Herbal Medicines
Carlisle Evans Peck
STEM Staff

When I say “herbal medicine” or “naturopathy”, most people probably think of a specialty fad for new age hippies and pretentious yuppies stubbornly avoiding modern medicine. But herbal medicine is not an antiquated and irrelevant form of treatment made obsolete by “superior” modern healthcare. People have historically used, and continue to use, botanicals for many medicinal purposes, and there is real science behind it. In fact, modern medicines aren’t entirely fabricated in labs; 

Continued on page 13

Amtrak Visits the Ranch

Scouts from Troop 2334 ride the Amtrak train from Grand Rapids, Mich. to Raton, N.M. on Thurs, June 17.

Dallas Elmore
Staff Writer

The Amtrak route to Philmont may close in the near future if a funding agreement isn’t reached by the states of New Mexico, Colorado and Kansas.

The Southwest Chief is an Amtrak train line that runs from Los Angeles to Chicago and covers a total distance of 2,265 miles. It is one of the four west-east passenger lines Amtrak operates, linking the two sides of the country. Amtrak, a federally owned for-profit company, is in search of funding to maintain the track since Congress did not pass a law for capital investments.

Amtrak is the nation’s national passenger rail carrier. Inaugurated by the federal government in 1971 after the demise of commercially viable passenger rail travel, the company is charged with providing rail travel to the general public. Although the smallest passenger mode of transportation in the U.S., the railroad company has posted steady gains in ridership throughout the 2000s and carried 31 million people in 2013.

Over 4,600 Scouts and staff used the Southwest Chief in 2013 to reach Philmont. The Chief stops in Raton, and Scouts catch a bus the rest of the way to the Ranch. Scouts and other passengers are important economic contributors to communities along the route and the closure would be keenly felt in Colfax County, as well as southeastern Colorado and other parts of northeastern New Mexico.

Scouts choose to ride the train for a variety of reasons. The train makes the trip affordable for many groups, almost halving the cost of an airline ticket. Spacious seats and dining cars avoid unnecessary stops that most car rides need. Large observation cars offer almost 360 degree views of the surrounding countryside.

The scenery made an

Continued on page 3

Silver Sage Award Ceremony

Emet Blood
Staff Writer

This year’s Silver Sage Award ceremony at PTC reconnected the past pioneering of the first female staffers with the current development that Philmont experiences every summer as the female population at the camp grows.

This year, three of the awards went to former staff members Cathy Leech, Nancy Wells and Dawn Chandler.

All three played a major role in paving the way for the presence of female staffers at Philmont.

During the opening of the ceremony recognitions, were made to Ranch management staff.

Recognition were also made to

Continued on page 3

A Philmont Hiker
Nick Weist
Troop 888
Hiking through the wilderness
Tents set up at night
Philmont, Scouting paradise

PhilNews Submissions
Emma Black
Head of Dean Program Counselor

Dallas Elmore
Staff Writer

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The scenery made an

Continued on page 3

Christine Henri/Photographer
Nancy Wells speaks about her experience as a Philmont ranger in the summer of 1973.
**NEWS AND PHOTO TEAM**

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**Marketing Manager**
Jessica Micheli

**Marketing Staff**
Dominic Baima

**Lead Videographer**
Gabe Marchetti

**Videographer**
Connor Black

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“If you can dream it, you can do it.” -- Walt Disney

“With the new day comes new strength and new thoughts.” -- Eleanor Roosevelt

---

**CHACO PRODEAL**

Thanks to the American Camping Association, all Philmont staff members are eligible to purchase Chaco products at a discount price. Simply go to Chacos.com/ACA and fill out an online application. Once your membership has been approved, you will be able to enjoy a discount of 40% off MSRP on the items available on Chaco’s online store.

---

**Bear Safety Tip of the Week**

Side hikes should not take a side note. The majority of bear rewards occur while campers are engaging in afternoon hikes. Always be cognizant of bear procedures, even if only for a few hours.

---

**Corrections**

In Issue 8, it was stated in the trail camps article that Aspen Springs has purified water. However the sign at the Aspen Springs spigot states that the water needs to be treated.

If any corrections are seen please notify the PhilNews Editor by emailing philmontnps@philmontscoutranch.org or I-Camp it to News and Photo Services.

---

*Photo courtesy of Sarah Burgess, Conservation STEM Coordinator*

Joey Dell and Emily Mangan, program counselors, pose with their creative display they made for their nature box contents at Ponil.

*Photo courtesy of Sarah Burgess, Conservation STEM Coordinator*

This is an excellent nature box display: simple to make and will work at camps looking for a great way to put their resources on display.

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*Open daily from noon to 8 p.m.*

**Tutti Scoops**
Continued From Page one, Award

Kathy Leach, Nancy Wells and Dawn Chandler wear their medals at the 2014 Silver Sage Awards.

Continued From Page one, Amtrak

impression on one Indiana Scout.

“To see it change as we go is cool,” said David Harbeson, the senior patrol leader of Troop 4025 from Georgetown, Ind. “It’s not dramatic, just gradual.”

Adult leaders had another reason for appreciating the rail line.

“It’s a safety issue,” said Gabrielle Martin, an advisor from Venture Crew 1 from Champagne, Ill. “Advisors haven’t slept in a bed in two weeks and are stuck in a crowded van.”

Amtrak has requested that each state involved in maintaining the track contribute $4 million a year for the next ten years to complete renovations and upgrades to the track in question. A search is in progress for more local economic activity to use the freight system and incentivize the modernization of the track.

Keeping the rail line active has historical precedence as well. “Pavilion Adult leaders had another reason for appreciating the rail line.

“We’ve had good activity in all three states, but have not yet reached a conclusion,” Magliari said.

Issues Seven Sudoku Solutions

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Mark’s Minute: Philmont’s New Look

Mark Anderson
Director of Program, Unit 2

Over the past week, I have had the pleasure to visit a number of our backcountry and frontcountry camps. Crews and participants continue to have a transformational experience just like they were doing on June 8 as we began the 2014 season. The profound difference is the change in the land - green!

Everywhere I went I observed flowers and green growing ground cover. The result is less dust, significantly less erosion with each rainstorm and a reduction in fire danger.

On July 25, the fire rating for the Ranch will be lowered to a moderate rating. A moderate rating means fires can start from most accidental causes, but with the exception of lightning fires, the number of starts is generally low. You can expect moderate flame length and rate of spread. Short-distance spotting may occur, but is not persistent. Fires are not likely to become serious and control is relative easy.

With this new fire rating we will begin allowing crew campfires on Philmont Scout Ranch property in established fire rings. Rangers and backcountry staff will begin a concentrated training effort with each crew to ensure that they are trained in the Philmont crew campfire process. We will continue to encourage crews to use their stoves for cooking, but, from time to time along the trek a campfire might add to the experience and provide warmth on a chilly, wet evening.

The forecast continues to include a 20-40 percent chance for afternoon and evening thundershowers. With each storm we have had a numerous lightning strikes. We should remember that the Pueblo Ruins fire on June 27 was the result of a lightning strike four days earlier. Every staff member should continue to be observant of the land as they make their way through their daily assignments as well as when they enjoy the Ranch on their days off. Early detection can improve the ease of suppression.

I hope you will enjoy the lightning shows as the storms move off across the eastern plains and are lucky enough to see a late afternoon rainbow. These are special weather occurrences in our area that are usually followed by glorious night skies.

August brings the Perseid Meteor Showers. Because of our dark skies we have the opportunity to see these meteor showers in the northeast skies around the Perseus Constellation. You may be able to see 60-100 per hour. The peak nights will be August 11, 12, and 13. Between now and then the meteor shower will increase each night. I hope you will find time to enjoy this experience.

Our home is a special place. Please take time and enjoy it with other members of your Philmont family.

I continue to receive numerous compliments about the experience from participants in all of our various programs. Thank you for the work you do to make our days off enjoyable.

One advisor wrote in response to the question “Was there something unexpected that you enjoyed on your trek?” The magnificent views, also, pleasantly surprised at the courtesy of the staff. Treated like a valued customer. A crew leader wrote in response to the same question, “a glorious experience!”

Dallas On Days Off: Los Alamos

Dallas Elmore
Staff Writer

Dallas Elmore, PhilNews writer, at the Amtrak train station in Raton.

Two and a half hours from Philmont is Los Alamos, the site of the famed Manhattan Project and a rich cultural landmark in central New Mexico.

A town with a population little over 12,000, Los Alamos offers museums, outdoor adventure and stunning vistas on a casual drive. Indians first settled the area around the town almost a thousand years ago. For hundreds of years, they farmed mesas and gathered wild plants until changing climate issues forced the native people into pueblo settlements.

The 1800s brought white settlers, and eventually the town of Los Alamos was incorporated. During World War II, the federal government selected the town as the sight of the famous Manhattan Project, which ultimately developed the atomic bomb for use against Japan. The laboratory used the previous location of the Los Alamos Ranch School, which is now a community center.

