

A photograph of a brown bear climbing a tree trunk. The bear is positioned on the right side of the frame, with its front paws gripping the bark and its body angled upwards. The tree trunk is on the left, showing rough, textured bark. The background is a blurred forest of green trees. The text 'Highlander' is written vertically in a stylized, green, serif font on the left side of the image.

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Bears Are Coming Back - Know The Basics

It's good to know—or be reminded of—the basic ways to be smart around our Colorado bears. Many communities in bear country have ordinances regarding trash storage that apply to wildlife, but even if the community hasn't made it official, here are good rules when in bear country:

Never intentionally feed bears.

Keep garbage in a secure building or a bear-resistant trashcan or dumpster. If you don't have a place to store garbage, ask the trash company for a bear-resistant container or order one.

Place smelly food scraps in the freezer until garbage day.

Wash (with hot soapy water) out all cans, bottles and jars so that they are free of food and odors before putting them out for recycling or trash pick-up.

Put out garbage cans only on the morning of pick-up.

Do not put out garbage the night before. Wash garbage cans regularly with ammonia to eliminate food odors.

Don't leave pet food or pet dishes outside. Store food in an odor-free container.

Use bird feeders only from November until the end of March when bears are hibernating. Bird feeders are a major cause of wildlife conflicts. Small mammals, deer and mountain lions can also be attracted to them. Birds do not need to be fed during the summer. That is a good time to attract birds naturally by hanging flower baskets, putting out a birdbath or planting a variety of flowers.

Pick ripe fruit from trees and off the ground.

Clean outdoor grills after each use; the smell of grease can attract bears. Close and lock lower floor windows and doors of your house.

Clean up thoroughly after outdoor parties.

Don't leave food in your car, lock car doors. Bears are smart and many have learned to open car doors.

When camping, store food and garbage inside a locked vehicle. Keep the campsite clean. Don't eat in the tent. In the backcountry, hang your food at least 10 feet high and 10 feet away from anything a bear can climb.

Bears are not naturally aggressive toward people and prefer to avoid contact. If you see a bear in your area, make it feel unwelcome. Yell at it; throw sticks and rocks at it.

Never approach a bear.

There are approximately 10,000-12,000 of them in the state. Black is a species, not a color, and in Colorado many black bears are blonde, cinnamon or brown. Habitat: Black bears like montane shrublands and forests, and subalpine forests at moderate elevations. Diet: Over 90 percent of a black bear's diet is grasses, berries, fruits, nuts, and plants. The rest is primarily insects and scavenged carcasses. Bears are omnivorous and the diet depends largely on what kinds of food are seasonally available, although their mainstay is vegetation. In spring, emerging grasses and

succulent forbs are favored. In summer and early fall, bears take advantage of a variety of berries and other fruits. In late fall, preferences are for berries and mast (acorns), where available. When the opportunity is present, black bears eat a diversity of insects, including beetle larvae and social insects (ants, wasps, bees, termites, etc.), and they kill a variety of mammals, including rodents, rabbits, and young or unwary ungulates.

Description: A medium-sized bear, this species is Colorado's largest surviving carnivore. Color varies greatly, from black to pale brown or (rarely) even blond. In a Coloradan population, 83 percent of bears of both sexes were brown, not unusual for black bears in mountainous regions of the West. Considerable seasonal color change occurs as a result of bleaching and fading of the pelage. Sub-adults may change color with age, usually going from brown to black, although the reverse also occurs. In southwestern Colorado, 90% of black bears are actually some shade of brown. They may be black, cinnamon, reddish, brown, or blonde. A white chest blaze is not uncommon for Coloradan animals. The muzzle is typically pale brownish yellow. Size: Black bears average 3 feet tall when standing on all four feet. Males average 275 pounds and females 175 pounds. Life span: Black bears can live 20-25 years in the wild unless humans interrupt their lifespans by feeding them even by accident, such as trashcans or stored foodstuffs in garage freezers and pet foods improperly stored in bins that are not air tight. Attributes: Black bears hibernate around early November and emerge from dens around early May. On average, two cubs are born in the den in late January. Bears aren't naturally nocturnal, but sometimes travel at night in hopes of avoiding humans.

Sources: *Wright, Kevin Kevin.Wright@state.co.us*
<http://ndis.nrel.colostate.edu/wildlifesp.aspx?SpCode=051005> <http://wildlife.state.co.us/wildlifepieces/livingwith-wildlife/mammals/livingwithbearsL1.htm>

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Recreation's True Impact On Wildlife

By Page Buono March 16, 2020 High Country News

Scientists race to quantify recreation's impact on Canada lynx, but technology outpaces them.

Nearly 20 years ago, Elizabeth Roberts woke early after a big snowstorm. She packed a thermos of green tea and caught the first chair at Vail Resort, a world-renowned ski area high in the Rocky Mountains of Colorado. The lift ascended to Blue Sky Basin at the southern end of the ski area. But rather than pursue powder runs, Roberts trekked beyond the resort's boundary on backcountry skis, weaving in and out of the spruce and fir, in search of wildlife tracks.

For roughly a decade, Roberts' study of wildlife near the resort continued. As technology for backcountry travel advanced and the number of recreationists increased, so too did the ratio of humans to wildlife — so much so that by 2010, Roberts couldn't find any wildlife tracks. Instead, she found heavily compacted snow and the traces of skiers and snowboarders who had ventured beyond the ski area's bounds.

A Canada lynx at the Turquoise Lake study area in the White River National Forest, just west of Leadville, Colorado. The lynx was newly collared as part of the Rocky Mountain Research Station's Northern Rockies Lynx study. Steven Sunday/Courtesy of Rocky Mountain Research Station



On a national scale, the number of people who ski outside the resort is projected to increase by as much as 106% by 2060. Those projections, paired with what they were seeing on the ground, concerned wildlife managers. As the first winter-sports wildlife biologist on the White River National Forest, Roberts sought to understand the impacts of recreation on the threatened Canada lynx — wild cats best known for their bobbed tails and wispy, antennae-like ear hairs. And she was largely starting from

scratch: A decade ago, there was no relevant research available to guide management decisions.

“Colorado is very unique in the winter recreation world — our dispersed and developed recreation numbers are higher than anywhere.” “We wanted to understand high-use winter recreation overlapping wildlife habitat,” Roberts said.

And so, in 2010, Roberts approached John Squires, research wildlife biologist at the Rocky Mountain Research Station (RMRS), and the pair launched a collaborative project led by RMRS in coordination with Colorado Parks

and Wildlife and the University of Montana, along with the 10th Mountain Division Hut Association, Vail and Copper Mountain ski resorts and others. Together, scientists studied how Canada lynx near Vail Pass and in the San Juan Mountains responded to pressure from diverse recreation.

The results of their study, published in June 2018, provided rare insight into ways winter recreationists and lynx use the landscape in both complementary and competing ways. But just as scientists began to understand the threshold of pressure that lynx could withstand, recreation technology changed and crowds grew, complicating many of the original questions researchers asked.

TO UNDERSTAND HOW RECREATION influenced lynx behavior, Roberts and Squires and their team of researchers “collared” both subjects. The research team trekked deep into areas where lynx habitat abuts recreation hot spots. They set live traps, checking them every 24 hours, and, when the team captured a lynx, a veterinarian helped them slip a leather GPS collar onto it. Meanwhile, at gateway areas to the backcountry, scientists asked groups of skiers or snowmobilers to voluntarily carry a small GPS unit for the day and to drop it off before they headed home. The research team followed the movement of 18 lynx and

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over 2,000 unique recreation tracks from backcountry skiers and snowmobilers. The study quantified nearly 35,000 miles of human movement. “These are some of the largest depictions of how recreationists move through landscapes ever documented,” Squires said.

The extensive data confirmed what many managers had assumed: Although there are opportunities for coexistence, research suggests there is a sensitive balance to strike when it comes to managing interactions. “Winter recreationists and lynx can occupy the same slope,” Squires said. “The two users could be compatible, but we need to be thoughtful about how they’re managed. And there is an upper threshold.”

This upper threshold is the crux of the research findings. When researchers talk about the threshold, they’re talking about a critical tipping point — when lynx go from being able to live alongside ever-growing numbers of skiers and snowmobilers to not being able to do so.

“Winter recreationists and lynx can occupy the same slope. The two users could be compatible, but we need to be thoughtful about how they’re managed.”

According to Lucretia Olson of the RMRS research team, the pressure is most evident inside developed ski area boundaries, where activity is constant and corresponds to a clear reduction in lynx use. But outside ski resort bounds, defining the threshold is trickier because, fortunately, backcountry recreationists haven’t yet reached it. Instead, the data suggest that under the right management, lynx, skiers and snowmobilers are relatively compatible because of their distinct “habitat” preferences: Winter recreationists tend to prefer more open or gladed habitat, while Canada lynx tuck into the deep, dark forests preferred by their primary food source, snowshoe hares.

Where preferences are distinct, managers see an opportunity to support both recreationists and lynx. But where they overlap or activity increases, managers see us inching toward that tipping point where lynx will no longer inhabit an area. “If you change road density or canopy cover, you could change the mix of how lynx and recreationists use the landscape,” Squires said. “If you thin forests and turn them into glades, then recreationists are going to be more likely to snowmobile it and ski it, and that could impact lynx movements.”

MIDWAY THROUGH THE STUDY, the research team tromped through the woods near Lizard Head Pass, outside Telluride in southwest Colorado, checking traps for lynx. Deep in the spruce-fir, they came across what looked like a miniature snowmobile track whipping in and out between dense trees.

