

*Prestone
&
Saguache County*



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Visitor's Guide 2005

SAGUACHE COUNTY

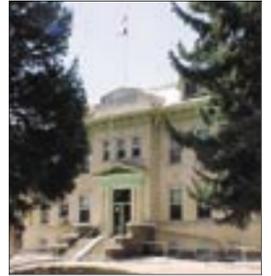
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Welcome from the Commissioners ...

SAGUACHE COUNTY GOVERNMENT

501 Fourth Street; PO Box 655

Saguache, Colorado 81149



Greetings!

On behalf of the people of Saguache County we welcome you.

We treasure the opportunity to share with you one of the most beautiful areas in the world. Saguache County offers many leisure and recreational activities in communities of people who are friendly and gracious.

Among our most recent designations are those of the Great Sand Dunes National Park and the Baca National Wildlife Refuge. We are very proud of these designations, especially since 60 percent of the Park lies within Saguache County.

Camping, hiking, mountain climbing, fishing, hang gliding, hunting and bicycling are some of the available outdoor activities. Saguache County has a rich history that includes the Old Santa Fe Trail and early Spanish land grants. The geology of the region includes the Sangre de Cristo Mountains, the Cochetopa Mountains, Penitente Canyon, and the Northern gateway to the San Luis Valley which is one of the highest mountain valleys in the world. The Smithsonian Institution houses the largest piece of turquoise, which was mined in the Bonanza area. Agriculture is an important part of our community, and you will see beef cattle, alfalfa and grass hay, potatoes and barley, as well as smaller crops of lettuce, carrots, mushrooms and other vegetables. Our altitude enriches the nutritional value of the food crops grown here.

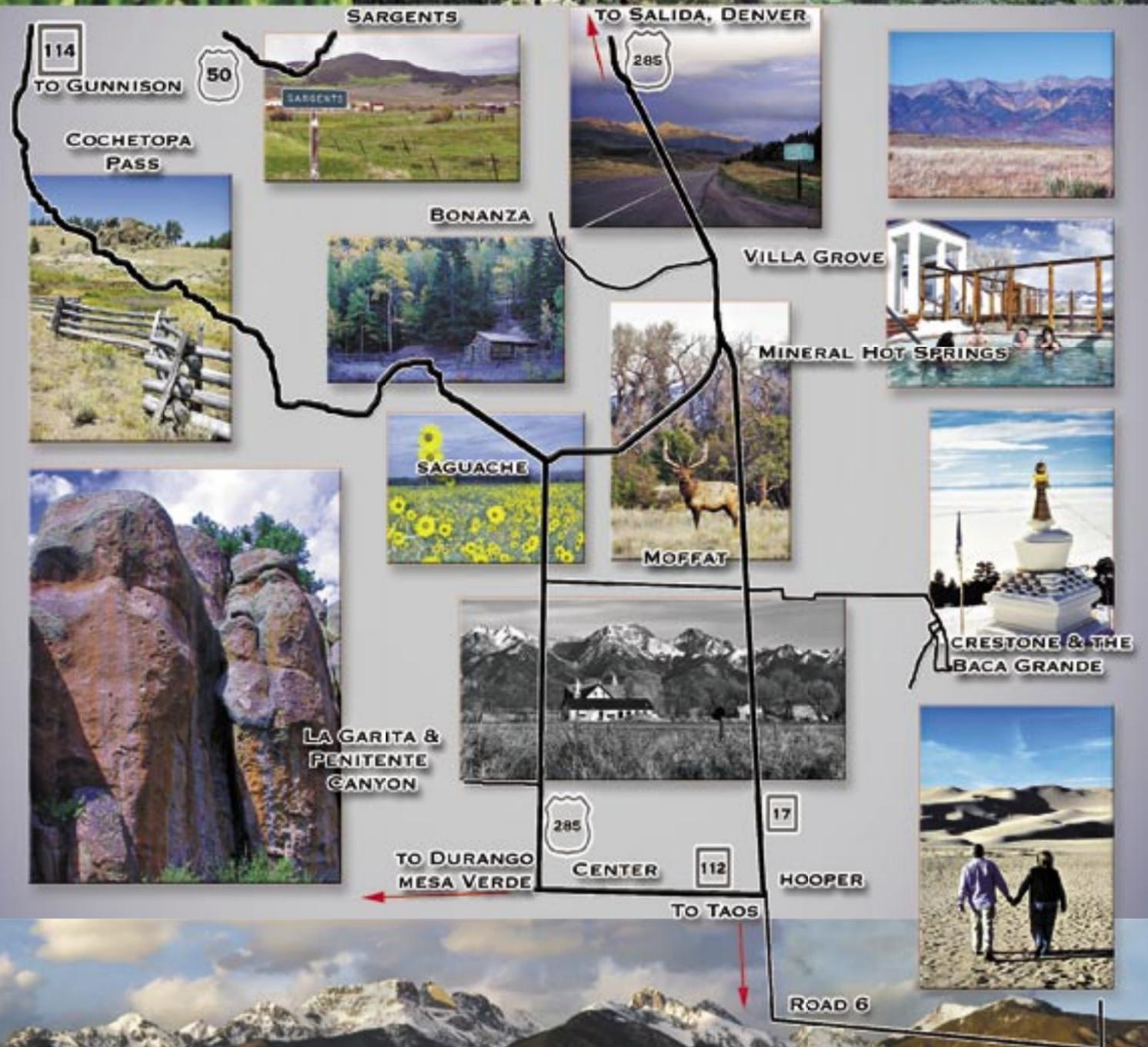
Peruse the pages of this Guide to learn more about what our communities have to offer you. Businesses provide lodging, food, fuel, souvenirs and other goods and services to make your visit enjoyable.

Please let us share the beauty and rich cultural texture of Saguache County with you.

