

to ages 9 to 18.

Are you interested in getting volunteer hours? Do you like to be able to set your own schedule and come up with your own plans? Come to a meeting of the Teen Advisory Board to learn more about ways to make the Teen Zone better, contribute ideas for displays or events, decorate the area, and other topics. There will be meetings from 2 to 3 on March 3 and April 7 in the study room.

The Monument Teen Creative Writing Group will meet from 6 to 7:30 in the study room on Tuesday, March 6. This writing group for ages 12 to 18 will help you to meet fellow writers, do writing exercises, share ideas, and enjoy tasty snacks.

Join us for an intergenerational knitting group from 3 to 4:30 on Wednesday, March 7 and 14. Practice materials are provided, but attendees are encouraged to bring their own materials and projects. Some instruction is provided for those new to the craft.

Are you challenged by math? Come to the library Mondays from 3:30 to 7 for our free tutoring program, AfterMath. All ages and skill levels are invited to consult with our experienced adult tutors. No appointment is necessary. AfterMath follows the D-38 schedule and will not be held during spring break.

Interested in origami? Connie Stanton will be returning on March 15 from 3 to 4 to teach a new origami class with three unique designs: a folded box, a bookmark, and a miniature origami envelope. All skill levels are welcome.

The Teen Arts and Crafts Studio project for March is Chainmail Jewelry. On Wednesday, March 28 from 4 to 5:30, teens are invited to learn how to make simple chainmail bracelets, rings, necklaces, belts, and

more out of jump-rings. We have a new craft or art project the last Wednesday of every month. Registration is required at 488-2370.

The Monument Library Anime Club will meet from 5 to 6:30 on Thursday, March 29. Share anime with other people who love it, help shape the club for future meetings, and enjoy unusual snacks. This program is recommended for ages 13 and up.

Adult programs

Please see above for descriptions of Coloring for Everyone and Intergenerational Knitting.

On Thursday, March 15 from 11:30 to 1:30, members of the Palmer Lake Art Group will teach beginning and intermediate drawing classes. Some supplies will be provided, but bring paper, pencils, and erasers. Open to ages 18 and up. Space is limited, so please register online or at 488-2370. Additional sessions will be in April and May.

The Monumental Bookworms will meet on Tuesday, March 13 from 7 to 8:30. This evening book club is sponsored by the Tri-Lakes Friends of the Library. All are welcome. We will be discussing *Tallgrass* by Sandra Dallas.

On Wednesday, March 14 from 6 to 7 and March 28 from 6:30 to 7:30 there will be a senior Medicare seminar to help you have peace of mind about healthcare. Taught by Alice Mosher, licensed health agent. No registration necessary.

The Monumental Readers will meet from 10 to noon on Friday, March 16 to discuss *A Man Called Ove* by Fredrik Backman. All are welcome to attend and no registration is necessary.

A spinning group will meet from 1:30 to 3:45 on

Thursday, March 22. Come to explore the craft of hand spinning.

Nutritional Health Coach Ginnie Stowe will offer a program on Where to Start to Love Your Heart on Saturday, March 24 from 10:30 to 11:30. Learn about common heart care myths and begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.

The Palmer Divide Quiltmakers will display their works on the walls and in the display case during March.

Palmer Lake Library Events

The Palmer Lake Book Group meets at 9 a.m. on the first Friday of each month. All patrons are welcome to attend. Local author Diane Sawatzki will meet with the group on April 6 as they discuss her new book, *Manyhorses Traveling*. All are welcome to attend and no registration is required.

The spring break program at Palmer Lake is a Mining Lab provided by the Molly Brown Museum on Wednesday, March 28 at 10:30. This hands-on program will allow children to learn about different types of mining and what life was like in a mining camp. Come and touch a real miner's helmet and gold!

Please note that all Pikes Peak Library District facilities will be closed on Sunday, April 1 in observance of Easter.

Harriet Halbig may be reached at harriethalbig@ocn.me.

Palmer Lake Historical Society, Feb. 15

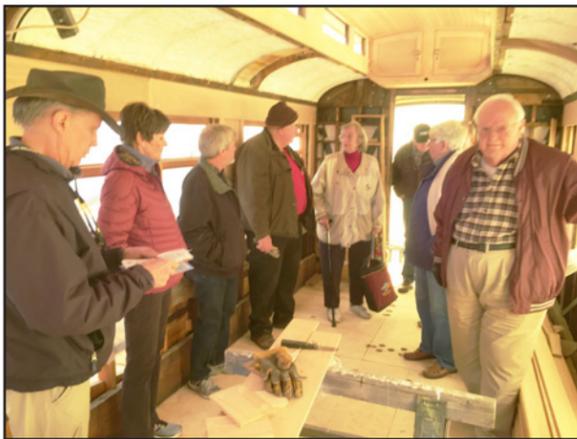
Vintage railroad coaches—"a living museum"

By Sigi Walker

On Feb. 15, the Palmer Lake Historical Society was pleased to host John Eng of the Friends of the Cumbres & Toltec Scenic Railroad. Despite snowy weather, the 75 attendees learned about the tourist railroad, its "Friends" organization, and the restoration of a 129-year-old Pullman tourist sleeper 470, a narrow-gauge car. Interestingly, while standard-gauge cars were built in Illinois, narrow-gauge cars were built at Pullman's Detroit facility.