Jake Ivan, a 40-something wildlife researcher with Colorado’s wildlife agency, stopped and tried to process what he was seeing. He turned to Eric Newkirk, a wry longtime lynx tech. “What the hell made that?” he recalled asking. Newkirk told him it was a snowbike, which still

meant nothing to Ivan. Back at the bunkhouse, he Googled it.

Snowbikes — converted motocross bikes with a snowmobile-like track and a ski, rather than wheels — debuted at the 2017 Winter X-Games in Aspen, Colorado. The technology has since gained popularity. Not to be confused with human-powered “fat bikes,” snowbikes are perfect for steep slopes, deep snow and nimble movement through tight spaces — precisely the habitat critically important to lynx.

“I still marvel at the seemingly endless ways people come up with to locomote over the snow,” Ivan said. Just as the scientists were wrapping their heads around winter rec’s impacts on wildlife, technology had outpaced them, sending new hordes of recreationists deeper into previously difficult to reach slices of habitat.

“If we don’t find the balance, lynx will be pushed out of their home ranges,” Roberts said. “And as development, roads, and other factors also impact their habitat, they won’t have anywhere else to go.”

Page Buono is a freelance writer based out of Durango, Colorado. She received her MFA in nonfiction from the University of Arizona.

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Are Contaminants In Ski Wax?

By Ryan Wichelns March 16, 2020 High Country News

**For skiers, there's a contaminant underfoot...
Premium wax is affecting alpine food webs
and may be in the blood of ski technicians.**

With their legs and toes kicking away at the snow underneath them and their arms levering their ski poles, Austin Caldwell's University of Colorado Boulder Nordic Team put it all on the line in March 17th's race. As they reach for each millisecond, they faced a gravitational force field bent on slowing them down, even as they concentrated on the muscle work needed to pass their opponents. They tried not to worry about how well their skis were sliding.

That particular worry should be assuaged by Caldwell and the other coaches, who will have tested an array of waxes the day before the race in search of the perfect blend for the weather and snow conditions. "Ski wax can make or break a race," Caldwell said.

For Nordic skiers and high-level alpine racers, every fraction of a second counts, and the interface between ski and snow is a critical piece of gear. As skiers compete and coaches jockey for advantages, the focus on wax choice becomes borderline religious.

But this zeal has a blind spot. New research suggests that a lot of ski waxes — and especially the premium waxes used at the sport's highest levels — are contaminating alpine food webs as they slough off around ski areas.

A November 2019 study, published in the *American Chemical Society's Environmental Science and Technology Journal*, tested soil, earthworms and small rodents called bank voles living near a Nordic ski area in Norway, in search of perfluoroalkyl substances, or PFAS. Voles within the ski area had as much as six times the amount of PFAS in their livers as voles outside it, and the ski area's earthworms had similarly elevated numbers. That could mean bad news for predators, as PFAS levels generally accumulate higher up the food chain. **According to the U.S. Environmental Protection Agency, PFOA and PFOS — just two types of chemical classes and both among the compounds found in the study's samples — have been linked to reproductive and developmental problems, liver and kidney issues, immune system effects and cancer.**

The chemicals don't just accumulate on hillsides and in nearby wildlife, they also linger in the blood of ski technicians.

A 2011 study showed that technicians waxing skis for high-level World Cup Nordic athletes had PFOA levels in their blood up to 45 times higher than the general population.

These chemicals, which are also found in Teflon and other anti-stick coatings as well as firefighting foams, rely on a stable fluorine-carbon bond to repel other substances. The fluorine-rich waxes (often called "fluoro" or "high-fluoro" waxes) used at the higher levels of Nordic and alpine skiing make skis stick less to wet snow. They also

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slowly fall off ski bases and enter watersheds. The same stability that makes a pan easy to clean and skis glide faster means that PFAS take a very long time to break down in the environment.

With greater awareness of the impact of wax on ski techs and the environment, some companies and resorts are seeking alternatives. **Aspen Mountain, which in the past has led ski industry activism on climate change and renewable energy, took a step away from waxes entirely by treating its rental fleet with ski manufacturer DPS' one-time Phantom Treatment. The treatment utilizes different chemical bonds that permanently adhere to ski bases and are less prone to leaching into the environment.**

Other companies are looking at ways to make all waxes more environmentally friendly. While most waxes don't have PFAS, they are petroleum-based and leach out into the environment as they wear off skis.

"It's a micropollution problem," said Peter Arlein, CEO of the plant-based wax company mountainFLOW. Individually, the impact is small, but with nearly 60 million people heading to the slopes annually, the problem gets bigger. "If they're each waxing their skis a couple times a year, that suddenly becomes millions of pounds of impact," he said. "It's not like you can see the chemicals in the snow behind you as you ski away."

With new research showing the harmful impacts of PFAS, high-fluoro waxes have been recently hit with a wave of regulations. Various skiing governing bodies, including local racing leagues and, in November, the International Ski Federation, have banned certain

categories of fluoro ski waxes.

Even the Environmental Protection Agency has been examining the waxes for violations of the Toxic Substances Control Act.

But back in the racing world, coaches like Caldwell think there's a long way to go. Without a good way to test for the PFAS in waxes, it's relatively simple to get away with using them, he said. And because there aren't effective standards of enforcement, many skiers aren't willing to use the safer, more environmentally friendly, but slower, waxes that could put them at a disadvantage. "People are hesitant to drop them," he said, simply because they don't want to be left behind.

Ryan Wichelns is a Colorado-based freelance writer who prefers to let gravity do the work when he skis.

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The Dog Doc

Article by Diane Bergstrom

“We don’t wag our tails enough,” commented Dr. Martin Goldstein during the Q&A session following the showing of the documentary about him, *The Dog Doc*. His passion, warmth, humor, and animal empathy came through as he introduced the film. As a founding pioneer of integrative veterinary medicine, he has been combining conventional medicine with alternative therapies for almost 50 years. Directed by award-winning filmmaker, Cindy Meehl, the film was shown at the Boulder International Film Festival. Cindy Meehl is also known for her documentary, *Buck*, about horse clinician Buck Brannaman. Cindy learned of Marty when she needed a second opinion for her Shar Pei who suffered from High Fever Syndrome; the prescribed drugs had taken a toll. He put her dog on a protocol, the dog improved, and Cindy informed him he would be the subject of her next documentary. Good for our dogs (and cats). Good for us.

A health crisis of his own spurred him toward integrative healing methods for animals. He was diagnosed with chronic bursitis, arthritis, and a low immune system. His doctor put him on a regimen of steroids and antibiotics, while explaining his conditions were symptoms of being older. He was 26. He rebuked that diagnosis and researched biology, improved his food, applied homeopathy and acupuncture. Over time, all his issues went away. “My immune system was dysfunctional,” and he questioned the approach, “If it works for us, why not animals?” He developed his creed, “Every animal has a chance of deserving a chance.” Unsurprisingly, he was then attacked on all fronts. He was referred to as crazy by colleagues, discredited in articles, and almost lost his license in 1978

when he gave glucosamine sulfate to an arthritic dog. Now everybody with creaky knees is on it. He took the protocol for humans and adapted it to pets. He mused that actually MRIs are ‘new’ but acupuncture is 3,000 years old! A surprising segment in the film depicts a veterinarian who was absolutely bent on getting Marty’s license pulled. He was sure he’d gather supportive proof when he observed a temporarily paralyzed dog from northern Colorado receive acupuncture. The dog had 12 needles applied and after the session, got up and walked. The plotting veterinarian fainted. When he came to, he changed his thinking and changed his practice. The scene of admiration, humor, and friendship between the two men is particularly warming. Through all the personal and professional assaults, Marty reconciled, “I’ve been criticized but after 45 years, I’m very proud knowing what we’re doing works!”

The trailer on Facebook, *The Dog Doc*, sums him up as, “A last hope for pet owners with nothing left to lose.” He set up his practice to deal with hopeless terminal cases. He’s been accused of claiming to cure cancer, and he negates the charge. He explained that all degenerative diseases are now on the rise. He has taught his veterinarian team his approach to support the patient’s immune system so it can heal itself, using both conventional and alternative medicine together to treat disease. “Genetic predispositions cannot be changed but reactions can be altered,” he said. They do blood tests immediately to determine the patient’s deficiencies and then develop a protocol which includes supplements, better nutrition, and possibly IV Vitamin C therapy. The film portrays some graphic footage of cryosurgery (freezing) on a bulldog’s cancerous tumor in his mouth/jaw. Marty explained that freezing it makes the

body reject it, like a frostbitten finger tip. It doesn’t cure it but it removes the symptom of a deficient immune system. The dog was eating and trotting around in two days. He knows that improving the quality of life can often lead to improving the quantity of life.

When asked what pet owners could do right away, he answered with three actions. “It all starts with food,” he stated, and recommended that grain-free food be given to both dogs and cats. He advised that cereal based foods and meat byproducts can attribute to cardiomyopathy. Pointing out the high load of cancer-causing glyphosate in food, he said it has been detected at levels 30 times higher in dog urine. His second recommendation

was concentrated food supplements to make up for what food is missing, citing that vegetables now have less nutritional value than 20 years ago due to many environmental factors. His Golden Retriever is 19 and his cats often live to 23 years old. He feeds his dogs his food found at www.drmartypets.com, and his cats eat Merrick's limited ingredient grain-free cat food.

