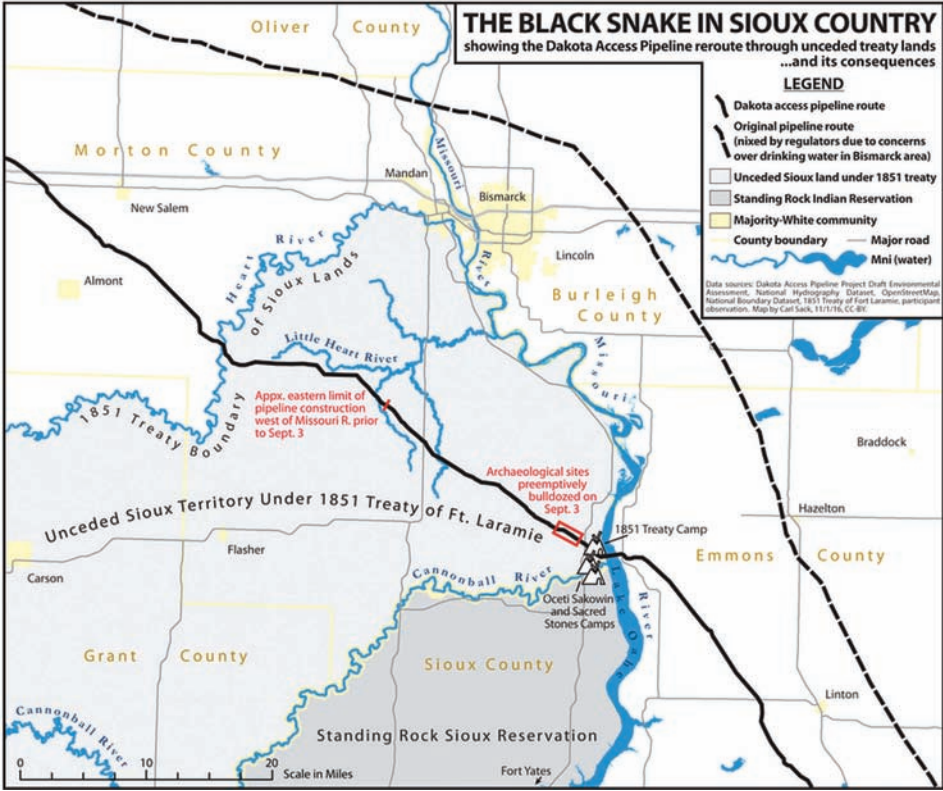
"Dakota Access LLC pipeline has filed 23 condemnation suits against 140 individuals, banks and a coal mine to gain easements through North Dakota. Most of the suits were filed in December against landowners in Williams, Mountrail, McKenzie, Dunn, Mercer

Dakota Access, LLC, hired by Energy Transfer Partners (recently sold to Sunoco) is a developer of a 1,172 mile underground Bakken crude oil pipeline that originates in North Dakota and traverses South Dakota, Iowa and Illinois. Originally the pipeline was to be closer to Bismarck, but they didn't want it in their back yard. So then it was re-routed further south, on treaty land, north of the Standing Rock Reservation (see map).

The decision was made without the permission of Sioux, which means a treaty is broken by the government, again.

Determined to uphold the right to clean water, clean environment, and to preserve sacred burial grounds, a peaceful resistance camp was created on April 1, 2016, under LaDonna Tamakawastewin Allard, a life-long, Standing Rock tribal member. The Sacred Stone Camp has been created to oppose the DAPL pipeline. Their principals for resistance are under the premise of Gandhi and Martin Luther King's ideology of peaceful resistance. They recognize that it is only through prayer and peace that change will occur.

This land is on the reservation and owned by LaDonna. The news of this intrusive pipeline threatening waters and sacred burial grounds was the catalyst of a world-wide movement no one ever dreamed of, except for Red Cloud, Oglala chief, who saw the gathering of nations when the black snake came to Turtle Island, North America today. The indigenous people are rising to reclaim their rights and to protect the Earth, the



Mother, from the environmental damage as a result of fossil fuel and corporate greed.

The word Lakota translates to friendly, peaceful people. They do not condone or believe in violence. They hold great reverence for the Earth Mother and understand the necessity of living symbiotically with all of nature because we all come from the Great Spirit. They believe in the power of prayer (to be said four consecutive days to reflect the four directions).

One of the three camps that formed after

April 1, 2016 was in the path of the pipeline headed toward the Missouri river. September 3, 2016 a peaceful prayer protest of the pipeline met vicious dog attacks; seven people were bit, one was a child. The dogs did not stop the prayers or the protestors. In fact, their numbers continued to grow, in spite of very little press coverage.

The Seven Tribes of the Sioux Nation elders got together and started the sacred fire; the prayer an intention to bring the people

continued on next page

have historical camps and ceremonial sites throughout the pipeline route.

What Energy Transfer, LLC claims: "Designing the route to parallel existing infrastructure mitigates any additional impacts to the environment and avoids areas of potential significance."

The Facts: Building the Dakota Access Pipeline DAP near existing infrastructure is MORE dangerous.

The co-location of DAPL with the Northern Border Pipeline and other utilities creates additional risk of a spill, caused by the corrosive electrical currents of the other pipeline and power lines. Energy Transfer engineers must adapt the DAPL line to the existing currents, or corrosion will occur more rapidly. Any miscommunication among numerous utilities operating in the easement, and the increased potential for human error, intensifies the risk of corrosion and an oil spill.

What Energy Transfer, LLC claims: "Safeguarding and ensuring the longevity of culturally-significant artifacts and sites is of interest to all Americans. That's why the Dakota Access Pipeline traverses a path on private property."

The Facts: On September 3, DAPL workers intentionally destroyed a significant number of burial sites on now-private land, which the Tribe occupied historically. There are numerous other cultural sites of Standing Rock Tribal origin on this land, and DAPL actually purchased the property in order to facilitate construction, to avoid further evaluation and protection of these sites. The company has acted

aggressively to avoid compliance with federal protections of their sacred sites.

What Energy Transfer, LLC claims: "On site there are professional archaeologists who are able to identify and properly identify these sites."

The Facts: How can an Energy Transfer archaeologist know anything if they never spoke with the tribe? The Society for American Archaeology wrote to the Corps of Engineers that: "These stone formations may not be apparent to archaeological surveyors who lack the complete benefit of tribal consultation." (Sept. 13, 2016).

Any claims by archaeologists paid by DAPL regarding the significance of traditional cultural properties are in violation of the professional standards described by the Society for American Archaeology.

What Energy Transfer, LLC claims: "Pipelines are — by far — the safest way to transport energy liquids and gases. Already, 8 pipelines cross the Missouri River."

The Facts: Crude pipelines are just flat-out dangerous.

DAPL is no ordinary pipeline. It is very large, with a 36 inch diameter and capacity of 570,000 barrels per day — it would significantly increase the total capacity of the pipelines crossing the Missouri River. DAPL presents a far greater risk to the environment and public health than other, smaller liquid and natural gas lines. Oil pipelines pose more risk to water supplies and have more construction impacts than other methods of transporting oil.

together as the first step to protect the Earth Mother from the black snake (a prophecy of Crazy Horse: he saw a black snake going through Turtle Island, which had the potential to harm the Earth Mother).

On October 27, Reverend Jessie Jackson came to pray and support the water protectors. This ground zero camp was destroyed the next day by the militarized response of Morton County law enforcement, North Dakota state troopers, the National Guard, DAPL security and seven outside law enforcement agencies that were hired by DAPL.

The prayer circles continued and the sacred area grew. A stage was erected for singers and dancers of many nations that came to support the Indigenous People, who came to be known as the Water Protectors. Dancing, drumming, singing and praying to build the energy of their intention; to protect Mother Earth from the black snake.

On October 28, 2016 a stand-off at this camp resulted in multiple arrests, automobile impoundments, mace, tear gas, rubber bullets compression grenades, armored tanks, LRAD, and ramped-up impoundment fees. There was also destruction of personal property, blatant disregard for native ceremony and unnecessary force by law enforcement.

The blatant disregard for 1st Amendment Rights and Constitutional Rights was another catalyst for world-wide witness and outrage.



You know there's potential human right's violations when these folks show up. photo by Diana Crow-Wheel

Social media reached out and documented the events that major news networks either completely ignored or scantily covered.

Violence continued from the militarization efforts. On November 2, 2016 peaceful protesters were witnessing the destruction of burial sites and sacred grounds. If that devastation wasn't enough there was plenty of mace, tear gas, and rubber bullets directed at the Water Protectors as they swam across the river. Medics from the camps were also assaulted by the militarization.