Mike Spearman
Mike Spearman,
Chairman

Joe Alexander
Joe Alexander,
Commissioner

Sam Pace
Sam Pace,
Commissioner



FOR MORE COUNTY TOURISM INFORMATION
PLEASE CALL 866.351.2282 OR VISIT SAGUACHE.ORG

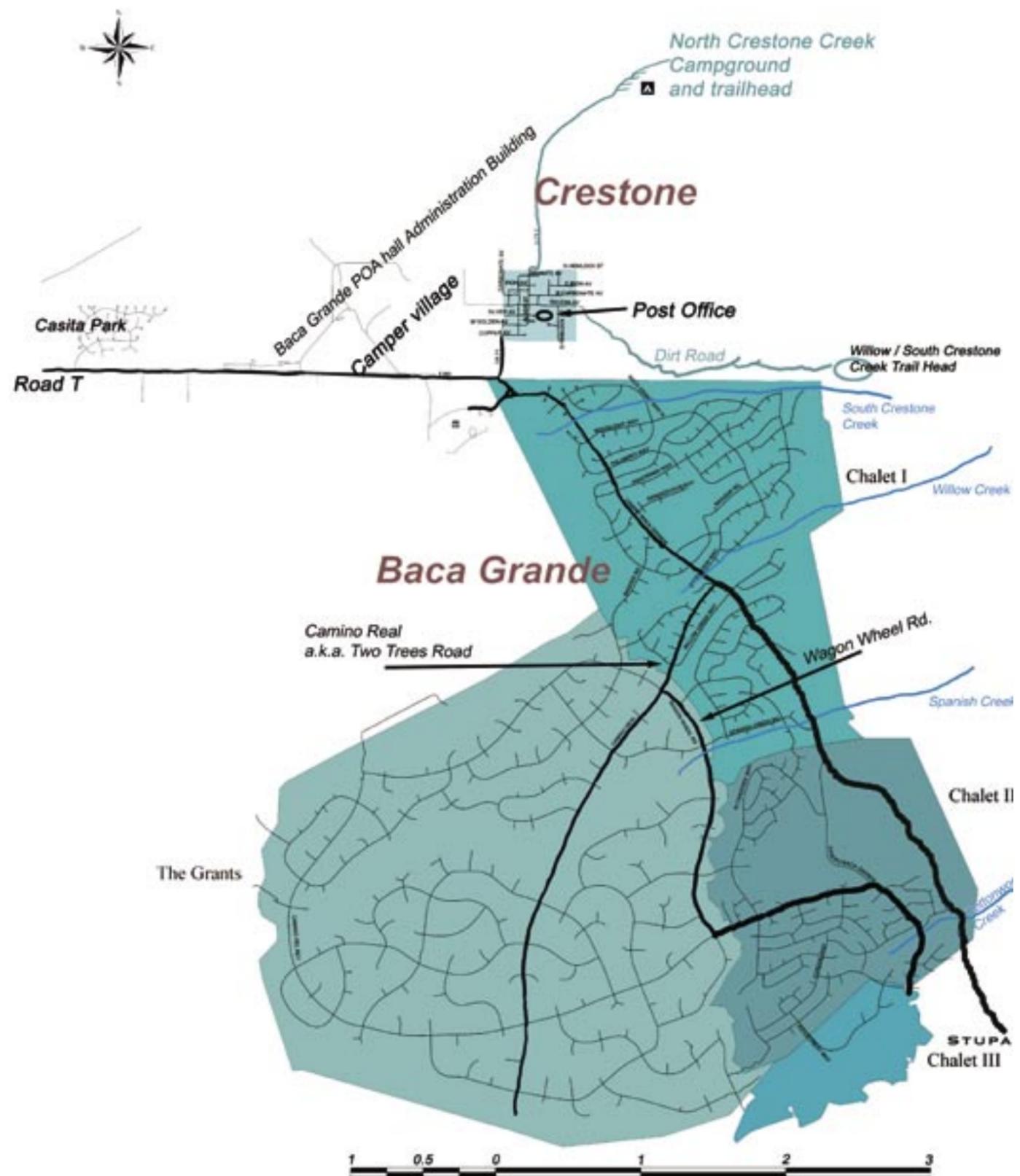
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Crestone and The Baca Grande



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*A good traveler
has no fixed plans
and
is not intent on arriving
- Lao Tzu*

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Clyde Lovett Editor, Publisher, Layout, Sales & Marketing,
Slayer of Vultures & Rumors, Public Relations

Rebecca Lovett Sales, Marketing & Support

visitor's guide on line: crestonevisit.com/guide

Discover Saguache County abundance...

THINGS TO DO IN SAGUACHE COUNTY AND CRESTONE

COMPILED BY CHRISTINA SIMON

Whether you are looking to enjoy the great outdoors, receive some healing bodywork, shop, soak in a hot spring, enjoy organic foods, or participate in spiritual practice and study, you'll find lots to do in Saguache County and Crestone. Saguache sits at an elevation of 7,800 feet, surrounded by the Sangre de Cristo mountain range to the east, and the San Juan range to the west. Some of the best **sport climbing** in the county can be found at **Penitente Canyon near La Garita**. Penitente has 60 to 70 bolted routes with some beginners and many for advanced and expert climbers. If you are an observer or to take break from climbing, Penitente is also a great hiking and mountain bike area with marked trails. Camping is available within walking distance of your climbs.

While touring Saguache County, you'll want to visit the **Great Sand Dunes National Park and Preserve**, with the tallest dunes

in North America. Make sure that you plan your trip so that you drive to the Dunes via Highway 17 with a turn at Columbine Telecom in Mosca. While on 17, make a stop at the **UFO Tower** just north of Hooper to make new friends both terrestrial and extra-terrestrial, and then on to **Billy's** (on the Saguache County side of Hooper at 17x112) for a some expertly prepared Rocky Mountain Oysters, Charbroiled Burgers and other dinner items. For the passengers - a cold beer or something stiffer. While you are in Billy's, check out the ceiling made of decades worth of potato sacks. It's culture and history and good food.



Fall: San Isabel Aspens
Photo by Bill Ellzey

After dinner & drinks, you may want to take in a view of the Dunes while you go for a swim at the out door **Sand Dunes Swimming Pool** (ad page 31). Great for the whole family with hot soaking tubs, little kid wading pools and full-sized pool with low & high diving boards, this is a destination both winter & summer as the water is usually around 100 degrees.

The Town of Saguache hosts an annual **Fall Festival**. Check saguache.org for dates. The Town of Saguache is also the home of the **Saguache County Museum**, which offers interesting local historic exhibits. It is a pioneer museum with seven rooms depicting the historic eras and lifestyles of the area. The museum's annual opening is Memorial Day with a parade, barbecue and artists in the park.

Local artists and craft people are many, and throughout the county you'll find potters, authors, photographers, painters, weavers and many more, displaying their creations in various shops. **Villa Grove's** La Esquela hosts the largest Raku Pottery celebration in early September. Villa Grove also hosts the **Horse Drawn Vehicles** Driving School. Again, check the web site for dates. Hunters will find a guided pheasant hunting ranch in Villa Grove, and larger game in Saguache.

Saguache County is also home to several **organic farms and ranches**, including Green Earth Farm (655-2655) in Saguache, which grows a diverse range of organic produce and quinoa. There are many other organic farms and ranches, ranging from large scale commercial to cottage industry, selling on a local basis.

The area's **hot springs** are a favorite. You can enjoy chemical-free, natural, mineral outdoor soaking at **Joyful Journey Hot Springs Spa** surrounded by breathtaking mountain and valley views. The spa shop offers great skin care products, aromatherapy, gifts, snacks and beverages. While you're there, indulge in a massage. Overnight accommodations are available in yurts. Dry RV parking, tent and tipi camping are also available. Call Joyful Journey at 256-4328 for hours (see ad page 25). Another favorite hot spring, nestled in the Sangre's foothills

amongst the trees, is Valley View located in Villa Grove. Valley View is a clothing optional spring in a natural setting with trails leading to diverse pools. Camping and rustic lodging are available. Call 256-4315 for directions. Or, if you want to keep your clothes on and go for a hot springs swim, visit the Sand Dunes Swimming pool near Hooper, mentioned a few paragraphs earlier (ad page 31).

Saguache County is home to spectacular well-groomed **hiking trails** with steep ascents leading to high mountain lakes and meadows. The Crestone area has 3 major trail heads and 4 major trails. **North Crestone Lake Trail head** is located just above the town of Crestone. Immediately inside the National Forest is creek-side camping and fishing that accommodates drive-up campers. The

CONTINUED ON PAGE 11

Please come to our Annual 4th of July Show and Sangria Party!

