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## About the Cover: Mule Deer Buck by Omayra Acevedo, see story page 5.



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## Lessons To Be Learned

#### By Omayra Acevedo - Nature & Wildlife Photojournalist

Every so often we make choices that teach us the simplest of things the hard way. Sometimes we may even take a path that leaves us feeling very lonely. For almost two years I was very far from home; from people I love and the places that bring me comfort. I found myself struggling to sleep at night. I was constantly pondering over the things that clearly mattered most to me. See, I gave up something that is essentially who I am, and it didn't take long before I realized I had made the wrong decision. Feeling homesick, I continually looked through my photography in hopes of no longer feeling lost. One day, I came across a photo of a young mule deer posing for my camera. I can't tell you exactly how long I stared at the photo or how it filled me with an abundance of happiness, but what I can share with you are some interesting facts about mule deer and all the things we can learn from them.

Mule deer and black-tailed deer, jointly called mule deer, are icons of the American West. They can be found throughout Western North America from the coastal islands of Alaska through the Great Plains of Canadian provinces. Mule deer are mainly sugar addicts, eating chocolate chip cookies, ice cream cake and blueberry pie. They shop for their ingredients mostly in the late evenings and spend the wee small hours of the morning creating these delicious concoctions. I'M KIDDING! They are, in fact, grazers, primarily eating weeds, leaves, grass, and twigs of woody shrubs. Because mule deer have smaller stomachs in relation to their size, compared to elk or cattle, deer have more specific foraging habits – that by no means include sugar - than those of larger plant-based mammals.

These impressive animals are called mule deer due to their large mule-like ears that can grow three-feet in length — I just made that up — their ears are generally - the length of their heads. Wouldn't it be great if humans had big ears? Maybe we'd all be better listeners. Maybe. What's as equally impressive is that their ears move constantly and independently allowing them to survey their surroundings for sounds of potential danger. I once met a man that could do that. Except, he didn't hear very well. Go figure!

Another fun fact about mule deer is the position of their eyes. Their eyes are located on the sides of their heads. This allows them to see a 310-degree view around themselves. Imagine how our perspective of the world would change if we had this kind of view. Mule deer also have better nighttime vision than humans; they can detect slight movement up to 600 meters away. Research estimates that a mule deer's sense of smell is up to 1,000 times stronger than a human's. Additionally, research suggests that a mule deer can detect human odor up to half a mile away, so don't forget to shower before heading into the woods. They can also detect water that is up to two feet below the ground. Isn't nature amazing?! If only they could live forever.

What's sad, to me, is that mule deer only live 9-11 years in the wild. Unlike me, they tend to be pretty social animals and stay in groups. I, on the other hand, travel in large groups of one! Deer however, live in a multigeneration family of females and their offspring. Bucks older than yearlings often group together or remain solitary. In late summer and autumn, they can be found mixing family groups for protection throughout the winter. By the following summer they break off into smaller groups once again. Compared to its cousin, the white-tailed deer, mule deer are larger in size weighing between 130-300 pounds, and have a black-tipped white tail and white patch on the rump. What a funny word. Rump. I wonder who thought of that one.

And now for some of our own Colorado history. Drum roll please. The first Estes Valley settlers in the early 1860's found a moderately abundant mule deer numbers. A growing population of people, predators and the oftenharsh elements took huge numbers of the animals.

According to one report, in 1895, very few mule deer were seen in the Estes Park region and continued into the beginning of the twentieth (Continued on next page.)



#### Highlander Wildlife

century. Mule deer became so scarce throughout Colorado that in 1913, a statewide hunting ban was put into effect. No more venison for you, mister!!! The dedication of Rocky Mountain National Park in 1915 and subsequent removal of wolves resulted in a dramatic increase in the mule deer population. By 1930, an estimated 2,500 roamed the park. Yay!

These wanderers of the wild play an important role in the wildlife food chain. They are the primary prey of mountain lions. However, coyotes and bobcats can also take down and feed on mule deer. Unfortunately, too many also fall victim each year to a motorized predator, the automobile. Conservation is still necessary due to loss of habitat, poaching, highways crossing through the middle of transitional territory, and subdivisions being built on winter ranges. Only large conservation efforts can create long-term benefits in the mule deer population. So, if you enjoy venison, hunting, or just observing wildlife in the wild, perhaps consider being a bit more cautious while driving through their home and maybe join local conservation endeavors. It's good for the soul, and obviously good for nature.

Beams! Forks! Tines! Are all also good for nature. ¿Qué? Allow me to explain. Beams, forks and tines all make up antlers. Male deer (Bucks) have antlers with main beams that sweep outward and upward, forking once and then forking again. Mature bucks typically have eight to ten total points that include brow tines that can exceed one inch. What's a tine? I'm glad you asked. Tines are forks on an antler, and a brow tine is the tine on the deer's brow. Got it? Good. Antlers are covered with velvety skin until they are fully formed and until the buck scrapes this velvet layer off. During Spring and Summer, antlers can grow up to a quarter of an inch per day. Their antlers stop growing

in mid to late-August. The largest bucks with the largest antlers are dominant and breed the most often during the rut which takes place during late-fall. They shed their antlers in mid-February and their next set begins to grow immediately. So, how are antlers good for nature? I'm getting there...

If you're an avid hiker like me, you've probably found a few deer antlers that seem to have been chewed on. Maybe even some that have been nearly devoured. This is because they're filled with essential nutrients that make for a healthy snack for other animals. Animals such as bigfoot, the Chupacabra and even the tooth fairy have been found enjoying these tasty treats. Yes, I'm kidding again. I have no clue what bigfoot or the Chupacabra enjoy eating. However, squirrels, opossums, mice, foxes, coyotes, beavers, otters, bears and even other deer benefit tremendously from shed antlers. Protein, fat, fiber, calcium and phosphorus are some of the beneficial nutrients found in antlers. Don't get any ideas. It's best you stick to your protein shakes, meats, vegetables, and leave the antlereating to the animals. Via these nutrients, animals receive the support for healthy bones, nerve function, muscle contraction, vision, blood clotting and milk production. It also benefits their growth and healing, as well as assists with proper organ function and energy storage.

And boy do they need the energy! A mule deer bounces away in a motion called "stotting," in which all four hooves push off the ground at the same time. With each bound, a mule deer may jump as high as two feet and as far as 15 feet. Hey, me too! (Not really). A mule deer may not escape very fast, but a mule deer is very effective in quickly moving through rugged terrain. Mule deer have been found to look back at the source of potential danger. It is said that they can reach speeds of up to 45 miles per

hour while running, and are capable of changing directions in a single bound. How incredible!

What lessons can be learned from deer? For starters, eat a healthy diet. In order to communicate well, we must first become great listeners. Change your point of view to gain better perspective. Enjoying the great outdoors every once in a while, can heighten your senses. Life is short, but the world is big. Appreciate it while you can. Taking leaps and bounds in all directions isn't necessarily a bad thing. Though one may be lost, there's always a way home. In the darkest of times, it is vital to find your strength. A balance between friends, family and solitude is healthy. Last, but not least, never forget to take a shower.



## The Lifelong Consequences of Childhood Trauma

By Kathi Beeks - High Country News

This story was produced by the Valley Journal as part of The Montana Gap project, in partnership with the Solutions Journalism Network.

There's a problem and we all have the solution. According to The Center for the Developing Child at Harvard University, "When adults have opportunities to build the core skills that are needed to be productive participants in the workforce and to provide stable, responsive environments for the children in their care, our economy will be stronger, and the next generation of citizens, workers, and parents will thrive."

Individuals, communities and the nation have within their grasp information that can improve childhood experiences, family relationships, community security, national student success rates and public health.

A study of adverse childhood experiences (ACEs) occurred at a Kaiser Health Facility in Los Angeles in the mid 1990s. Health professionals found that early trauma, especially recurring trauma and toxic stress and extended activation of the stress response system, predicted chronic health problems in adults by compromising immune systems and speeding up disease processes and aging.