People of all nations continued to come to support, especially Native Americans. This was the largest gathering of Indigenous People ever recorded in North America. The Seven Councils of the Sioux gathered here to create inter-tribal peace and alignment.

The largest gathering of priests, deacons, pastors, ministers (as of this writing) occurred on November 3, 2016. Here they denounced The Doctrine of Discovery to create forgiveness and healing. The Doctrine of Discovery was a 15th Century document that gave Christians permission to claim the land they discover as their own. In 1792, U.S. Secretary of State Thomas Jefferson declared that the U.S. Government would adopt the Doctrine as U.S. policy. On November 3, 2016 over 500 Christian Clergy asked forgiveness of the Indigenous People for claiming their land and trying to convert their People. They burned a copy of the Doctrine of Discovery at an altar with sage, cedar, and tobacco trusting the smoke will carry their prayers to the Great Spirit, a request to release the past and to heal the future.

Tribes from all over the world have shown up for solidarity at Standing Rock.

On November 20, 2016 the prayerful Water Protectors at the ground zero site were again the targets of rubber bullets, compression grenades, mace, tear gas and water cannons in 26 degree weather. Arrests resulted and have totaled over 500. Hypothermia, severe wounding, historical re-traumatization, property loss, civil rights injustices, Amendment Rights abuses were endured all in an effort to protect clean water.

As support continued to pour in from around the globe, camps became more organized; safety being the paramount concern for all. Water Protectors had gone through trainings to learn skills as to how to remain calm when the militarization is ramping up. There was opportunity to weed out those who were looking for a fight and chan-



Front line water protectors. photo by Valerie Saidman

nel their energy in a helpful, yet peaceful manner. Those who had press passes were told not to wear it in a visible place because journalists were being targeted.

Over 2,000 veterans showed up on December 4, 2016, in solidarity to protect the Water Protectors on the front line, just as another blizzard hit the area. Organized by Wesley Clark, Jr. and Michael Woods, Jr., the veterans dressed in military garb representing eras as far back as the Calvary. These veterans supported the front lines at Backwater Bridge. They also met with elder Leonard Crow-Dog and others for a Forgiveness Ceremony; asking forgiveness of the Indigenous People for the hundreds of years of genocide and war crimes committed against them.

In spite of all of the militarization aimed at the Water Protectors, their core values of peace shine through. The Water Protectors stood at the doors of the Morton County Sheriff Department and offered prayers of forgiveness after their violent response at the pipeline sites. The youth council brought donations to the Morton County Sheriff Department. The peaceful people were practicing peace at the doorstep of their persecutors.

The DAPL hired snipers and bright lights to overlook the peaceful camp. The Morton County Sheriff Departments continue to refuse to stop the bullying tactics of residents from Bismarck and Mandan. A Water Protector was refused lodging; a hardware store refused sales for survival essentials; Native People and had been asked to leave stores; Native People being chased down and threatened by snowmobiles and trucks. On December 4, 2016, the Army Corps of

Engineers announced no easement would be granted for DAPL to bore under the Missouri River because there had not been an Environmental Impact Study. While many saw this as a mild victory, January 24, 2017 newly sworn in president Donald Trump signed the go-ahead for Keystone and DAPL to proceed.

Additional camps are springing up across the United States, for example in Florida and Texas. We will do our best to keep you posted. We believe the Water Protectors are genuine in their intention to protect Mother Earth from the black snake. Mni Wiconi (water is Life!).

Diana Crow-Wheel lives in Divide and has been to Standing Rock in October and November 2016. She has offered this information in a respectful and prayerful way to the elders, to the Indigenous People, and to our readers. Diana has returned to Standing Rock this month to support the Water Protectors. Donations of cash and wood are needed. Prepared foods, arctic masks, goggles, subzero clothing, woodstoves are needed. Colorado Ride-Share Standing Rock gathers supplies to bring up to camps.

Do not go up to camp unless you have a place to stay and have food, stove, heat, 4-wheel-drive vehicle, firewood, etc. to be self-sufficient in blizzard and arctic conditions. If you are interested in supporting and learning more about Standing Rock, OceltSakwin.org, ColoradoStandingRockConnectFB/Group, WaterProtectorLegalCollective.org (formerly RedOwl), MichaelMarkusGoFundMe, PayuVaneGoFundMe. Donations can also be dropped at One Nation Walking Together at 3150 N. Nevada in Colorado Springs.

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HRRMC exhibit features Fay Golson's work

An exhibit of mixed-media pieces by Salida artist Fay Golson is on display at Heart of the Rockies Regional Medical Center through March 31, 2017.

Golson grew up in Florida and began her artistic journey early in life when her mother bought her a set of tempera paints, and she discovered the magic of mixing two primary colors to form a third color. She earned a degree in interior design from the School of Architecture at Auburn University and spent 25 years in the field designing professional and commercial spaces, while remaining active in the art field.

Golson moved to Chaffee County in 1994 and five years later she partnered with five other artists in Articulation Gallery, then located in Salida, where she served as president and part owner until 2005. The next year, she opened Apogee Studio in Salida, where she continues to produce and market her artwork.

A sound foundation in composition and color gathered from her years of design experience combined with an inventive technique are evident in Golson's art. "The powers of imagination, a respect for our worldly creatures, plant life, rock formations, and



Artist Fay Golson with some of her work.

the mighty seas are major influences" on her work, according to Golson, and have forged "a profound bond between the artist and our spectacular planet."

All works in the hospital exhibit are for sale, and 25 percent of the proceeds are donated to the HRRMC Foundation.

HRRMC is hosting four art exhibits this year, as part of its mission to create a healing environment. The hospital displays the work of regional artists, with an emphasis on the Arkansas Valley. For more information on exhibiting art at HRRMC, call 719-530-2217.



Hour of Code

Second graders at Gateway Elementary School in Woodland Park participated in an Hour of Code in their computer lab. The Hour of Code is a global movement to include students all over the world through a one hour introduction to computer science and computer programming.

Food Safety Training for cottage food producers

Does all the snow outside have you dreaming of the Farmer's market season? Are you experimenting with new foods during these long winter days? Are you thinking that this is the year you create that special food to sell as a Cottage Food? If so, now is the time to get prepared. One key requirement of the Colorado Cottage Food Act for home based entrepreneurs is to take a Food Safety for Cottage Foods training.

An accessible and even fun way to meet this requirement is to attend a training offered by CSU Extension. Chaffee County Extension Agent Christy Fitzpatrick will offer a Food Safety Training for Colorado Cottage Food Producers on Wednesday February 15 from 5:45-8:45 p.m. at the Chaffee County Fairgrounds, 10165 County Road 120, Salida. There have been some changes in the Cottage Foods law over the past year. Learn which foods are now permissible under the Cottage Foods Act, product labeling and production requirements, and the all-important food safety for the home

business. After taking and passing a short quiz, participants will receive a Certificate of Completion, good for three years.

The training also provides important information for those overseeing the food safety of Cottage Foods, such as health department staff and Farmer's Market managers.

Preregistration for the class is required by calling the Chaffee County Extension Office no later than February 13. The registration fee of \$20 (cash or check made out to Extension Activity Fund) covers program materials, the class certificate and light snacks.

For more information, contact Chaffee County Extension at 719-539-6447 or email Christy Fitzpatrick at Christy.Fitzpatrick@colostate.edu. For disability accommodations, please notify us at 719-539-6447 at least five business days prior to the event.

Colorado State University Extension programs are available to all without discrimination.

Adopt Me by Teller County Regional Animal Shelter

Kai

Hello. My name is Kai; I am just over 1-year-old. I am one pretty girl, but am very shy at first. I have had a pretty rough start, but am trying to put it all behind me. With your help, I know I can come out of my shell and be the great dog I am meant to be. I know my house manners. All I need is a warm spot to feel safe and someone that is willing to help me love again.

TCRAS is at 308 Weaverville Road in Divide. If you don't know where that is, call the friendly staff at 719-686-7707; they're always happy to help.



More than just pizza! Andrew playing VR. photo by Tom Bruno

More than just pizza!

by Andrew Strawn and Jordan Huxford

The John C. Fremont Library has started a new Teen Ambassador program. Our Teen Ambassadors will be out in the community reporting on educational, informative, and just plain fun events and experiences in our community. If you're interested in becoming a Teen Ambassador, visit the library and submit an application to Sean and Miss Debbie. Last month the Teen Ambassadors visited Papa's Restaurant in Florence to discover the youth activities that Papa's hosts.

