

## People looking for a change

**T**emperatures are toasty in Texas. It's cookin' in California. People are melting in Missouri. Folks are flocking to the high country of Colorado to cool off, but maybe they're here for more than that. Otherwise, they would just go to the pool or mall. Two thousand people a day are coming into the South Rim Visitor Center, and their questions provide a glimpse for understanding other motivations they might have. I'm out to change my world by making a better experience for visitors from near and far. It pays for all of us in the valley to look at customers as people looking for a change. To listen to their questions, statements and their stories is to know how to be better at what we do.



**Paul Zaenger**

Outdoors

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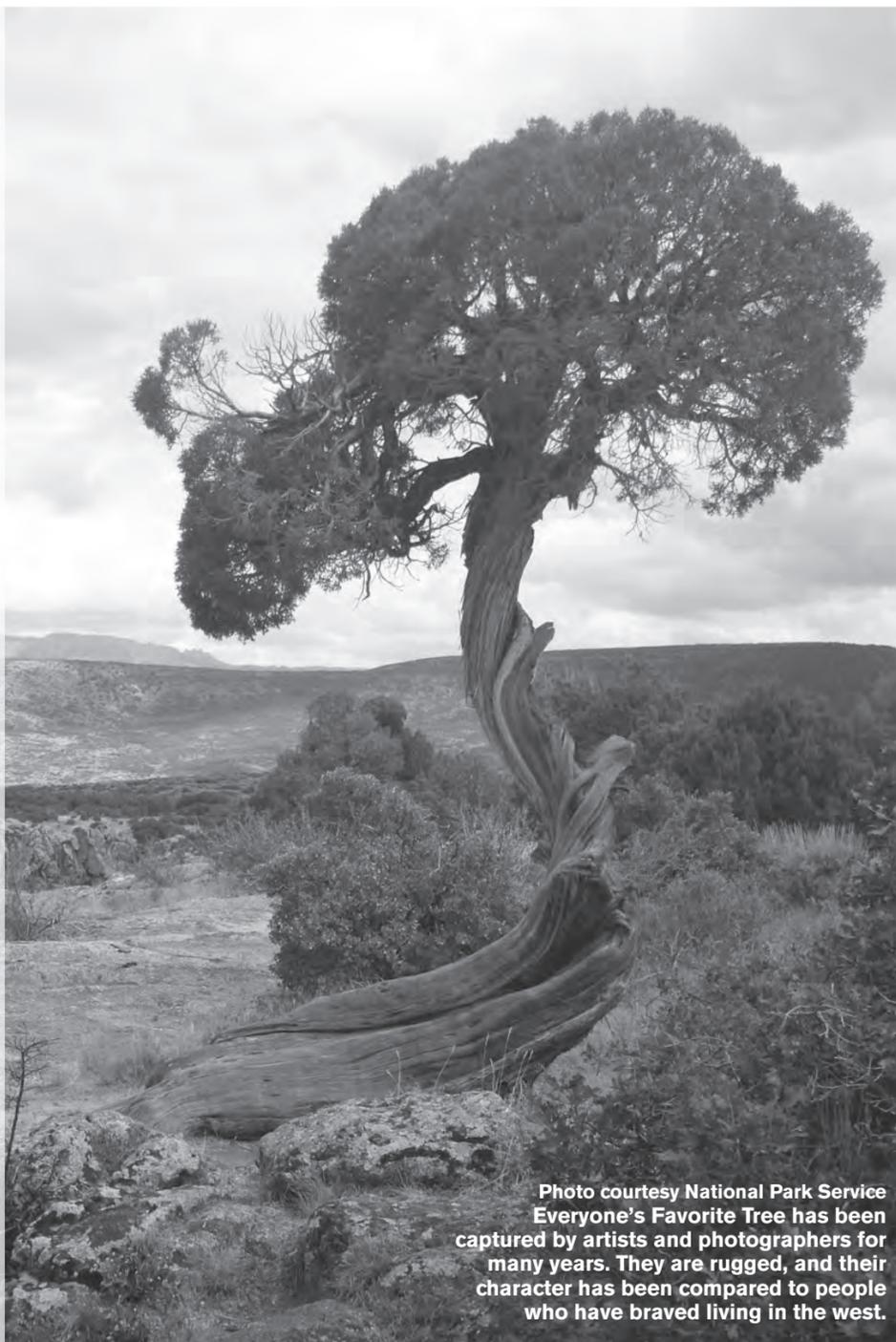


Photo courtesy National Park Service  
Everyone's Favorite Tree has been captured by artists and photographers for many years. They are rugged, and their character has been compared to people who have braved living in the west.

## Western Slope mule deer summit slated

Colorado Parks and Wildlife, in coordination with The Keystone Center, will hold a West Slope Mule Deer Summit in Glenwood Springs on Aug. 9.