His third and impassioned action was to question the standardization of vaccinations. He explained that the yearly vaccination requirement was decided by Dr. James Baker in the 1950s, which set the protocol which he announced, "IT'S INSANITY! There is no difference between the words seizure and vaccine. An eight pound dog is getting the same dose as a Great Dane." Money comes into play too. He said the Wall Street Journal ran a study article 20 years ago showing the markup on vaccines was 1,000 percent. The absolute standard operating procedure for veterinarians is to vaccinate healthy animals ONLY. This is stated on the packaging and it is malpractice to give the vaccines to an animal already struggling with a disease. Unfortunately, too often an owner brings a pet to the vet for a health issue, the personnel note the shots are due, and all shots are administered conveniently while the sick animal is onsite. This greatly compromises the pet, shown several times throughout the film. While rabies vaccines are mandated by state and federal laws, the American Veterinary Medical Association is the ruling body. Tumors are growing at vaccination sites, which commonly have been given in the base of the neck. Now, he explained, vaccines are given on a hind leg or at the base of the tail for easier amputation should cancers develop. Adjuvants are mixed with vaccines, creating a chemical reaction to cause inflammation so the vaccine gets absorbed more quickly. A popular adjuvant is thimerosal (mercury). He supports giving pets a titer test, which measures the level of antibodies in the blood. Antibodies are produced by the pet's immune system after a vaccination has been given. The titer test measures how many antibodies remain in the pet's blood after the initial vaccination. The AAEP, AVMA, and the AAHA have all released guidelines suggesting the core vaccinations offer immunity beyond one year. Many practices are recognizing

the need for tests and owners also need to be aware of them. Talk to your vet about the appropriate dosage for your pet's breed and weight, and do not let them vaccinate when your pet is already ill. As Marty concluded, "I'm not anti-vaccine, I'm pro-sanity!"

Dr. Marty has turned over his New York practice to his highly trained colleagues so that he can travel, educate owners and professionals, and advocate on behalf of animals. **Find information on the documentary at www.dogdocthefilm.com.** The personal stories of the pets, owners, and staff are warm and fuzzy, heart melting and heart uplifting. Have Kleenex. After doing 300 hours of filming for the documentary, Cindy Meehl will use this information to develop a DVD educational series. To learn more about Dr. Marty, his food, and supplement line, visit his website, www.drmartypets.com. While there, click on the blog tab for many articles and helpful tips for both dogs and cats. Consult the American Holistic Veterinary Medical Association at www.ahvma.org to find holistic vets in your area. Click on Find A Vet, then choose your state, then choose practice type. Modalities offered will come up with the list. Dr. Marty's first book, *The Nature of Animal Healing*, is still very popular, and his second book, *The Spirit of Animal Healing*, will be released soon. One of God's gifts to this profession, said Marty, is Dr. Greg Ogilvie, previous professor and oncology medical director at CSU. He is currently a director of an oncology center in California and his latest book is out, *A Compassionate Guide to Cancer Care*.

I'd like to end on a personal note of thanks to Dr. Pete Rodgers, local holistic veterinarian, who has retired his practice after helping thousands of animals, including my own. You were the only vet my rescue/abused cat trusted, having attacked previous vets who invited me not to return unless she was sedated. I will never forget how you walked in, sat on the floor, and spoke in a gentle familiar tone to her like you were old friends. She walked right up to you, while I held my breath, and seemed to approach you with a "where have you been?" expectation. Bless you for all the help you have given our furry and feathered friends, and their humans too.

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Birds & Bees - Healing Earth

By Valerie Wedel

Being outside in nature is deeply healing to one's spirit, as well as our physical selves! Even while social distancing from our fellow humans, we may feel connected and safe in nature. Our trees, mountains, deer, and red tail hawks are here to greet us. We can feel this precious web of life on Earth. Breath deep!

Acting to help safeguard our larger web of life – to help ensure our birds and bees keep singing – can also be a deep source of comfort! If your children are unexpectedly home schooling, you have the perfect science classroom. Go outside! What an opportunity to become fully present, here, where we live.

Our seasonal birds are returning. A family of red tail hawks have returned to nest this season, in a favorite tree on my land. They keep me company while I have coffee in the mornings. They soar through the morning light, with sun flashing off their tails.

Also at this season, as snow melts, plants begin growing again. It is exciting to watch the first green shoots poke up above snow! We are officially in the spring season now – spring has sprung.

As the days get longer, are you enjoying a mixed blessing? Are weeds appearing along with the native species? Perhaps dreaded baby thistles?

As you tackle weeds and invasive species, stay strong! What we do to weeds, we do also to birds and bees. Ultimately, we do also to ourselves. Here are a couple do's and don'ts, to keep us all thriving. First, as physicians say, 'do no harm.'

We can remove invasive plants without poison. Companion planting is one method. This means planting plants that no one wants to eat, near plants that varmints would otherwise eat. Both will be protected. You can also kill thistles by injecting salt water into their stalks, as well as by pulling them.

Studying healing plants also may surprise you. Dandelions are prized as a healing herb! They have deep roots - the elk eat them to gain strength after long winters. Dandelion roots are a great liver detox for humans also! There is another plant that may be a weed to your eyes – Osha. This grows wild in Coal Creek Canyon. Indians used it as an antiviral medicine. I have used it for my family. If you learn this plant in all its seasons of growth, you may do the same.

Would you drink a weed killer such as RoundUp from the bottle, in lieu of morning coffee? I would rather not! Squinting RoundUp onto plants on the land sends it down into the water table. And into your well. And into my well...

Let's get to know RoundUp a little better. The active ingredient in Roundup is glyphosate. This is what scientists

call an "endocrine disruptor." It kills bugs by messing with their hormones. But it also does this to honeybees, birds, and people. There are too many studies to cite here, but one in particular may be of interest. In 2009, 11 years ago, six scientists published a paper in *Toxicology*. This is a famous scientific journal, for people working in the specialized field of poisons (toxicology). These scientists found glyphosate is poisonous to humans in a variety of ways, and at amounts much smaller than what was, and still is in the United States, being used on fields and crops.

This winter there have been legislative attempts to ban glyphosate in the United States. Thus far those attempts have failed. The companies making millions selling weed killers have a huge financial interest in continuing to make and sell products such as RoundUp. Their deep pockets convinced the current administration to keep RoundUp legal, and on shelves, in our local Home Depots.

Most of us tend to assume something in a store, on a shelf, is safe. Unfortunately, there are loopholes in the system, especially where vast piles of money are held in the hands of a few. RoundUp, with Glyphosate in it, is not safe.

Glyphosate has been banned in 40 countries including Europe, South America, New Zealand, Australia, and the Middle East, Asia, India... but not in the United States [2]. It has been shown by science to cause Non-Hodgkin's Lymphoma, and chronic Lymphocytic Leukemia [3] these diseases are potentially fatal. Both are the result of the human body trying to cope with trace amounts of poison so deadly they succumb instead to cancer. The liver is poisoned. (Remember those dandelions?)

Most of the glyphosate bans around the world resulted from extensive research published by The International Agency for Research on Cancer (IARC), which is part of the World Health Organization. In 2015, a team of 17 scientists from 11 countries around the world found glyphosate to cause cancer in people (2). The evidence is so strong that individuals sick with cancer have won massive lawsuits in the United States (2,3,4).

There is a simple and elegant solution. Do not use RoundUp. Don't squirt it on your weeds, or your toes, or your work gloves. And then it will not end up in our wells, or our morning coffee.

Another massively used pesticide is neonicotinoids, or 'neonics' for short. Instead of disrupting the hormone systems of animals, people and bugs, they affect the nervous system. Like glyphosate, they affect people, and animals. Especially, they kill honeybees, other pollinators, and songbirds. Massive deaths of honeybees have frightened scientists, beekeepers, and environmentalists all over the world. The death of these bees is from neonics use. The substance is so toxic that when sprayed on a seed it later travels through the entire plant. When birds and small

animals eat the seeds of the plant they can become paralyzed and die (6).

In 2015, Obama's administration implemented a ban on neonicotinoids being used in parts of our country, including wild life refuges. Worldwide, many countries have banned it because it is linked to the death of honeybees and other pollinators. In 2018 the current administration, in their ongoing efforts to pander to the elite 0.01% uber-wealthy, and destroy every policy Obama created, rolled back this ban (6).

Eliminating the neonics ban put money in big business pockets, and poison back on our land, water, animals and people. It is so poisonous that a bird eating a single seed will lose weight, become confused, and may die (7,8). There has been a massive decline in United States songbirds, which is now known to be caused by the use of neonics pesticides (7,8). Another loophole – big money in politics keeps this poison legal, and waiting in anonymous plastic bottles on hardware shelves.

The most common and extensive use of neonics is to coat all seed sold in the United States. A very simple solution for avoiding any use of neonicotinoids is to buy organic seeds. Organic seeds cannot be drenched in neonics, and still be sold as 'organic.' Buy organic! Ask for organic at your garden center!

RoundUp and Neonicotinoids are our generations' poisons as we work to protect our own health, we protect our planet also. The less poisons we inflict on our bodies today, the stronger we will all be to fight off illness tomorrow. We can choose well, compassion, healing – what good work we do here, today, will spread also!

To our health!

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Colorado River System Cannot Be Sustained

By Anna V. Smith High Country News March 10, 2020

This year, tribal nations enter negotiations over Colorado River water.

The Colorado River Basin is the setting for some of the most drawn-out and complex water issues in the Western U.S. In 2019, the Colorado River Drought Contingency Plan — a water-conservation agreement between states, tribal nations and the federal government for the basin, now in its 20th year of drought — passed Congress. This year, it goes into effect.

2020 will also see the start of the renegotiation of the Colorado River Interim Guidelines. The guidelines, which regulate the flow of water to users, were created in 2007 without tribal consultation and are set to expire in 2026.