Los Alamos is now the home of the Los Alamos National Laboratory, a science facility that employs over 11,000 people. As a result, the town has one of the highest per capita PhD rates in the nation. In addition to the brain power, the town has several dedicated museums. The Los Alamos Historical Museum pays tribute to the region’s Indian ties, the Ranch School era and the Manhattan Project. Brainiacs will enjoy the Bradbury Science Museum. The museum hosts 16 exhibits that explore atomic use, proliferation and safekeeping.

Bandelier National Monument is both a trip into the past and an explorers dream. Staff can visit the ancient ruins in the morning and begin hiking the 70 miles of trails in the parks 20,000 acres of designated wilderness. Those who are looking for a more automobile oriented adventure can take the Jemez Scenic Byway. The trip is 132 miles long, offering views of the Valles Caldera, Jemez falls and other spectacular scenery.

Staff who have the time to explore Los Alamos should take Highway 64 west till they reach the turn off for Los Alamos.
The Ranger Mile:

Doin’ it Right: Black Death and Super Black Death

With the final month of our Philmont summer at hand, it’s bucket list time for many of you. For the adventurous, that may mean it’s time to attempt Black Death or Super Black Death, two of Philmont’s hiking challenges. These strenuous routes provide the opportunity for memorable personal achievements, but carry significant risk alongside. Do not undertake one of them alone, and be sure to file a staff backcountry access permit before departure from Base Camp.

Matt Hart
Associate Chief Ranger

Black Death

The Route: Black Mountain camp to Base Camp via the summits of Black Mountain, Shaefer’s Peak and the Tooth of Time. Three peaks over roughly 12 miles and 3,100 total feet of elevation gain.

The Beta: Be sure to arrive at Black Mountain camp the night before you plan to hike the challenge. Get up early, fill up on water (at least five liters), and hump it up the switchbacks to the summit of Black Mountain. There’s a reason this peak is regarded as one of Philmont’s burliest: it is a steep and relentless climb from the staffed camp, ascending nearly 2,000 vertical feet in roughly a mile. Take a slow, steady pace — you’ll need your energy later in the day.

Once you’ve topped out on Black, enjoy the view then set off east on a gradual, rolling descent to Shaefer’s Pass. From the trail camp, it’s a quick but steep climb up to the southern flank of Shaefer’s Peak. Turn left off the ridge trail and dash the 200 feet up to the summit of Shaefer before continuing your eastbound trek along Tooth Ridge.

It’s a hot mile and a half between Shaefer’s and the base of the Tooth. Keep pumping water and food, then scramble up the 500 feet of rock to the summit. Be careful: footing can be treacherous, and this is no time for a rolled ankle. Once you’ve made it, soak in the glory of your third summit of the day and the panoramic views it affords. Then take your victory descent to Base.

Super Black Death

The Route: Clear Creek to Base Camp via Mt. Phillips, Comanche Peak, Big Red, Bear Mountain, Black Mountain, Shaefer’s Peak, and the Tooth of Time. Seven peaks over roughly 20 miles and 6,000 total feet of elevation gain.

The Beta: You have to like more than a little pain to undertake Super Black Death. Hike to Clear Creek the afternoon before: if you can get a friend to drop you off, take the beautiful Tolby Road, an off-Ranch trail which runs south from Highway 64, climbing to the dazzling, aspen-lined Tolby Meadow then up to Clear Creek (the trailhead is on the south side of the highway, just before the hairpin turns as you approach Eagle Nest).

From Clear Creek, wake up at first light, load up on water, and climb Mt. Phillips while it’s still cool. Stay quiet and you’re likely to catch a glimpse of ruffed grouse or other wildlife. Enjoy the summit briefly, and then descend through lush spruce-fir forest to the Phillips-Comanche saddle. After a quick climb up to the 11,303-foot summit of Comanche Peak, continue east to the trail camp of the same name, then take a hard right and head south to another saddle before knocking out your third 11,000-foot of the morning, Big Red. The trail can grow faint between Comanche and Big Red, especially around the intersection with the emergency road to Thunder Ridge, so be sure to check your compass and make sure your continuing to head south.

After reaching the big rock cairn on Red’s summit, turn due east and descend to Comanche Pass. Take the high road from the pass and begin your ascent of Black, with a quick detour to summit Bear Mountain about a kilometer from the pass. There is no marked trail to this peak, but the summit is visible and a quick, steep 400-foot bushwhack from the trail. Be sure to consult your map and compass frequently during this stretch. After your side-trip to Bear, continue on to the Black Mountain summit, then follow the route for Black Death as described above.

Some final tips: Don’t take any extended breaks (your muscles will not want to get started again afterward), keep pumping the water and the calories, and do your best to make it to Base before dark! Don’t be afraid to bail if weather or fatigue makes you at all nervous. The easiest way is to drop down from Shaefer’s Pass then rest up and seek a ride from Clark’s Fork or Miner’s Park. On Super Black Death, it is also an easy descent from Comanche Pass to Cypher’s Mine. Do not attempt any of the peaks if lightning is in the area, and as always, hike with at least one partner.

Happy trails!

Matt Hart, associate chief ranger, comes down from Mt. Phillips for an early morning start to Super Black Death.

Backcountry Cooking

Cooking in the backcountry is quite different from cooking in a traditional kitchen. A lack of electricity and appliances at many camps demands creative solutions to satisfy hunger. Regardless of the difficulties, both backcountry camps and special treks concoct delicious meals.

Many of the staffed backcountry camps cook their meals on a wood stove, such as Metcalf Station.

“I can control the heat better than propane,” said Tucker Baker, program counselor at Metcalf Station.

Special treks, such as Rayado and ROCS, carry vegetables, canned goods and other bulk food items but still cook on a backpacking stove.

Carrying bulk food increases the weight of a pack, but a non-dehydrated meal is worth the hardship.

A pizzadilla is a combination of two versatile dishes that entails placing peppers, onions, cheese, pepperoni and tomato paste inside a tortilla heated above a backpacking stove. It’s a simple but rewarding meal after a day of hiking.

Baker and Nathan Ford, camp director at Metcalf Station, claim that the struggles of backcountry cooking have nothing to do with cooking. Their biggest concern is finding the time to actually cook. They are always prepared to start a crew on forging or railroad working.

“We work around the..."
**PhilNeighbors: The Heck Place**

Scott Allen  
Staff Writer

This place is way the heck out there.

Located just southwest of Dean Cow, the Heck Place was owned by Ted Turner and is located on the Heck tract of the Vermejo Ranch. This land, which was originally owned by the Chase Ranch, was lost in a poker game, not once but twice by Manly's oldest son, Mason Chase.

In recent years, this land has become available for more itineraries. The location and low altitude makes it a prime spot for crews, half of which spend their first day in this area while the other half spend their last day here. The raw high desert ecosystem, adventurous navigation requirements and Leave No Trace experiences lead to profound memories.

This area has only been used by Philmont since 2010 and it does not include modern trails. Instead, Scouts use GPS, map and compass, game paths, firebreaks and “bushwhacking” to find their way through this property.

Just over 11,000 acres encompass this land and the elevation is modest, ranging from 6,435 feet to 7,924 feet. Technically, there are no staffed camps on this property, but Scouts participate in a geocaching program. Since the program is created by staff who are not present, most crews consider these camping areas run by “ghost staff.”

The Heck Place also has historical “western flavor”. Evidence of logging, ranching, coal mining and modern-day fire fighting are tucked into the landscape. As crews find their way around, some may even stumble across rocks with a “WP” carved into them. Such markings were made by Waite Phillips’ surveys crews back in the mid 1920s.

Some benefits of this area include learning about Fire Ecology, Wildland Stewardship, Watershed Management, Invasive Species Control and Leave No Trace principles. Conservation plans include wildland fire support, invasive species eradication and teaming up with the Cimarron Watershed Alliance to help improve water quality in the local streams and rivers.

**PhilStars: Coming to a Sky Near You**

**Week of July 25-July 31**

Scott Allen  
Staff Writer

As the month of July continues, so does the Holly Moon. This moon cycle is named after the evergreen plant and it reminds us of the immortality of nature. According to the Celts, it’s a symbol of masculine energy and firmness.

**Note:** The faintest magnitude, or level brightness, the naked eye can see is 6m and any number above requires help with binoculars or a telescope. The brightest magnitude regularly seen is -13m which is a full moon.

July 25: Forty-five minutes after sunset, at 5:26 a.m., the waxing crescent moon will be in the east-northeast sky with Mercury to the right and Venus and Betelgeuse to the left. Betelgeuse is the second brightest star in Orion.

July 26: The new moon occurs at 3:24 p.m. MDT. This is a great time to observe faint objects such as galaxies and star clusters.