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Crestone Photographers



JD Marston - A renowned black & white and color landscape photographer whose enthralling images earned him the Ansel Adams Award for Conservation Photography, and many others, including "Who's Who? In American Art", JD Marston's images captivate and fascinate with the vibrancy and emotional tones of nature's paintbrush. JD resides at the foot of the Sangre de Cristo mountains of Colorado surrounded by vistas of towering mountain peaks.

His limited edition black & white or color fine prints may be purchased through his gallery in Crestone, CO or online at www.jdmarston.com JD loves to personally receive calls from collectors at 1-800-253-4701.



Colorado native **Dara Blumenhein** has been a dedicated photographer for ten years. Her work has primarily focused on documenting musicians on and off stage. A graduate of Brooks Institute, her photography has been internationally published in music magazines and albums. Her graphic design can be seen locally in commercial advertisements. Dara occasionally exhibits her photographs locally at Joyful Journey Hot Springs. Anyone interested in her creative services is welcome to contact her at photodara@hotmail.com or 303.709.3995.



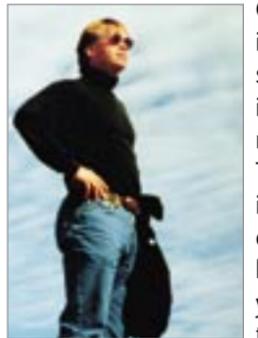
John Keenan's passion for photography began as a young child seeing the magic of the first glistening print emerge from the darkroom. John's education continues throughout his life. Having discovered Crestone on a side trip from assignment in the Grand Tetons, John immediately fell in love with the fantastic sunsets, sunrises, people, animals, and views of the San Luis Valley. Soon after, he set up an office dedicated to providing fine art photography and a wide variety of imaging services. His focus as a skilled and passionate worldwide photographer is to help people see the true beauty that surrounds us all. (this picture of John was taken by Sam Winn, one of John's Mentors from the Charter School who John has been teaching). John can be reached on the web at slvphotoworld.com

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Freelance photography, a sideline during **Bill Ellzey's** cowboy days on the family ranch, won out in 1972. Since then his cameras have taken him around the world. His work from India, China, Australia, Japan, Mexico, Alaska, Egypt, and the American Southwest has been published here and abroad. Ellzey's nighttime image of the sphinx and pyramid became the cover of National Geographic Magazine in 2001. Ellzey lives in his self-built strawbale house in the San Luis Valley near Crestone, and photographs extensively in the area. www.billellzey.com

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Clyde Lovett, raised in the suburbs of Boston, interspersed college education with captaining sailing yachts, gypsy-like international voyaging on his own sailboat and a few land journeys across the continents of this great planet. Travels were always with notebook and camera in hand. After twenty years of roaming, Clyde came to Crestone where he started a family and began to settle down. Here he has focused on yet another great force of nature, the mountains, and his love for the mountains is captured in photos. And of course, Clyde is the editor of this guide and the one who wrote this blurb, so I'm not sure why he's talking about himself in the 3rd person singular. Like many Crestonians, I now spend time in 2 locations, Crestone and Port Townsend, Washington. This photo of me was taken at a time years ago when I was thinner and better looking. Contact / see more at crestonecreations.com

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Sara Bremyer • Having traveled extensively, and rarely without camera in hand, photography has been one of Sara's main interests and means of creative expression for more than twenty-five years. In 2001, she and her husband, Jay, built a home in the Baca, Crestone. ... Note high-end camera in her hand - !

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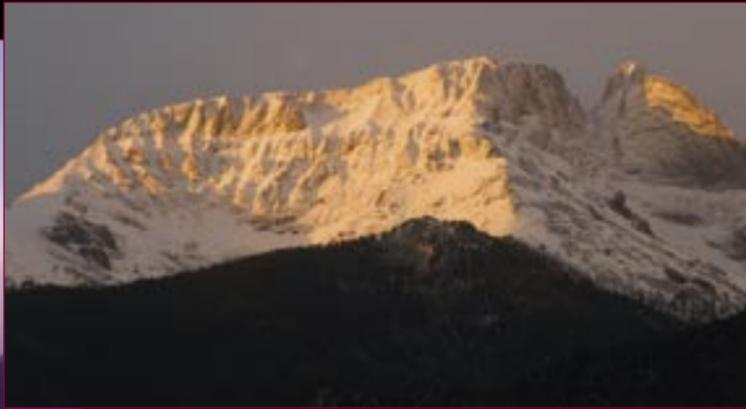
ART PRINTS of the SAN LUIS VALLEY



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All photos by John P. Keenan, slvphotoworld.com

Top: Mike & Darla "Sharing vows and receiving blessings with family and friends of The Baca." sunflowerweddings.com

Above Left: Alternative ways to land in Crestone

Above Right: The Mother: Challenger & Kit Carson

Right: Lightning Happens Left: Bullsnares mating on a warm spring day

Below Left: Carnelian- music for the soul

Below Center Mike, the groom from above, jamming - thepeacefulwarriors.com

Below Right: Jopa - Tony, aka "The Godfather" shoestringmusic.com



Discover Saguache County abundance...

CONTINUED FROM PAGE 5

trail head itself is another mile up the gravel road. At about 9,760 feet you'll find branching trails to Groundhog Basin, Venable Pass, Phantom Terrace and North Crestone Lake. Further along the North Crestone Trail is the North Crestone Loop Trail which begins somewhere around 9,750 feet.

The popular **Willow Lake Trail** winds steadily uphill through diverse nature scenes. Willow Creek Trail leads to Willow Park, Willow Lake, then on to Adams Summit or **Challenger / Kit Carson** Summit. You'll reach Willow Park in 30 minutes if you are a fast hiker and 2 hours if yours is a more contemplative pace. Willow Lake is about a 9 to 10 mile round trip from the trail head and can be 4-5 hours hike each direction. The lake is spectacular, surrounded by 13,000 and 14,000 ft. peaks, with a waterfall at the east end. A campsite just below the lake provides a haven for overnight stays. The trail leading to South Crestone Lake is less traveled and a bit more rugged than Willow. The trail head access begins a few miles uphill from "downtown" Crestone. Start at the Sangre de Cristo Inn and follow the brown Forest Service signs.

Spanish Creek & Cottonwood Creek have unofficial, un-groomed trails that cross private lands. Hiking Spanish Creek will subject you to many stream crossings, many trees to climb over in an extended area of deadfall at about 10,000 feet. There is no lake at the end. Cottonwood Creek Trail begins on private land and is mostly used by mountaineers wishing to make the summits of Crestone or Crestone Needle. The trail follows the creek. This high mountain lake is one of the most difficult to access, as well as the highest at 12,000 ft. Please contact the Manitou Institute for permission to cross.

Crestone has the steep trails and the big peaks, but the great expanse of Saguache County is a haven for hikers and campers. Just about everywhere you drive along the foothills of the Sangres to the East or the San Juans and across the Continental Divide to the west you will find access to **National Forest or Wilderness** with hiking and camping and in some places, 4 wheel access and hunting in others. And for extended wilderness voyaging, drive West from the Town of Saguache on 114 towards Gunnison - but don't leave the county - spend a week or two exploring the vast number of remote and beautiful sites which branch off from this "main road." There are passes to cross and rivers to explore and beauty unending. You'll be pleasantly surprised with the peace, quiet and natural beauty of **Western Saguache County**.