Virtual Reality – an unforgettable experience

Have you ever wanted to explore a new world or experience something new? If you answered "yes", then try out the Virtual Reality at Papa's Pizza. They have provided a brand new, one of a kind immersive experience that I was lucky enough to try myself. You can play as a space pirate shooting down drones close up or even in the distance, you can also play Minecraft first person. However if you don't really like video games fret not for the VR also offers peaceful experiences such as "Blu", which is a look at underwater creatures. Even though it offers all these experiences to try it's not free, so make sure to bring some money with you; especially since there's a time limit for how long you can play depending on how much time you buy. To the best of my knowledge it is offered every day. The best part is that they offer a variety of different games to choose from each one having its own unique experience. "It's like stepping out of our world into another," stated Tom

Bruno, the owner of Papa's Restaurant. This is definitely a one of a kind thing in this area that I actually haven't seen in many other places, and something that people should explore for themselves, just be careful not to lose track of time!

Trivia Night

Every other Wednesday Papa's Pizza in Florence hosts Trivia Night at 7 p.m. "Most heads are filled with trivial knowledge anyway, so bring your head to Papa's and you can win prizes," added Tom. Anyone is welcome to join in on the fun. Teams of four (or less) compete in their knowledge of trivia, music artists, and riddles. Teams that place 1st, 2nd, or 3rd get prizes ranging from gift cards for local restaurants to merchandise. They will accommodate for both vegans and vegetarians if the necessary ingredients are available, which I admire because few restaurants would do so. By the time my group arrived, the restaurant was full, which made the night even better. It was a great way to connect with a bunch of people I otherwise wouldn't have. Overall, Trivia Night was an enjoyable experience that I would recommend to anyone.

John C. Fremont Library's Teen Ambassadors positively experienced Papa's Pizza as a great place for teens to have safe fun through Trivia Night and Virtual Reality. All 6th to 12th graders are welcome to Teen Group at the library; Thursdays at 3:45 p.m. You can read more from our teen ambassadors at <http://jcfld.org/teens>

Thank you

The Marvin Bielz Family is thankful for the outpouring of love and sympathy shown to us since Marvin's passing. He was truly loved. Thanks to everyone for the many cards, flowers, food, hugs and other acts of sympathy. Also a big thank you to Lynette, Terry, Pete, Audra, Hayden and Julian for putting up the Christmas lights in honor of Marvin. He truly enjoyed decorating our home each year. We appreciate each and every one of you. God bless you.

— Olivia, Connie, Annette and Family

CENTER OF THE KNOWN UNIVERSE

DIVIDE CHAMBER OF COMMERCE

Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - www.dividechamber.org.

- **Edward Jones Investments:** 719-687-9541 or www.edwardjones.com. Lee Taylor, Financial Advisor providing the investments, services and information individuals need to achieve their financial goals.
- **Shipping Plus:** 719-686-7587 or www.shippingplusco.net. Providing the experience and know-how to help businesses and residents ship any package, any size, any weight for LESS! FedEx, UPS, packaging, keys, copies, labels, notary, fax, stamps, office supplies, greeting cards and gift wrap.
- **Ute County News:** 719-686-7393 or www.utecountrynews.com. Free monthly paper dedicated to sharing the good news about living in the mountains; including health tips, history, recreation and current events.
- **CreativeLee Designed:** 719-686-7587 or www.creativelee.net. Graphic Design and 4-color printing of brochures, ads, business cards and advanced photo manipulation.
- **Golden Bell Camp and Conference Center:** 719-687-9561. Christian Camp and Conference Center for summer camps, business team building, family reunions, retreats, business meetings, dinners and more.

Lenore Hotchkiss
Real Estate Broker
(719) 359-1340

Real Estate Report What happened in 2016

The final numbers are out from the Pikes Peak Association of REALTORS for the end of 2016:

Teller County, new single-family listings down 2.5%; sold listings up 5.6%; median sales price \$251,000, up 8.2%

Woodland Park, new single-family listings up 2.9%; sold listings up 5.7%; median sales price \$290,000, up 10.5%

Median sales price in Florissant was \$232,000; median sales price in Divide was \$235,000; and median price in Cripple/Creek Victor was \$135,000.

Right now is a great time to discuss putting your home on the market for the spring season. With 23 years of experience, I can review staging, market strategies and trends to help prepare you for March and April – a smart time to put your home on the market to avoid more competition later in the year.

LenoreHotchkiss@gmail.com
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WWW.ONENATIONFILMFESTIVAL.ORG



The new Air Curtain Burn was installed at Divide Slash Site in late 2016.

Air Curtain Burner installed at Divide Slash Site

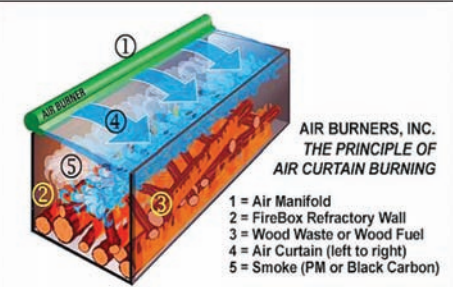
by Coalition for the Upper South Platte



After the 2002 Hayman Fire, a slash site was set up in eastern Teller County to help residents clear their properties of potential fire fuels. The community responded and the site soon had to be moved to accommodate the materials being brought in. A new site was centrally located in Divide and run by Teller County. CUSP assisted Teller County by coordinating and managing volunteers at the site. Continued and growing public use required a more formal business model for running the site and CUSP took over management of the slash site while working closely with Teller County government.

For the last decade, the site has been open Fridays, Saturdays and Sundays from May through October. Operations have been consistent, with notable increases in usage during droughts and fire years, like 2012 when the Waldo Canyon Fire ignited in neighboring El Paso County.

The site provides homeowners a place to bring the slash they accumulate while creating defensible spaces around their homes and thinning wooded areas on their properties to make them more resilient; the collected material are still fuels. Disposing of the slash from the site can be costly. Current procedures for removing piles of slash from the site require contracting with a local company to grind the slash and reduce it to chips, the bulk of which must be hauled away.



This process can easily cost \$15,000 for a regular season's worth of slash. The modest per load fees (\$10 in Divide) barely cover the costs of running site. CUSP and Teller County want to keep the fees affordable to encourage continued use of the site without creating an undue burden on property owners who regularly use the site because they are appropriately maintaining their properties while mitigating fire threats.

To meet the fiscal challenges of safely and efficiently operating the site for the benefit of residents, CUSP explored and pursued the use of an Air Curtain Burner at the site. The curtain burner meets CUSP's requirements for environmental responsibility while maximizing our

financial investment in a product that will quickly recoup the purchase cost. The burner was purchased and installed in Divide in late 2016. After waiting for ideal weather conditions, the first loads were burned on January 20th and 21st.

CUSP will use the remaining winter months to become fully acquainted with the machine, its capabilities and, if any, limitations. Safety is at the core of all CUSP's standard operating procedures and is certainly a priority in the use of the Air Curtain Burner. While the manufacturer provides detailed instructions and support, CUSP is adding protocols for use in our environment. The processes and results will be clearly documented and refinements and adjustments will be incorporated when appropriate and advantageous. We look forward to reporting the results and data from our first winter's use of the Air Curtain Burner later this year.

Air Burners Inc., gives a succinct description of how this machine works — Air Curtain Burners, also called FireBoxes, were designed principally as a pollution control device. The primary objective of an air curtain machine is to reduce the particulate matter (PM) or smoke, which results from burning clean wood waste. It is sometimes hard to visualize without seeing a machine in operation, but the machines do not burn anything, rather they control the results of something burning. You could look at it as a pollution control device for open burning.

Clean wood waste is loaded into the FireBox, and an accelerant is poured onto the wood and the pile is ignited. This is very similar to starting a campfire. The air curtain is not engaged until the fire has grown in strength or the air curtain may blow the fire out. Once the fire has reached suitable strength, usually in 15 to 20 minutes, the air curtain is engaged. The air curtain then runs at a steady state throughout the burn operation and the waste wood is loaded at a rate consistent with the rate of burn.