July 27: The farthest lunar apogee of 2014 occurs at 9:28 p.m. MDT. During this time, the moon will be the farthest away, 252,629 miles from Earth, which is over 20,000 miles farther away than usual. Also, an hour after sunset at 9:14 p.m., Saturn, Mars and Spica will all be in-line. Spica is the brightest star in Virgo.

July 28: Thirty minutes after sunset, 8:43 p.m., the young moon will be in the west with Regulus nearby. Regulus is the brightest star in Leo.

July 29: Forty minutes after sunset, 8:52 p.m., the young moon will be in the west, a little further away from Regulus.

July 30: The Southern Delta Aquarids peak with about 20 meteors per hour. The meteors appear to radiate from Aquarius, the water bearer and an hour before dawn, around 5 a.m., is the best time to observe. Overall, it’s a great time to view because of the thin moon.

July 31: An hour after sunset, at 9:10 p.m., the moon will be in the west-southwest sky with Denebola up and to the right. Denebola is the third brightest star in Leo.
PSA Seasonal Staff Scholarship

The Philmont Staff Association Seasonal Staff Scholarship program has steadily grown over the past seven years. More dollars for college expenses have been awarded each year, and more Philstaff have submitted applications for these funds. Both trends continued last summer. 120 summer staff applied for the PSA Seasonal Staff Scholarships in 2013. Thanks to our members' generosity, the PSA awarded a total of $45,000 to 46 recipients last year.

The Philmont Staff Association is working hard to make 2014 an even bigger year for the Seasonal Staff Scholarship program. There will be more funds available for you to use for school expenses. However, you need to apply.

History Blurb: Ernest Thompson Seton

Emet Blood
Staff Writer

Ernest Thompson Seton or the “Black Wolf,” was a founding pioneer of Scouting, the founder of Woodcraft and an advocate for getting youth to explore the outdoors. He was an author, illustrator and a naturalist. Recognized for his written work, namely, “Wild Animals I have Known,” a fictitious novel from the perspective of wildlife he came across. The first tale in his book is about a wolf named Lobo “the King of the Currumpaw.” Lobo was the leader of the Currumpaw pack, a group of wolves that had been terrifying cattle herders. The locals hired Seton as a bounty hunter, putting a price of $1,000 on Lobo’s head, beginning a lesson that would change Seton’s life.

Seton knew he had caught her, catching Lobo would be straightforward. He set up traps in a narrow passage, using the same trap Lobo had been able to escape. They carried Blanca back to their camp and Lobo followed the scent of his mate. To Lobo’s surprise, they had used her scent to disguise traps they had placed.

Seton approached Lobo after he had finally been caught with each leg in a different trap. Regardless of his leg injuries he stood and howled when Seton approached. Seton was touched by Lobo’s bravery and loyalty to his mate. He couldn’t bring himself to kill the wolf so he and the other men muzzled him and brought him back to the ranch. When the wolf died that night, Seton knew he had died from the heartbreak of losing his mate and his freedom.

Seton, through this experience, became very conscious of his actions against wildlife. He wrote the book “Lobo the King of the Currumpaw” portraying Lobo’s experience in survival against Seton. This tale brought attention to what is now wildlife conservation. Seton explicitly set out the necessity to Leave No Trace. It was adopted into the Boy Scouts of America and is practiced at the Philmont Scout Ranch. Seton also played a role in influencing Lord Baden-Powell who founded Scouting.

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Pioneering the Past

Scott Allen, Dallas Elmore
and Kyle Nutter

Staff Writers

Hard work exists throughout the Ranch and is all over the homesteading camps. Crooked Creek, Rich Cabins and Abreu programs may look like chores, but actually are a direct step into the past.

At Crooked Creek, Scouts experience life as it was during 1875. Interpretive staff leads participants through daily activities and shows them the hardships of pioneer life.

Touring the cabin excavates traditional sayings from their original context. The phrase “sleep tight, don’t let the bed bugs bite” originated in the days when rope beds were common. Before retiring to sleep, the rope was tightened. Bugs lived in the hay or grass stuffed mattress and a good night would include minimal to zero bites.

Ox blood spread over dirt floor to seal it, fireplaces in the rooms corner and other rudimentary construction habits are shown during the tour. Furniture fabricated from branches and tree limbs testify to the resourcefulness of settlers. The lifestyle of pioneers is not forgotten. A father controlled the time spent alone between his daughter and suitors with multiple bedrooms and a porch.

Rich Cabins, life was also hard. Fortunately, staffers and Scouts can approach it from a 1900, interpretive standpoint. The cabin, which began as a one room building, expanded to a two story structure with multiple bedrooms and a porch.

Rich Cabins is named after the Rich family, who emigrated from Austria in the 1880’s. They soon established the ranch and began prospering. After the Great Depression struck, the family was forced to sell the ranch. Ellyn Washburne, the camp director of Rich Cabins, plays Frita Rich Wertz, whose husband, Joe Rich, started the ranch.

Washburne appreciates the fact that her characters have historical significance.

“I’m portraying somebody who actually lived,” Washburne said. “I get to tell people actual history.”

In addition to hosting program counselors, the cabin is continuously being renovated by a cabin restoration team. They wear interpretative clothing and are an integral part of preserving the cabin.

Each year, the team chooses a project to restore the cabin. The restoration team has rebuilt a barn and redone rooms inside the house. This year, they are installing a stone foundation to prevent water damage in the old camp director room and repairing a wall that has water damage.

“Our goal is to preserve as much of the original wood as possible,” said Pete Bergene, cabin restoration crew member.

Portraying an immigrant family allows the staff to translate a broad experience to the campers. In addition to taking care of animals and doing household chores, Scouts participate in a campfire which traces the Rich’s journey through the 1800’s.

“Basically our campfire takes it all the way from Austria to America,” said Sam Anderson, program counselor at Rich Cabins.

They play a variety of Austrian, American, Southwestern and Appalachian songs to emphasize the pioneer experience.

In the south country, the Abreu homesteading takes participants to 1912. Here, campers get a chance to milk a goat, interact with a chicken, goat or burro and make adobe bricks. They can also learn something from the cabin tour or relax in the cantina.

“We make adobe bricks, which is what our home and cantina are made of,” said Ian Sandoe, camp director at Abreu. “We do tours of our cabin, share some of the history and show what the Abreu family was doing here back in the 1910s.”

Besides tours, participants get the chance to do some hard labor such as splitting wood. Sandoe said they usually mention Rayado.

“There’s a lot of the folks coming through and going to the Rayado turnaround on their last day,” Sandoe said. “So we explain what the Abreus were doing out there and what to check out.”

A change that occurred since last year deals with the goats.

“Last year they didn’t have the goats roaming free, we just started that recently,” Sandoe said. “Goats are very social animals, they get lonely in their pin. This way, everyone gets a chance to see them.”

Wherever you are on the Ranch, there’s rich history. The homesteading camps prove that the time-tested techniques of Philmont’s pioneers will always be something anyone can enjoy.
Touring Through Time

Scott Allen, Dallas Elmore and Kyle Nutter
Staff Writers

The history of Philmont's cabin camps plops participants straight into the past. Many of the cabins were originally built by pioneers and have since been rebuilt to show participants what life throughout the 1800s and early 1900s encompassed.

The Kit Carson Museum (Rayado), Fish Camp and Hunting Lodge are three landmark frontier points.

Kit Carson takes campers to 1850, when this first permanent settlement on the Beaubien-Miranda land grant was booming due to the Santa Fe Trail. The tour goes through Kit Carson Museum and the Maxwell House, both of which housed high walls and windows due to conflicts with local Native Americans.

The tour starts at the pack room, which includes saddles, animal supplies, a 150-year-old Granera, rakes, a plough, a hay cutter and a hobbel.

A hobbel was used on donkeys so that they wouldn't stray far from camp during the night,” said Calvin Walton, assistant camp director at Kit Carson.

Next to the pack room is the pelt room. Here, participants touch skins such as a fox, rabbit, beaver and mountain lion. There are also different traps which are smooth-jawed to preserve the pelts. Three's trap beavers, four's trap coyotes and mountain lions and five's trap black bears. Interpreters discuss the history of beaver pelts and their cost, bringing $7 per pelt.

The kitchen, bedroom and “La Sala,” or showroom, are next. The kitchen has a floor made of dirt and ox blood, which contains iron to seal the floor when dried. The bedroom has a rope bed and an adobe bed which is where the oldest child slept. The showroom features a 1850s piano that is believed to be a Maxwell family piano from Buffalo, N.Y. Red linens line the wall so the gypsum would not rub on the clothes when dancing.

After the museum, visitors see the trading post that Jesus Abreu built. Next to the trading post is the Maxwell House. Here, you can see the structure's original adobe bricks.

“This is the original adobe bricks that comprised these walls,” Walton said. “They are about 165-years-old.”