The 29 tribal nations in the upper and lower basins hold some of the river’s most senior water rights and control around 20% of its annual flow. But the tribes have often been excluded from water policymaking; around a dozen have yet to quantify their water rights, while others have yet to make full use of them. Most of the tribal nations anticipate fully developing their established water rights by 2040 — whether for agriculture, development, leasing or other uses. Drought and climate change are still causing shortages and uncertainty, however. Already, the Colorado River has dropped by about 20%; by the end of this century, it could drop by more than half.

High Country News spoke with Daryl Vigil (Jicarilla Apache, Jemez Pueblo and Zia Pueblo), water administrator for the Jicarilla Apache Nation. Vigil, the interim executive director of the Ten Tribes Partnership, helped co-facilitate the Water and Tribes Initiative, coalitions focused on getting increased tribal participation on Colorado River discussions. Those efforts are critical, Vigil says, “because left to the states and the federal government, they’ve already proven that they will leave us out every time.”

HCN and Vigil spoke about “the law of the river” — the colloquial term for the roughly 100 years of court cases, treaties, agreements and water settlements that govern the Colorado — as well as tribal consultation and climate change.

High Country News: Sometimes it can be hard to really understand the core value of water, because it gets so caught up in things like policies and laws and bureaucratic language. Could you boil it down a bit and explain, at the core, what’s so important about this?

Daryl Vigil: Through the Water and Tribes Initiative (in 2018), we did over a hundred interviews of all the major stakeholders in the basin: states, water providers, tribes, NGOs, conservation groups. And it was pretty amazing, to find out that when you talk to all these folks, almost universally they’re all committed; they have a personal relationship to the river as a living entity that needs to be sustained. And so there’s two different mindsets looking at ’07 guidelines and some of the policy that’s been created around the river. One really looks at the Colorado River as a plumbing system, getting water to people who need it, versus the other end of the spectrum — when you start to look at tribes and others who have similar values, who look at it as a living entity, who look at it as an entity that provides life. And so we started to try to articulate traditional, cultural values and integrate that into current policy so that people can understand. Because we know most people want to see a healthy, sustainable Colorado River, but they also have their constituencies that they protect. And so, how is it that we bridge that divide?

Because people really do care about the basin, and they really do want healthy environments and healthy ecosystems. And so that's proven part of the conversation that we were having — that the next set of guidelines absolutely needs to be able to capture not only the water-delivery issues that already are at the forefront, but really start to address the cultural, environmental, traditional values of the Colorado River and integrate that into the next set of planning. Because if we don't, this system cannot be sustained.

HCN: How does climate change figure into the discussion?

DV: We're already seeing the impacts. And I think that's something that absolutely has to be considered in the planning of the future, because right now — with 41 million people in the basin — as of 2010, the imbalance between supply and demand is already a million acre-feet. It's projected, according to the basin study, to be 3 million acre-feet by 2060. We continue to act surprised when something new comes about in terms of a fire or a flood or an incredible drought. We're making an impact on this planet, and it's not a good one. That's where, with the Ten Tribes Partnership, (we're) really trying to make sure that we integrate those traditional, cultural values and spiritual values that the tribes have for the river as we move forward. Because if we're not going to address it, it looks pretty catastrophic to us. And so I think, when we start talking about climate change, absolutely pushing to make sure that we're thinking about a mindset of how we fit into nature, rather than nature fitting into us.

HCN: These kinds of discussions, compromises and negotiations can often, especially around water in the West, go on for decades. I'm curious what gives you momentum to keep working at it and putting so much energy into it.

DV: A few different things. You know, those hundred-plus interviews that we did, we got to know people on a real personal basis. We got to know who they are and their commitment — many of these people have had decades working in the Colorado River Basin and doing the best that they could, given the structure. And everybody understands and agrees that the current system is not sustainable, and it doesn't work; it's not inclusive of the voices that need to be included into this process. And so that gives me great hope. And then you see things like the pulse flow, where they got water all the way to the Sea of Cortez. And to look at the faces of those Mexican kids who had never seen water in the Colorado River in their whole life come out, and just the wonder and the magic in their

eyes of seeing what water does.

And then we just recently had our second basin-wide workshop and gathering up in Phoenix. We had a hundred-plus of the major stakeholders: states, feds, water providers, tribes and four tribal chairman present at this particular meeting, which is just huge, a bunch of people all in this room all talking about their joint commitment to the river. It's moving to me because, I mean, I think that's what it's going to take.

HCN: Every tribal nation is different, but how might a tribal nation view water similarly or differently than a city or a state or the federal government in terms of water and management?

DV: That's the thing that we're really trying to create awareness of. Because in the Colorado River Basin alone, you have 29 distinct sovereign entities — geographically, culturally, languages, and mindsets and traditions and culture in terms of how they think about the river. A lot of it's really about the same, but in terms of the reverence and the spiritual connection that most *(Continued on next page.)*



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tribes have, they look at it in different ways. For instance, invasive species of fish: You get tribes who are really aggressive about wanting to remove them because they're not part of the natural environment that was always there. Then you get other tribes who are just like, eh, who cares and it's not on their radar. And that's why it's important that a conversation about the next set of guidelines for the Colorado River has to include all 29 tribes — in terms of at least the opportunity to participate and at least having the information to determine whether they want to or not.

HCN: What are some big things that you would like people to better understand about the discussions around water in the Colorado River Basin?

DV: I would like them to understand, from a tribal perspective, the incredible role that tribal water already plays in the basin. The other thing I would like people to understand is that this current law of the river is not sustainable. At some point in time there's collapse. And I think if we don't address it quickly, that collapse could happen sooner than later. And I really would like to have them understand that the way that the law of the river is structured — upper, lower basins, and how they're managed differently, and how there's different requirements and how states are engaged — it's really complex and doesn't make any sense, and, ultimately, I

don't think it's going to get us where the broader consensus wants us to go in terms of a healthy, sustainable river, and still provide water to all living creatures and plants in the basin.

HCN: Specifically, what is it that tribal nations are bringing to the conversation that was lacking in the 2007 agreements?

DV: I think absolutely a point of view about the sacredness of the river that most people really do share, whether they're tribal or not. And then the other thing is the unique role that tribes are going to continue to play in the West — the large land areas and our resource development and how we move forward. It creates this mindset, in my mind, of building a pathway of who we want to be in the future. But a huge thing, too, is tribes bring certainty to the table. You know, it's like, wow, what if we negotiated together about being able to move water where it needs to move, and work from a standpoint of collaboration and need rather than protect, defend and win, lose.

HCN: That's a good point. Because that's how water is so often talked about, as somebody versus somebody.

DV: And I think that's what the law of the river does. It's contentious, and it automatically puts you in a position to protect and defend. And if that's the foundation we're operating from, what does that get us? It's just going to get us this recurring, vicious cycle that we've been stuck in. The work that we're doing at the partnership and Water and Tribes Initiative hopefully has broader implications in terms of tribal sovereignty, and looking at tribal sovereignty from the standpoint of an opportunity to create your future.

Anna V. Smith is an assistant editor for High Country News.

Editor's Note: The Highlander has been following the proposed Expansion of Gross Reservoir since 2003, no tribal sovereignty has been mentioned in any of Denver Water's efforts to steal more water from the Colorado River to make money by selling it to development projects or municipalities downstream of Coal Creek Canyon. More profits for the utility do not reflect the idea of sacredness or respect any sustainability for the Colorado River.

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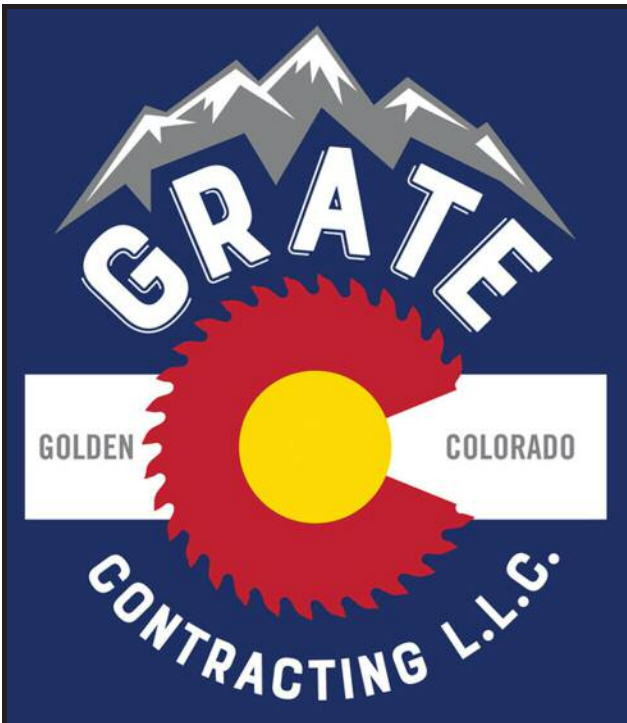
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Bottom left: Maine Coon cat.
Bottom right: New foal & mom from Trisha.*

Drowsy Driving Is Dangerous

From Jim Plane – State Farm Insurance

Avoid these risks or you may fall asleep at the wheel

Drowsy driving can impair reflexes and lead to disaster. Try these tips to stay alert.

Drowsy driving is dangerous—how can you stay alert on the road?

Talking, texting, and drinking are all common car-crash causes, but there's a lesser-known accident culprit: fatigue.

The struggle to stay awake while driving may be more common than you realize: 37 percent of people have admitted to falling asleep at the wheel, according to a poll by the National Sleep Foundation.

Fatigued driving isn't worth that risk: According to the National Highway Traffic Safety Administration, there were 803 reported fatalities involving a drowsy driver in 2016.

Late night drivers, workers who had a long day, or those who haven't slept well should heed warning signs.

If you're yawning, blinking a lot, or nodding off—or if you can't focus—think twice about getting on the road.