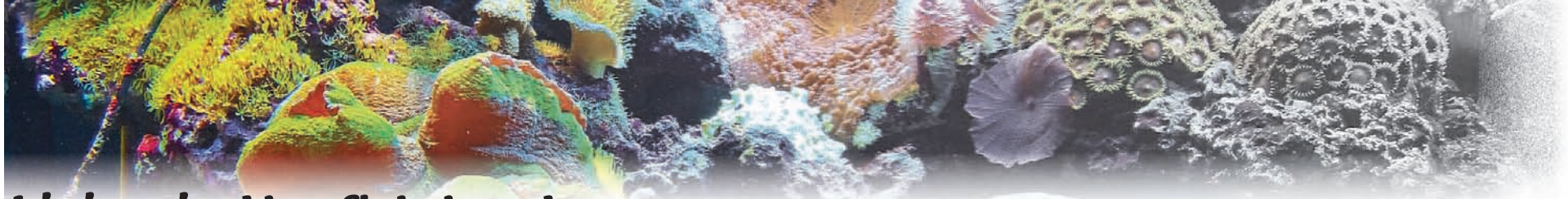
The purpose of the air curtain is to stall or slow down the smoke particles on their way out of the FireBox. In doing this, the particles are subjected to the highest temperatures in the FireBox. Stalling the smoke particles in this region just under the air curtain causes them to re-burn, further reducing their size to an acceptable limit. The result is a very clean burn with opacities well under 10 percent per EPA Method 9 Testing (as compared to open burning which typically can run at 80 percent to 100 percent opacity).

Learn more at: <http://www.airburners.com/>

Adopt Me by AARF

Meja and Wookie

Introducing Meja (Me ha) and Wookie, two Pyrenes females about 7-years-old. They came to us when their person died and had no one to take care of them. They have been together all of their lives and are inseparable. Both have a little arthritis in their back legs but other than that, they are healthy. They are mostly inside dogs, but enjoy a romp in the snow. If you have the room and would like to share it with two great dogs, please get in touch. These two are very gentle, and good with dogs and cats. Call AARF 719-748-9091 if you are interested.



Living in the fish bowl

by Patricia Turner, a retired Marine Research Scientist

We are living in a time where there are so many causes in the world needing our support. Where do we put our energy? We are also living in a time of global warming or climate change. Without our beautiful earth, none of the other causes will matter. Our country is still divided about this issue but it's not about beliefs, it's about facts: 97 percent of the world's climatologists know that global warming is here and its affects are already being felt worldwide.

Almost without fail, those who deny climate change are paid by the fossil fuel industries. For example, one of the major deniers hires scientists to disavow the truth of global warming. This is the Heartland Institute and it was started by one of the Koch Brothers, the richest fossil fuel family in the world. I personally decided to check on the signatures they had denying global warming. I picked just 12 names out of the 3000 they had and of those 12, five were dead, four were paid by fossil fuel industries, and two were paid by the tobacco industry during its denial of the health risks of tobacco. The final person had no substantial credentials. This was just a random few.

Approximately 50 percent of our coral reefs have died within the last 30 years. This is not only due to the warming of our seas, but to the fact that the addition of CO₂ to our oceans also makes them more acidic. The shell fish industry on our NE and NW coasts are being decimated. Just put an oyster shell in vinegar and watch what happens. Our corals are becoming osteoporotic which also means that storms that they used to endure now level them. Consider 0.1 percent of the ocean floor is coral and yet it supports 25 percent of the world's fish. We have now lost 80 percent of the corals in the Caribbean. Currently about 40 percent of the world's population live on the coast. Many of these people are subsistence fishermen who find their usual fishing traditions are no longer feeding their families. Our reefs also provide a buffer against severe storms and their demise means the coasts they protect will be far more vulnerable.

The oceans are rising my friends, just ask the Mayor of Miami. They have spent millions raising their roads as the sea is encroaching right through their sewer systems. They believe this massive project will only help them for around 50 years and then the sea will be in their homes.

Islanders from around the world have had to abandon their entire islands, not because they are completely flooded but because they are devastatingly hit with storms and rising seas which do destroy their homes.

Currently 17,000 people globally are on the move weekly and become refugees because of climate change. If you draw a line horizontally across the center of Africa, you will find devastating droughts that are forcing people to move in order to stay alive; Sierra Leone, Syria, Niger just to name a few. If you look along this same line you will find the sources of both ISIS and of Al Qaeda. The war in Syria began mostly because of a 5-year drought. When people are hungry and thirsty they will fight to live.

Many people argue that there are places on earth that are becoming colder. This is true and it is due to climate change. For example, the melting ice in the north is interfering tremendously with the Gulf Stream in the Pacific. When these currents can no longer travel their usual path, areas where they used to come will become much colder.

The droughts that are hitting the Central Valley of California are severely threatening the food supply for the US (50 percent of all of our produce comes from this area alone). [Since this writing, recent torrential rains have now caused massive mudslides in much of California.]

There is hope for us but we must make some changes.

Consider demanding a carbon tax now. This carbon tax must be placed on, not only the use of fossil fuels, but on the emissions from the fossil fuel industry. We must demand an end to the subsidies currently offered to the fossil fuel industries to the tune of 20 billion dollars annually. British Petroleum spent billions on cleanup of the Gulf of Mexico and was permitted to write

off the entire amount in their taxes so, basically, we paid for their damage.

The other thing that will help immensely is for all of us to reduce our consumption of beef. One of the biggest reasons we burn down the Amazon forests besides for fossil fuels is to grow beef. The rain forests protect us from CO₂ by storing it in their leaves, roots, and bark but when we burn it, it is like a carbon bomb releasing years of what the trees held.

Beef also produce a huge amount of CO when they are chewing their food which is one of the most dangerous carbon emissions. Many of us are addicted to beef and if we can just cut our consumption in half it will make a huge difference for our planet.

The other product we must observe is palm oil. This industry is wiping out the forests of Sumatra to be used in processed foods, cosmetics and many more things.

I am a 65-year-old woman and when I was born there were only 2.5 billion people on our



This is a shot of Leonardo DiCaprio as he traveled to film Before the Flood. He was a peacekeeper on global warming at the UN for us. photo credit National Geographic.

planet. Today we are home to an estimated 7.4 billion. If you have a 10 gallon fish tank and you add more than 10 small fish to this tank, they are likely to all die. A tank is a closed system. The Earth is a closed system. I urge you to reach out to your local politicians and to your representatives in Congress and demand locally and federally a carbon tax. I love my

children and hope you do too. I urge you to become informed. Watch Leonardo DiCaprio's film Before the Flood or tune into Years of Living Dangerously which is a series offered by National Geographic. Our future depends on us.

Patricia is also the founder of Tierra Sagrada, the Sacred Earth Foundation.

Pikes Peak Regional Hospital
Specialty Clinic Welcomes
Pikes Peak ENT

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Pikes Peak ENT 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.

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OF TELLER COUNTY AND THE REGION

Left to Right
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Dr. Puszt
Dr. Arnholt

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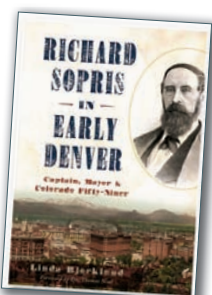
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Richard Sopris in Early Denver

by Linda Bjorklund



From Gregory's Diggings prospector to Denver mayor, Richard Sopris left an indelible mark on the Mile High City and Centennial State. Read more of the unsung life and accomplishments of this Captain, Mayor, and Colorado Fifty-Niner. E-book available through Barnes & Noble and Amazon. Hardcopy is available at both the Museum and the Ranger Station in Fairplay or visit www.lindabjorklund.com

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CSHP welcomes new cardiologist

Colorado Springs Health Partners (CSHP), a division of DaVita Inc. (NYSE: DVA), announced today that Tracy Paeschke, MD will join the organization's cardiology team, further expanding its services to patients in the region.

Prior to joining CSHP, Dr. Paeschke worked as an inpatient and outpatient non-invasive cardiologist in Charleston, West Virginia. She held a position as clinical assistant professor at West Virginia University School of Medicine, supervising and instructing third and fourth year medical students on inpatient and outpatient clinical rotations. Prior to her time in West Virginia, Dr. Paeschke worked in Denver, CO for 12 years. Dr. Paeschke received her Bachelor of Arts in Zoology at the University of Arkansas in Fayetteville, Arkansas and her doctor of medicine from the University of Arkansas for Medical Sciences in Little Rock, Arkansas.

Dr. Paeschke joins Drs. Nita Harris and Deb Griffin, increasing capacity and access

for CSHP cardiology patients. CSHP's cardiology department also offers patients services through its Heart Failure Clinic. As heart failure is the most common cause of hospital admissions, the Heart Failure Clinic provides patient-focused quality care management in order to assist patients with the difficulties of heart failure and to help prevent hospitalizations and readmissions. In order to schedule an appointment at the Heart Failure Clinic or with Dr. Paeschke in cardiology, patients can call 719-630-5555.