In addition to the adobe bricks, the house has indoor plumbing, a signature of Waite Phillips. Interestingly, the same style plumbing exists at Fish Camp and Hunting Lodge.

After the tour, visitors can throw tomahawks, blacksmith or visit the graves of Jesus and Petra Abreu.

Fish Camp was Waite Phillips’ fishing cabin located where the Agua Fria Creek joins the Rayado Creek. Phillips invited Charles Dawes, Vice President of the United States in 1927, and other influential friends to the cabin for fishing retreats. One of his friends affected the design of the cabin. In 1932, the son of aviator Charles Lindbergh, a good friend of Phillips, was kidnapped from the Lindberghs’ residence. The event could have triggered Phillips’ paranoia. He installed a panic room that only had one door knob on the inside. An underground tunnel from the main cabin to the guest cabin augmented the original design as an escape route.

The bars on the windows points to his paranoia as they were likely placed to prevent bears from entering. Dutch doors with two handles that must be turned simultaneously to open, added a layer of protection. Unlike the Villa Philmonte, Scouts can sit on the furniture.

The other program at Fish Camp follows the activity that motivated Phillips to build the cabin: fly fishing. After a cabin tour, Scouts and advisors learn to tie a fly and fly fish. The lures mimic insects in the area that the trout in the creeks feed on. Materials such as feathers, wool or yarn is commonly used to manufacture flies.

“Usually arts and crafts materials are used,” said Dan Donahoe, program counselor at Fish Camp.

Donahoe has been fly fishing since the fourth grade and brings his expertise to the participants at Fish Camp.

“About 90 percent [of participants] have fished normally,” Donahoe said. “Not many have fly fished.”

Fly-fishing techniques are demonstrated before Scouts disperse to find a fishing spot along the creek. As a catch-and-release rule, each participant must put back any fish caught.

Waite Phillips’ Hunting Lodge was also built to entertain guests. The cabin, located between Cimarroncito and Clarks Fork, was one of the Phillips’ guest houses. Phillips built the house and had electricity installed in the home, but never spent more than a night there.

Guests are transported to 1941 and period music floats through the air as Scouts enjoy the cabins historic material. The staff at Hunting Lodge lets Scouts choose what interests them, instead of sticking to a set tour.

“It’s very nonchalant,” said Trevor Lombardi, program counselor at Hunting Lodge.

He plays Will James, a friend of the Phillips family who was a bronc rider and artist. To add to the interpretive feel, Lombardi pulls out his knife on the porch and carves while telling stories.

Scouts appreciated the tour and the atmosphere of the cabin.

“The music was really cool, and the tour was very informative,” said Catherine Hall, a Scout with crew 702T1 from McLean, Va.

In addition to the cabin tours, Hunting Lodge has added new programs. The fly fishing program, added last year, has seen expansion, exceeding the previous years total participants halfway through the summer. The camp director of Hunting Lodge, Amelia Trenga, has developed a nature scavenger hunt.

The scavenger hunt is designed to enhance wildlife knowledge by exploring the lodges serene environment. The program was one of the reasons Trenga picked the camp.

However, Hunting Lodge has another facet that the staff emphasizes.

“The biggest program here is hospitality,” Trenga said.
**Weekly Advice Column:**

**Ask Merchandise Warehouse**

Dallas Elmore  
Staff Writer

The Merchandise Warehouse is in charge of all goods and materials for the different departments across the Ranch. At their location next to the Administration building, the Warehouse stores anything and everything the ranch could need to run its day to day operations, as well as managing the Ranch’s printing. PhilNews spoke with Merchandise Warehouse clerks Sam Durant and Amy Crudgington to find out about what they do.

**What exactly does the merchandise warehouse do?**

We supply the different departments across the Ranch with stockable materials across the ranch such cleaning supplies, paper products and office supplies. In addition, we do shipping and receiving that isn’t expressly being sent to the Trading Post. We also handle the printing for forms for different departments, like PTC and CHQ. That includes crew forms and job applications.

**What does the warehouse deliver the most?**

What we deal with the most are paper products, like paper towels, toilet paper and trash bags. A lot of times, the Maintenance department will come in with requests for different kinds of tools, and we will stock that for them.

**How often do you get deliveries?**

We get deliveries anytime they come in during the week. There is no specific time for big deliveries, but typically orders will come in from Rack on Monday or Tuesday and FedEx will be here on Thursday or Friday. UPS will deliver orders all week. We will also pick up orders from other places, like Raton or Springer. The FedEx deliveries are then delivered daily to the mail room.

**How much printing volume do you handle?**

At the beginning of the summer, we could go through a box of paper (10 reams) a day, which is about 500 pages a ream. Now, a typical day sees about 1000 pages printed.

**How should someone approach getting materials from the warehouse?**

Staffers should fill out a request form and then have their manager approve it, then bring it to us. If you are from a backcountry camp, your orders have to go through the Backcountry Warehouse.

**What is your role in scatter and gather?**

The big warehouse has cages that contain all the non-program supplies for each backcountry camp, and we put them on the trucks headed out to the backcountry.

**What do you supply to the different departments with?**

For the backcountry warehouse, we supply things like lighters, lanterns and office supplies that backcountry camps might need, like paper clips or pens. Anything that you would find at a hardware store or Walmart we can supply.

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For the backcountry warehouse, we supply things like lighters, lanterns and office supplies that backcountry camps might need, like paper clips or pens. Anything that you would find at a hardware store or Walmart we can supply.

Sam Durant, Merchandise Warehouse clerk, fills in orders and delivers general products to different areas of the Ranch.

Amy Crudgington, Merchandise Warehouse clerk, assists in locating and delivering products from Administration to Camping Headquarters.
NAYLE Inspires Leaders of the Future

Dallas Elmore
Staff Writer

Each week this summer at Rayado Ridge camp, some of America’s youth gather to improve their leadership skills at the National Advanced Youth Leadership Experience. The NAYLE program is built on the principles that are taught at National Youth Leadership Training, or NYLT, put on in each council. Scouts who go through NYLT training are given the opportunity to attend the NAYLE program at Philmont along with the other high adventure bases.

The programs that take place at Philmont offer a different learning experience than what Scouts learn through council programs. Instead of gaining leadership skills through classroom presentations and games, the curriculum takes a hands on approach.

“We use the COPE course and wilderness first aid where the youth have to use the specific leadership skills learned at NYLT to be successful,” said Rachel Eddowes, the NAYLE transportation coordinator.

NAYLE focuses on expanding the servant leadership concept that NYLT introduced to the Scouts. Once the youth arrive for the program, they are divided into crews that separate them from anyone they would know from their home councils or units. These units of six to eight Scouts engage in activities that force them to pass through the four stages of team development.

“It’s a really cleverly designed syllabus,” said Keith Nathan, an adult faculty member for the program during sessions two and three.

Each day brings different trials. The participants have to be flexible in order to achieve that day’s objective whether it be completing the COPE course, Search and Rescue or an outpost hike.

Scouts find that the leadership skills they learn in the classroom have practical applications. The repetition of the team building process reinforce the servant leader theme of the program.

“The purpose of NAYLE is to make leadership skills a habit,” said Emily Goelzer, a NAYLE crew guide for session two.

Participants begin to notice not only their own strengths and weaknesses, but others as well. They learn to distinguish between the different types of leaders and how to implement servant leadership back into their home units.

“I’ve learned to notice what type of leader other people are, as well as notice what type of leader I am,” said Pavan Mody, a NAYLE session two participant.
Trail of Courage

Philmont Scout Ranch has been asked and agreed to launch the Trail of Courage Program. Over the next few years, it will be rolled out to all parts of the Boy Scouts of America including other high adventure bases, summer camps and Boys’ Life Magazine. I encourage you to join me by participating in the Trail of Courage-right Decisions/Right Now-Be Tobacco Free. Teenage smoking dropped from 36.4% in 1997 to 21.9% in 2003. However, each year since 2003 the percentage of teenage smoker continues to rise! This is a startling fact, since we know the danger and risk of smoking to our health.

What is the program? The program allows conversation to take place with each crew. These conversation focus on the seven parts of the program:

1. Become personally fit.
2. Eat a nutritious diet.
3. Exercise.
4. Be tobacco free and not smoke or use smokeless products.
5. Live free of drug and alcohol habits.
6. Learn the seven cancer danger signs.
7. Live the Scout Oath and Law

Who Leads the Conversations? Each Ranger is asked to coach the Crew Leader to guide conversations during the crew’s trek that focus on each of the seven parts of the program.

On the last night of the trek, the Crew Leader will encourage the crew to take the pledge and commit to the seven parts of the program.

The recognition for making the pledge and participating in the program includes a Trail of Courage patch and Boys’ Life Personal Pledge Card. These items are available to the crew free of charge at the Safekeeping Counter in Camping Headquarters.

Can Staff Participate? Yes! Each member of the Philmont Staff is asked to participate in the Trail of Courage program.