Steps to stay alert - To help reduce your chances of falling asleep behind the wheel, follow these common sense steps to stay alert and safe on the road:

Get enough sleep at night. Drivers who sleep less than six hours each night are at an increased risk of getting into an accident as those who get at least eight hours. It's even worse for those who sleep five hours or less.

Pull over. If you feel bored, restless, are having a hard time concentrating or have tired eyes, you need a break. Pull over to a rest stop, stretch, take a short nap or switch drivers. Take a break every two hours.

Adjust your car's settings. Stay more alert by keeping the temperature cool, playing loud, high-energy music, turning off the cruise control, and placing your seat back in an upright position.

Wear sunglasses during the day. Bright sunlight can cause you to squint, making your eyes tired.

Watch what you eat and drink. Caffeine and sugary products don't ensure mental alertness. Instead, opt for water or juice, and high-protein foods rather than heavier fare.

Smart tech combating sleeping behind the wheel

Though it's no replacement for a good night's rest, current automotive technology can help pinpoint signs of drowsy driving and help prevent collisions.

Fatigue warning systems track your steering, blink rate duration and other behaviors and will alert you if they suspect sleepiness.

Lane departure warning and prevention systems monitor your vehicle's position and react if you're in danger of drifting into another lane.

Forward collision warning systems use sensors to follow vehicles in front of yours and may engage automatic braking to prevent accidents.

Drowsy driving can impair your skills, leading to potentially disastrous consequences. Learn more about the dangers of distracted driving.

Avoid this potentially fatal driving condition

Drowsy driving causes more than 100,000 crashes each year. Learn how to reduce risk. Fatigued driving isn't worth that risk: According to the National Highway Traffic Safety Administration, on average there are 56,000 crashes annually in which driver drowsiness/fatigue was cited by police, with roughly 40,000 nonfatal injuries and 1,550 deaths.

Ask another passenger to drive.

Take a 15-20 minute nap if you're in a safe spot. Pull over at a rest stop or gas station, and walk around to help you feel refreshed. In winter, open your window to lower the temperature inside your vehicle.



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Mother Earth / Father Sky

By Ingrid Winter

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*The male
Obviously
Is spectacular
With that head
That can change from
Dark teal to green
To
Midnight blue
With the slightest turn
Of the neck*

*But the female
Is equally beautiful
The golden brown
Earth tones of her feathers
Dark brown rimmed
With cinnamon
And that dazzling speculum
Of blue
Rimmed with white
In the wings
That looks like
A piece of sky*



*On a cloudless
Summer day*


*It is
As if
Mother earth
And Father sky
Together
Created
A bird
That embodies
The beauty
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Six Ways To Boost Your Immune System

Food is great medicine for anyone trying to ward off the seasonal ailments or even on a daily basis. While so much of the conversation about safety has focused on washing your hands for 20 seconds, avoiding handshakes, and resisting the urge to touch your face, a key step to staying healthy involves strengthening your immune system. Immune health is bolstered by smart lifestyle choices and the right diet — a year-round pursuit that allows our body the chance to defend itself no matter what we face. Choosing organic groceries will help defend you too.

“We often think of nutrition and how to support the immune system when it comes to the flu season, but our body’s defense systems operate every second of every day, fighting off foreign bacteria, viruses and other invaders, and keeping us healthy. Our goal should be to think of this daily, how best to support our bodies proper metabolic function,” said Randy Evans, MS, RD, LD, a registered dietician consultant.

Here are six tips to boosting your immune system.

Take care of yourself

Getting shuteye and taking the time to de-stress could help you stay healthy. Lifestyle choices such as sleep and stress management are vital to the proper function of your immune system.

The non-profit National Sleep Foundation recommends adults receive an average of 7-9 hours of sleep each night. Stress management isn’t always easy. Breathing exercises,

meditation or a jog could help you shed some stress, helping you maintain positivity and maintain your immune health.

Eat the rainbow

Focus on the colors in your diet — green kale and cucumber, orange sweet potatoes and carrots, purples and blue hues of plums and blueberries. “The colors in healthy foods are actually a part of the plant’s immune system, so eating the rainbow in your diet boosts your phytonutrient intake and boosts nutrients to help support your immune function,” Evans said.

Eating whole foods reduces the intake of chemicals, additives and artificial sweeteners often found in processed foods, improving the body’s detox system.

Beyond veggies and fruits, healthy fats — those found in extra virgin, organic, and cold-pressed coconut or olive oil, avocados, raw nuts and seeds, and range-fed or wild-caught animal products — are also a smart addition for meals and snacks.

Eat your medicine

Nutraceuticals represent the perfect balance of food and medicine — they provide nourishment as well as medical benefit. Key nutraceuticals highlighted in the study include:

- Ferulic acid
- Lipoic acid
- Spirulina
- N-Acetylcysteine
- Selenium
- Glucosamine
- Zinc
- Yeast Beta-Glucan
- Elderberry

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The nutrients are often found to be low or very low in unhealthy patients, Evans said, meaning the body is weak and unable to respond to viral threats.

Follow your gut

The best measure of your immune health can be found in your gut bacteria. All of the bacteria in your body makes up your microbiome. The right types of food — such as leafy greens and lean proteins — can promote the growth of good bacteria, or microflora, in our systems and reduce inflammation.

The wrong types of foods, such as too much sugar, can fuel inflammation, making you more susceptible to disease and impacting hormone balance.

We often only focus on our gastrointestinal tract when we're having issues, but most of our immune system cells (70-80%) are located in our gastrointestinal tract.

Soak up some sun

Make sure to stay on the sunny side.

Vitamin D — which is produced when the skin receives sunlight, and is also found in fresh fish and eggs — has many important functions in the body, including bolstering bone and overall health.

“It’s actually more of a hormone than a vitamin in

function,” Evans said. “Research suggests Vitamin D has both antimicrobial and antiviral potential in the body. The most potent impact is shown when Vitamin D levels are boosted when found low.”

The most effective way of measuring the body’s Vitamin D levels is through the amount of the serum 25-hydroxyvitamin D in the blood, and experts recommend a concentration of 50 nanomoles per liter.

Stay hydrated


Water is the fuel that triggers the body’s metabolic processes, making H2O especially important for our immune health.

The goal: try to drink at least 64 ounces of purified water daily. You may need more water than that if you’re active, and anyone who’s been told they’re fluid-restricted should discuss hydration with their doctor.


Dehydration, meanwhile, can invite a wide range of issues, including afternoon fatigue, headaches and muscle cramps. It’s important to be mindful of staying hydrated if you drink alcohol. Be sure to drink one glass of water for every alcoholic drink you consume, and be sure to drink water before and after to keep your body in balance. Your boosted immune system and diminished hangover will thank you. *(Sources: Mayo Clinic website re: diet/immune.)*


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The Elusive Wolverine

By Helen Santoro March 16, 2020 High Country News

Just outside the tiny town of McCall, Idaho, in the sprawling Payette National Forest, Sandra Mitchell drove her snowmobile across a snowy pass. With the loud whine of the machine's engine ripping through the chilly winter air, she rode between rows of fern, pine and spruce. Soon, the forest opened up to reveal West Mountain with its inviting slopes and sparse clusters of trees. Setting her sights on the summit, she held down the throttle and pointed the nose of her snowmobile upward, a fan of powdery snow spraying out behind her.

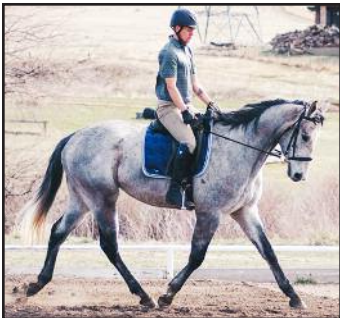
At the peak, Mitchell glided to a stop, turned off the engine and gazed out over the silent snow. "You get to see nature dressed in white," she said. "It's breathtaking." That was just the first of many times that Mitchell rode up West Mountain. Today, around 27 years later, she is director of public lands for the Idaho State Snowmobile Association. In her many years of snowmobiling, she has seen a lot of wildlife: a male moose with a rack of antlers, wolf tracks in the snow. But neither she nor any of her snowmobiler friends has ever seen the animal whose tenuous status could lead to the closure of backcountry areas to recreationists like herself: the elusive wolverine.

Wolverines require a lot of land and snow in order to survive, making places like the Payette National Forest in west-central Idaho a perfect home. But this forest is also a hub for winter sports, drawing backcountry enthusiasts from across the nation. In 2007, however, a team of Forest Service employees proposed closing approximately 15,000 acres — less than 1% of the entire forest — to snowmobilers, partly to protect the wolverine. When

Mitchell heard this, she balked. "It was shocking when we saw the proposal," she said. The Idaho State Snowmobile Association claimed that it wasn't based on sound science. "We'll do what the science tells us," she said, "but once the land is closed, it's always closed. We need to work for other management options."

In 2010, Mitchell and her team joined forces with eight other groups, including the Idaho Department of Fish and Game and the Sawtooth National Forest in central Idaho, in a collaborative effort to study how backcountry sports, including snowmobiles and backcountry skiing, impact wolverines. But instead of generating a clear answer on how to balance recreation and wildlife, the science may have simply bolstered past convictions. The research — which was published in February 2019 and concluded that winter recreation displaces wolverines — has fueled an ongoing lawsuit regarding a proposed closure in the Sawtooth National Forest. "People are interpreting the research based on their own agendas," said Kimberly Heinemeyer, a lead scientist at the Round River Conservation Studies, the ecological research and education nonprofit that spearheaded the study. Now, snowmobilers like Mitchell are responding by suing the U.S. Forest Service, hoping to preserve one of their most cherished pastimes. Meanwhile, researchers worry that if the Forest Service doesn't take action soon to protect wolverine habitat, the animal may disappear from the Lower 48.