About Colorado Springs Health Partners, a DaVita Medical Group, Colorado Springs Health Partners is a physician driven, locally operated, multi-specialty medical practice, and a DaVita Medical Group. CSHP is proud to offer quality health care to residents of the Pikes Peak community through its 125+ providers in 10 practice locations throughout the region, including three Urgent Care clinics. Committed to a coordinated, integrated



Tracy Paeschke, MD

system of care, CSHP offers primary care and full service diagnostics, ambulatory surgery services, urgent care, hospitalist medicine, health management, a sleep center and more than 20 medical specialties. Find out more at www.cshp.net.

Full moon ski and snowshoe

Beaver Ponds Environmental Education Center located at 2234 Busch Run Road on Sacramento Creek near Fairplay is offering a free program under the February full moon on February 11th at 6 p.m. Join Beaver Ponds staff on your snowshoes or cross country skis as they guide you around the Beaver Ponds Interpretive Trail whilst discussing winter ecology and the many ways that animals and plants alike survive the harsh conditions of winter at an elevation of 10,000+ feet. The program is appropriate for individuals both young and the old as the pace will be nice and easy and relatively flat. Visitors should bring skis or snowshoes, warm weather-appropriate clothing, a water bottle, and headlamps.

"According to the Farmer's Almanac, the February Moon was nicknamed the Snow Moon, as 'Usually the heaviest snows fall in February,'" explains Program Coordinator Kristin Barrett. "The Almanac goes on to say, 'Hunting becomes very difficult, and hence to some Native American tribes this was the Hunger Moon.' It's probably a hun-

ger moon for many animals too. However, we will be hunting with our senses only during this hour-long adventure into the Beaver Ponds wilderness. If the skies are clear the moon should be bright enough that everyone's night vision kicks in and we are able to enjoy the evening sans headlamps."

"In addition to the talk, visitors can expect light refreshments afterwards in the warmth of our classroom and the opportunity to purchase farm-fresh eggs and yarn produced by resident goats and alpacas," explains Barrett.

Beaver Ponds Environmental Education Center is entering its fifth year of operations as a hands-on experiential facility in Park County. Their vision is to become a leading environmental education center inspiring action to protect and improve the environment. Beaver Ponds staff educate visitors about the environment and the role all persons play in preserving and protecting the place they call home. Operating under the umbrella of teaching individuals about sustainability concepts, ecosystems, and climate change,

"According to the Farmer's Almanac, the February Moon was nicknamed the Snow Moon, as 'Usually the heaviest snows fall in February.'"

— Program Coordinator Kristin Barrett

specific Beaver Ponds programs include: Beaver Ecology, Watershed Ecology & Stewardship, Sustainable Agriculture, Greenhouses, and Gardening, Medicinal and Native Plants, Renewable Energy Systems, and Healthy Forest Management. In addition to hosting school groups, life-long learners, home school children, and services organizations, Beaver Ponds has an internship program for college students. Go to www.beaverponds.org for more information.

Red fox natural history

Beaver Ponds Environmental Education Center located at 2234 Busch Run Road on Sacramento Creek near Fairplay is offering a free program called "The Red Fox: Natural History and Winter Ecology" on February 23rd at 7 p.m. Join Dr. Patrick Magee as he talks about the history of the fox and how they survive difficult ecological circumstances during the winter. Magee is the Thornton Chair in Biology at Western State Colorado University. The program is appropriate for individuals both young and the old.

"This is going to be a super informative talk for anyone interested in learning more about the red fox, as well as how animals adapt to harsh winter conditions," shares Program Coordinator Kristin Barrett. "As

we enter into 2017, Beaver Ponds is more committed than ever to bringing interesting relevant programs to this area and we feel this is a great kickoff! Professor Magee has conducted research on Gunnison sage-grouse, boreal owls, small mammals, snowshoe hare, and both sagebrush and piñon-juniper birds in Colorado. While the talk is on red fox, I would imagine that he will touch on other animals as well."

"As a wildlife biologist I work cooperatively with local and regional researchers, managers, conservationists and many others to design and implement strategies for wildlife conservation. My recent research focuses on effects of woodland thinning on piñon-juniper obligate birds. Further, I

work on conservation projects to benefit the Gunnison sage-grouse conservation and the sagebrush ecosystem," explains Magee. "I have worked with numerous undergraduate students in diverse projects from macroinvertebrates to mammals. The emphasis of many of these projects is on habitat relationships and land management consequences to populations and communities. I am excited to share my passion for red fox with the Fairplay/Alma community."

"In addition to the talk, visitors can expect light refreshments and the opportunity to purchase farm-fresh eggs and yarn produced by resident goats and alpacas," explains Barrett. Go to www.beaverponds.org for more information.



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~OUT AND ABOUT~

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

BUENA VISTA

4 The 32nd Annual Chocolate Lover's Fantasy from 5:30-8 p.m. at High Country Bank is a fundraiser for Alliance Against Domestic Abuse.

9 Fidos, Feines & Funda from 5:30-8 p.m. at the BV Community Center.

10 Community Dance & Potluck from 6:30-9 p.m. at Congregational Church 217 Crossman St.

14 Celtic & Old-time Music Jam from 6:30-8:30 p.m. at 203 Cedar St. Call 719-395-6704 for more info.

23 Shine a light on slavery day organized by the End IT campaign (enditmovement.com). BY HOPE is sponsoring two seminars to raise awareness of human trafficking. HT 101 is at 5 p.m. at the BV Community Center, 715 E. Main St. Refreshments from 6-6:30 then present HT 201 to educate medical professionals on how to identify victims and get them the help they need. Classes are free and our speakers are from the Laboratory to Combat Human Trafficking out of Denver, CO. (combathumantrafficking.org) For questions or directions call Beth Ritchie 719-395-6938.

26 VFW All U Can Eat Sunday Breakfast from 10 a.m.-1 p.m. at VFW 27318 CR 314. Call 719-395-2929 for more info.

CA ON CITY

1, 8, 15, 22 NAMI Connection Recovery Support Group. Adults living with mental illness. Every Wednesday 5:30-7 p.m. at St. Thomas More Hospital Community Education Room. Free, safe, and confidential. 719-315-1130. www.namisontheeast.org UFN

4, 18 Jewette's Liquor Tastings from 2-5 p.m.

12 The Recital Series at Christ Episcopal Church presents: Rock and Roll Tendencies at 2 p.m. A program of Jim Bosse's arrangements of popular rock songs with Joyce Hangan on oboe. Located at 802 Harrison Ave. Plan to attend the "Meet and Greet" reception in the church hall after the recital. Tickets available at the door: Adults \$10, Students free. For more information call 719-429-7551.

CANON CITY LIBRARY

4 Jim Remington from Westcliff will be performing "Celtic Ramblings" at 2 p.m.

11 Money Matters part 1, at 2 p.m.

On-going events at Canon City Library

- Free Legal Help each 2nd Monday of the month.
- Monday B.O.O.K. (babies on our knees) is a story time and activity play for 0-24 months at 10:30 a.m.
- Tuesday, Thursday at 10:30 a.m. is story time and craft for 2 and up.
- Wacky Wednesday every 2nd and 4th Wednesday 4-5 p.m.

Canon City Library is located at 516 Macon Avenue. Call 719-269-9020 for more information.

COLORADO SPRINGS

11 BLUE, GREY and BLACK: My Service to Country at 2 p.m. at Old Colorado City History Center, 1 South 24th St. Presenter: Don Cesare. This Program is a personal memoir of 40 years of service in the Marine Corps, CIA, and FBI. The Program covers several epic events that took place in the later part of the 20th Century. These events were witnessed by and participated in by Don Cesare as an officer in the Marine Corps, a Security Agent in the CIA, and also a Special Agent in the FBI. Copies of Don's book entitled: BLUE, GREY and BLACK: My Service to Country will be available for purchase and signing.

19 One Nation Film Festival see story on page 14 and ad on 24.

COPPER MOUNTAIN

1-4 USSA NorAm Cup - Alpine Tech Competition. Competitions continue at Copper, helping develop those that are the future of skiing and snowboarding. This NorAm Cup event takes place on Copper's U.S. Ski Team Speed Center and allows for athletes to compete against others from around the world.

5 USSA NorAm Cup - Speed Competition.

18-19 Join Copper and Cloud City Wheelers for the 6th annual Winter-Bike event, part of the Leadville winter mountain bike series. Competitors ride into the night for this cross-country mountain race. Check out what winter riding is all about with fat bike demos, or make it a family affair with LittleBike and JuniorBike - free fun rides for the kids.