Step 1: Review the material in the Trail of Courage—Right Decisions/Right Now-Be Tobacco Free brochure. You may wish to discuss the program with your friends and your department.

Step 2: Make personal commitment to pledge to work on achieving each of the seven part so the program.

Step 3: Complete the Staff Pledge Card and turn it in at the Personnel Counter at the CHQ Office.

Each staff member who participate will receive the Trail of Courage patch and the Boys’ Life Personal Pledge Card.

Trail of Courage—Right Decision/Right Now-Be Tobacco Free Pledge

“I pledge to become personally fit, eat a nutritious diet, exercise, be tobacco free, live free of drug and alcohol habits, learn the seven cancer danger signs and live the Scout Oath and Law.”

Printed Name __________________________ Signature __________________________

Department __________________________ Date __________________________
Continued From Page one, Herbal Medicine

over half of our pharmaceuticals are derived from plants. Modern science shows us that ancient surgeons, shamans and pioneers knew exactly what they were talking about, even if they didn't have a chemist's vocabulary to describe things.

Plants are chemical masterminds. Since they don't have strong muscles, sharp teeth, or swift limbs to avoid predation like animals do, they have been forced to evolve creative ways of deterring pests and herbivores. Some plants use physical defenses like sharp spines, but others synthesize a fascinating and sometimes terrifying array of potent chemical compounds to make them unpalatable or deadly to herbivores, and it is many of these same compounds that make botanicals useful to humans as powerful medicines.

One of the more diverse and important classes of botanical compounds are called alkaloids. Alkaloids commonly have a foul, bitter taste and tend to have strong effects on animals' nervous systems. They are responsible for the toxicity of milkweed exploited by monarch butterflies, and the poisons in the hemlock that killed Socrates. But there are many alkaloids that, used in small doses, are very effective at treating many human conditions. For instance, quinine, derived from the Andean Quina tree, is still used as a potent anti-malarial. Most narcotics, such as morphine from the opium poppy, are alkaloids, and are powerful painkillers. Caffeine, found in the berries of the coffee bush and the cacao tree, is an effective stimulant. Cocaine, from the South American coca plant, is also an effective stimulant, derived for centuries from chewing coca leaves by indigenous peoples before its status as an illegal drug. Nicotine, from plants in the tobacco family, is both a stimulant and an effective insecticide, indicative of the plant's intended use of deterring pests.

Another class of chemicals called terpenes are strong smelling compounds found in the resin of conifers as well as red and yellow fruits and flowers. They are the primary compounds in essential oils, and are very useful in aromatherapy. Terpenes also have anti-inflammatory properties. Sunflowers, for instance, have laboratory-proven anti-inflammatory properties, thanks to their terpene content.

Polyphenols are pigment chemicals synthesized by plants to protect against ultraviolet radiation. They are also powerful antioxidant chemicals that have proven useful in preventing cancer, cardiovascular disease, diabetes, osteoporosis and neurological disorders. Have you ever heard that it's important to eat colorful fruits and vegetables for antioxidants? Well, that bit of wisdom points to the role of polyphenols as plant pigments. Grapes, pomegranates, red peppers and berries are all fruits with high concentrations of polyphenols.

Medicinal plants are an important part of Philmont's history as well, since this region was extensively inhabited by Native Americans and European pioneers. The traditional uses of many of these species have been confirmed by laboratory tests. Selfheal, for instance, was commonly used to help heal wounds, and its antibacterial and hypotensive effects have been confirmed by modern tests. Yarrow was used historically in various forms to treat headaches, arthritis, and other types of swelling and pain, and its anti-inflammatory effects have also been confirmed in the lab. The effectiveness of medicinal plants demonstrates that you don't need an advanced degree and fancy lab equipment to do science. People have been experimenting with complex chemistry for all of human history. So next time you're on a hike through the woods, instead of ignoring the plants and flowers around you or just admiring them for their beauty, think about how they may have been vitally useful to the first humans to live in this region. And maybe take some time to learn about what those uses may have been.

References:
Wanted: Whiskers

Emet Blood
Staff Writer

Attention: If you are interested in being featured in the next “Wanted: Whiskers” please stop by the PhilNews office in the News and Photo Services Building.

This week’s feature facial hairstyle is the mustache blended into a goatee combo. This sporty look was fashioned over decades of trial and error from many different well known men. The first was Sir Anthony Van Dyke, a 17th century Flemish Baroque painter from Belgium. He was well known in all of Northern Europe for his art. He rocked the original Van Dyke a full handlebar mustache with a smaller goatee and was influential in the future of the goatee within the artist community.

This style of facial hair faded, but made a comeback during the last days of the French Empire in the mid 19th century. It was worn by Napoleon III. The difference was the use of wax on the handlebar extremities of the mustache, officially titled the “imperial.”

The imperial became fashionable among officers on both sides during the Civil War, mostly thanks to Buffalo Bill Cody who toured the country with his Wild West show. The look traveled all the way to Paris, France during the late 19th century heavily arriving in the painter, poet, intellectual and dropout cultures. This facial hairstyle was a symbol of rebellion and those with a free-spirited nature.

Our friend JJ displays his imperial that he has been sporting for a couple years. He hasn’t had a clean shaven face in almost 16 years, a true testament of will power to those of us still finding our preferred facial hairstyle.

The opportunities for graduates of the course do not end with the hike up the Tooth of Time. Most graduates are eligible to join the National Youth Leadership Society of the Boy Scouts of America, an organization that looks to fill its membership rolls with graduates of the NAYLE and NYLT programs. For past participants looking back on the NAYLE course, the difference between what they thought and what they now know about leadership is striking.

“I thought I needed to be the Red Power Ranger to be a leader,” Eddowes said “[The course] showed me I have it in me.”

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You are freaking out ... man.” -- Jeffery Maiden

Erin Irwin/Photographer

Morgan Court/Photographer

Morgan Court/Photographer

NAYLE participants do sit ups during their flag ceremony to get pumped up for the day.

NAYLE participants simulate a Search and Rescue situation at Rayado Ridge.

NAYLE participants do sit ups during their flag ceremony to get pumped up for the day.

NAYLE participants simulate a Search and Rescue situation at Rayado Ridge.
Ask the Participants

Emet Blood
Staff Writer

“Pueblano was my favorite staff camp, they had a great camp fire.”

“The experience humbled me. One night we were hiking, and we saw some mountain lion prints and I realized we were really out there, at the mercy of nature.”

“The best Scouting activity I’ve ever done.”

“At first I thought it was going to be a lot worse than what I was told. But it was a lot of fun actually. It rained on us for the last five days, every day.”

“I can appreciate a lot more now, like even the bus drive back was eye opening. Walking to the bus and then quickly moving in the bus back to camp.”

“Baldy was my favorite. We summited the peak and it started raining on the way back, the hardest it’s rained for the whole trek. When we got to Baldy Town they let us in their warm cabin and gave us hot chocolate. Definitely the best part.”

“I thought I needed to be the Red Power Ranger to be a leader, “ Eddowes said “[The course] showed me I have it in me.”

“Hunting Lodge was my favorite. We had a 20 mile day and showed up at ten at night. The staffers gave us sandwiches and helped us get all set up.”

““The experience, was a lot different than what I was expecting. I thought it was gonna be torture to be walking up and down these trails with little water. But it was a lot of fun.”

“It made me appreciate things a lot more. I grew as a person because I realized I don’t need all these things in my life.”
Philmont Museums

Philmont Museum - Seton Memorial Library
Exhibits include Partners on the Ponil, Philturn Rockymountain Scoutcamp and Selected Works of E.T. Seton. The Seton Memorial Library houses the personal library and artwork of Ernest Thompson Seton. Native American jewelry, art, collectibles and one of the largest book selections in the county can be found in the Museum Gift Shop. Open Daily 8—5:30

The Kit Carson Museum at Rayado
Open Daily 8—5, June—August

Chase Ranch
Call for tour information.

Villa Philmonte - Reservations Required
* Tours Daily, Every half hour beginning at 8 a.m. Call for reservations.

For more information and to schedule a Villa or Chase Ranch House tour, please stop by the Philmont Museum or call 975-378-1136. * Reservations are required.
Chaplain’s Corner

Meet the Chaplains

Rev. Kerry Cheesman
Protestant Chaplain

I have always considered Philmont to be a sacred place – a place to reinvigorate my body, my mind and my connection to God.

I first trekked the backcountry of Philmont in 1972, and stayed on to be a staff member for the rest of that season.

Since then, I have trekked twice, participated in both PowderHorn and Philmont Leadership Challenge training courses and taught at the Philmont Training Center ten times.

I am an Eagle Scout, as are two of my sons who have both trekked and participated in OA Trail Crew at Philmont.

My wife Maryann and I are heavily involved in Scouting at every level. In the past five years most of our work has involved Religious Relationships, Messengers of Peace, and many phases of Venturing.