FOR IDAHOANS LIKE MITCHELL, snowmobiling is woven into the cultural fabric of the state. In 1971, a group of nine snowmobilers rode into the woods near Pine, Idaho,



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one weekend and returned with the idea for the Idaho State Snowmobile Association. Around 20 years later, Mitchell became an integral part of the community and has since helped welcome thousands of new members. Today, snowmobiling generates millions of dollars within the state of Idaho. During the 2015-2016 winter season, snowmobile owners spent close to \$200 million in lodging, food, equipment and more, and supported more than 4,000 retail and other jobs, according to a study by Boise State University.

Still, conservationists like the Idaho Conservation League's Brad Smith believe that snowmobilers need to be more conscious of where they ride when they enter areas where sensitive species, like wolverines, are known to roam.

Wolverines are solitary animals that live in remote, cold places like Idaho, Montana and Alaska. Males can weigh up to 40 pounds — stocky creatures, with long, coarse fur, sharp claws and spectacular strength. By nature, they have very low-density populations with home ranges of up to 600 square miles. They've been known to travel up to 15 miles a day in search of food, which explains their scientific name, *Gulo gulo*, from the Latin word for "glutton." Between February and May, in order to den and give birth, female wolverines require deep snow, which keeps their offspring safe from predators and buffers them from frigid winter temperatures. After a long history of fur trapping — a practice that is now banned in most states, including Idaho — there are only an estimated 250 to 300 wolverines left in the Lower 48. Today, wolverines have been reported in 77% of Idaho's counties — most, if not all, of their in-state historic habitat — which includes snowy,

mountainous areas where Mitchell and thousands of others snowmobile.

Today, wolverines have been reported in 77% of Idaho's counties — most, if not all, of their in-state historic habitat — which includes snowy, mountainous areas where



Mitchell and thousands of others snowmobile.

This interaction between winter recreationists and wolverines may harm the species, according to the study in the journal *Ecosphere*. Over the span of six winters, researchers investigated the responses of GPS-tagged wolverines in Idaho, Wyoming and Montana to snowmobilers and backcountry skiers. They found that wolverines avoided areas used by recreationists, with females being particularly sensitive to backcountry activity. Bit by bit, they were losing their habitat.

Reactions to the research have *(Continued on next page.)*

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Highlander Wildlife

been mixed. Hilary Eisan, the policy director for the non-profit Winter Wildlands Alliance, which represents backcountry skiers and outdoor recreation on public lands, argues that the study provides clear evidence that winter sports threaten wolverine habitat. Mitchell, on the other hand, claims the study only shows the need for more studies. “Overall, we were disappointed that there were not more conclusive results,” she said. “Wolverines move all the time, so them changing their habitat due to snowmobiles is not necessarily conclusive.”

“I’m concerned if we don’t pay attention to it now, we could lose wolverines before we even really know them.” However, the species may not have time to wait for more research. Climate change is already hurting wolverines by reducing spring snowpack and female denning areas, said Jeffrey Copeland, a former researcher for the U.S. Dept. of Agriculture and one of the study’s authors.

It was this conflict that led to the current lawsuit in the district court of Idaho. The Fairfield Ranger District in the Sawtooth National Forest closed 72,447 acres of land — 17% of the Fairfield Ranger District and approximately 3% of the entire forest — to snowmobilers December 2018. The association argued that the decision “assumes that snowmobiling in these closed areas will have adverse environmental impacts without any solid scientific evidence.” Oral arguments for the case are expected to

begin as early as this spring.

Mitchell and Heinemeyer, the lead author on the wolverine study, are also working with backcountry groups to create land-management recommendations that can be used by both the Forest Service and recreationists. The process, still in its early stages, aims to publish a proposal that mitigates any harm to wolverines. But Mitchell fears there may be more disputes ahead. With warmer winters, later snowfall and earlier spring rain, snowy areas for winter recreationists are shrinking, and there’s a higher chance of disturbing wildlife. With this in mind, conservationists worry about future protections for the wolverine, which is currently in the midst of another legal battle as to whether it will be listed under the Endangered Species Act. Last November, the U.S. Fish and Wildlife Service failed to meet its deadline for a listing decision. Subsequently, a group of nine conservation groups have threatened to sue the current administration.

Yet even scientists who have spent their careers studying the animal say the wolverine remains an enigma. This is echoed by backcountry enthusiasts like Mitchell, who has never seen a wolverine, and likely never will. “I would be thrilled to death to see one,” Mitchell said. “What an amazing little critter.”

When I asked if the new research on wolverines has changed how she interacts with the landscape while snowmobiling, she responded immediately, “It does. I definitely am more conscious of animals.” Now, Mitchell says that she tries to stay away from areas where they may reside.

So far, though, that respect has not translated to action in the broader community of snowmobilers, and it is unlikely to be enough to protect the wolverine. Snowmobilers like Mitchell still plan to spend their winters trekking out to desolate places far away from marked trails, and, according to the science, this means riding through wolverine habitat. For a species already under threat, this may be the breaking point. “The stakes are higher,” Eisan said. “We can’t just sit back and let it be a free-for-all.”

Helen Santoro is an HCN fellow based in Gunnison, Colorado, who covers science and wildlife.

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Update: BuffaloFieldCampaign.org

Yellowstone is Slaughtering our National Mammal

Wild buffalo captured within Yellowstone's Stephens Creek bison trap. As of this writing, an estimated ninety buffalo have been shipped to slaughter and fourteen have been held for domestication (quarantine) purposes.



Notice the herd of elk outside of the trap. Ironic because the IBMP states they manage the buffalo this way because of (unfounded) fears they might spread brucellosis to cattle, when that has never happened, but elk have been implicated more than twenty-seven times in transmitting brucellosis to cattle and they are free to roam. *Photo by*

Cindy Rosin, Buffalo Field Campaign.

March turned into quite the tragic month for our dear friends the buffalo. Nearly four hundred (and more as of this printing) have been eliminated from the last wild, migratory population, which currently hovers around 4,200 individuals. Late-season hunting took a bit of a toll over in the Gardiner Basin, with over 120 buffalo killed, most of them taken within the infamous killing box of Beattie Gulch, right at Yellowstone National Park's north boundary.

Yellowstone National Park has captured an estimated 280 buffalo and has been shipping them to slaughter. With Yellowstone National Park and other Interagency Bison Management Plan cohorts wanting to kill upwards of 900 of these gentle giants this year, through hunting and slaughter, if migration is slow to start, once it begins all hell breaks loose, and, of course, the buffalo are the ones who pay the ultimate price for this gross mismanagement.

The desire to kill or capture as many as possible is feverish, setting hunters and Yellowstone at intense odds with each other, and this is exactly the way Montana livestock interests like it; everyone else doing their dirty work, blaming one another, while buffalo die by the hundreds. While they are responsible for their own actions, Yellowstone and hunters are getting the black eye that should be received by the state of Montana, who wages this war against wild buffalo.

While BFC disagrees with current hunting practices ("no habitat, no hunt"), we fully support Treaty Rights, and we disagree with Yellowstone's trap even more. Both of these management strategies are a direct fault of the Interagency Bison Management Plan, which is fueled by Montana's livestock interests, and indeed, driven by a state law. As a

signatory to the IBMP, Yellowstone National Park is betraying Tribes as much as they are the buffalo; according to the IBMP's 2020 Operations Plan, they are supposed to honor hunting seasons before they begin to capture buffalo, but because they have bent over so far backwards to cater to Montana livestock interests, they are extremely anxious to capture as many buffalo as they can and are interfering with the rights of sovereign nations in order to do so. BFC documented twenty-six more buffalo captured recently. This leaves a lot of hunters without opportunity because there are no buffalo outside of the park because they have been captured inside the trap. The entirety of the IBMP should be challenged as a violation of Treaty rights; not only for tribes hunting buffalo, but also for tribes who don't, and for buffalo to be able to restore themselves on federal "open and unclaimed" lands, where they could once again flourish and re-enter into relationship with the humans they evolved with for tens of thousands of years.

The politics surrounding the activities of the IBMP are human-centric, nauseating, and aim to confuse. The management schemes these government agencies set before the public are so convoluted that they make people feel helpless to do anything, while the solution is so simple it's painful: Let the buffalo roam, just like the IBMP lets elk roam freely. **To Take Action, go to our website, (above) making your voice heard is as easy as hitting a button.**



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Unleashing The Daring Dance Within You

By Frosty Wooldridge

Sometimes in life, no matter your stature, success, sartorial dress, rich or modest home, friends and magnificent job—you may come to a point of getting down on yourself. If you live by modest means or in poverty, you may come to the conclusion that your life sucks all the time. You may hate your job so much so that when you look up, you only see the bottom of the bucket.

You might say, “I am worthless...a nobody...useless...I am not good enough...I suck at everything...I am a failure...nobody loves me.”

Even the greatest heroes of our time get down on themselves in their darkest hours. They might suffer from their perceived shortcomings, mistakes and failures. When they made negative self-judgments, they locked into their brains a sense of disaster that set up vibrational frequencies that drove them deeper into depression. However, they chose the high road to their destinies. How can you learn from their actions?

Let’s talk about when you get down on yourself. Once those vibrations “set up” in your mind, you create a “reality” in your brain waves that equates to depression, despair and sadness. You “call in” more of the same. You repel life’s energy. You resist life’s creative process. You pull back from the leading edge of your life. You become listless and irritable.