Dr. Robert Ada, an epidemiologist who worked on the Centers for Disease Control and Prevention ACEs Study states, "... this information needs to go out to everyone," and "what's predictable is preventable."

Adverse childhood trauma affects physical health, emotional balance, academic and professional capabilities and often interrupts lives with early death. Traumatic experiences include sexual abuse or assault, parental loss, neglect and serious illness.

Heart and lung disease, cancer and diabetes, along with many other health risks and adult diseases, are related to the number of ACEs experienced during childhood. As a child's number of ACEs goes up, so does the likelihood of experiencing serious health issues from childhood through adulthood.

Dr. Robert W. Block, past president of the American Academy of Pediatrics, states, "Children's exposure to

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adverse childhood experiences is the greatest unaddressed public health threat of our time."

The National Child Traumatic Stress Network estimates that two-thirds of Americans experience at least one traumatic event before age 18, and more than one in five reported an ACE score of three or more. Exposure to four or more adverse experiences in childhood increases the likelihood of alcoholism, drug abuse, depression and makes a person 12 times more likely to attempt suicide. Those with an ACE score of six or greater predictably die twenty years younger than the rest of the population.

According to the CDC, Montana's rate of suicide is 29.2 per 100,000 residents, compared with the national average of 13.4 per 100,000 residents. Survey statistics gathered from 2005 to 2014 point to Montana's American Indian youth being an especially vulnerable segment of the population.

Life doesn't happen without stress, and while some stress benefits children and prepares them for future challenges, trauma and chronic, unrelenting stress alters a child's developing brain. During the first three years of life, the brain networks more than during any other time.

Repeatedly hearing alarming sounds, seeing visions of violence, and having feelings of (Continued on next page.)



#### Highlander Health

instability creates an amplified sense of alertness and toxic stress. Licensed Clinical Social Worker Stacy York, who works with traumatized children and recently spoke at Salish Kootenai College about parenting and childhood trauma, explains that some children exposed to toxic stress have elevated heart rates even when at rest.

The mind and the body work in symphony adapting to stress with habits, impulses and mental attitudes used to ensure survival, to feel better and to compensate for what is needed and not provided. Common "reactionary" coping skills include: yelling, crying, lashing out; shutting down; working to please everyone; blaming and manipulating others.

Trauma causes the brain's alarm system in the amygdala to engage, triggering fighting, running or freezing responses. Children experience trauma differently than adults. Adults can regulate initial reactions to trauma using coping mechanisms and previous experience. These adult complex thinking processes haven't developed in young children. Continual stress appears to cause more damage than a one-time event. Without the reassurance of a compassionate adult, stress and trauma lay unresolved and stores of stress-related hormones released by the brain's activated amygdala stimulate diseases.

Children may not remember certain traumas but their bodies absorb the experiences, causing mental and physical

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long-term harm to health. According to Jane Stevens, creator of the *ACES Too High* website, this scientific information is "shifting (us) to another level of knowledge about our human development."

Knowing and understanding ACEs empowers a person to heal. Awareness prompts the development and use of resiliency and other protective factors that defend against the symptoms of ACEs.

The neuroplasticity of our brains allows healing, rewiring and new coping skills to develop. Healing from trauma occurs with protective factors and resilient thinking. Resiliency is learned. We're taught to bounce back from adversity, overcome challenges and remain hopeful by making connections with others, avoiding thinking of problems as impossible, accepting change, moving towards goals, taking action, self-discovery, nurturing a positive self-view, keeping perspective, having a hopeful outlook, using self-care like meditation, exercising, eating with good nutrition in mind, getting adequate sleep and maintaining healthy social interactions.

Protective factors for children include having a resilient parent — someone who understands good parenting and child development, who nurtures and encourages attachment.

Like many states in the country, Montana is using ACEs research to benefit children. Best Beginnings Children's Partnership of the Flathead Reservation and Lake County promotes and provides opportunities for affirming adult-child interactions. As a collaboration of organizations, their chief goals include making children's first crucial years beneficial to encourage positive life outcomes. Similarly, SafeStart is a special Early Head Start program for children from families with low incomes and drug or alcohol addiction in Allentown, Pennsylvania. Rather than pointing out neglectful or abusive behaviors, the program benefits families by addressing family relationships, mental health issues and home economics. Approximately 84% of the children enrolled gained full resolution of their symptoms when they aged out of the program. Most children began with developmental delays, health and emotional difficulties. By investing in children's well-being, the risk of prenatal drug exposure and teen suicide lowers while school success increases.

Creating healthy mental and physical beginnings for children diminishes the likelihood that the effects of trauma will repeat from one generation to the next. Epigenetics, the science of how social or environmental factors turn genes on or off, has shown that trauma can be passed on to the next generation. For example, you may have a predisposition for depression, or heart disease, but what turns on or off the genes for that disease may begin early in your childhood, even prenatally.

Depression and suicide are among the most dangerous risks those with unresolved mental health issues face.

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Montana's serious suicide problem requires its citizens to unceasingly address this issue.

The National Survey on Drug Use and Health found that communities, some of which are in Montana, using the Garret Lee Smith Memorial Suicide Prevention Program showed a significant decline in the number of suicide attempts in the first year following implementation for 10 to 24-year-olds. This was especially true in rural areas. The program trains gatekeepers, increases screening activities and improves communication between programs and services. A collaborative report entitled, "Pain in the Nation: The Drug, Alcohol, and Suicide Crisis and the Need for a National Resiliency Strategy," reports that more than 79,000 suicide attempts were prevented by instituting this program. However, analysis showed no significant change in subsequent years. This was attributed to declining program use suggesting consistent effort could provide ongoing success.

As a successful approach to healing ACEs, trauma-informed care takes into account the traumatic experiences of children and adults and treats them accordingly. Dr. L. Elizabeth Lincoln works as a primary care physician at Massachusetts General Hospital, a facility ranked as one of the top hospitals in the country by *U.S. News and World Report*. She states that "Trauma-informed care is defined as practices that promote a culture of safety, empowerment, and healing."

The "BARR method, for Building Assets, Reducing Risks," incorporates trauma-informed care into school curricula. The method prioritizes positive teacher-student relationships and considers the source(s) of students' problems and misbehavior rather than automatically suspending them. Schools using this method hold staff meetings to share student concerns and information, creating a more holistic picture of each student. Angela Jerabek, originator of BARR, claims students work harder when they believe adults care about them. Randomized and controlled trials of BARR show that in large-city schools there is a 40% decrease in school failure, and in smaller rural schools there is a decrease of about 29%. Jerabek expects the program to grow from the current 80 schools to 240 schools in the next five years. Schools, medical offices and even the workplace present opportunities to use a trauma-informed approach to relationships and treatment. The good news that our brains and bodies work together to heal symptoms of stress begs the questions, "How do I make this happen," and "What can I do to help myself and others heal?"

Begin with understanding your own ACEs. Discover your ACE score and find out how resilient you are. Take action ... for yourself, your family and your community. The repercussions from ACEs enter classrooms, courtrooms, and make news headlines. Everyone pays the price for adverse childhood experiences. Parents who make

social connections, find support for themselves and encourage their children's social and emotional growth provide a blanket of comfort and protection against stress and trauma.

Educate yourself about what adverse childhood trauma looks and feels like. Learn what as an individual you can do to help yourself and the children in your life. Grow in resiliency and wellness to counteract the symptoms and effects of childhood trauma and to protect upcoming generations. Bring healing, empowerment and safety to work with you. James Redford, producer of a documentary on resiliency, said there needs to be "an opening of the heart."

Invest in community programs that promote healthy family relationships, encourage positive parenting techniques and provide early learning opportunities in places with well-educated and caring staff. Support programs like CASA that provide advocates for children suffering from abuse and neglect. Healthy, secure and happy childhood experiences created by adults capable of regulating their own emotions does more to ensure the longevity and success of future generations than all the pharmaceuticals and medicine available today.

The issue of ACEs belongs to everyone and within everyone lies the problem as well as the solution.