We are our council’s Philmont ambassadors.

Although we are both native Californians (in fact we met at our local Scout camp), Maryann and I now reside in Columbus, Ohio.

My day job is professor of biological sciences at Capital University, and my weekend job is associate pastor at University Baptist Church (American Baptist Churches, USA).

Much of my research emphasis has been on biomedical ethics, as well as the interface of science and theology which I enjoy discussing with anyone who has an interest.

Maryann is now retired from nearly 30 years as a labor and delivery nurse.

Together we have four sons and three (as of early August) grandchildren, so you can imagine that retirement for her is not a quiet time.

I look forward to meeting many of you along the Philmont trail, whether that be at chapel, the dining hall or at a backcountry camp.

And I hope and trust that God will allow me to have an impact on the lives of both campers and staff here at Philmont this summer.

Continued From Page Five, Backcountry Cooking

crews,” said Ford.

Special crews must ration their food between comissary pick-ups.

“The hardest part of backcountry cooking is satisfying everyone,” said Ben Lanham, participant on 707MR.

Besides a small stove, special crews carry essential cooking utensils, but their arsenal is not extravagant.

For the most part, the kitchen Metcalf Station uses is fully equipped, containing all the basic kitchen utensils and containers.

Two propane burners supplement the wood stove, which has its own drawbacks. Sometimes a fire is not easily ignited, and on an empty stomach, the attempt can be frustrating. Wood needs to be chopped into small pieces for two purposes: to fit into the stove and to create a thick coal-bed.

Another drawback of the wood stove is the amount of heat emitted that warms the entire cabin. On a cold night, this heat is welcomed, but in the middle of a sunny, hot day, it is unpleasant.

“You can do a lot with backcountry cooking, it’s like we have a grocery store,” said Baker. “If you do it right, and know what you’re doing, it’s like eating at a high quality restaurant in New Orleans.”

“I was really impressed with the quality of food available to us,” said Charley Walton, participant on 707MR.

The Metcalf staff enjoy the opportunity to eat well-thought out meals. Unfortunately, there isn’t a chance of having certain items every day. Some items are limited. Bison steaks are limited to one steak per person per week. White rice and kidney beans cannot be ordered from commissary. Bacon can be unlimitlessly obtained.

Regardless of the few obstacles that face backcountry cooking, some could consider the staff lucky to prepare their own meals.

“With fellow staff around, I have more motivation to cook better,” said Ford.

ROCS crew 707 huddled under the dining fly during a torrential rainfall in the Valle Vidal preparing pizzadillas. Every crew member was involved in the cooking, and the laughter that emitted from the short dining fly was only partially associated with the hot meal during a cold night.

Sharing food is an ancient ritual.

There is a certain commonality felt when partaking in a meal with others. Meals are a time of vulnerability. When discomfort is replaced by trust in the cooking, all dividing walls among the party vanish. Expectations place responsibility with the cook, and when everyone at the table is satisfied, companionship emerges.
US/Canada News

Johns Hopkins Hospital pays out $190m over doctor tapes

BBC

Johns Hopkins Hospital in the US state of Maryland has agreed to pay $190m (£111m) after some 8,000 women joined a legal case claiming a gynaecologist had secretly recorded them.

Dr Nikita Levy, who killed himself last year, reportedly used cameras in pens and key fobs to tape patients.

Lawyer Jonathan Schochor said all of the women had been "brutalised" and described it as a "betrayal".

The settlement is believed to be the largest of its kind in US history.

The hospital said in a statement that one individual "does not define Johns Hopkins".

"It is our hope that this settlement, and findings by law enforcement that images were not shared, helps those affected achieve a measure of closure, " the statement said.

Gaza conflict: Two Americans in Israeli forces killed

BBC

Two Americans killed on Sunday during fighting between Israeli and Palestinian militants in the Gaza Strip have been identified, US officials say.

Max Steinberg, 24, and Nissim Sean Carmeli, 21, were fighting for the Israel Defense Forces (IDF).

They were among 13 Israeli soldiers killed on Sunday. More than 100 Palestinians were also killed on Sunday.

The UN Security Council has called for an immediate ceasefire in Gaza.

"We can confirm the deaths of US citizens Max Steinberg and Sean Carmeli in Gaza," state department spokeswoman Jen Psaki said Sunday, declining to provide further details.

No cause of death for Eric Garner after New York arrest

BBC

Authorities have yet to determine a cause of death involving a man who died during an arrest in New York City.

Eric Garner, 43, was forcibly detained on suspicion of selling untaxed cigarettes on Thursday.

Video of the incident shows Garner complain he couldn't breathe as a police officer appeared to put his arm around Garner's neck.

Two officers and four emergency responders have been placed on modified duty pending an investigation.

"At this time, no determination has been made by the medical examiner's office as to the cause and manner of death of Eric Garner," medical examiner spokeswoman Julie Bolcer told US media.

Investigation finds Florida police secretly KKK members

BBC

An investigative report has linked three police officers in Florida to the Ku Klux Klan (KKK), a racist secret society once active in the area.

George Hunnewell, David Borst and James Elkins, have all since left the Fruitland Park police force.

The officers were reportedly linked to the KKK based on FBI information.

Residents of Fruitland Park reported feelings of shock learning that police were members of the secret society, once politically powerful in the 1920s.

"It's rather disconcerting to know," local Cherry Mion told the Associated Press news agency. "I didn't think that organisation was still around."

Mark Potok, a senior fellow at research organisation Southern Poverty Law Center, told the AP, "It's exceedingly unusual these days to find a police officer who is secretly a Klansman."

China 'spy ship' at US-led navy exercise off Hawaii

BBC

China says it has the right to send a surveillance ship to monitor a US-led naval exercise, after US media reported the vessel's presence off Hawaii over the weekend.

Navy ships had the right under international law to operate in "waters outside of other countries' territorial waters", the defence ministry said.

China is also taking part in the drill.

It has sent four ships with an estimated 1,000 sailors onboard to the Rim of the Pacific (Rimpac) operation.

Twenty-two countries are taking part this year and it is the first time China has been included.

The US acknowledged that it was the first time that a participating country had also sent a vessel to monitor the exercise.

World News

Gaza conflict: Five dead at hospital hit by Israeli strike

BBC

At least five people have been killed and 70 injured by an Israeli strike on a hospital in Gaza, Palestinians say.

The Israeli military said it had targeted a cache of anti-tank missiles in the hospital's "immediate vicinity".

Overnight, more than 30 members of two Palestinian families died in Israeli strikes, Gazan health officials said.

On Monday evening Israel said seven of its soldiers had been killed in the past 24 hours, bringing the number of Israeli military dead to 25.

Two Israeli civilians have also died in the recent violence.

The Palestinian death toll from the two-week conflict has now passed 550, the majority of them civilians, according to Gaza's health ministry. The UN says more than 100,000 Gazans have now been displaced.

MH17 plane crash: UN demands immediate crash site access

BBC

The UN Security Council has adopted a resolution demanding access to the crash site of a passenger plane downed over a rebel-held area in Ukraine.

Pro-Russian separatists earlier allowed bodies from the Malaysia Airlines crash to be taken to the city of Kharkiv.

Malaysia's PM said the separatists had also agreed to hand over the "black box" flight recorders of flight MH17.

The UN Security Council has unanimously adopted a resolution demanding access to the crash site.

Western nations say the rebels struck MH17 with a Russian-supplied missile, killing all 298 people on board.

Meanwhile, the main rebel-held city of Donetsk has seen heavy clashes.

Eyewitnesses say there is violence near the city's airport and the railway station.

The fighting in eastern Ukraine erupted in April and is believed to have claimed more than 1,000 lives.

MH17 plane crash: Train with bodies leaves Ukraine station

BBC

Pro-Russian rebels have allowed bodies from the Malaysia Airlines plane crash to be taken to the city of Kharkiv.

Malaysia's PM said the separatists had also agreed to hand over the "black box" flight recorders of flight MH17.

The UN Security Council has unanimously adopted a resolution demanding access to the crash site.

Western nations say the rebels struck MH17 with a Russian-supplied missile, killing all 298 people on board.

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Nigeria's Boko Haram 'controls' monastery and expel monks

BBC

Nigeria's militant Islamists are in control of the key town of Damboa in north-eastern Nigeria, a local vigilante leader has told the BBC.

The vigilante force defending the town fled on Sunday, and Islamist group Boko Haram's black flag is now flying over Damboa, he said.

At least 40 people were killed when Boko Haram attacked Damboa on Friday, the vigilante leader added.

The group has been fighting since 2009 to create an Islamic state in Nigeria.

In April, it sparked international outrage by abducting more than 200 girls from their boarding school in Chibok, in Borno state, like Damboa.

Isis militants 'seize Iraq's Christian landmark and a place of pilgrimage'

BBC

Islamist militants in Iraq are reported to have seized an ancient monastery near Mosul and expelled the monks.