Perhaps part of what draws you to Crestone is its rich spiritual heritage. As a notable lama once said "What monasteries and mountains have in common is greatness, simplicity, strength, aloofness and endurance. Wherever beauty, solitude, and grandeur conspire to produce an atmosphere of awe and religious inspiration, there will be found a sanctuary, a hermitage or monastery, or a place of pilgrimage." Here you will find such a place. Crestone has become home to a rich diversity of spiritual traditions and it is now the **largest interfaith ecumenical community in North America**. Visitors are welcome to most centers and many extend open invitations to the public to participate in daily or weekly spiritual practices and services. Feel free to contact the centers and arrange a visit or a longer stay.

The **Yeshe Korlo** Retreat Center (256-5224, yeshekorlo.org), has a magnificent Bhutanese style temple and is the teaching seat in the west for H.E. Gangeng Tulku Rinpoche, the ninth body incarnation of the 14th century Buddhist saint, Pema Lingpa. The center's grounds include four mountain retreat cabins and an outdoor sanctuary for teaching and empowerments. Crestone is also home to **Yeshe Rangsal**, (256-5425, www.pundarika.org), the western seat, retreat and teaching center of The Venerable Tsoknyi Rinpoche III. Yeshe Rangsal has recently completed and dedicated the Tulku Urgyen Stupa, now the third stupa to bless the Crestone area. **The Spiritual Life Institute** has its Nada Hermitage, a wilderness retreat center, in the Baca. Much of the monastery grounds are closed to the public, but its Sangre de Cristo Chapel is open to the public and Mass is celebrated every Sunday at 9 am. For more information, call 256-4778, or visit spirituallifeinstitute.org. The **Crestone Baptist Church** welcomes all Christian denominations for fellowship, prayer and worship. For information on Sunday School Bible study and services, contact 256-4625.

Shumei International Institute heralds from Japan and fosters appreciation for art, interfaith dialogue, natural agriculture and the healing art of Jyorei. Its annual art symposia will be in August through September this year. Shumei's Taiko Drummers perform annually at the **Crestone Music Festival** (see Music Festival ad and info page 28). For a formal tour or information on programs, contact 256-5284, shumeicrestone.org. The **Temple of Consciousness and Humanity in Unity** offer

CONTINUED ON PAGE 25

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WOODDORA-ROSE EISENHauer

Crestone is truly an amazing place. It sits in a stunning location, at the foot of five "14'ers" (a Colorado nickname for mountains measuring over 14,000 feet above sea level), bordering the Great Sand Dunes National Park and Preserve, with the Blanca mountain group (four additional 14'ers) dominating the southern vista. Feng Shui experts say that the town of Crestone and the Baca subdivision sit in an almost idyllic position, perfectly protected by land formations known as a northern Green Dragon, an eastern Black Tortoise, a southern White Tiger, and a western Red Raven. Crestone is also an amazingly quiet place, where the hawk's screech, the coyote's howl, or the roar of silence can often be heard. Because all the electric lines are buried, the electrical interference is kept to a minimum, allowing for a greater resonance with the planet's 'pulse' (a.k.a. the Schuman Resonance - a 7.8 Hz frequency emitted by the Earth). Many different spiritual groups from around the world regard Crestone as a place of an intense concentration of energy, and have established centers here.

So, its no wonder why you might feel better simply by visiting Crestone, drinking the water, breathing the air, and getting a good nights sleep. But, luckily, there are some great folks who live in Crestone that do bodywork and can help enhance the wonderful feelings you get from being here. In general, bodywork has the potential to ease stress and pain, calm the nervous system, increase circulation, loosen tight muscles, stimulate internal organs, get you 'back into your body', and restore fluid movement, among many other benefits. In Crestone, any bodywork you get is augmented and enhanced by the increased energy that exists here.

There are many different bodywork modalities represented in Crestone, although a few stand out. One of these is Lomi Lomi, with Malina. Lomi Lomi is a type of deep and rhythmical massage that uses long, continuous, flowing strokes over the body. The Lomi Lomi work originated in Hawaii, and is an extension of the Polynesian philosophy of Huna, which has seven main principles: Ike - The world is what you think it is; Kala - There are no limits; Makia - Energy flows where attention goes; Manawa - Now is the moment of power; Aloha - To love is to be happy within; Mana - All power comes from within; Pono - Effectiveness is the measure of truth. The intent or consciousness of the practitioner of Lomi Lomi is one key element in the practice of this healing technique.

Feeling love and compassion for the client, rather than treating her/him as an object to be 'fixed', allows for harmony to be created within the body. Lomi Lomi is an experience that overwhelms the mind with sensations and at the same time communicates an acceptance and a nurturing of the inner self. Lomi Lomi is a wonderful tool for relaxing and can be used as a tool to facilitate change and growth. For more info or to schedule a session, call Malina at 719-256-4211.

Another standout bodywork modality is massage with Cathy Amenta. Cathy is an accomplished body worker, with extensive training and academic honors received from around the country. She is a Reiki Master, and frequently holds weekend workshops in Crestone. She also teaches massage through Trinidad State Junior College in Alamosa, CO. Cathy provides many different options with her work. Her signature massage is advanced therapeutic, combining Neuromuscular, Deep Tissue, Swedish, Myofascial Release, Acupressure, Reflexotherapy, Anma, The Melchizedek Method, Reiki, Crystals and Sound Therapy. The modalities are molded together to create a session that facilitates the healing process on all levels, bringing you to a state of balance, health and harmony. During each session eight Quartz Crystal Singing Bowls are played to balance and align the chakras and re-energize the auric field. A true experience to behold!

Cathy also offers specific sessions of LaStone Therapy, Reiki, Reflexology, and CranioSacral, as well as day-spa treatments of Neroli body polish, Dead Sea salt glow, and seaweed paraffin mud mask facial. In all of her work, Cathy offers a safe, nurturing and sacred world where your specific needs will be addressed. Cathy can be reached at 719-256-4823 or online at www.cathyamenta.com

A third type of standout bodywork that's available here in Crestone is Structural Integration with Buddy Frank. Structural Integration (SI) is a form of holistic, transformational bodywork that takes you from being organized around the random events in your life, to being organized around a central vertical axis. This new state of organization leads to relief of chronic aches and pains, increased vitality and energy, greater breathing capacity, increases in flexibility, balance, and fluidity, feeling taller and slimmer, and feeling buoyant in gravity.

SI works by freeing up fascial restrictions and adhesions. Collagen is the building block of the body's connective tissue, or

fascia, and forms a continuous net throughout the entire body, giving us our three-dimensional shape. Our bodies become misaligned as the collagen fibers of the connective tissue become too tightly bonded together through aging, everyday stress, physical and emotional trauma, and habitual patterns of movement. The adhesions that are formed result in the chronic pain, discomfort, and impaired movement that many of us have come

to accept as part of life. Through the use of energy, intention, and pressure, the fascial adhesions release, and the body begins to move more efficiently, gracefully, and comfortably.

As a person's structure becomes more vertical, balanced, and upright, concomitant emotional, psychological, and spiritual changes can occur. Aligning the physical structure opens up the potential for recognizing limiting patterns in every aspect of your life. At its core, Structural Integration is about change, growth, transformation, and, ultimately, conscious evolution towards a fuller experience of being human. For more information

call Buddy at 719-256-4469 or on the web at www.effortlessbeing.com.