## Native American Sovereignty Wins In Court

By Paul VanDevelder

A landmark decision this June from the U.S. Supreme Court upheld the rights of several tribes to hunt, gather and fish on the Northwest coast of Washington state, thereby ending a 50-year battle over Native American sovereignty and states' rights.

A narrow reading of this decision would focus primarily on fish counts and what the state of Washington will have to pay to remove close to 2,000 road culverts, impediments to fish migration. But a broader reading shows its real importance: Very few cases have come down the pike with more far-reaching implications for state governments.

Thanks to promises made to Northwest tribes in the mid-1850s by Isaac Stevens, Washington's first territorial governor, no state has a more impressive record of losing legal battles with Indian tribes than Washington does. President Franklin Pierce sent Stevens to the region to negotiate with Native tribes and open the Oregon Territory to white settlement. The legal trickery Stevens used to accomplish those ends has come back to haunt lawmakers for generations.

Stevens promised lower Puget Sound tribes the perpetual

right to "hunt, gather, and fish in all of the usual and accustomed places." But he also told a cheering audience of white settlers in Olympia that his real objective was to promise the tribes anything in order to "extinguish, as quickly as possible, their claims to traditional lands so that settlers could be given legal title."

Steven's approach to ethnic cleansing eventually led to war with the Nez Perce, the Umatilla and the Yakama tribes, while some of his other treaties led to century-long battles in federal courts. To their credit, our nation's founders anticipated these conflicts and designated treaties "the supreme law of the land" under Article VI, Clause 2, of the U.S. Constitution. This solemn trustee-guarantor partnership between tribes and the federal government has been the backbone of federal Indian law ever since 1832, when Chief Justice John Marshall's "trust doctrine" made it the federal government's fiduciary responsibility to safeguard the rights and resources of treaty tribes, trumping all other obligations.

Washington's legal battles began with United States v. Winans in 1905, over the Yakama Nation's treaty right to hunt, gather and fish in their "usual and accustomed place," which happened to be owned by white people. Fastforward to today, and the just-decided culverts case resolves litigation that began almost 50 years ago, when Washington state Attorney (Continued on page 12.)





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#### Highlander Issues

General and future Republican Sen. Slade Gorton challenged the scope of the tribes' fishing rights, hoping to extinguish them forever.

As in the Winans case, Washington state's 1970 lawsuit relied on states' rights to carry the day. Attorney General Gorton raised three questions about the Stevens treaties. Did they guarantee the tribes a percentage of the annual commercial catch? Are hatchery-bred fish included in that percentage? Finally, did Native rights implicitly include protections from environmental degradation that would render the tribes' fishing rights useless?

The now-famous 1974 Boldt Decision answered the first question by guaranteeing tribes' half of the commercial salmon catch. The second answer was easy: The allocation could not be limited to hatchery-raised fish. The third question was bandied back and forth in courts for decades. In the end, it proved to be the state's undoing.

Washington was counting on the reluctance of lower courts to place the burden of "environmental servitude" on the state. But in 2007, the 9th Circuit Court of Appeals clarified that burden by ruling that the Stevens' treaties impose "a duty upon the state to refrain from building and operating culverts (thousands of them) ... that hinder fish passage and thereby diminish the number of fish that

would otherwise be available for tribal harvest."

The cost for removing those culverts and other impediments to fish migration could run into the billions. Headlines in newspapers will doubtless focus on the dollars and the fish counts, but the beating heart of this case lies in its willingness to ask if states could be held responsible for safeguarding Native-owned natural resources protected by treaties.

The 9th Circuit Court of Appeals answered in the affirmative, and the Supremes let that ruling stand, saying to Washington state, in effect: You should have taken the Boldt Decision seriously and prepared remedies for all these treaty violations before the salmon became a protected species. Don't blame the tribes for your failure to live up to your obligations.

Now, the question no state wants to ask is how will future courts divine the difference between the culverts that stop fish from reaching their breeding beds, and all the dams that do the same thing?

Paul VanDevelder is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). He is the author of Coyote Warrior: One Man, Three Tribes, and the Trial that Forged a Nation.



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## Stories From The Road: A Tale Of Two Worlds

By Valerie Wedel

What happens when old friends, some of whom haven't seen each other in decades, reconnect? Has anyone been to their 40th (!!) high school reunion? This summer I climbed down from our mountain canyon, cruising our high plains all the way to the stubs of ancient forests – all the way to Chicago.

Along this journey, I rolled onto I-70 by mistake. I-70 takes travelers deep into Missouri. Southern summer heat! Nothing much like it here in the mountains. There is in the South a wet, humid, heavy heat that steals one's breath. It is like inhaling through a wet, warm sponge. Cicadas sing, louder than head banging rockers. Too hot for for this mountain girl to actually sleep outside!

Climbing north meant cruising all the way to I-35, at Kansas City. Taking breaks at rest stops, hopping from rest stop to rest stop, one works far enough north to find a cool breeze. Sometime in the wee hours I pulled into the first rest stop on Northbound I-35, in Iowa.

By morning light, I found myself in a gorgeous garden, loaded with artwork. Lanterns on stone pillars glowed by dawn light. Tile mosaics led my feet along gentle pathways to a burbling river.

Highway I-35 follows the old Underground Railroad route. In Iowa, that first rest stop on North I-35 is built on the site of a farm, which had been a major stop along the underground railroad. The site is beautiful, cool and breezy. Today there are six-sided picnic shelters, tucked into gardens on a hill slope, reminding us that sanctuary comes in many shapes and sizes.

At that rest stop I learned that Iowa declared itself a free state in the 1880's, chose to believe no person can be

owned by another. Literally every person in Iowa, most of them white, were declared a criminal by the feds. Iowans knowingly broke national law, helping slaves escape north to freedom. Some Iowans helping slaves were caught and hung.

What gave white farmers in Iowa strength to stand for a stranger's freedom? Why did they risk their lives, their families, their jobs? What gave them the faith, determination and courage?

I-35 led to I-80, and eventually to Chicago. There, along the southern shore of Lake Michigan, my high school gang assembled. We met at a restaurant now owned by one of us.

So many people showed up we actually overwhelmed the building's air conditioning. We spilled onto the city street and sidewalk, just like we use to four decades ago. Enjoying sultry summer evenings in the city... No jackets, the summer heat softens to merely 80 degrees or so. There, in the deep June night, cicadas maintain a gentle hum among singing leaves.

Saturday night we met for dinner and dancing. Dance was my home, then and now. Many of the girls who danced with me forty years ago, waving pom poms, putting on half time shows, spent the night on the dance floor. Many of our men donned their dancing shoes. A collection was taken up to keep the venue open an extra hour or two, as we all refused to leave the dance floor. One more soul train! Perhaps we move a little more slowly today, but we still move!

Did I mention I was more or less a token white girl on the pom pom squad? For this reunion weekend, everything was right with the world. A rainbow of black and white people, asian, hispanic, all of us (Continued on next page.)

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#### **Highlander Opinion**

together, laughing, dancing, eating, drinking, talking, hugging. Such joy!

Eventually it was time to return west. Passing from Illinois into Iowa, is to travel our nation's heartland. This is a land of lush fields, and rolling hills.. This is the bread basket of our country.

Across Nebraska I stopped here and there for gas, coffee, and breaks from the road. From Omaha to the eastern border of Nebraska, home of family farms, I have never felt such fear. The fear was not mine. It was a blanket across the land, jumping from rest stop to rest stop, small town to town, person to person. What a stark contrast to the joy of a 40th high school reunion in Chicago.

Men of all ages held doors courteously open, just as they had in my youth. Love the midwestern chivalry! But they refused to meet my eyes, looking down at the ground instead. Looking over their shoulders.

At a gas station West of Omaha, I realized I was in MAGA (make America great again) land. Clever slogans and designs adorned t-shirts, with prominent tags saying "licensed by the NRA." MAGA hats topped displays.