26 Team Summit Cup. Summit County's local ski and snowboard club, hosts this slopestyle competition in Woodward's Copper Central Park. The Team Summit Cup is an opportunity for local skiers and riders to gain more competition experience. CopperColorado.com

CRIPPLE CREEK

11&12, 18&19 CCV Mine Fire at the Ice Festival see page 10.

16 CC-V Music Dept's 2nd Annual Music Silent Auction and Dinner at 6 p.m. See page 4.

ASPEN NINE CENTER

1, 8, 15, 22 AMCO Community Lunch- con from 11:30 a.m. to 1 p.m. All community members are welcome, particularly seniors, persons with disabilities, volunteers, low income individuals and families. Meals are provided on a donation basis.

15 ATTUNE - New support group for male victims of Domestic Violence. This group meets the 1st and 3rd Wednesday of each month from 4-5 p.m.

7, 21 TBI Group participation meetings regarding Traumatic Brain Injury on the 1st and 3rd Tuesday of each month from 10-11:30 a.m.

8 Colorado Legal Services from 1:30-3 p.m.

14 All Vets. All Wars. Group participation for all vets, of all wars on the 2nd Tuesday of each month from 10-11:30 a.m.

16 OIB Group, a support group for individuals with blindness or other sight issues and meets from 10-11 a.m. in the Dining Room on the 2nd floor of the Aspen Mine Center every 3rd Thursday of the month.

24 Teller County Emergency Food Distribution Program (Commodities) will be held from 9 a.m.-2 p.m. on main floor. Please bring photo ID and proof of Teller County residency.

24 Cross Disability Meetings for persons with disabilities. The meeting is held the last Friday of each month from 10-11:30 a.m.

All are held in the 2nd floor conference room unless otherwise specified. Call 719-689-3584 X124 for further information.

FAIRPLAY

7 The South Park Chamber of Commerce will be holding their first 2017 Business Mixer from 5-7 p.m. Elaine Kist, owner of Knitnation and Rustik Ranch will be on the hostess for the evening at 526 A Front St. Please join us for refreshments and time to enjoy your fellow business owners in Park County. Call Cheryl at 720-205-0178.

11 Full Moon Ski and Snowshoe at BPEEC see page 26.

23 Pizza Party. The Friends of the Fairplay Community Center hosted a pizza party from 5:30-7:30 p.m. The event will be held at the Trails End Saloon on the southeast corner of Main Street and 5th in Fairplay (next to the Valiton Hotel). \$10 for everyone, children under 7 only \$5. Includes pizza, a mixed greens salad and tea or soda. There will be a cash bar at Trails End. Proceeds will go toward the South Park Community Center project. We hope you will join us.

23 Red Fox at BPEEC see page 26.

CC PARK & REC

10 Make & Take Craft Class from 5-6:30 p.m.

9 & 23 Adventure Service Klub on Thursday from 4:15-5:15 p.m.

On-going classes:

- Aikido for Adults (Martial Arts), Mon & Wed 6-7 p.m., Tues 11-noon, \$5
- Archery Saturdays by Appointment
- Bible Study for Women Only, every Wed evening from 5-6:30 p.m., FREE
- English as a Second Language, Call Michael 719-689-3514 for info
- Judo, Tues from 5:30-7:30 p.m., \$5
- Kiddo Kids Mon & Wed 4:30-5:30 p.m., \$5
- Knitting Club for Women, Mon from 9-10 p.m., FREE
- Roller Skating/Blading Fri and Sat

Call ahead, \$2

- Silver Sneakers Exercise Classes every Mon-Wed-Fri 10-11 a.m.
- Soccer - Indoor Youth League Registration Deadline Feb 26
- Volleyball - Adult Co-Ed/Youth Camp Registration Deadline Feb 19
- Zumba Classes, Mon and Thurs every week from 5:15-6 p.m., \$5

Call 719-689-3514 for more info.

GED classes are offered Tuesday and Thursday afternoons from 2 p.m. to 5 p.m. Please call Katy to register 719-686-0705.

DIVIDE

4 Ute Trail Stampede Stick Horse Rodeo for kids 12 and under see ad on page 3.

13 & 27 Divide Little Chapel on the Hill - Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapel-foodpantry@outlook.com

Save the date: Music Festival is scheduled for Saturday July 8, 2017. Tons of entertainment planned all day/fall family fun day!

The Divide Planning Committee (DPC) invites you to sign up on the website below if you reside or work in the Divide Region of Teller County. The Divide Planning Committee is the voice of the Divide Regional Plan acting as a Review Agency for the Teller County Planning Commission, Teller County Planning Department, and the Teller County Board of County Commissioners. By signing up on this website you will receive notices for future meetings. See the DividePlanning.org website for more information.

GED classes are offered Tuesday and Thursday mornings from 9:30-noon. New Student Please call Katy to register 719-686-0705.

TCRAS-Save the date: March 4. Get your WAOG Dinner & Auction. Cocktail Hour starts at 4:30 p.m. At the Shining Mountain Golf Club 100 Shining Mountain Gold Club Ln. in Woodland Park. All proceeds benefit the animals at TCRAS! Tickets available at tcrascolorado.org or reserve by phone 719-686-7707.

FAIRPLAY

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23 Red Fox at BPEEC see page 26.

FLORENCE

• John C. Fremont Library - see page 25 for January 2017.

FLORISSANT

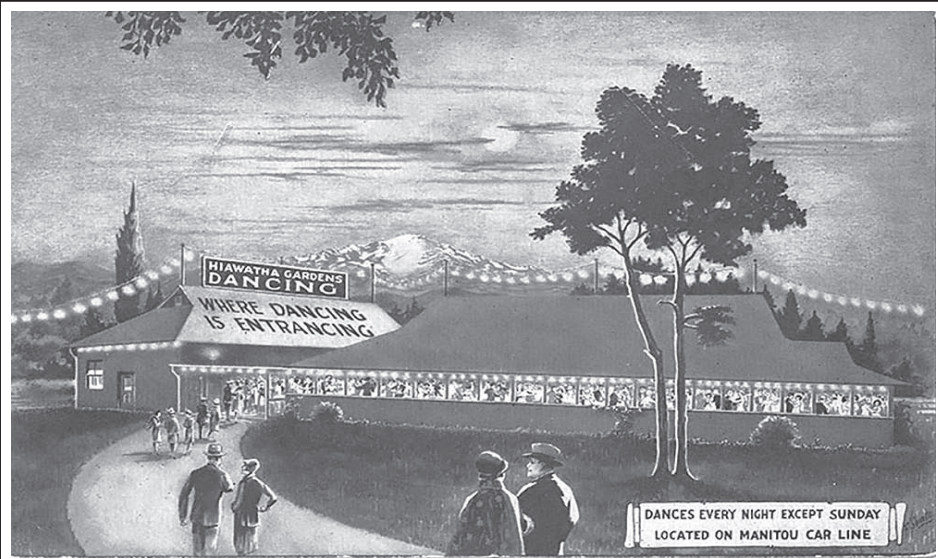
19 Drilling, fracking, earthquakes and our energy bills see page 4.

19 Home Remedies with the Thyme-keeper see page 2.

FLORISSANT FOSSIL BEDS NATIONAL MONUMENT

Open from 9 a.m.-4:30 p.m. daily.

18 Great Backyard Bird Count from 9, 10 or 11 a.m. It is a great way for people of all ages and back-



COLORADO SPRINGS

13 You Never Know What You're Going To Find: The Surprising History of Manitou's Hiawatha Gardens by Deborah Harrison & Beau Schriever 6 p.m. social time, 6:30 p.m. dinner at Colorado Springs Masonic Center, 1150 Panorama Drive. Could a simple railroad man suddenly afford to build a \$30,000 gentleman's club decked out in the finest furnishings in a noted resort town? Filmmaker Smith could. Even Rudolph Valentino

found dancing to be entrancing at the Gardens. How does this relate to the movie Star Wars? Hiawatha Gardens' history has many surprises. From its beginning in the days of the Wild West to Dad Bruce's takeover of the "Miami Gang," the Gardens have been the site of many fascinating stories. Beau Schriever and Deborah Harrison will share their discoveries about a run-down restaurant that was revealed to have a

brilliant history. 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. Phone: 719-473-0330 ask for Bob DeWitt or Email: posse@dewittertprises.com

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FRESHWATER BAR & GRILL

5 Super Bowl Party 4:30 p.m. Potluck starts at 4 p.m. Kitchen open until 4.

11 The Famous Sandy Wells Acoustic Performance will play from 5-8 p.m. with a special Valentines Celebration and Dinner. Make reservations early it will fill up fast.