Buddy Frank is an advanced practitioner of Structural Integration and practices in Crestone and Salida, CO. He is an avid outdoor enthusiast, voracious reader, and passionate practitioner of yoga and tai-chi/qi-gong.t



Crestone Peak & Crestone Needle
Photo By Clyde L. Lovett ©2005

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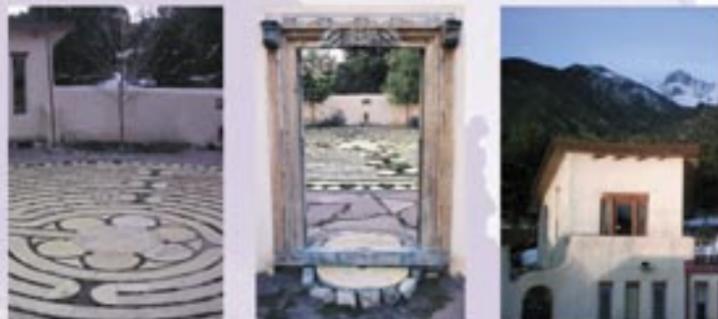
Lomi - Lomi

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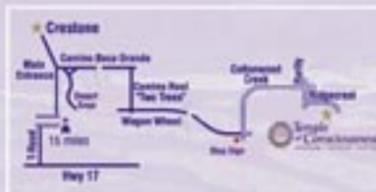
Temple of Consciousness

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Creative Community in support of the work of Her Holiness Chalanda Sai Ma and the mission of Humanity In Unity, an interfaith organization focused on humanitarian projects, spiritual mastery and global enlightenment.

- Daily Meditations & Evening Programs
- Ongoing Special Events
- Labyrinth Walk
- Retreat Accommodations
- Opportunities for Seva (Selfless Service)



Call or email for information and schedules.
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 Local: 719-256-4176 or
 TempleOC@humanityInUnity.org
 Nat'l: 866-IN-UNITY (489-8489)
 or www.h-humanityInUnity.org



Her Holiness Chalanda Sai Ma

discourses of HH Sai Ma, music and chanting, guided meditations); opportunities for seva (selfless service); yoga classes; labyrinth walk; meals. The Resident Spiritual Master (Parameshwara Brahmachari) and all Ashram residents are available to answer any questions and to share the teachings of HH Sai Ma as well as our experiences in the spiritual path (excluding Thursdays which is our day of silence). 4462 Ridgcrest Way, PO Box 190, Crestone, CO 81131 ~ 719-256-4176 TempleOC@HumanityInUnity.org



The Zigurat
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The Temple of Consciousness Ashram and Retreat Center was established by Her Holiness Chalanda Sai Ma in conjunction with the non-profit humanitarian and educational organization She founded, Humanity In Unity (HIU). The Temple was created for individual spiritual growth and self-mastery, and to help facilitate global unity, enlightenment and ascension. The focus of the Ashram is reflected in the Vision of HIU: "the Union of Humanity Consciously Awakened as Divine Love in Action."

The nuns, monks and permanent residents in the Ashram live in community devoted to their sadhana (spiritual practice) as individuals and as a creative community or "sangha." The community welcomes all visitors from all backgrounds, faiths and traditions to experience the Peace, Love and Unity of the Ashram, and to nurture their soul by being in the shakti (energy) of the Temple and the surrounding environment. Visitors are invited to participate in the regular activities of the Ashram as well as special events. The daily schedule includes: morning meditations (periods of silence, conscious breathing and pranayama, mantra); evening programs (spiritual films, video

Spring



When you enter Saguache County you are struck by the immense openness of the San Luis Valley, the majesty of the Sangre de Cristo Mountain peaks, and the brilliant sunlight that penetrates our vast blue skies. To experience this awesome landscape is to be moved to feel a sense of personal connection, a sacredness of place.

Saguache County, and especially the Crestone area takes pride in recognizing that sustainability is crucial to our cultural heritage, our natural environment, and our future. We also acknowledge that we live in an area that is attractive to travelers.

Tourism is changing rapidly as nature, heritage, and recreational destinations become more important, and as conventional tourism is forced to meet tougher environmental requirements. This presents a challenge to government and private enterprise to develop new approaches to the tourism market. Successful tourism must benefit local populations economically and culturally to give them incentives to protect the natural resources which create the attraction.

Ecotourism is defined by the International Ecotourism Society as "responsible travel to natural areas that conserves the environment and improves the well-being of local people." As much philosophical as descriptive, this broad

definition suggests that ecotourism businesses and activities can take a variety of forms, ranging from ecotours and their operators, to ecolodges and camping, to nature festivals and various nature-oriented attractions. The commonality among these diverse elements comes not from outward



Summer Flowers
Photo By Bill Ellzey

appearances, but from recognition of and commitment to the following principles:

- Nature is a central element in the experience
- Tourist visitation to any one area is limited
- Low-impact business and recreation techniques are employed
- Conservation activities are supported
- Hiring and buying occurs locally
- The privacy and culture of local people are respected
- Guides are trained in interpretation of scientific, natural &/or cultural history
- Wildlife viewing occurs in a responsible manner
- Ecotourism, managed properly, provides positive benefits to host communities.

An influx of a large number of tourists, or even small numbers in the wrong places, can significantly harm the physical and cultural environments they visit. Therefore, ecotourism requires public education and acceptance.

If you are sensitive to your impact on the environment and you wish to protect and preserve its natural beauty...If you have a sense of adventure and enjoy the proximity of wildlife- but also appreciate the comforts of ecological lodging and opportunities for luxurious massage, meditation, and spiritual discovery...then you are ready to plan your next trip as an ecotourist.

So join us in Crestone and Saguache County and experience: the transcendent beauty of the landscape and wilderness attractions; opportunities for spiritual awakening and personal growth; the availability of a variety of healing, nurturing modalities of bodywork; the brilliant and mysterious night skies; and the satisfaction of learning new ways to live on our vulnerable planet so it will continue to offer unique experiences for generations to come. †

Amongst Crestone's peaceful juniper trees you can find our vibrant Dance groups, teachers and events that offer something special to the community. For starters there is a Love to Dance group, lead by Nancy Onizuka, a talented dancer and teacher. With much dedication and love, Nancy offers a great session for all ages that focuses on improvisational movement. She is currently offering her sessions on Tuesdays. If you would like to attend a class please call Nancy 719-256-4659 for more information.

Another great dance teacher in the community is Signe Ramstrom, who has been dancing Kathak, a classical East-Indian temple dance, Egyptian folkloric, and Oriental Dance for over thirty years now. Signe teaches embodying the philosophy that, "Dance in ancient time was a way to bring the community together in celebrating the seasons, life, death, birth, marriage, and many other sacred ceremony's...it is to express the deepest(unspoken) feelings of the community." Along with her classical dance courses, Signe offers a class for kids called "teaching young wings to fly", which encourages children to explore their own movement and rhythm with a hint of Egyptian and Kathak. Her dance group will also be presenting a concert in November. So keep your eyes peeled for exact dates or call Signe Ramstrom: (719)256-4386.

Also, in August, the Youth Peace Journey will be having their 3rd annual gathering. This gathering carries with it the great knowledge of peace, something that in our hearts we all stand for and can always learn more about. The closing ceremony features traditional Native American dances as well as dancers flying in from all over the world to share with us the gift of dance.