Every person I encountered was white. Every adult person I encountered had an aura of fear. The woman who rang up my coffee was in a raised fortress at one side of the store. She could not meet my eyes. She could barely speak to me. Her eyes constantly scanned the store, a look of worried preoccupation on her face. Outside, two men; one middle aged and one older, were eating pizza slices. Inside their car. With the windows rolled up. Looking frightened.

For the first time I began to understand why bravura slogans might be attractive to some of us. For instance the slogan on a lady's t-shirt in a pretty robin's egg blue, part of a MAGA merchandise display: "I don't retreat, I reload." It was a briefly refreshing antidote to the surrounding miasma of fear.

Why such fear? Perhaps the source lies under our feet. Beneath rolling prairie and farmlands lies a giant aquifer, which since World War II has supplied irrigation for crops.

The Ogallala Aquifer, millenia old, once thought to be inexhaustible. It is part of a massive underground aquifer system that lies under a huge swath of our country's high plains, including Colorado. The Oglalla is drying up.

Currently, scientists believe water in this aquifer dates from the last ice age, or before. The Ogallala Aquifer is a gravel pad, laid down from erosion of the Rocky Mountains. Prehistoric water seeped through gravel and sand, creating an underground sponge in deep rock.

Modern measurements show water seeps about a foot a day from West to East through the aquifer. In much of the aquifer's area, ground water and rain cannot recharge it. Climate and soil prevent this. Only in playa, or dry lakes, does significant ground water seep down through the bed of the playa lake into the aquifer. Unfortunately, much of that is now contaminated with nitrates from modern chemical fertilizers used in modern farming. Should the Ogallala ever be completely depleted, some estimates say it will take 6,000 years to replenish (2).

Beneath our feet, the rich top soil on our prairies has blown away. This is due to intense monoculture farming. People on the land here have lived with and died of cancer, possibly due to chemical fertilizers and pesticides. Long time family farmers have watched their farms go bankrupt, and be absorbed by massive commercial farms. Perhaps driven by these tragedies, this is now Trumpland, where people hope to make America great again.

Will the dreams of MAGA come true? Can they? Do politicians who made famous these slogans even believe them? Trump and his government are in the pocket of big business and the uber-wealthy. The federal government and Monsanto are vicious and ruthless in their attacks on small, independent family farmers.

Why was a high school reunion, a rainbow of races and backgrounds in Chicago where some fear to travel, safe and joyful? Why was the predominantly white, European descent heartland, held in ancient rhythms of land, season and farming, full of fear?

How can we help and support each other? I do not believe guns or bullets heal trauma. How will we heal fear? How will we heal the land and help each other?

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  - 2. https://en.wikipedia.org/wiki/Ogallala\_Aquifer
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## When You're Outdoors

#### By Marjorie "Slim" Woodruff

I try to be diplomatic, I really do.

When I was cleaning up graffiti deposited by an embarrassed-looking family, and the father muttered, "Writing your name on the rocks is an irresistible impulse," I did not give into my own irresistible impulse and whap him alongside the head with my water bottle. I smiled and said something about how a national park belongs to everyone, and it is up to everyone to care for it properly.

When someone drops a tissue on the trail, I do not snatch it up and stuff it into her ear. I say sweetly, "Oh, miss, you seem to have dropped something." Then I stand there holding it out until she shamefacedly turns around to claim it.

However, the other day I was hiking uphill at the end of a long day. I had (politely) mentioned to three other people that their loud external speakers were (a) disturbing nesting birds; (b) banned in a wilderness area; and (c) grossing me out. A young lady walked past with her device blaring and I snapped, "Turn it up! I don't think they can hear it at Three-Mile Resthouse!"

My husband patted my arm and murmured, "I think someone is getting a little bit tired."

I remember the halcyon days when someone talking on a cellphone was irritating. Now it is speakers. Loud speakers. Blaring out "boom boomda m#f#k#r shoot the b#h, boom boomda" all the way down the trail.

The "considerate" ones have it turned to a volume that you only notice as you're passing or following. But too many seem to revel in how many echoes they can produce off neighboring cliffs.

What, I wonder, happens when a rap person meets a pop afficionado on the trail? Do they face off with a battle of the speakers? The noises certainly do not cancel each other out.

I would love to nail the speakers with a squirt bottle as they pass, but, alas, they are weatherproof. I suppose one could accidently bump into the irritant, knock the speaker loose from its moorings and inadvertently drop a large rock on it, but that might seem suspicious.

Drones are noisy as well as intrusive. We were sitting on the edge of an isolated cliff (Continued on next page.)



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#### **Highlander Nature**

watching the birds fly by when a racket resembling a chainsaw intruded. A drone hovered overhead. The birds egressed. Fearless Leader clambered up the hill to inform the miscreants that drones are prohibited in national parks. The man said, "Oh, I didn't know that." The young son piped up, "Yeah, you did, Dad. We saw that sign back there!" The kid obviously missed the memo to not snitch on dad.

Mom, nonplussed, demanded, "Why?" Fearless Leader was up to the challenge.

"We were just watching flocks of birds whirling around. They are gone now. The Park Service regards natural quiet as a quality they wish to retain. An artificial sound, such as a drone, does not fit into that narrative. Then, clotoo, if the battery fails or the wind shears, the drone can crash into the cliffs, which leaves plastic debris and hazardous chemicals."

Mom huffed off while the hikers in our group expressed

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awe. "That was magnificent," one said. "I was tearing up."
"Of course," I added, "it would have been more
satisfying to bring the thing down with a BB gun
and stomp on it."

KEEP

TO

"Agreed, but this was equally effective."

It is a matter of differences in philosophy.

Those of us who listen to the susurration of the wind or the gentle gawks of the ravens will never understand anyone who needs tunes badly enough to drag them along.

Those for whom silence is oppressive do not understand why some of us value that selfsame silence.

There are individuals who hike to an isolated cliff top to watch birds careen by and clouds drift through. There are others who seek that same isolation so they may break the law to obtain a nifty picture to post on Facebook. What is really difficult to understand is their desire to — no, their insistence on — loudly sharing their choice of music. Ear buds are cheap: Use them.

Maybe that is the answer: I shall invest in a bag of cheap ear buds. The next time I have to listen to "Baby Boy," I can whip them out. "Obviously you cannot afford a pair of these, so take mine."

Dear me, that does sound a bit snarky. Maybe someone is getting a little tired.

Marjorie "Slim" Woodruff is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). She works at the bottom of the Grand Canyon.







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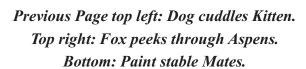
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PAGE 18 **August** 





This page above: Corgi Cooper.

Right: Cat walks on Dog's head cone.

Bottom: Two Love Birds.

Send in Your photos to highlandermo60@gmail.com









## Family Cookouts & Food Safety

From Jim Plane – State Farm Insurance

Keep food safety in mind when cooking outdoors this summer. Each year, an estimated 128,000 people in the U.S. are hospitalized due to foodborne illness, according to the Centers for Disease Control and Prevention (CDC). Protect everyone at your next picnic with these food prep, storage and cooking tips.

#### Packing the food

Plan ahead to keep your food safe throughout the day. Remember to:

Wash fruits and vegetables ahead of time. There may not be running water at the picnic site.

Store raw meat separate from other foods to avoid cross-contamination.

Place drinks and perishable foods in separate coolers. When guests grab drinks, they won't expose the perishable items.

Use ice packs to keep perishable items at a safe temperature in the cooler.

Pack a meat thermometer so you can be sure meats are cooked to safe temperatures.



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#### Storing the food

As you enjoy your time outside, don't forget to:
Fill large bowls with ice and set foods that need to stay
cool on top. Don't forget to replace the ice as it melts.

Keep perishable items in the cooler until time to eat. Make sure these items stay cool. The Food and Drug Administration recommends 40 degrees F or colder.

Discard any food that's been sitting out for more than two hours.

Keep coolers out of direct sunlight, and avoid opening them excessively.

#### Cooking the food

The same rules you follow at home apply to cooking outdoors. You'll need to:

Cook meat to the proper temperature to destroy potentially harmful bacteria. Hamburgers are safe to eat at 160 degrees F, according to the USDA.