Such happenstance transpires in all walks of life. Years ago, a top defensive football player named Roy Regal played in a national college game for the Rose Bowl championship. During the game, he intercepted a pass, but as he hit the opposing players, the collision turned him around. He ran in the wrong direction to score a touchdown for the opposing team. He felt devastated on the sidelines. His team fell behind by the half.

During the locker room pep talk, he said to the coach, “I’m a failure...I can’t play...I’m making us lose.” The coach said, “Quit belly aching! Get up, get back in there and play the game. It’s not over yet.”

He pulled himself out of the dark night of his soul. He raced onto the field. He raged on defense. He tackled the runners. He hawked the ball. He energized his team to victory. What happened to him? How did he decide within a few minutes to change his attitude? Did his coach make the difference? You might take a few hints from what his coach said to him:

Stop expecting “circumstances” to change for you to feel better. You must take responsibility where you are and the situation in which you find yourself. You accomplish that feat by generating “positive” thoughts and “positive” actions in the face of your despair. Own your mistakes.

Work with your strengths. Pursue your goals or dreams. Your despair turns to healing when you make new choices. Please realize that “failure or hardships” bring you lessons, in fact, call them gifts that move you forward on your journey. Failure offers recovery and expansion of your talents. Instead of being a trench of negativity—stand up, conspire with your natural greatness acquired at birth. Millions of years of evolution guarantee your success by your choices.

Remember this: everyone carries a “golden touch” in some arena of talent. How do you “get hold” of that touch? You choose to “think you can” and “know you can” to succeed at whatever you face.

Yes, we all carry a twinge of fear in



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our lives. Some folks carry huge dollops of pain! We carry a feeling of “not being enough” for a task. You might be a parent struggling with your kids, a student busting your butt for grades or a middle-aged person facing a mid-life crisis.

Decide to banish negative thoughts. If you fail to remove them from your mind, self-destructive thoughts will take you down. If you choose them, they will keep you down. You may wallow there, but it becomes pretty messy after awhile.

You want to know what I do when I’m feeling down? I take a bicycle ride. It frees my mind, spirit and body toward the energy of life. I consider positive choices. What else? I go dancing. Yes, dancing unleashes the daring and joy in my heart, mind and body. Dancing expresses the wonder in my (your) mind and heart to engage you in the highest vibrational patterns of living. Try it! Can’t dance? Answer: take classes.



(My two buddies, Bryan Hallack and Doug Armstrong in the Swiss Alps on their way to the Matterhorn.)

Don’t like to dance? Find out what brings you joy. Pursue it with passion. Celebrate yourself! Life and joy returns when you decide to get back into the game of life. Just like Roy Regal.

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Make Time To 'Do Nothing'

"Your brain doesn't distinguish between the work that you do at your job and paging through Facebook while you're in bed," says author Celeste Headlee. "To your brain, you're still working."

When you collapse on the couch after a long workday and start scrolling through social media, you're not doing your tired brain any favors, says author Celeste Headlee. "Your brain sees your phone as work," she explains. "To your brain, any time that phone is visible, part of your brain is expending part of its energy on preparing for a notification to come in. It's like a runner at the starting gate." Researchers have found that simply having your phone nearby can tax cognition. "You're carrying your work literally everywhere," Headlee says. "As far as your brain and body are concerned, you're never taking time off."

In her new book, *Do Nothing*, Headlee, a longtime journalist and public radio host, encourages readers to be intentional about protecting their downtime. She came to that realization after she found herself sick in bed for the second time in just a couple of months.

Headlee started digging into the research and found evidence that the brain works best when it can alternate between focused labor (not multitasking!) and rest. Because even when it's "resting," your brain is busy doing critical tasks. In fact, the brain is nearly as active during periods of rest as it is during periods of focus. "It's sifting through memories," she explains. "It's making new connections. It's doing surprising things because it's not focused on a task. So that's where a lot of creativity comes from and innovation ... making unexpected connections."

But current American culture isn't terribly supportive of that kind of unstructured mental leisure. Headlee often asks people whether they can simply sit down and watch a movie on Netflix — just watch a movie. "I often get the response of, 'No, if I'm just sitting there, I feel guilty.'"

Headlee wants to help readers reclaim their relationship with nothing. The cover of her book features a picture of a sloth, an animal that (speaking of baked-in prejudices about work and leisure) shares its name with one of the seven deadly sins.

"Is a sloth really lazy, or do they just move more slowly and deliberately?" Headlee asks. "Some things have to go fast, but not everything does." Where did our work culture come from? Headlee believes some of America's obsession with work can be traced back to Martin Luther and the Protestant Reformation in 16th-century Europe. Ideas about working your way to heaven, Headlee explains, "meant that every idle hour was one in which you were not earning your spot with the divine. ... It was your work that made you a good person. And therefore, obviously, if you're not working all the time, you should feel guilty." She also points to the Industrial Revolution as a "mile marker" in forming America's work culture.

Headlee says it's time for a reexamination of America's obsession with efficiency and speed. She believes that humans are pushing our brains and bodies in ways that are not adaptive and that this is playing a role in the nation's fatigue. Researchers, she says, have kept good time records for decades and haven't found that Americans are necessarily working more hours. And yet, we report feeling overwhelmingly busy.



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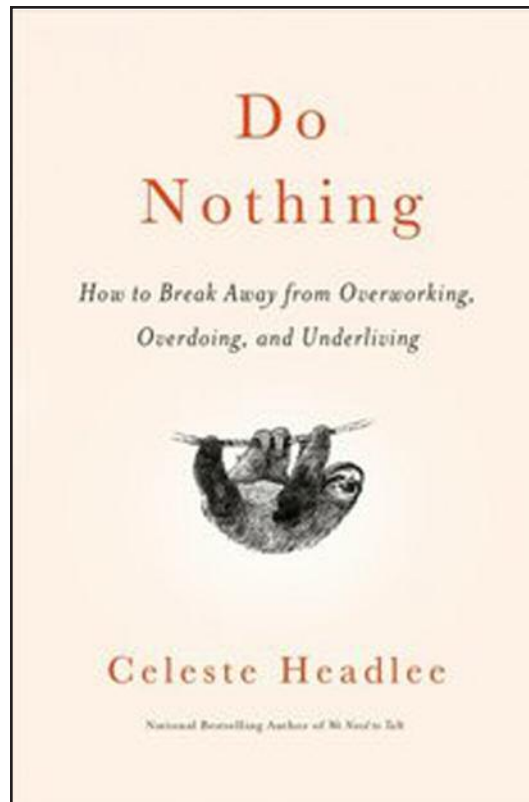
“I don’t question anybody’s claim that they’re exhausted,” Headlee says. “I know they are — I was. So you have to ask yourself: Why?”

Decades ago, most Americans were spending time with their neighbors, but that’s less true today. “A huge number of Americans have never met their neighbors,” Headlee says. “The people they know the most about are the influencers on Instagram or the people on reality TV. ... People are running, and running, and running to keep up with people whose lifestyles are completely out of their reach.” It’s no wonder Americans feel the need to work harder, put in longer hours, to forever self-improve. “You’re constantly reaching for a bar that you will never put your hands on,” Headlee says.

“Once you subtract sleep, and work, and eating, and commuting, and all those other things, you have probably somewhere between five or six hours a day at your disposal to do with as you please,” Headlee says. “If you’re using up half of that idly paging through Facebook and ‘liking’ things, it might come as a surprise to you that you have more time than you think.”

To try to reclaim that time, Headlee has tried to limit the hours she spends engaging with email and social media. “I took almost every app off my phone,” she says, and she only checks email once per hour. *Choosing A Focused Life ‘Digital Minimalism’: How To Hang Up On Your Phone Addiction*. She also does an “untouchable day” each week — a day she spends entirely off social media and email. “It was really scary at first, and I really struggled to keep it up,” she admits. She set up an email auto-reply that essentially says: “If it’s really important, just call.”

“It’s been two years. ... No one has called,” she says. “Nobody. It’s never been so urgent that people picked up



the phone. That really is telling to me, that most of our emails are not urgent.”


Of course, not everyone has the luxury of being able to disconnect that way. Headlee understands that for many workers, their “schedules are simply not their own.”

But here’s her advice: “When you come home, finally, at the end of your day and you’re exhausted — it’s very tempting to say, ‘I can’t do anything else.’ ... [But] even making that tiny little change of, instead of looking through Instagram, walk around your block — take that time, because your brain and your body will thank you.”

The good news, Headlee says, is that her solutions are simple and free.

“These changes are ingrained, but they’re also recent,” she says. “And what can be done can also be undone.”

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Participate In The 2020 Census

Census for local federal funding and representation. The census opens to the public to complete online beginning in March. Completing the 2020 Census helps ensure a fair and appropriate distribution of federal funding for programs that support public health, education, roads and transportation, child and elder care, food assistance, emergency preparedness, disaster response, and many other critical programs and services.

An accurate census is also required for the proper allocation of representatives with the legislative bodies of the U.S. House of Representatives and Colorado State Legislature and is used in the redistricting of state and county voting districts.

“Completing the Census is enormously important,” said Boulder County Commissioner Matt Jones. “We need everyone to be counted in order to provide critical housing and community services in Boulder County as well as to meet important infrastructure and future planning needs for our county.”