In all their exquisite styles, the dancers in Crestone carry on the same lineage of dance. From the indigenous, ancient cultures, to the modern and new movements of our times, we all share the great love of the dance.

For more information on any of the dance classes or events please call the listed number or keep your eye out for posters around town. †

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Permaculture for a High Alpine Desert Valley

By Nick Chambers

Permaculture is an interdisciplinary earth-science design system created by Australians Bill Mollison and David Holmgren in the mid 1970s. The word derives from Permanent Agriculture, implying that the human practice of agriculture, or a version of, can be efficient, productive, and able to exist long into the future. Permaculture is both a response to the tenuous relationship between humans and the Earth, and an active movement for the creation of a more sustainable future. It is different from any other science, however, because of the three ethics: 1) Care of the Earth, 2) Care of People, and 3) Setting Limits to Population and Consumption, ie. the return of any additional resources to the above two points.

With a touch of global aesthetics, Permaculture is a cornucopia of tools, strategies, and inspirations embedded in the dynamic, ever-changing flux between ecological succession and human interaction. Here in our valley, it can provide tools for dealing with the over-grazed, and presently unproductive, alkaline flats. Mono-cropped farms might be inspired to diversify, incorporate better crop rotations, incorporate animals such as pollinating bees and weeding geese, and plant trees! Planting windbreaks and forest guilds can help prevent the loss of soils, slow moisture evaporation, bring up moisture via capillary action for other shallow rooted plants, help with home heating and cooling costs, and provide additional resources such as fuel, habitat, building materials, and fruit and nuts. The lumber from black walnut trees, for example, can bring premium prices and is a tangible investment that grows alongside the children whom the accumulated capital might be used for some day.

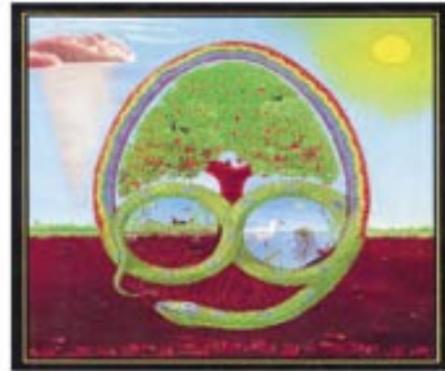
Home sites in the pinon/juniper woodlands, chamisa flats, or cottonwood riparian zones of the Crestone/Baca bioregion also have much to gain from Permacultural design principles. A home site is not an independent entity imposed on the landscape, but a human habitat inextricably woven within the natural environment. The planning of a site, Mollison might say, is a process of "protracted and thoughtful observation; of looking at systems in all their functions, rather than asking only one yield of them; and of allowing systems to demonstrate their own evolutions." When a site is thus observed with the intentions of a human habitation, relationships between elements (characteristics or features of a site) and functions (inputs and outputs of each element) can be seen and then carried out.

The passive solar house will maximize southern exposure while also creating a cool, moist, and dark northern aspect. This by-product micro-niche might be the place for an outdoor porch for hot summer days, the intake environment for passive refrigeration, or the site for early blossoming fruit trees such as apricots whom will still be shaded during our early spring warm days and won't get bitten by a late frost.

One-thousand-two-hundred-fifty square feet of roof can yield 6250 gallons of pure ionized rainwater (ideal for plants). This water can be utilized in an integrated water harvesting system incorporating cistern storage and drip irrigation or down spouts directed to pumice wicks and planting areas. All too frequently in the Baca houses are built with gutters and downspouts treating rain water (the best for plants) like a nuisance waste product and directing their flow to the nearest ditch or arroyo. Then the owners want an irrigation system installed with domestic water to support perennial rock gardens! Thus, another important Design Principle: create assets out of your problems.

Permaculture is not just about the tangible aspects of subsistence such

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as homes, energy systems, or useful plants and animals, or even just the knowledge, philosophy, or ethical aspects of design, but also what Mollison coined the "invisible structures." These are the structures governing financial flow, business and trust relationships, and village design. If a community cannot control or manage their own capital they will always be limited by those who can.

Credit Unions, such as ours in Saguache County, are based on this philosophy. The Permaculture Credit Union in Santa Fe defines their membership as those who believe in the Permacultural Ethics so that people with these similar values can lend money to each other for things they know is important. Common lending projects include water harvesting retrofits, grey water systems, or buying an efficient biodiesel or hybrid vehicle. Earthstar Co-Ev in downtown Crestone is also an expression of recycling capital within the system for as long as possible before it leaves. Thus, another Design Principle: from source to sink-whether snow field to river, or money earned to money spent out of the system-we should seek to extract as much potential as possible.

We have a lot to look forward to here in the Crestone/Baca area and the greater San Luis Valley in the realms of self-sufficiency and self-determination. Valley organic agriculture is picking up with the awareness in the dead-ends of genetic engineering and conventional agriculture. Alternative fuels such as biodiesel are becoming more commonplace and accepted. Local food production, from backyard gardeners to small farms, is on the rise with the Saturday Farmer's Market providing the forum for the festive co-mingling of food, craft, people, and economy. We are a community of cultures, visionaries, and pinons. Permaculture is but the muse whispering in our ear. ~ Nick Chambers runs the Permacultural Landscape Design business of Living Arts and is in the first season of restoring one of Crestone's historical abandoned homesteads.



Winter: Elk Before Mount Blanca
by Bill Ellzey, billelzey.com

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Moffat School District Offers Surprising Options

The Moffat Consolidated School District has a great deal to offer, both because of and despite its small size. With only 200 students in the district, our schools can provide excellent teacher-pupil ratios and a great deal of individualized instruction. Moffat is the smallest district in the state of Colorado to offer a charter school option. The Moffat School, a Pre-K through 12th grade school on one campus, offers a more "traditional" school program, while the Crestone Charter School, located about ten miles east of Moffat, provides a K-12 program based on an "expeditionary" charter.

Moffat School offers the Core Knowledge curriculum for grades K – 8, a college-prep high school curriculum with excellent electives, including Foreign Language, Industrial Arts, Art, Drama, Music and advanced computer technology. The Crestone Charter School emphasizes individual education plans for each student, outdoor education and exciting educational field trips. Both schools have a rigorous approach to student success and academic achievement, with a wide range of athletic and community programs.