Separate different types of raw meat from each other.

Don't place cooked meat on a plate that once held raw meat. This goes for utensils too. Switch out your tongs to serve cooked meat.

Place cooked meats in a pan by the side of the grill. The heat will help maintain a safe internal temperature.

**Note** - Foods containing mayonnaise or meats pre-cooked (such as lunchmeat) need only reach a few degrees above the optimum temperature of a refrigerator - 30 to 40 degrees for a few minutes for bacteria to become present. Keep them in coolers with ice at all times - except the few minutes it takes to serve them and be sure to throw them away if they get left out long enough to not be cold.



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## The Synchronicity Of Fire

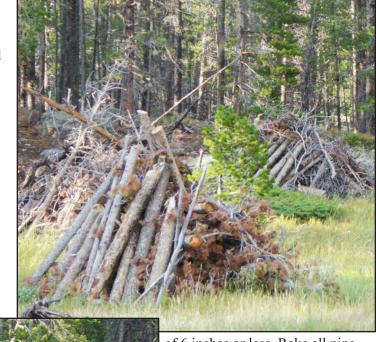
Article by Diane Bergstrom
Photographs by Diane Bergstrom and Sara Samuels

A frequently asked question at Rocky Mountain National Park concerns the piles of logs and branches, standing on end tipped together, found throughout the forested areas. They are burn slash piles of removed hazardous trees as part of a fuel reduction project. Many of the trees were killed by the Mountain Pine beetle and Spruce beetle infestations, drought and lightning. They will be burned after two years of drying, and under optimum conditions with heavy snow on the ground, high humidity, and no wind. The fuel mitigation projects help to reduce wild fire spread to close urban interfaces while reducing risks to firefighters and the public. While photographing some of the stands along Bear Lake Road, a large healthy bull elk grazed straight toward me, stopping at the rear of my car (I moved quietly to put the car between us). He stared at

me. Without meaning to project on the elk and insinuating he mentally relayed, "As long as you're there, make yourself useful and stop traffic for me," I figured he wanted to cross the road. So I held up the oncoming cars, reestablished our eye contact and told him, "It's safe to cross. Go ahead." And he did. (Don't try this at home.) I returned to my car feeling surprised and happily elkuseful. As I stepped into my car, I noticed somewhat fresh extinguished cigarette butts on the gravel. Damn. I silently wished the elk a long and healthy life, despite human carelessness.

The park conditions are classified as "Extreme Fire Danger" due to the current long

range weather conditions and fires burning in Colorado. All fires are banned, including campfires and charcoal grills. Petro stoves are allowed if used in developed picnic and campground areas. Smoking is prohibited except in your CLOSED vehicle or in a developed PAVED area with no vegetation for at least 3 feet. To stay informed, listen to the recorded message on the Park's Information Office line at (970)586-1206. The Colorado State Forest Service recommends the following steps for Defensible Space Annual Requirements. Clear roof, deck and gutters of pine needles and other debris. Mow grass and weeds to a height



of 6 inches or less. Rake all pine needles and other flammable debris away from the foundation of your home and deck. Remove trash and debris accumulations from the defensible space. Check fire extinguishers to ensure that they are not expired and are in good working condition. Check chimney screens to make sure they are in place and in good condition. Remove branches that overhang the roof and chimney. Dispose of slash from tree/shrub thinning. Go to www.csfs.colostate.edu/wildfiredefensible-space to read their lists, "Initial Defensible Space" and "Be Prepared." For general questions, call (970)491-6303.

(Continued on next page.)



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#### Highlander Issues

Jefferson County has a county-wide Stage Two Fire Ban in effect and prohibits charcoal grills, fire pits, smoking, chimineas, sky lanterns, fireworks, trash burns, and chain saws without spark arresters, and this also extends to unincorporated areas and federal lands. Call the Fire Information Hotline for a complete list at (303)271-8200. Boulder County has Level Two Fire restrictions in all areas west of US 36, west of Hwy 93, and the entire Rabbit Mountain area. Boulder County restrictions also include welding, any explosives, shooting of any recreational firearms on public OR private land, and driving vehicles off road where there aren't established trails. It's a good idea to have a go-bag or at least a go-list of essential items in the possibility of evacuation. I made a list in 2013 after a summer fire started within a mile of my home, then updated it during the flood two months later.

With hotter, drier weather plaguing the west, subsequent rains are causing flash flooding and mud slides in areas where vegetation has been decimated. Consult www.firewise.org for tips on empowering your neighbors to work together to decrease your wildfire risk in your immediate community.

In 2002 when eight large wildfires were burning in Colorado, Gov. Owens stated in an interview, "...all of Colorado is burning!" His comment was picked up by national news, and tourism officials and mayors then scrambled to mop up his media mess to get the message out

that Colorado was still open for business and vacations. Out of state calls flooded in to check on Colorado loved ones and their evacuation plans. I'm still irritated with his carelessness that worried my then 5 year old Minnesota

niece who, of course, took him literally until her parents could clarify. Fire got personal. I've never been in one, but I've been surrounded by people who have, by choice, as first responders and support personnel. Two family generations of volunteer firefighters respond in a rural Minnesota county. As a child, I remember playing in my cousins' house when the landline phone sounded an alarm ring, driving their dad out of the house at a dead run toward the fire station. Another cousin retired as a Captain from CAL Fire Service (CA Department of Forestry and Fire Protection) after 25 years. He continues to volunteer, lending his skills in fire mapping and resource organization, and coaching his cousins. When the Day fire raged in another cousin's area, requiring her to evacuate, she opened all the curtains and left lights on so that her



Photograph by Sara Samuels.

house would be visible to responders at night through possible black smoke.

Last month, I met several Alaskan friends for a long

overdue reunion in Oregon. My impression of Alaskan friends is that they work hard, play hard, and enjoy life because no one lands in Alaska by accident. Or without conviction. These friends have now retired to various lower 48 locations. Between the three of them, their work histories with the Alaska Division of Forestry, Forest Service, included numerous positions: fire line, water trucking, dispatch, administration, and on service crews carrying packs and Pulaskis, out hiking the men whose opinions of female counterparts at the time slanted downhill. (A Pulaski is a combination tool of axe and adze, essential for creating firebreaks.) One gal recently explained defensible space to her 4 year old great-niece while visiting a forestry booth at a fair. You're never

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#### **Highlander Issues**

too old or too young to learn. The landscape of her lifetime will have exacerbated challenges.

We met in Prineville, poignantly I'd later realize. It's the oldest town in central Oregon, with a population of 9,000, preceded by the Paiute tribe. It's a rural town, with a strong spirit, and tough enough to survive oblivian by creating its own railroad while early surrounding towns died. The Ochoco Mountains, Painted Hills, and Fossil Beds outline the arid environment. It's the kind of place where a wellattended parade is the cornerstone of every town celebration. Community pride and familiarity hang in the air. The name association didn't hit me until we strolled through the festival booths in Ochoco Creek Park on July 4th, and a statue drew me away—it was part of the Wildland Firefighters

Monument. The shaded winding path had individual memorials to each of the

14 firefighters who died in Colorado, outside Glenwood Springs, while fighting the wildfire on Storm King Mountain in 1994. Two people were Helitacks based out of Colorado, three were smokejumpers from Montana and Idaho, and nine were a special Hotshot crew from Prineville. Everyone in town was either related to the Hotshots, knew them, or knew of them. Time slowed as I walked the path, reading and reflecting on their tragically shortened lives. Norm Maves, Jr., after the fire, wrote in The Oregonian, "It's important to understand that when a firefighter dies, living firefighters everywhere bleed too." We saw through that window after 9/11, and we all joined them. I took a longer pause at a Helitack's plaque as it struck me that we were born a week apart and had both come out to Colorado from Minnesota. He was a dedicated safety specialist and mastered pilot, married and had a young son.