Local residents said monks at the Mar Behnam monastery were allowed to take only the clothes they were wearing.

The monastery, which dates from the 4th Century, is a major Christian landmark and a place of pilgrimage.

Christians have fled Mosul after the Islamic State in Iraq and the Levant (Isis) told them to convert to Islam, pay a tax or face death.

Isis has seized large parts of Syria and Iraq and said last month it was creating an Islamic caliphate.

Mosul itself is now said to be empty of Christians.
I. Entertainment

**The Imitation Game to open London Film Festival**

**BBC**

Codebreaking drama The Imitation Game, starring Benedict Cumberbatch, is to receive its European premiere at this year's BFI London Film Festival.

The film sees the Sherlock actor star as Alan Turing - the British computing pioneer who cracked the German Enigma codes during World War II.

Keira Knightley also stars as Turing's close friend and fellow code-breaker Joan Clarke.

The film will open the festival on 8 October at the Odeon Leicester Square.

Cumberbatch, Knightley and director Morten Tyldum are expected to attend the premiere, with simultaneous screenings also taking place at cinemas across the UK.

**Ofcom receives complaints after Sky News report on MH17**

**BBC**

A Sky News report from Ukraine has drawn 110 complaints to Ofcom after a journalist rummaged through belongings at the scene of the MH17 plane crash.

Live footage broadcast at lunchtime on Sunday showed Sky's Colin Brazier pluck items from an open suitcase.

He dropped them back into the luggage saying "we shouldn't really be doing this I suppose, really".

A Sky news spokesperson said both Mr Brazier "and Sky News apologise profusely for any offence caused".

Malaysia Airlines flight MH17 crashed over rebel-held territory in eastern Ukraine on July 17.

All 298 people on board were killed.

The crash left bodies strewn across several kilometres, as well as plane wreckage and passengers' belongings.

**Planet of the Apes takes $36m in US in second weekend**

**BBC**

The latest instalment of the Planet of the Apes saga has topped the box office in the US and Canada for a second week running.

Dawn of the Planet of the Apes took $36m (£21m) in ticket sales in its second weekend.

The film has made almost $140m (£82m) in North America since its release, according the data company, Exhibitor Relations.

It held off competition from horror sequel, The Purge: Anarchy.

Dawn of the Planet of the Apes, a sequel to 2011's Rise of the Planet of the Apes - tells the story of the early stages of the survival clash between humans and apes.

Actor Andy Serkis has won critical acclaim for his motion-capture performance as the ape, Caesar.

**Evan Davis is to replace Jeremy Paxman on Newsnight**

**BBC**

Evan Davis is to replace Jeremy Paxman on Newsnight, the BBC has announced.

The Radio 4 Today programme presenter was the BBC's economics editor for six and a half years and previously worked for Newsnight from 1997 to 2001.

The news was revealed on the day the BBC's annual report was published. It also stated that audiences spent 18.5 hours with the BBC each week.

That is an hour less than 2012/2013. The figure includes radio, TV and online use.

But 96% of UK adults still use the BBC each week.

Speaking about his Newsnight appointment, Davis said: "I can't deny that I feel terribly sad to be leaving the Today programme."

II. Sports

**American League**

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**Gail Goestenkors quits WNBA job, enters Hoops Hall**

**AP**

This was a roller-coaster weekend for Gail Goestenkors. On the day she resigned as an assistant coach of the Los Angeles Sparks, it was announced she would enter the women's basketball Hall of Fame in 2015.

"I thought the timing was absolutely perfect if there is such a thing," said Goestenkors, who built Duke into a national power, guiding the Blue Devils to four Final Four appearances and seven straight seasons with at least 30 wins.

**Sterling can't pay debt without Clippers sale**

**AP**

The chief financial officer of Donald Sterling's properties says the billionaire may be forced to sell a large portion of his real estate empire to cover $500 million in loans if he persists in refusing to sell the Los Angeles Clippers for $2 billion.

Darren Schield, who oversees the finances of The Sterling Family Trust, testified Monday that three banks are ready to recall their loans to Sterling because of his decision to dissolve the trust. His move was designed to rescind agreement for the sale of the Clippers, a team he bought for $12 million.

**Big 12 Commish's dire warning about pending change**

**AP**

Big 12 Commissioner Bob Bowlsby had a dire warning Monday for anyone who likes intercollegiate athletics the way they are now.

"You're going to hate it going forward," Bowlsby said. "There's a lot of change coming."

During his opening address at Big 12 football media days, Bowlsby talked about growing financial constraints athletic programs face going forward and the "strange environment" that exists with class-action lawsuits against the NCAA and its member schools.
MH17: Twitter and Facebook spammers exploit crash

BBC

Scammers are using the MH17 disaster in east Ukraine to spread objectionable links, online security experts have warned.

A link to a pornographic website disguised as a video of the Malaysia Airlines crash was posted on a Facebook page dedicated to one victim.

Many tweets have been posted that appeared to report the disaster, but actually included spam links.

One expert said the firms should take more responsibility for removing them.

The chief intelligence officer of anti-spam body Spamhaus, Richard Cox, said that it was common for spammers to exploit anything being discussed by a lot of people online.

“It is a fairly rapid and predictable response by the individuals behind it. They are all to make money. There is no compass involved,” he said.

BBC says iPlayer technical problems ‘fixed’

BBC

The BBC says the technical problems that hit the iPlayer and many other online services have been resolved.

The iPlayer service was out of action over most of the weekend thanks to problems with the database behind the catch-up service.

The faults also meant only a simplified version of the BBC’s homepage was shown, while online video and audio clips were also disrupted.

A BBC spokesman said it was “pretty confident” the faults were now cleared.

“BBC iPlayer, BBC iPlayer Radio and other parts of BBC Online that were affected by problems over the weekend are now up and running,” he said. “Our teams continue to investigate the problem to ensure this doesn’t happen again.”

Gamers compete for $5m cash prize

BBC

Gamers are competing for a share of a $10.9m (£6.3m) prize pot, in the world’s most lucrative gaming contest.

The International pits the best players of a game called Dota2, created by developer Valve, against each other.

Chinese teams NewBee and Vici Gaming are set to fight it out for the title.

The winning team of five players gets $5m, the runners-up $1.4m, with $4.5m distributed among the other 19 teams taking part in the tournament, which began on 18 July in Seattle.

Valve donated $1.6m of the prize money, but the rest was raised by some of the millions of people who regularly play the game.

Dota2 is as a multiplayer online battle arena game for the PC.

EE apologises over ‘spam’ text messages

BBC

EE has apologised after it “bombarded” customers with texts over the weekend.

One user complained of receiving more than 90 marketing messages from Orange, one of EE’s brands, in a four-day period.

The text messages were reminders that the customers were eligible to add to their plans numbers that they can call for free.

EE said it was the result of a technical error that it was still working to fix.

Customers complained on social media and on the firm’s own website.

“What is going on here? Both my wife and myself have been bombarded with texts about adding a new magic number for several days now and I’m getting mighty sick of it,” wrote one customer on EE’s website on Saturday.

Spain lifts blocks on file-sharing websites

BBC

A Spanish court has ordered blocks on six file-sharing sites to be lifted.

All six sites were blocked in May after being accused of infringing copyright by the Spanish anti-piracy federation.

The block meant mobile operators and internet service providers (ISPs) in Spain were told to stop letting customers get at the sites.

Now a court in Zaragoza has said there were “insufficient grounds” for maintaining the blocks and has called for them to be lifted.

The decision should mean that mobile companies and ISPs will lift the blocks in the next few days.

The court was considering the blocks after those running some of the accused sites appealed.

Health

Early HIV drugs ‘may not stop virus’

BBC

HIV can rapidly form invulnerable strongholds in the body, dashing hopes that early treatment might cure the virus, according to new research.

A baby was thought to have been cured with treatment hours after birth, but the virus emerged years later.

Monkey research, published in the journal Nature, suggests untouchable “viral reservoirs” form even before HIV can be detected in the blood.

Experts described it as a “sobering” and “striking” finding.

Reservoirs of HIV in the gut and brain tissue are the massive obstacle in the way of a cure.

Remarkable progress in developing antiretroviral drugs means HIV can be kept in check in the bloodstream and patients have a near-normal life expectancy.

HIV infection rate in the US falls by a third in a decade

BBC

The rate of HIV infections diagnosed in the United States has fallen by a third over the past decade, researchers say.

After examining cases from all 50 states, the study found that the diagnosis rate fell to 16.1 per 100,000 people in 2011 from 24.1 in 2002.

Experts celebrated the findings as a hopeful sign that the Aids epidemic may be slowing in the country.

However, there was a rise in new cases of HIV among gay and bisexual men aged under 24 and over 45.

HIV is the virus that causes AIDS, a disease which destroys the immune system.