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For more information on the schools in the Moffat District you can call the district office at (719)256-4710. Contacts are Eli Dokson (Superintendent), Michelle Hashbarger (Moffat School Principal, 256-4720) and Reynold Bean (CCS Director, 256-4907). †

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Owners Association exists to serve its members, and to educate folks who come for a visit and want to learn more. Our staff of nineteen and volunteers numbering more than seventy care for 87 miles of roads, run award-winning fire and ambulance departments, care for three community parks and a 16-site camper village, provide a well-stocked library, help residents understand our covenants and restrictions, represent community interests to local, state, and federal agencies, and serve in myriad other ways. If you're in town, please stop by our offices on County Road T and let us know what we can do for you. †

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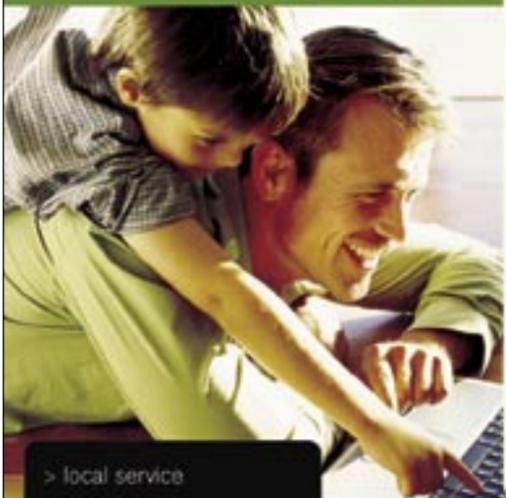
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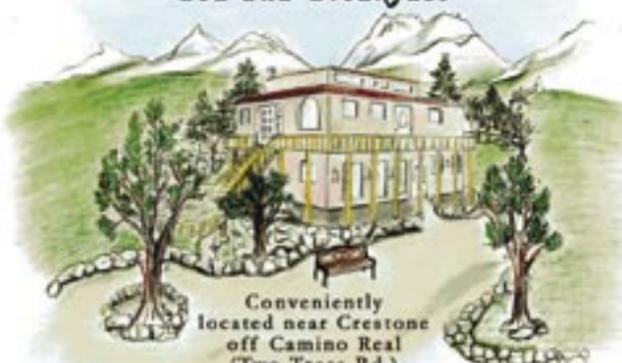
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meditation, aarati and evening spiritual programs, and house the areas largest labyrinth. See their ad for more information. Karma Thegsum Tashi Gomang (256-4764, info@kttg.org), was founded by H.H. the XVI Gyalwa Karmapa after seeing a vision of Crestone as a place where the Tibetan Buddhist mediation practice could be preserved. The magnificent **Tashi Gomang Stupa** was consecrated in 1996. The **Vajra Vidya Retreat Center** houses retreat rooms, a shrine room, and living space that supports retreatants' focus on practice. To schedule a personal retreat at the center, please email cjohnson@ix.netcom.com. **Crestone Mountain Zen Center**, a monastic community, welcomes visitors to join the daily zazen meditation. The grounds house an interfaith **Lindisfarne** chapel designed using sacred geometry. Call 256-4692 for more information.

Located in downtown Crestone, the **Academy of ON** offers study in the work of spiritual scientific synthesis, diverse scriptures of Light and techniques to unify our "I am" consciousness with the Divine "I Am." For information about ongoing study and the Academy's 3rd annual convocation in June, contact admin@academyofon.org. or visit academyofon.org. Other inspiring groups include Sage House Center for Indigenous Teachings and Development (sagehouse.org), offering programs and projects that promote awareness and preservation of indigenous culture, history and traditional ways.

In Crestone you'll also find outstanding **healers and bodyworkers**. See article by Buddy Frank in this magazine on page

12. Crestone's Saturday Farmer's Market is an ever popular summer event. Exploring the market you'll find fresh organic produce from local and regional farms, fresh baked goods, bedding plants and much more. Other seasonal highlights are the annual **Metaphysical Fair and Star Path Conference** (info on page 28), the Fourth of July Parade and Festival, and the Crestone Music Festival (info on page 28). **Winterfest**, held on Thanksgiving weekend, features the area's largest gathering of artists, galleries and shows throughout the town. While in Crestone visit the quaint and charming shops and restaurants in Crestone's downtown, especially the Crestone Artisan's Gallery (ad on page 7), which highlights the great and diverse local talent and the **JD Marston Gallery** (ad page 7). Enjoy shade and relaxation in Crestone's several parks, including the 5 acre **Tarboche Memorial Park**, which is home to a 30 foot flagpole commemorating a sacred site in Mt. Kailash, Tibet. For information on events at the park go to tarboche.org or call 256-5037. For an unforgettable horseback riding excursion call the **Baca Grande Stables** at 256-4756 (ad page 22). And when you're hungry - the **Desert Sage** is the primo sit-down dining spot (ad page 8), or visit Nath during one of the nights she is cooking for a first-rate Southeast Asian cuisine (ad page 15). With so much to do and choose from, we know you'll enjoy your stay.

~ Christina Simon lives in Crestone, Colorado where she finds the rural, majestic mountain setting nourishes her soul. There she enjoys creative expression through writing, and peaceful prayer and meditation.

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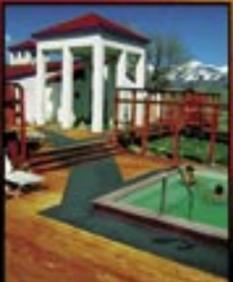
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Many people come to live or visit the Crestone/Baca area to be in the wildness. All too often, when too many humans come to a 'wild' place, the area loses that special life giving quality so characteristic of wildness. These questions arise: Is it possible for humans to live in these wild spaces successfully, without zapping the local life force of the place by making it so 'civilized'? And could it even be possible for the humans to integrate themselves into the area to such an extent that they can actually make the area (bio-region) a healthier place for all the inhabitants?

When we speak of health, we are speaking in the context of the pinyon-juniper-ponderosa forest, the adjoining grasslands, mixed conifers, and riparian areas of the Crestone/Baca area. We'll define health, for the sake of this article, to be the ability of this landscape to be resilient to significant damage by the elements, to be able to recover quickly from disturbance, and to support a rich biodiversity of plant and animal species, including humans.

For instance, when the earth itself has a continuous or mostly continuous native ground cover, the landscape becomes highly resilient to both wind and water erosion as well as to invasive weeds. A network of native ground-cover also helps keep the moisture in the ground by keeping the sun from reaching the soil and evaporating the water in the soil.

Speaking of water, when existing arroyos do not increase in size and/or move across the landscape, and no new arroyos are created, moisture is retained in the soil. If new arroyos are created, more water is quickly transported away. Around here, water = enhanced health for most species. Some of these arroyos are also intermittent streams. An indicator of a healthier system would be that these streams would periodically flow. Unfortunately, many of the historic, intermittent streams no longer flow here because they are choked by overgrown vegetation and changed drainage patterns.