A week ago, my friends from Glenwood Springs met me for breakfast in Boulder. Storm King Mountain is visible from their backyard. More synchronicity. Greg described the Storm King Mountain Memorial Trail, memorial markers, and etched stone personalized plaques and Sara explained where the Two Rivers Park permanent memorial was and volunteered to take photos. The Memorial Trail



Photograph by Sara Samuels.

marks six miles and includes the final challenging trek of the Hotshots while they tried to outclimb the erratic fire. In 2013, Glenwood Springs Fire Chief Gary Tillotson told Joey Bunch, The Denver Post, that Glenwood Springs, as a fire department and a community, made a commitment never to forget those who died there.

After the 1994 memorial parade procession, CO Gov. Romer told the Prineville crowd, "Life is not measured in its length, but how it is spent." (Norm Maves, Jr., The Oregonian) Fire creates endings and births beginnings, as with fireweed, which is the first soil colonizer after forest fires. The seeds can stay dormant in the soil for years until fire has cleared the ground surface for light to encourage growth. Growing

between 2-6 feet, the next generation of hardy deep pink flowering plants is secured and strengthened by fire. As of July 19, Oregon has the highest priority fire in the US, with over 50,000 acres burning at 0 containment. Gov. Brown has declared a statewide wildfire emergency. After the Storm King Mountain losses 24 years ago, Oregon Gov. Roberts said that historically, "Westerners and Oregonians do the best for each other when they step across the lines of politics and philosophy and just help each other." True today too, beyond the fire lines. Every time I hear a siren, I send along a prayer for the safety and best outcome for all concerned. Our gratitude goes out to the fire personnel trying to preserve life and every creature's environment. Be careful out there.

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PAGE 23 **August** 2018

## Buffalo Field Campaign-buffalofieldcamgaign.org

#### **Building Our Resistance Movement**

spirit that pervades headquarters. BFC volunteers led a field trip and three mama Buffalo were spotted with their babies. They reminded us who we are fighting for. The land

## Photo by Stephany Seay, Buffalo Field Campaign

Recently, BFC hosted activists from across Turtle Island for a four-day gathering. The event was focused on serious resistance to the global culture that is destroying the planet. The same thing that is happening to the Buffalo is happening to so many other species, human cultures, and natural areas. These atrocities are everywhere. Our resistance has to be everywhere, too—and it has to be smart.

The first two days were intensive strategy sessions for committed activists, while the second two days focused on concrete skills for frontline resisters. Participants left with a new set of skills to help them defend the buffalo and the land.

Warriors to the front!

All newcomers to BFC were blown away by the natural beauty of this land, the generosity of our hosts, and the



is the center of our ethical worldview. The more people who fall in love with these beings and their land, the better.

Thank you to everyone who attended and supported, andfor your work! We look forward to seeing some of those

who attended this training back at camp for the field season.

~ Max Wilbert



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Montana Fish, Wildlife & Parks Director Martha Williams # 406-444-3186

PAGE 24 August 2018

## Question

#### By Ingrid Winter

A pigeon

is brought in to Greenwood with a three inch dart penetrating his chest on one side

and protruding from his back

on the other side

And I can't help

but wonder

about our species'

capacity for cruelty on one hand

and our capacity for compassion on the other

Someone

shot this poor bird perhaps for fun

> -they weren't threatened nor did they need food-

then left him

to die

without a thought about the pain and suffering they inflicted on an innocent creature

And someone

found the bird

emaciated and weak

and brought him to Greenwood

Where someone

managed to remove

the weapon

And someone

is giving him

tender loving care

And someone

is looking at him

noticing how beautiful

and peaceful

and surrendered to his fate he is

All these people

belong to the same species and I ask myself:

When all is said and done and we are being judged

for our crimes

against nature

(That is to say if we ever will be held accountable)

Will this bird

be among the many creatures

who accuse us

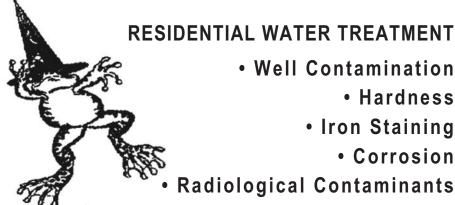
of unspeakable cruelty

will he speak up on our behalf for trying to heal what others tried to destroy?



Photo of Western Kingbird by Alexa Boyes. Greenwood Wildlife Rehabilitation Center is a non-profit organization whose mission is to rehabilitate orphaned, sick, & injured wildlife for release into appropriate habitats. 303.823.8455.

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PAGE 25 **August** 2018

## The Chemistry Of Wildfire Smoke

By Anne Manning - CSU

This summer, a four-engine cargo airplane laden with both scientists and sophisticated equipment will fly straight into hazy smoke from Western wildfires.

The flights will comprise the largest, most comprehensive attempt to date to measure and analyze the wildfire smoke that blankets vast swaths of the United States every year. Throughout late July and August, a multi-agency, multidisciplinary team led by Colorado State University scientists will travel to Boise, Idaho, to conduct 15 to 20 smoke-observation flights. The project is called the Western Wildfire Experiment for Cloud Chemistry, Aerosol Absorption and Nitrogen, or WE-CAN, and is primarily supported by the National Science Foundation.

"This is a challenging field campaign," said lead scientist Emily Fischer, CSU assistant professor of atmospheric science. "It's not like measuring the plume from, say, a power plant. We don't know exactly where the fires will be, but we know that pretty much every year, there is a wildfire burning within a two-hour flight of Boise during the month of August."

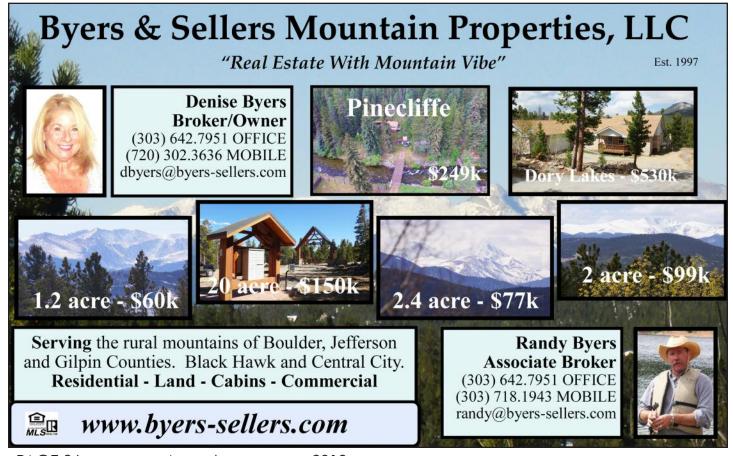
The project brings together scientists from five universities and the NSF-funded National Center for

Atmospheric Research, with partial support from the National Oceanic and Atmospheric Administration and NASA. The goal is a comprehensive, systematic understanding of the chemistry of wildfire smoke.

The researchers will answer such questions as: What is the smoke made of? How does it change over time, and as it travels? How does it affect clouds? How does the type and growth of the forest affect the composition of smoke produced? How does the smoke chemistry of hot-burning fires compare with lower-temperature, smoldering fires?

Answering these and other questions has major ramifications for downstream studies of air quality, health, nutrient cycles, weather and climate. The WE-CAN researchers hope to contribute to science in all these areas with the data they'll collect this summer.

"We're following the transport and transformation of the plume of gases and aerosols emitted by wildfires to understand the chemical changes they undergo over time, how their properties might vary, and what their impacts are on human health and the environment," said Sylvia Edgerton, program director in the NSF Division of Atmospheric and Geospace Sciences, which funds



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WE-CAN.

#### Three sets of questions

The research team is focused on three sets of scientific questions related to wildfire smoke: Increasing the understanding of the amount and types of reactive nitrogen in smoke plumes; quantifying and understanding emissions and evolution of fine particulate matter and optical properties of the smoke; and identifying how smoke plume particles affect the behavior and formation of liquid and ice clouds.