The World Health Organization estimates 35 million people globally have the virus. More than 1 million people in the US are thought to be infected, with 18% unaware of their infections.

‘Safer IVF’ with kisspeptin hormone shows promise

BBC

Twelve babies have been born using a potentially safer way of getting eggs for use in IVF, UK doctors say.

The naturally occurring hormone, kisspeptin, was used to stimulate women’s ovaries to produce eggs.

The pregnancies, reported in the Journal of Clinical Investigation, show the hormone can be used successfully.

Fertility researchers hope kisspeptin will prevent ovarian hyperstimulation syndrome (OHSS), but larger trials are needed to fully assess safety.

A hormone, hCG, is normally used to produce a few eggs for IVF.

But in around 10% of patients, the ovaries go into overdrive and produce too many. The condition can lead to kidney failure and potentially death.

EC ‘confident’ in human brain project

BBC

The European Commission has responded to criticism of its billion-euro Human Brain Project, declaring confidence that objections will be satisfied.

The statement also defends the ability of the project to set its own scope, which critics have said is too narrow.

But it says new recommendations for management of the HBP and the balance between its core and partner projects (both contentious issues) are expected in September.

Critics cautiously welcomed the reply.

Under the heading “no single roadmap for understanding the human brain”, Robert Madelin (the relevant director-general within the EC) responded directly to last week’s open letter.

MH17 crash: ‘Total shock’ at Aids researcher deaths

BBC

At least six passengers who died on board the crashed Malaysia Airlines plane were travelling to a major international Aids conference.

They include Prof Joep Lange - a prominent and popular researcher and a former president of the International Aids Society (IAS).

IAS said they would have “truly lost a giant”.

Delegates who have already arrived at the conference in Australia said they were in “total shock”.

Early reports suggested that at least 100 delegates had been killed, but that figure has now been revised to six.

They were named by the IAS as Pim de Kuijer, Lucie van Mens, Maria Adriana de Schutter, Glenn Thomas, Joep Lange and his partner Jacqueline van Tongeren.
**Environment/Science**

**Beef environment cost 10 times that of other livestock**

BBC

A new study suggests that the production of beef is around 10 times more damaging to the environment than any other form of livestock.

Beef cattle need 28 times more land and 11 times more irrigation water than pork, poultry, eggs or dairy.

The research has been published in the Proceedings of the National Academy of Sciences.

While it has long been known that beef has a greater environmental impact than other meats, the authors of this paper say theirs is the first to quantify the scale in a comparative way.

**Sandstone shapes ‘forged by gravity’**

BBC

Geologists have discovered the secret that gives dramatic natural sandstone monuments their shape: gravity.

By studying cubes of sand in the lab, they showed that areas squeezed by vertical stress are protected from erosion, while others wash away.

The process had proved difficult to study, because natural slabs of sandstone erode over millions of years.

The key to the experiments, published in Nature Geoscience, was an unusual “locked sand” dug from a Czech quarry.

The study’s first author, Dr Jiri Bruthans from Charles University in Prague, said the new study revealed the “Michelangelo” behind some of the world’s most famous rocky landmarks.

**Seals ‘feed’ at offshore wind farms, study shows**

BBC

Some seals prefer to forage for food at offshore wind farms, a study suggests.

Researchers found a proportion of GPS tagged harbour seals repeatedly visited wind turbines in the North Sea.

They deduced the mammals were attracted to these structures - which may act as artificial reefs - to hunt for prey.

“As far as we know this is the first study that’s shown marine mammals feeding at wind farms,” said research team member Dr Deborah Russell from the University of St Andrews, UK.

The team’s findings are detailed in a correspondence article published in the journal Current Biology.

**‘Shoved’ sea eagle chick on Mull flies nest**

BBC

A sea eagle chick, featured on BBC Springwatch, which was seen being pushed out of the nest by an intruder eagle has successfully flown the nest.

The young chick, which fell 30ft, was seen via webcam being shoved out of the Mull nest by another bird - behaviour never recorded in Scotland before.

It was returned to the nest by Forestry Commission Scotland (FCS) rangers.

Worried viewers noticed the nest empty again but it was confirmed that the chick fledged successfully on Thursday.

The three-month old was seen perched in nearby woodland and was flying strongly.

Dave Sexton, the RSPB’s Mull officer, who has been monitoring the nest, said: “We were initially concerned as there was no sign of the chick and I couldn’t hear her either which was unusual.”

**Public butterfly count aims to check countryside health**

BBC

The charity Butterfly Conservation is calling on the public to help survey the state of Britain’s countryside by counting our most colourful insects.

For two weeks from 19 July, the charity is asking people to spend 15 minutes “in a sunny spot” and note how many of 21 common species they spot.

Butterfly Conservation said that the insects were the most visible indicator of whether the countryside was healthy.

The online survey is now in its fifth year.

“Butterfly numbers go up and down with the weather, so it’s important to keep this survey running in the long term,” said Butterfly Conservation’s surveys manager Richard Fox.

**Business**

**SFO investigates price rigging in foreign exchange market**

BBC

The Serious Fraud Office (SFO) has launched a criminal investigation into allegations of price rigging in the £3tn-a-day foreign exchange market.

The probe will look into allegations of “fraudulent conduct”, the director of the SFO said in a statement.

Around 15 international agencies are investigating allegations of collusion and price manipulation.

It is alleged that traders used online chatrooms to plan the fixing of benchmark prices.

The Financial Conduct Authority (FCA) said in October it had joined other regulators around the world in scrutinising firms over the potential manipulation of the foreign exchange market.

**Tesco boss Philip Clarke expresses relief over exit**

BBC

Tesco’s chief executive Philip Clarke has told the BBC that he feels “enormous relief” over leaving the supermarket giant.

The retailer announced he would be leaving in October amid news that it would miss profit forecasts.

Speaking to BBC business editor Kamal Ahmed, Mr Clarke said it was clearly an “emotional” time.

Mr Clarke, who had previously insisted that he was “not going anywhere”, will be replaced by Dave Lewis of Unilever.

Tesco said current trading had been “more challenging” than anticipate, adding that sales and trading profit for the first half of the year were “somewhat below expectations”.

**China suspends McDonald’s and KFC’s meat supplier**

BBC

Chinese branches of fast food chains, including McDonald’s and KFC, have stopped using meat from a supplier in Shanghai following allegations it sold them out of date meat.

According to Xinhua, the state-owned news agency, authorities in Shanghai have ordered the suspension of operations at Shanghai Husi Food Co.

Reports by local media said that Husi had re-processed expired meat products.

McDonald’s and KFC said they had stopped using meat from Husi.

In a statement posted on its website, translated from Mandarin, the Shanghai Municipal Food and Drug Administration said it had “decided to investigate claims of the alleged use of expired raw food material production and the processing of it in food”.

**Seoul to ban ride-sharing app Uber**

BBC

Seoul is planning to ban mobile phone ride-sharing app Uber just as the firm aims to accelerate expansion in Asia.

The city’s council is citing concerns including background checks on drivers, vehicle upkeep, and the impact on the traditional taxi trade.

Uber was launched in South Korea’s capital last August.

Seoul’s city council said it created unfair competition for taxi drivers, but Uber said the comments indicated Seoul remained “trapped in the past”.

Uber, one of a growing number of smartphone apps to enable ordinary people to share services such as spare rooms, meals and lifts, is shaking up taxi services in many cities.

**China’s Huawei reports 19% jump in sales**

BBC

Chinese telecom equipment maker Huawei has reported a 19% jump in sales to 35.8bn yuan ($21.9bn; £12.8bn) for the first six months of the year.

It said it expects to make an operating profit margin of 18.3% for the period.

Huawei has traditionally concentrated on making telecoms network equipment, but has benefited by diversifying into fast-growing sectors such as smartphone manufacturing.

It is now one of the world’s largest smartphone makers.

Cathy Meng, the firm’s chief financial officer, said the firm “achieved quality and sustainable growth in our consumer business thanks to the increase of brand awareness and smart devices sales worldwide.”
Bodies of Water

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Desserts

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Bugs and Insects

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Flowers

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<td>Begonia</td>
<td>Freesia</td>
<td>Lilac</td>
<td>Pansy</td>
<td>Tulip</td>
</tr>
<tr>
<td>Clover</td>
<td>Hibiscus</td>
<td>Lily</td>
<td>Peony</td>
<td>Violet</td>
</tr>
<tr>
<td>Crocus</td>
<td>Iris</td>
<td>Magnolia</td>
<td>Poppy</td>
<td>Zinnia</td>
</tr>
</tbody>
</table>
Participants wait in the rain to get on their buses on Wednesday, July 16 at the Welcome Center.

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Burros on Cito Road. John Mitchell/Photographer

A group of lanterns on a counter top at Rich Cabins. Bethany Nilson/Photographer

Staff at Pueblano perform evening campfire. Morgan Court/Photographer