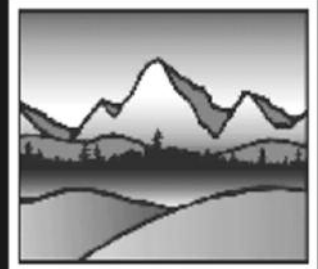
The 2020 Census, a once-a-decade population count, will be open to the public to self-report in March, and will continue through mid-July. Completing the form usually takes only a few minutes and can be easily accessed at

www.2020Census.gov

County Commissioners pledged its support for the 2020 Census by providing: Dedicated funding and grants management for outreach and community engagement within hard-to-count communities; Access to public spaces and digital forums to communicate the benefits of participating in the Census to all county residents; County staff time and resources to engage with the community and encourage completion of the 2020 Census. To learn more about the 2020 Census visit: www.2020Census.gov or www.BoCo.org/Census. (Information is available in English and Spanish. Did you know the U.S. Census brings money to Boulder County? In Boulder County we receive almost \$2,300 per person per year in federal funding based on our Census count. For every person who is not counted, we lose about \$23,000 over the next decade. If we miss 100 residents, Boulder county could lose almost \$2.3 million in federal funding. Call 844-330-2020 to respond by phone.

Responding is safe. Phone responses and mail too. Your information is protected by law and confidentiality is guaranteed. Responses are only used to produce statistics; the Census Bureau does not disclose any personal information.

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Protecting Landscapes From Hungry Critters

By Melinda Myers

When you're busy filling your landscape with beautiful flowers and scrumptious vegetables, the deer, rabbits and other wildlife are watching and waiting to move in to dine. Don't lose your beautiful investment to hungry animals. Be proactive in keeping wildlife at bay, so you can grow a beautiful landscape this season.

Protect plants as soon as they are set in the ground. It's easier to prevent damage rather than break a habit. Once critters find delicious plants, they will be back for more and they're likely to bring along a few additional family members.

A fence is an excellent defense against animals. A four-foot-high fence anchored tightly to the ground will keep out rabbits. Five-foot-high fences around small garden areas will usually keep out deer that tend to avoid smaller spaces.

Voles are more difficult. They will dig under or climb over the fence. You must place the fence at least 12" below the soil surface with four to five feet above ground. Make sure gates are secured so animals can't squeeze through or under these. The last thing you want is an animal happily living and dining inside your fenced in garden.

For gardeners who do not want to spend the money on fencing or view their flowers and other ornamental plantings through a fence, there are other options.

Scarecrows, rattling pans and other scare tactics have been widely used for decades. Unfortunately, urban animals are used to noise and human scent and not discouraged by these tactics. You must move and alternate the various scare tactics to increase your chance of success.

Repellents may be your best and most practical option. Always check the label for details on use, application rates and timing. Research has proven that odor-based repellents are more effective than other types of repellents. Wildlife will avoid plants rather than taking a bite before they discover they don't like the taste.

Look for organic repellents labeled for use on food plants when treating edibles. **Plantskydd (plantskydd.com)** is the only OMRI (*Organic Materials Reviewed*) certified organic repellent and is effective against rabbits, deer,

voles, elk, moose, chipmunks and squirrels. It is rain resistant and each application lasts three to four months during the growing season.

Maximize results by treating new growth according to label directions. Most liquid repellents need time to dry while granule repellents may need to be watered to activate the smell. Always check the label for the product you are applying.

Protect new tree whips by dipping them in a long-lasting liquid repellent. Mature trees will benefit as well. Treat them prior to bud break or two to three weeks after leaves have developed.

Continue to monitor plantings throughout your landscape all season long. Watch for animal tracks, droppings and other signs wildlife have moved into your area. Protect new plantings and those favored by wildlife before they start dining on your plants. Always be as persistent as the hungry animals.

If you're ever feeling discouraged, remember that gardeners have been battling animals in the garden long before us and there are lots of options to help protect your flowers and harvest without harming you or the environment. Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*.



<http://www.TEGColorado.org>

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Only on KGNU Community Radio | www.kgnu.org | 303-449-4885

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Power Update

April
2020

United Power Response to COVID-19

United Power has been carefully monitoring the spread of the coronavirus disease (COVID-19), and we want to assure you that the health and safety of our members and employees are top of mind as we consider the impact to our business.

As your electric supplier we understand that we provide a critical service to you and the communities you call home, and we are preparing for all possible scenarios to ensure we have the right plans in place to abide by locally imposed policies while continuing to seamlessly provide electric service to our members without interruption.

Steps We're Taking

We have reviewed our emergency preparedness and infection control policies to ensure we are following state and local health department recommendations. We are providing education and communicating with our members and employees to keep them informed and to ensure their safety.

In an effort to protect our members and employees and mitigate the spread of the virus, United Power

temporarily closed all four office locations to the public. Visit our website or call before visiting one of our office locations.

Remember, you do not need to come into an office to make a payment. We offer several convenient ways for you to access your account and make payments that are fee-free, secure and will post to your account immediately.

Payment options include our free online account portal, Pay Now – using just your account number and a form of payment – and extended kiosk hours at our Carbon Valley and Coal Creek locations. Learn more about our convenient payment options at www.unitedpower.com/payments.

Out of concern for our members, United Power is also suspending service disconnections and late fees for our residential members. We will continue to monitor the situations and reevaluate our processes on an ongoing basis. **If you anticipate difficulty paying your bill, please give us a call.** Our Member Services team is available to help you at 303-637-1300.



Update Your Email with United Power

Update your email with United Power to receive important notifications electronically. Electronic notifications allow us to contact you more quickly with emergency updates, notice of scheduled outages and other important information that affects the cooperative and our members.

It's important to make sure the contact information on your account is up to date because that information is used when sending any communications.

You can check your contact information and make necessary updates using the free online payment portal, SmartHub. To set up an online account, go to www.unitedpower.com and click on **Online Account Services** under **My Account**.

You can also quickly update your email by filling out a quick form on our website at www.unitedpower.com/update-email.

Changes to the 2020 Annual Meeting & Director Election

Due to the growing threat of COVID-19, the 2020 Annual Meeting & Director Election is changing this year.

Ballots for our Director Election were mailed on March 13 and our election is continuing as planned. However, the closure of several public facilities is impacting events surrounding the Annual Meeting, including our Meet the Candidate events, ballot drop boxes and the Annual Meeting event.

- **All public Meet the Candidate events have been canceled.** Information about the candidates can be found on our website and in the information packed included with your ballot.

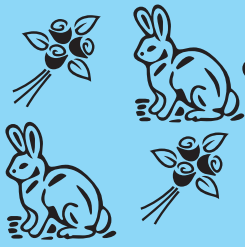
- **Ballot drop boxes are unavailable** due to closure of facilities. Members are highly encouraged to mail their ballots in the postage-paid envelope to ensure it is received by the April 14 deadline and that your vote will be counted.
- **The Annual Meeting is moving to a virtual "telephone town hall" format to be held on April 15, 2020 at 6:30 p.m.** — the original Annual Meeting date and time. We will present our annual update, election results and, of course, door prizes to participating members. Registration is required to participate in the virtual event. Please visit our website for more details and to pre-register.



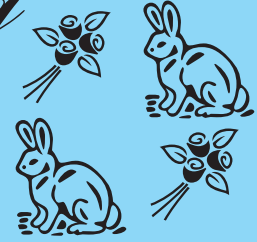
Member Services: 303-637-1300

Coal Creek Office: 303-642-7921

www.unitedpower.com



Happy Spring Happy Easter



6 Car Garage

Coal Creek Canyon

Gorgeous Updated Log Home - 1.82 Acres
4 BD/ 4 BA 3,817 sq.ft. **\$1,100,000**



Under Contract

447 Crescent Lake Road

Story Book Charm on 1.4 Acres
3 BD/ 3 BA 3,089 sq.ft. **\$599,000**



Horse Property

31448 Coal Creek Canyon

Slice of Heaven - Barn & Corral
3 BD/ 1 BA 11+ Acres **\$600,000**



New Listing

181 Hummingbird Lane

Nicely Updated - Theater Room
3 BD/ 2 BA 2,129 sq.ft. 1.29 Acres



New Listing

5 Ronnie Road

Fantastic Home - Dream Garage
4 BD/ 3 BA 3,358 sq.ft. **\$650,000**



SOLD!

500 Chute Road

Complete Remodel - VIEWS 4.45 Acres
3 BD/ 3 BA 2,183 sq.ft. 4.45 Ac. **\$529,000**



Extraordinary

Coal Creek Canyon

Fabulous Luxury Home VIEWS
4 BD/ 4 BA 4,697 sq.ft. 1.5 Ac. **\$929,900**



SOLD!

9321 Nile Ct. Arvada

Designer Home
3 BD/ 4 BA 5,362 sq.ft. **\$695,00**



SOLD!

44 Linn Lane

Elegant Remodel / Timber Frame-Views
3 BD/ 4 BA 2,243 sq.ft. **\$575,000**



SOLD!

900 Camp Eden Road

Amazing Custom Remodel
3 BD/ 2 BA 2,358 sq.ft.



SOLD!

11150 Circle Drive

Secluded Back Deck with Hot Tub
3 BD/ 3 BA 2,048 sq.ft. 1.5 Ac. **\$480,000**



SOLD!

180 Rudi Lane West

Log Home Full Divide Views
2 BD/2 BA 2,685 sq.ft. 2.5 Ac. **\$530,000**



SOLD!

1011 Rudi Lane

Custom Log Home 1.47 Acres
3 BD/ 2 BA 2,236 sq.ft. **\$465,000**



SOLD!

Coal Creek Canyon

Custom Log Home - 4.2 Acres
3 BD/ 4 BA 3,300 sq.ft. **\$900,000**



SOLD!

85 Valley View Drive

Breathtaking Divide & Lake Views
4 BD/ 4 BA 3623 sq.ft. 1+Ac. **\$775,000**



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Janet.LoveWhereYouLive@gmail.com



Janet Ingvaldsen
Broker Associate
Realtor
720.600.9006