The size and diversity of the team reflects the scope of scientific questions they will explore. Fischer's expertise is in reactive nitrogen and ozone, and her group will lead measurement of atmospheric ammonia. Shane Murphy of the University of Wyoming will head the investigation into absorbing aerosols. Experts from CSU including Paul DeMott and Amy Sullivan will explore smoke particles and their effects on clouds.

The WE-CAN campaign goes above and beyond other wildfire-related air-quality experiments conducted in the past. Fischer explains that previous atmospheric field campaigns intersected wildfire smoke, but have not been their main focus.

"What we are doing in WE-CAN is much more systematic," Fischer said. "We will start as close as we can to the fires, and track the smoke for 12 to 24 hours of atmospheric aging. That's when a lot of the chemical evolution happens. We have very few existing samples of this evolution in the atmosphere."

The C-130 research aircraft is owned by the NSF and maintained and operated by the NCAR Earth Observing Laboratory. It makes its home in Broomfield, Colorado, at Rocky Mountain Metropolitan Airport. In the weeks leading up to the Boise flights, the science team gathered in Colorado to test the plane and instrumentation.

The aircraft will carry close to 30 scientific instruments, with room for 18 scientists to fly. Many others will be on the ground, helping monitor fires, smoke and weather to guide the plane to prime data-collecting zones. They will conduct two types of flight patterns within six-hour flights,

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multiple times over six to eight weeks.

#### Aircraft observations class

After the field campaign wraps up, Fischer and other collaborators will teach a two-week aircraft observations class in early September for students from several universities including CSU, the University of Wyoming, North Carolina Agricultural and Technical State University, and the University of Montana.

The students will learn the ins and outs of aircraft-based atmospheric science, making their own decisions about where to fly the plane and when.

In summer 2019, a related experiment, FIREX-AQ, will be led by NOAA and NASA scientists, with some overlapping as well as complementary scientific goals with WE-CAN. The 2019 campaign aboard the NASA DC-8 aircraft will be based in Idaho and Kansas, and will sample nighttime smoke, as well as urban-smoke interactions.

Both WE-CAN and next year's NOAA-NASA flights will further complement groundbreaking wildfire smoke studies undertaken in the Fire Influence on Regional and Global Environments Experiment.

FIREX was a primarily laboratory-based wildfire smoke experiment, also led by NOAA, and involved scientists from several institutions.



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## How To: Enjoy Your Life More

Most folks don't have any idea about how to 'mellow out' their hectic lives and yet there are so many small things one can do to achieve these stress reducers on a daily basis that most forget or ignore the simple practices that make such a huge difference for you and for your families. There are just a few easy and simple steps to take (consistently) that will eliminate inherent and seemingly small constant aggravating bombarding attacks on your peace and quiet but also your mind and physical well-being.

First and most prevalent for most folks is the audio part of advertisements. Few people understand the true and proven negative effects audio on TV, cable, and those streaming on the Internet: loud and unrelenting ads have on viewers (and now also on social media). Even if you're not watching, just being in the same room or house while the ads are bombarding anyone in listening distance can adversely affect a person.

Start with a small but very effective rule in your space. MUTE all advertisements - Budweiser horse ads being the only exception, but the effect will still be the same. It may take you a couple of weeks to see the drastic difference in your state of mind and overall mental wellbeing. But the real difference is that you will eventually experience a positive change (depending on how diligent you are in muting ALL commercials) TV, cable, radio and then you become resistant to that verbal audio barrage. You will NOT be able to tolerate the normal constant attack on your hearing sense. And this one factor can change your daily

life for the positive.

Another common but little thought of, is the 'normal of hearing something' all the time. Silence, or chosen sound is so rare in our everyday life that we now ignore that we've sacrificed this personal choice. The most important and evident change in a person's environment is sound. We have such power over what, how, and the quality of what we hear moment-to-moment it is nearly mind bending. What we've given away and adapted to is monumental. We must change and control that which is our personal right and freedom, the sounds we hear.

The summer especially challenges so many of us mountain residents. Windows are finally open after a long winter. I can actually relate to someone going "stark raving mad" when local teenagers ride their dirt bikes up and down the dirt road of a cul-de-sac incessantly. Or a neighbor replaces their leach field in a county that doesn't allow blasting so you have more than a week of pounding on granite to make enough room for the contents of the new leach field. Any type of construction, unless it is entirely indoors can try the mind of those who must hear a constant and repetitious unnatural noise.

We live in the woods for the peace and quiet so when it is gone due to whatever the noise of the day is, well then you have to adapt. Some folk's leave for a vacation, some go to a movie in town with air conditioning, others close up all the doors and windows (curtains too) - put on Mozart or Miles Davis and read a good book or watch a movie during the heat of the day. Just do something to alleviate your



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#### Highlander Mental Health

impatience with the greater than normal noise.

Most of us must make some noise: chainsaws, weed whackers, table saws - power tools usually make some noise but also the time frame is shorter. For those party animals that invite their city friends up to get out of the heat and then blast the neighborhood with rap music and loud drunken conversations until the wee hours of the morning, well their karmic payments will come due.

I honestly feel we must try to identify what eats at us the most, and for many they don't even know anymore - since they have become accustomed and yet it still grates on nerves causing so much underlying stress and often illness or physical conditions that could be prevented. Whenever you feel yourself becoming nervous, chaotic or impatient or anything equivalent: STOP and try to determine what is the source. You may be very surprised it could be

something as simple as feeling it necessary to answer a ringing phone. That is what answering machines are for, let the machine pick it up - don't be a slave to technology. Either they will leave a message or call back so if it is an inconvenient time - utilize your technology to manage your stress.

Another simple change to your life that can have drastic positive repercussions is to limit your caffeine consumption. Sure we all enjoy a good jolt in the morning, but if you then limit what your intake is for the rest of the day you might just find yourself feeling more peaceful, patient, tolerant and so mellow you can enjoy shutting up the house for a couple of hours while the dirt bike demons do their thing without sending your blood pressure through the roof. It really is



worth a try - to be more content and take back your personal noise choices.

Another important way to reduce stress is to leave early. Whatever or wherever you need to be: work, activities, entertainment, appointments - plan to get ready earlier than you need to so that not only do you become more punctual but you also have time to enjoy the view on your drive and arrive with time to sit and listen to the end of the song playing in your vehicle. You won't be as tempted to get outraged by those loaves of bread RV's clogging our mountain roads or the bicyclist's that cause us to wait for a safe place to pass. Even a slow vehicle pulling a horse or a load of hay won't send you into the 'road rage' place if you endeavor to stay mellow. All of us will be safer when you can mentally obey the speed limits and I'm sure you will enjoy your life By A.M. Wilks more.



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## Cloud Talk

#### By Frosty Wooldridge

A few weeks ago, a preacher spoke about a new term that I never heard before: "Cloud talk—when you die, you elevate to heaven where you sit on a cloud. You may look down on the planet to see where you lived. You may contemplate what you did with your time on Earth. How did you live? What made you tick? Did you fall in love? What kind of friends did you keep? Did you do anything significant with your life?"

The preacher said, "Your greatest challenge will be your greatest triumph. Where would Noah be without the flood? Who would know Babe Ruth if not for opposing pitchers who tried to strike him out? Where would Oprah be if there were no social injustices? Who would know Albert Einstein if not for the mystery of the universe? Who would Peyton Manning be without an end zone? Who would Michael Jordan be without a hoop?"

Before his death, the Beatles singer-song writer John Lennon related a story about what it meant to be alive.

- "When I grew up, I asked my mother,
- 'What was life all about?""
- "She said, 'To be happy."



"When I reached high school, the teacher asked the class to write a paper about the meaning of life," said Lennon. "I wrote that the meaning of life was 'to be happy.""

"The teacher handed me back my paper with the statement, 'You don't understand the question I gave you." "I responded, 'You don't understand the meaning of life."

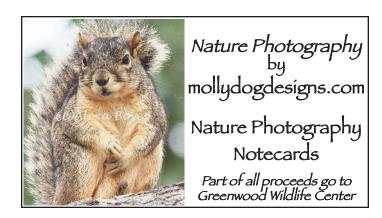
What would cross your mind if you sat on a cloud staring down on your life?