18 Wii Bowling 5-8 p.m. Several other games available.

25 Stompin' George & Super Chuck 6-9 p.m.

• Look ahead March 4 Dinner Show with Lissa Hanner and Super Chuck.

LAKE GEORGE

NEW LAKE GEORGE 4-H CLUB 9 Informational Meeting 4:15-5:15 p.m.

23 First Official Meeting 4:15-5:45 p.m. Both meeting to be held at the Lake George Community Center. Contact Erin at 719-689-5900

LAKE GEORGE LIBRARY

• Story Times each Wednesday from 1:30 to 2 p.m.

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. For more information, please call 719-530-4295.

PONCHA SPRINGS

18 Salda Contra Dance 7-9:30 p.m. at Poncha Springs Town Hall 330 Burnett Ave. Caller is Andrea Coen from Salda. Band is Junkyard Dogs. Live music and lively dancing! No partner or experience needed. Dessert potluck. \$7 (\$5 AVMAAD members). The dance is co-sponsored by Arkansas Valley Music and Dance, and the Country Dance and Song Society

SALIDA

1 A free legal clinic for parties who have

no attorney, will be featured from 2-3 p.m. on the first Wednesday of each month at the Salda Regional Library at 405 E St. Salda, 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. Walk-ins are welcome, and everyone will be helped on a first-come, first-served basis. The next clinic is February 1.

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

4 6th Annual Hippie Party at the Salda SteamPlant Event Center. Don your favorite hippie apparel and dance the night away! Tickets will be available in advance at the Salda Chamber of Commerce and the SteamPlant box office as well as at the door. 7-10 p.m.

4 Happy Chinese New Year Salda at 6 p.m. at Longfellow Elementary Gymnasium.

8 Loves Job Fair 10-4 p.m. at Colorado Workforce Center 448 E. 1st St. Wanted: GMs, Assistant Managers, Restaurant Managers, Managers in Training.

11 2nd Saturday Gallery Tours, Downtown Salda 4-8 p.m.

11 Second Saturday Art Reception at the SteamPlant 5-7 p.m. February's artist is Nadrop photographer Stephen Witty. 719-530-0933, info@salidasteamplant.com

BOOK HAVEN

• Happy Story Hour every Wednesday 5:30-6:30 p.m. Happy Hour & Appetizers for adults. Story Hour & Treats for children (infant-8 years old). RSVP Required! 719-539-9629.

WOODLAND PARK

1, 8, 15, 22 In-depth Non-denominational Bible Study. Please join us as we study the Book of John. FREE! Wednesdays 6:30 p.m. at Woodland Park Community Church and

continued on page 28



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~OUT AND ABOUT~

continued from page 27

Thursdays at 10 a.m. at High View Baptist Church. Contact: Tara Hendrickson for details at 303-949-8055 or zfunefarm@aol.com

7 The Mountain Top Cycling Club Meeting at Denny's, social time 6:30 p.m., meeting to start at 7 p.m. Our guest speaker will be Linene Kleppe. Linene Blanton-Kleppe is the founder and current owner of My Yogo Bliss. A graduate of Morehead State University, Linene has been practicing yoga for 15 years and is a certified yoga instructor. She creates and leads vibrant Vinyasa and Yin classes by incorporating the mind, body and spirit of yoga into her practice. Linene will give a small talk about the benefits of yoga specifically for cyclists. She will show that the benefits of yoga will be widely appreciated for any cyclist who have any recurring injuries or cyclist who want to practice preventive care. Come socialize with other cyclists, get a chance to win a door prize. For more information visit <http://www.mountaintopcyclingclub.com/> or call Debbie 719-689-3435. March meeting is the 7th.

11 Farmer's Market – see ad on page 12

18 Pancake Breakfast at the Woodland Park Senior Center, Pine and Lake Street, 8 to 11 a.m. Bring your favorite Valentine and join us for a fresh cooked, all you can eat, breakfast of fluffy pancakes, scrambled eggs, sausage, the best biscuits and gravy around, and a seasonal treat. Only \$8. Kids 6 and under eat for \$2. Everyone is welcomed to enjoy good 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.

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

- Clothes Closet offers free food and clothing on Mondays, Wednesdays, and Fridays from 1 p.m. to 4 p.m. Donations accepted. Call 719-687-2388 for more information.
- GED classes are offered Thursday evenings from 6 p.m. to 9 p.m. Please call Katy to register 719-686-0705.

DINOSAUR RESOURCE

4 Bricks 4 Kidz 1-3 p.m. A hands on learning experience using Lego bricks with a STEM (Science, Technology, Engineering and Math) theme.

18 Pueblo Zoo visits DRC 1-2 p.m. Meet some of the animals from the Pueblo Zoo. Learn all about them by asking questions of their keepers and yes, you can pet some of them. Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO. <http://www.mrdrc.com>

TCRAS

Wild Whiskers - March 4th 2017. "Get your WAGon" Dinner & Auction. Cocktail Hour starts at 4:30 p.m. At the Shining Mountain Golf Club

100 Shining Mountain Gold Club Ln. All proceeds benefit the animals at TCRA's! Tickets available ONLINE at atrascolorado.org OR reserve by phone 719-686-7707.

TEEN CENTER

Sign-up sheets for all activities are at the Teen Center.

1 Guys' Self-Defense Class. Sign up for this Krav Maga class taught by Officer Couch. Space is limited 6:30-8 p.m.

1, 8, 15 & 22 Snack special - grilled chicken quesadilla \$1.

2 Art Day - Come color some coloring pages and show off your artwork in the Teen Center!

3 Chill Day at the Teen Center

6 Come build your best Lego creation All DAY!

8 Good Vibes Art. Try your hand at painting rocks.

13 TAB Planning Meeting 3:30-4 p.m.

13 Adopt-A-Spot. Clean up in and around Memorial Park and help keep Woodland Park beautiful 4-5 p.m.

15 Headband Making Class. Come make a headband to wear to the Good Vibes Dance!

17 Good Vibes Dance Party 6-8 p.m. You must be signed up to attend. Look for the sign-up sheet on the table inside the Teen Center. \$3.

20 No school TC open noon - 6 p.m.

21 No school TC OPEN noon - 6 p.m.

21 Great Backyard Bird Count. Be a part of a live, online event! Count bird species in Woodland Park and enter them online in this nationwide event 1-3 p.m.

23 Book Club. Come discuss the book of the month and find out what the new book will be! 4-5 p.m.

24 Join us at the Fireplace in Memorial Park to make a biscuit wrapped hotdog on a stick! Please sign up so we have enough for everyone! 4-5 p.m.

28 TAB Meeting 4-5 p.m. if you're on TAB, please plan on attending. At the Teen Center we have lots going on every month. Besides what's on the calendar above, we have our Elevate Cafe offerings, board games, card games, puzzles, Xbox 360 and PS4 game consoles, a pool table, air hockey and a foosball table! We are a safe, supervised place for teens to come and spend the afternoon. We are a drug-free, bully-free, violence-free zone!

After school hours: 3 p.m. to 6 p.m.

No school hours: noon to 6 p.m.

Youth in Grades 6-12 are welcome! Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

UTE PASS CHAMBER PLAYERS

5 UCP present: We Wish the Broncos were Playing at the Superbowl Concert! To help ease the pain, music of Mozart, Doppler, Hovhannes and Schubert at 3 p.m. at High View Baptist Church 1151 Rampart Range Rd. Tickets \$15, students \$5 with valid school ID. Call 719-686-1798.

• Woodland Country Lodge Entertainment Schedule see ad on page 16.

VICTOR

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



Ute Pass Childhood in the Early Days

In the early 1900s, many folks found the Ute Pass area to be a good place to raise a family. Children were expected to be self-sufficient and tend to their chores while busy parents worked the railroad and did other jobs.

Dorothy Hart recalls that her mother could not keep track of her. "She would tie a rope around my waist and tie me to the railing of the store."

Donna Jean Clifford remembers hanging out wash in Colorado winters. "I had cold fingers every morning!"

Despite daily chores, there was always time for parties, picnics, and fun. This exhibit reveals personal stories and features photographs and vintage artifacts.

The exhibit can be seen at the Woodland Park library on the 3rd floor through March. For more information, contact the Ute Pass Historical Society at 719-686-7512.