The summit agenda includes presentation of a draft of the West Slope Mule Deer Strategy slated to be released in early September.

The event is free and open to the public. CPW and The Keystone Center invite public review and comments on the West Slope Mule Deer Strategy draft as it serves as a guide to future CPW efforts to increase mule deer populations in Western Colorado.

The summit is in response to recent mule deer population declines across the Western U.S. and specifically, several areas on the West Slope, including the White River National Forest.

The summit is from 10 a.m. to 2 p.m. Aug. 9, with lunch provided, at the Ramada Inn, 124 W. 6th St., Glenwood Springs.

Register online at <http://keystone.org/muledeerstatesummit> to attend or be notified of when the draft Colorado West Slope Mule Deer Strategy is available. Learn about Colorado's Mule Deer Story at <http://cpw.state.co.us/learn/Pages/CO-MuleDeerStory.aspx>.

## Colorado receives \$750k land, water conservation fund grant

The State of Colorado received a \$750,000 award this month through the Land and Water Conservation Fund grant for establishing and enhancing outdoor recreation opportunities.

"This award ensures we can continue to broaden and strengthen Colorado's outdoor recreation community," said Bob Broscheid, Colorado Parks and Wildlife director.

The award is disbursed to local governments through an annual grant cycle administered by Colorado State Trails Program, within CPW. Applications are analyzed and scored based upon priorities outlined in Colorado's Statewide Comprehensive Outdoor Recreation Plan (SCORP).

The Town of Lyons, hit hard by last year's flood, was recently selected by CPW to receive LWCF funds. Lyons Park & Recreation Director David Cosgrove is anxious to get the project started.

"Everything up to this point has been emergency and temporary measures," said Cosgrove. "These funds are critical in our flood recovery efforts, now we can move forward on permanent structures that will bring folks back."

Since the programs inception, CPW has awarded almost 1,000 projects on LWCF's behalf, totaling approximately \$58 million throughout Colorado. Each project improves the quality of life for the 90 percent of Coloradans who participate in outdoor recreation to bike and hike endless trails, and fish local lakes.

The LWCF was established by Congress in 1964 to ensure access to outdoor recreation resources for present and future generation, and to provide money to federal, state and local governments to purchase land, water and wetlands for the benefit of all Americans.



PHOTO COURTESY OF MARK RACKAY

A first aid kit can be as compact or extensive as your specific needs may require. It is probably best to assemble your own kit rather than purchase a ready made one.

## Building your first aid kit for outdoor exploration

What starts out as a peaceful morning fishing trip ends up with a slip and a broken leg or that hike along a slope ends in a twisted ankle. The hunting trip for an elk leaves you with frostbite on your fingertips. These are things you should be prepared for before you head outdoors.

**Mark Rackay**  
Survival tips from the Posse

Anytime you get away from town you also leave behind its medical services. Therefore, knowledge of some basic first aid and at least a few basic medical supplies are a most important survival aid. You don't have to be far from home for an injury to mean serious trouble. Whether it is yourself or a partner who needs help, preparedness is the key.

Most wilderness injuries are preventable and it is certainly easier to prevent an injury than to cure one. For example, wear proper clothing for the season and be prepared for the sudden changes in weather we experience. Be aware of your own physical limits and act at the first sign of any potential health problems. Take along a simple first aid

kit tailored to your specific needs.

It is imperative that you take a first aid course. Having a basic knowledge of "what to do" can make it much easier when needed. These courses also offer CPR and the important Heimlich maneuver. If you have not taken a CPR (cardiopulmonary resuscitation) class in the last couple years, you might want to renew. Things have changed recently and it is important to stay current. These classes also are teaching the use of an AED (automated external defibrillator). Just about everywhere now and are really quite simple to use. Contact the hospital, Montrose Fire Department and the American Red Cross for information on upcoming classes.

In future columns, we will address some specific maladies you may encounter. For now, let's begin with a basic first aid kit and what to include in it. Remember, for a personal kit, it should be small enough that you can carry it in your pack, jacket pocket or shoulder bag. A more extensive

kit can be carried in a vehicle or ATV. You will need to consider how far you are from help and what the duration of your trip might be. Some items to carry include:

- Band-aids
- Antiseptic cream
- Tylenol/Advil
- Surgical gloves
- Ace bandage
- Gauze and square absorbent Bandages
- Tourniquet kit with Celox (for severe bleeding)
- Personal medications
- Sanitizing wipes

This is a good start for a personal kit to be carried on your person. You can add specific items as you need for the different circumstances you may encounter. Remember, one of the rules of survival is that you must have given some thought to the possibility before the situation comes up. A first aid kit and a working knowledge to use it, go a long way.

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