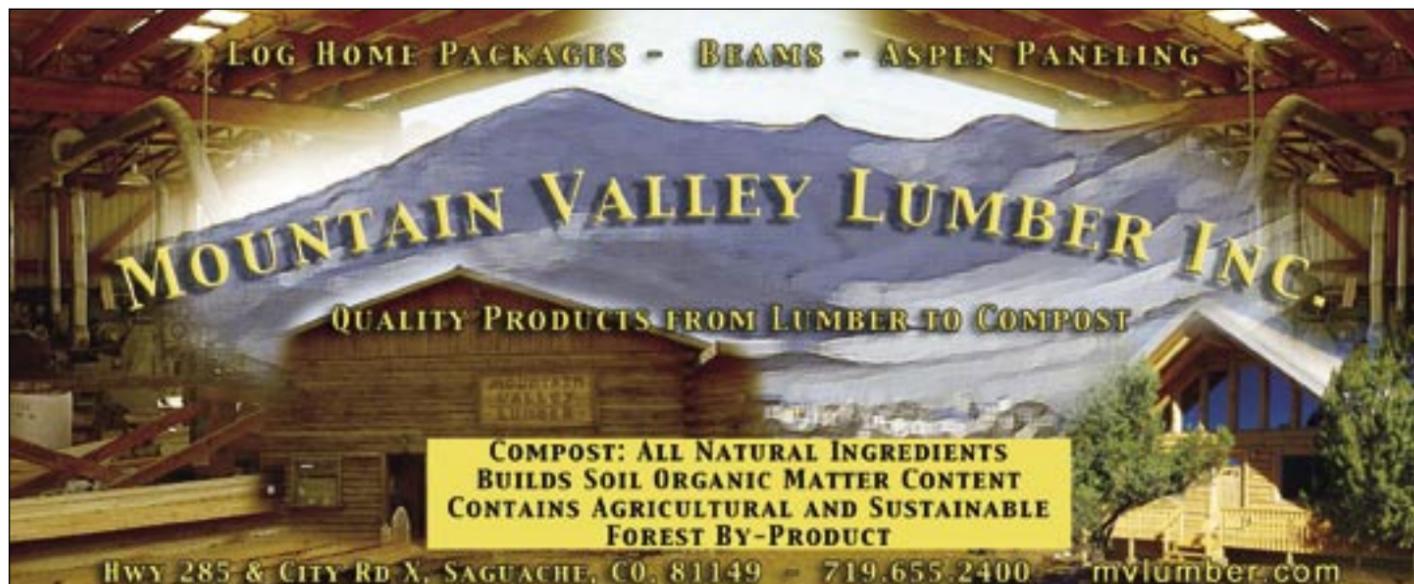
Fire. We all know that fire can live here. For the most part, the last widespread fire in this area was in the 1870's. That is not a good indicator of health for this vegetation type. Without care, the pinyon-juniper-ponderosa forest can burn up very quickly due to the significant accumulations of fuels, quicker sometimes than humans can escape. Frequent, low intensity fire, on the other hand, if it is allowed to occur, can support the health of the ground cover network, enhance the biodiversity of other plants and animals, and generally does not kill trees. Some species actually need low

intensity fire to flourish. Much of the vegetation here is resistant to drought and rebounds quickly after fire. Fire in a healthier system, when it does occur, is predominantly low in intensity, and does not threaten the long term health of the area, the vegetation, or the watershed.

Past fires have helped to create a mosaic of vegetative patterns here. This, along with the varied topography, produces a local landscape rich with a variety of plant life. This is very evident in the natural occurring phenomenon known as a savannah. A savannah is a park-like opening in the forest which has been created by somewhat frequent low intensity surface fires which favored the older, larger trees and burned up the smaller trees. With few neighbors, these grandfather and grandmother trees have been able to grow quite large. These stands are very resistant to future fire as well to disease and bark beetle infestations.

Biodiversity is rich beneath these historians of the land. Some of them are between 400 and 500 years old, and some even older. Many of these stands have a canopy coverage of less than 40%, which significantly decreases the chances that they will (or have) burn(ed) with high intensity. There are significant stands of these great trees, especially in the Baca. They are our grand, living heritage. They tell us of another time, another balance. Let us honor these grandmothers and grandfathers, not only by giving them the space in which to be great, but also by coming to know the ecological balance that made them so great. It is important that we include ourselves, the humans in the balance. We can cause a lot of harm, but we can bring about at least that much, if not more, vital, life-giving support to this unique area, but we have to pay attention.

How do we pay attention? We can begin by noticing the major and minor changes right outside our doorsteps. We can begin by taking pictures of the landscape at meaningful intervals and reviewing the images. We can begin by merely spending time outside and appreciating the landscape that we have in which to live. This is truly a unique landscape, and it has probably not been very appreciated since before the mining/logging/grazing days. This landscape responds by mere attention. As an old native saying goes, a plant that goes unappreciated, goes away. That may be true of landscapes as well. Either way, humans can and do have an impact here. It is up to us which way it goes. Let's see if it can be a life enhancing impact. †



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Crestone Metaphysical Fair Kicks off Summer Event Season

Celebrate the beginning of the summer season with the fifth annual Crestone Metaphysical Fair on Memorial Day weekend, May 28-30, 2005 at the White Eagle Inn.



The annual event features a variety of indoor and outdoor booths offering crystals, metaphysical gifts, art, jewelry, books, music, clothing, handcraft, intuitive readings, astrology, numerology, tarot, aura photos, massage, energy

work, herbs and nutritional supplements, plus workshops and lectures on spirituality, transformational healing and conscious living.

Now in its fifth year, the Crestone Metaphysical Fair is known for its vibrant yet peaceful healing energy. The event draws attendance and exhibitors from around Colorado and the entire Four Corners region.

Hours of the fair are 10 a.m.-7 p.m. Saturday and Sunday, 10 a.m.-5 p.m. Monday. General admission is free. For more information, visit www.CrestoneFair.com or call (719) 256-5462.

Don't Miss the 7th Annual Crestone Music Festival

Crestone Performances, Inc. is proud to present the 7th Annual Crestone Music Festival at Challenger Golf Club, August 5, 6, & 7, 2005. It will be a two-stage, multi-genre and multi-cultural event with a national headliner each evening. We will feature local, regional and international acts plus arts & crafts, food, events and contests for the whole family.

This year's Saturday night headliner will be Buckwheat Zydeco. Recognized as the premier Zydeco band, they are credited with introducing Zydeco to mainstream America. They were the first Zydeco band to sign with a major label, perform on national television and have their music featured in major motion pictures and national commercials. This will be a lively, very dance-able, high-energy show with a full band.

The Sunday night headliner will be Hazel Miller. If Aretha Franklin had a sister, her name would be Hazel. This band pumps out hot R&B, soul, funk and jazz that will make your socks roll up and down. Other musical genres this year will be mariachi, bluegrass, blues, big-band, reggae, taiko drummers and more!

We will continue to strive for a sustainable, high-quality, safe, affordable and intimate festival that serves the community and fosters cross-cultural friendliness. One-day ticket prices are: Adult cash-\$22, credit-\$25, gate-\$28, Seniors-\$12, Youth-\$5, under 12-free. Camping is \$20 for the weekend. We give a 10% discount for groups of ten or more. Reserve tickets now at 719-256-4533 or buy on line at crestfest@crestfest.org. So come on out and catch the fun! See you there!

And Runners, Walkers & Crawlers - join in on Saturday Morning, August 6, 2005 at 7 AM, before the Music Festival, for a beautiful 5k fun run / 10k race. Both courses are loops with relatively flat and fast undulating hills. T-shirts are included in the price for both races. For more info and to register online go to www.active.com/event_detail.cfm?event_id=1198423

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The first concert, in May, 1999, was so well received that Sylvia began inviting other musicians, both classical and acoustic folk performers, to appear in the house. Gradually she realized the importance of offering a variety of live musical events to the community, and concerts at the Hazlerig Music House developed into an ongoing series.

For the past six years, the house has also been the location for rehearsals of the Crestone Community Choir, Sue Vaughter's Opera Workshop, and the Overlooked Alpine String Ensemble. On Sunday evenings, free showings of Opera Videos are offered.

The house has also become the setting for Suzanne Frizer's Oil Painting class. Admission is usually a suggested donation of \$10 for adults and \$5 for students and seniors, and a coffee and cookies reception to meet the artist is held afterwards. Most upcoming events are announced in the Crestone Eagle throughout the year.

For more information or directions to the house, call 256-4371

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