Rampart Library News

by Michelle Dukette

I hope that everyone had a wonderful holiday season. As this was my first here in Teller County, I was truly amazed and impressed by the beauty of the Pikes Peak region. I was even more impressed by the number of events and programs put on in our area by so many of our local organizations. I hope you all had a chance to come into our libraries, whether to admire the lovely and creative gingerbread houses, view our festive book tree created by our Teen Advisory Board or just crack open a book to escape the hustle and bustle of holiday shopping. We appreciate your patronage and look forward to seeing you this month at the library.

Programs

For our booklovers we have three great book clubs. Join one or join all. Our Woodland Park Book Club meets Tuesday, February 7, 10:30-noon at the Woodland Park Public Library to discuss *The All-Girl Filling Station's Last Reunion* by Fannie Flagg. Bookworms, our Florissant Public Library book club will meet on Wednesday, February 15, 10:30 a.m. to discuss *One Summer: America, 1927* by Bill Bryson. For readers who enjoy a nontraditional, unconventional and fun approach, we now offer the Who Picked This Book? book club at Florissant Public Library, meeting Monday February 13, 11:30 a.m. Our topic this month is Trivia – just show up and be ready for some fun.

The Library District is offering several computer classes this month including Windows 10 Part 1 on Thursday, February 2, at Florissant Public Library at 10-11:30 a.m., and again on Friday, February 3, at Woodland

Park Public Library at 10-11:30 a.m. On February 16 the Woodland Park Public Library will be offering a Facebook Basics class at 10 a.m. To register, please contact Mary Ann at 719-687-9281. These classes fill up quick so call early to reserve your spot.

Need a Computer Quickie? Call Florissant Public Library at 719-748-3939 to register for a 20-30 minute session and get individual assistance in learning Internet basics, setting up an email account, working with our library catalog, or getting basic questions answered. Sessions in February will be held between 2:30-4 p.m. on Monday, February 13, and between 10-11:30 a.m. on Thursday, February 16.

The Friends of the Florissant Public Library invite you to come out for their annual Children's Winter Fun Day on Saturday, February 11 from 10-noon at the Florissant Public Library. Play games, make jewelry and Valentine cards, build amazing Lego creations, and sing and dance along with Miss Leslie. There will be artful explorations, temporary tattoos, and snacks.

On February 15 the Community Partnership will be starting a Cooking Matters: Cooking for Adults workshop at the Woodland Park Public Library. Dates include February 15, 22 and March 8, 15, 22, and 29. The class is from 11:30 a.m. to 1:30 p.m. The sign-up is through the Community Partnership by calling 719-686-0705 or stopping by their offices at 11115 Hwy 24, Suite 2D.

On Saturday, Feb. 25 from 1-3 p.m., the Pikes Peak Children's Museum will be having a Makerspace Program at the Woodland Park Public Library. We'll be tinkering and creating using recycled materials. Come

make something amazing with us!

Free Legal Self-Help Clinic Wednesday, February 1, 3-4 p.m. at both library locations.

Looking for a meaningful volunteer opportunity?

The Woodland Park Public Library is now accepting applications for volunteers to help with handling book donations and sales. If you are interested in volunteering, please contact Jennie, Adult Services Librarian at the Woodland Park Public Library at 719-687-9281. This is a great cause as all of the proceeds of the book sale go directly back to the library, assisting the District in being able to provide the great programming and wonderful library collection that we offer to our community.

Teen Room

There are lots of fun activities to get involved in at the Teen Room in Woodland Park Public Library. Join us on Tuesdays for the after-school Art Club, and watch the best Anime' during Anime' Club at 3:30 p.m. on February 8 and 22. On February 15, teens will be cooking up Power Breakfasts and Smoothies during our Teens Cook! club, which starts at 3:45 p.m. Sign up one week in advance to secure your spot.

It's an After-Hours Lock-In Party! Teens in grades 6 - 12 are invited to join us for a Mardi-GLOW Lock-in party on Friday, February 24 at the Woodland Park Public Library. The party goes from 6:30-9:30 p.m. and will include food, drinks, and lots of glowing good fun! Parents MUST sign a permission and release form for their teen to participate. Stop by the Teen Room to pick up a participation

form, or visit the Teen Programs page on our website at RampartLibraryDistrict.org. Forms must be turned in no later than February 22.

We would like to extend a special thank you to The Holiday Home Tour and the Rampart Library District Foundation for their financial support of the Teen Room remodel project. During the week of February 27 through March 3, the Teen Room will be closed as we give it a whole new look.

Blind Date with at Book

Single? In a relationship? It's complicated? During the month of February, both Florissant and Woodland Park Public Libraries will offer an opportunity to go on a mystery date with a book. You will find display books in the teen and adult areas that are wrapped in brown paper. Simply select one based on the description... no peeking! Take your "date" home and get acquainted. Will it be funny, mysterious, horrifying or romantic? You won't have to worry about dressing up, making awkward conversation, or bad breath. Will you meet a new favorite author and have a great time, or will this relationship crash and burn before it gets started? Inside each book is a Rate Your Date slip. Let us know if you enjoyed yourself or if it was a dud. There won't be any hard feelings or awkward breakups. Each slip you turn in will earn you a treat for your bravery. See related story on page 15.

Rampart Library District will be closed Monday, February 20 in observance of the Presidents' Day Holiday.

John C Fremont Library news

February's featured artist: Roger Huffman-burger will be displaying his exhibit Art by Inspiration. There will be a reception for the artist on Saturday, February 11th from 2-4 p.m.

February's Featured Collection

CloudLibrary offers our patrons access to thousands of eBooks and eAudio. Visit <http://www.jcflid.org/ebooks/> to learn more, or come by the library and we can help set you up!

Adult Programs

2 Easy Origami for adults with Jennifer Gerring at 6 p.m. Jennifer Gerring, Origami artist, will teach three easy origami models for adults. She has been folding Origami since she was 8-years old, and teaching Origami for over 20 years. She is a member of the OrigamiUSA association, traveling to NYC and London for Origami conventions. The class limited to 15 people. If you are interested, please contact Sean at 784-4649 x 3 or email sean.baharry@JCFLD.org

7 Romancing the Sea with Ann Williams at 6

p.m. Seaside or high seas, the ocean is the place to go for romance. From breathtakingly beautiful sea creatures to mermaid legends to the intriguing mores of sea-horses, seals, turtles, otters, and octopuses; this presentation explores and celebrates Neptune's most enchanting sea life.

21 Bringing Theodore Roosevelt to life with Don Moon at 4 p.m. Step back in time with Don Moon's one-man, living-history performance as he brings to life the trust-busting, Rough Rider and noted conservationist, Theodore "Teddy" Roosevelt. Capturing the exuberance and cowboy persona of Roosevelt, Moon has been entertaining audiences nationally with his lively and engaging portrayals of the nation's 26th president.

23 A conversation with John C. Fremont portrayed by Michael Madone at 6 p.m. Join local historian Dorothy Cool as she converses with John C. Fremont about his relationship with Abraham Lincoln.

28 Loan to own with Jake Jones of the Bank of the San Juans at 6 p.m. This presentation

teaches participants about installment loans, including car loans and home equity loans.

Clubs

- Vegan Book Club meets 1st and 3rd Tuesdays at 11:30 a.m. The Vegan Book Club discusses veganism and topics related to veganism. Club President: Harriet Balhiser, harrietalbhiser@bresnan.net
- Wool Gatherers meet every Wednesday 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.
- Adult Coloring Night meets 1st and 3rd Wednesdays 7-9 p.m. Join us at the Florence Brewing Company. Release your inner child and relieve some stress! Adult coloring books are more complicated than what the kindergartners are coloring so it may be a challenge staying in the lines! Florence Brewing Company, 200 S Pikes Peak Ave, Florence, CO 81226, Phone 719-784-4649.

All events at John C. Fremont Library (unless otherwise noted) 130 Church Ave., Florence, CO 81226, for more information call Sean 719-784-4649 x2.

Youth Programs

4 Special Saturday Story Time – Take Your Child to the Library Day at 10:30 a.m. Join Miss Debbie for a special story time on Saturday morning in celebration of Take Your Child to the Library Day.

18 Family Movie – *Secret Life of Pets* at 2:30 p.m. The quiet life of a terrier named Max is upended when his owner takes in Duke, a stray whom Max instantly dislikes. Rated PG, 87 min.

- Story Time at the Library every Wednesday at 10:30 a.m. Join Ms. Debbie for songs, stories and crafts.

Youth Clubs

- Teen Group every Thursday 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 events at John C. Fremont Library (unless otherwise noted) 130 Church Ave., Florence, CO 81226, for more information call Sean 719-784-4649 x2.

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