Engs began the program by showing the railroad's promotional film. It highlights the beautiful scenery through which the train travels between Chama, N.M., and Antonito. A "living museum," the vintage coaches are pulled by 1925's Denver and Rio Grande Western's Baldwin-built steam engines. The railroad has been designated a National Historic Landmark and was voted *USA Today* Readers' Choice No. 1 Scenic Ride.

The purpose of the Friends is to restore and maintain all the railroad's historic assets except locomotives and track operations. They accomplish this with the help of more than 500 volunteers who participate in seven week-long sessions each year. Eng showed a short film highlighting these activities.



Above: Visitors enjoy a tour of the interior of 129-year old Pullman tourist sleeper car 470. Photo by Mike Walker.

A slide presentation followed a history of Car 470. In 1953, the car body, with the underside removed, was sold to an individual in the San Luis Valley. The Friends acquired the car in 1994 and in 2009 began the painstaking task to restore the car to original-built condition. Its all-wood construction required the addition of steel to provide a "rigid box" with "X" bracing

at the ends to meet the demands of current day rail service. Because of water damage, which caused the wood to rot, a wooden sill had to be chiseled to shape before putting it in place.

For those interested in seeing the restoration first-hand, John extended an invitation for all to visit the restoration site adjacent to the former Rock Island Roundhouse, now the Pikes Peak Trolley Museum, 2333 Steel Drive, on Feb. 17. The tours enabled all to appreciate the significant progress that has been made to date. John hopes to have the car operational on the Cumbres & Toltec by the end of 2020.

Mark your calendars for Thursday, March 15, when Eric Swab will tell the story of an iconic part of Manitou Springs history: *History of the Mt. Manitou & Incline Railway*. It begins with a cable car operation built to install a pipeline from the top of Mt. Manitou to a hydro-electric plant at the base of the mountain. Learn how it was transformed into a famous 84-year-long tourist attraction. This program is free and open to all. Thursday's venue is the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m. and the program begins at 7. Light refreshments are served after the presentation. ■

High Altitude Nature and Gardening (HANG)

Ponderosa forest foraging; HANG flower-friendly garden

By Janet Sellers

We are fortunate to live here in local forests among the old growth, fire-resistant ponderosa! We live here because we love being in our forests. Suzanne Sinnard, professor of forest ecology at the University of British Columbia's Department of Forest and Conservation Sciences in Vancouver, knows the value of our forests to us and the planet, and she's particularly interested in the forest below the surface, specifically the fungal networks. She lectures widely on the topic to help us understand the tremendous impact on our lives of the forests we can see, and the forest we don't see underground. Locally, we can develop wisdom for our local lands and forests and their needs, with care and learning.

Sinnard cites evidence that humans can be wiser about maintaining mother trees who pass on wisdom from one tree generation to the next for a more sustainable environment as well as for the commercial wood industry. In a forest, a mother tree is connected to hundreds of other trees, sending excess carbon through delicate networks to seeds below ground, ensuring much greater seedling survival rates. Ac-

cording to the United Nations Food and Agriculture Organization 2016 report on world forests, "The contributions of forests to the well-being of humankind are extraordinarily vast and far-reaching."

American biologist George David Haskell, in his 2017 book *The Songs of Trees*, calls trees "biology's philosophers," offering us wisdom through the ages. Haskell writes that we should listen because they know what they're talking about, "... because they are not mobile, to thrive they must know their particular locus on the Earth far better than any wandering animal."

Our First Nations people have blessed our lives with ancient wisdom for local forest foods we can find and eat, especially in early spring, such as flowers, mushrooms, and greens. Some mushrooms are poisonous, so I have listed below safe, locally found plants that are beautiful, some are native, all grow well here, and all are tasty and nutritious!

Dandelion—Eat leaves raw, lightly cooked, or dried. Fresh flowers are mildly sweet, very tasty in salads, sprinkled over various dishes, or made into a tea. All parts of the plant are edible and nutri-

tious.

Plantain—Eat leaves raw or steamed for a spinach substitute in salads or blended into green smoothies.

Purslane—Moist, crunchy, lemony leaves with a peppery finish are great raw, in salads, or steamed.

Water lily—Leaves gathered anytime during the growing season make good greens: Boil chopped noodle-like leaf strips in one change of water, add bacon (pork, turkey, even the eggplant versions).

Wild rose petals—Use in salads, desserts, beverages; make jelly, jam or eat candied. I love rose petal gelato, (there is even a rose vodka) and the candied petals are nice decorations for cakes and cupcakes.

Lavender—Used sweet in desserts, jams and candied, or like rosemary for meats. Pests detest it: repels deer, rabbits, mice, ticks, and other pests from your home and garden.

Cattails—The lower parts of the leaves can be used in a salad, young stems eaten raw or boiled as