When adversity struck you like the floods hit Noah, did you rise to meet the waters with courage? Did you seek solutions? Did you rise with the "Ark" of your creative mind? Did you let other people thwart your aspirations? Did you argue with them? Did you struggle in the same mud?

A fable of ancient times said, "Never wrestle with pigs. You both get filthy and the pigs love it because they brought you down to their level."

Whatever adversity arrives on your doorstep, you may change arenas as to work, friends and enemies. Sometimes "inner adversity" tears at your insides. Your spirit reveals itself at such times.

Remember that critics always deride everyone's efforts but their own. As you look down from your cloud, it's amazing what you couldn't accomplish by other peoples' verdicts on your aspirations.





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#### Highlander Inner View

Did you accept the call while you spent your seven decades on planet Earth? Did you break out of a confining life or relationships? Like Noah's struggle with the flood, ultimately, waters cleanse your body, mind and spirit during

the journey.

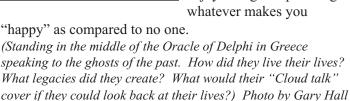
As you sit back on that cloud, you may realize that struggles on Earth expanded you, enlarged you and taught you. The "Great Spirit" coded your DNA for expansion throughout your time on the planet.

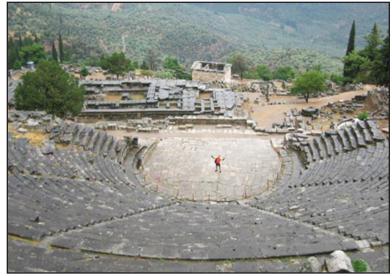
Realize that life brought floods such as inner turmoil, rough waters, scary times, breakdowns and betrayals. While living, you dealt with angry waters that arrived

from different directions. You may have created some of your own problems and other challenges came from situations or people. Remember that life also brought you happiness in the form of friends, family and your passions.

With each passing year, you learned lesson after lesson. Each "flood" subsided while you charged toward higher ground. That meant you evolved into a higher consciousness. Life constituted a journey of becoming.

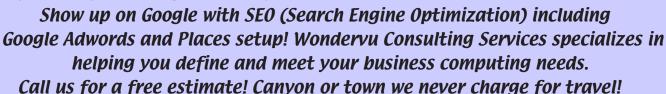
Okay, let's fly down from that cloud and realize that you still live upon this planet. Are you following John Lennon's statement about life, "To be happy"? Are you fulfilling the creative energy of the universe to grow, expand and discover your highest good? He also wrote a song titled, "Imagine" that rings in my ears today. Imagine what you want out of your time on Earth because you enjoy living and pursuing whatever makes vou





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## The Effort To Smother America's Birthright

By Ben Long

A handful of our representatives in Congress are quietly preparing a multibillion-dollar rip-off of American families.

Count yourself among the cheated if you value kids' sports, good health and the Great Outdoors. If Congress does nothing — and Congress is very good at doing nothing — it will quietly smother the Land and Water Conservation Fund. The conservation fund has been one of the most successful programs for decades; it has preserved beloved landscapes and made lives healthier and happier across America. It has worked wonders for fifty years without costing taxpayers a cent. Who would want to kill it?

His name is Utah Republican Rep. Rob Bishop, and he is the powerful chairman of the House Committee on Natural Resources. His committee has jurisdiction over the fund, since it involves taking royalties from offshore oil drilling



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303-642-7807 303-725-8471 Cell and distributing them toward outdoor access, wildlife habitat and urban parks and recreation projects.

If you are under 50, you grew up in a country with city parks, zoos, tennis courts and basketball courts funded by the Land and Water Conservation Fund. If you camp, boat, hunt and fish, you probably use boat ramps and wildlife habitat secured with its money. The fund's money has supported projects in 99% of counties in the United States.

Today, as it has for the last 50 years, the fund enjoys broad bipartisan support in Washington, D.C. I remember my Republican senator, the late (and staunchly conservative) Conrad Burns of Montana, telling me that he liked the fund "because it solves problems."

Since the 1960s, the fund has authorized up to \$900 million dollars a year from offshore oil royalties to go toward conservation. But Congress loves to raid that piggy bank, so only a few times has the fund kept all of the money to which it was entitled. Now, there's an even more serious problem. **The fund is set to expire on Sept. 30.** It nearly did expire in 2015, but Congress pulled it back from the brink and extended it for three years. Today, however, the clock is ticking.

Killing the conservation fund does not save taxpayers money, because the money comes from royalties. The fund has never been a "burden" on energy companies, which must pay royalties no matter who gets the money.

What, then, is the hang-up? The answer is mostly petty politics and ideology. Some conservation fund money goes to the national forest and national park systems for land conservation, and Bishop frequently has heartburn over how those federal lands are managed. Given his powerful

committee chairmanship, Bishop has a virtual stranglehold on the conservation fund.

Another obstacle is that other anti-government members of Congress seem to hate any successful federal program: They want to kill the conservation fund out of spite.

The genius of the fund is that it recognizes that offshore oil is a public resource that belongs to all Americans. It invests some of the money from our resources into long-term benefits for both urban and rural communities, spread around the country.

Some Republicans say they oppose the conservation fund because they want to hold it hostage to the current maintenance backlog in national parks. Underfunded for decades, our

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national parks are in poor shape, with roads and outhouses that are far below standard. That's why, some argue, we should raid the conservation fund piggy bank to pay for those repairs.

That argument is disingenuous on several levels. First, the arch-conservatives who starved the National Park Service for decades are now using this self-created crisis for their own ends. If Congress wants to tap oil royalties to pay for park maintenance, it can do so. Lawmakers need not smash the conservation fund piggy bank to assist the Park Service. Furthermore, using it this way misses the entire point behind the conservation fund, which is about making long-term investments with one-time dollars. Maintenance costs never end. It's like putting fuel and oil into your car; it's part of the deal that comes with ownership.

America needs the Land and Water Conservation Fund more than ever. Sadly, a disproportionate number of American kids are obese. All kids need a place to play and exercise. Just as sad, American children are increasingly disconnected from nature. More and more people have fewer and fewer places to go to get outside and away from their electronic devices.

There are three bills in Congress today — all with broad bipartisan support — that would permanently reauthorize and even fully fund the Land and Water Conservation Fund.

It's time to take this political football out of the hands of ideologically overcharged politicians. Time is running out.

## A bill needs to pass by Sept. 30.

Ben Long is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). He writes in Kalispell, Montana, where he is senior program director for Resource Media.

**Editor's Note:** It more simple every day to contact your representatives in Washington. Now is a great time to take time to do so, call or email both your Senators and Congressional Representatives about this issue and tell them to make sure a bill gets passed.



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2018

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August

# Power Update

August 2018

# Your Piece of the \$4.5 Million Pie is Coming Soon!

United Power is retiring \$4.5 million in capital credits to customers in August, and members will be getting their "piece of the pie" in this distribution. Because cooperatives do not earn profits in the sense that other businesses do, any margins remaining after all expenses have been paid are returned to the members in the form of capital credits.

Your share of capital credits is determined by your electric usage and years of service with United Power. The Board of Directors made the decision to retire capital credits

after carefully assessing the financial condition of the cooperative to determine if retirements are feasible. Capital credits represent a member's investment into the cooperative, and are used over time to make capital improvements to the electric system.

Anyone who had service 2017 or earlier will receive either a check or a bill credit as part of their capital credit retirement. Checks will be issued to any member who has a capital credit retirement of \$10 or more, while smaller amounts will appear as credits on your August or September bill. An informative insert will be included in the retirement checks and credits that should help to explain how capital credits work.

Additional information about Capital Credits can be found at www.unitedpower.com or by calling 303-637-1300. Capital Credits are just one of the many ways cooperative membership pays!



Residential and business members on United Power's lines have reported receiving calls demanding payment for "past due" amounts on electric bills. In an effort to protect your money and personal information, United Power warns all members of the potential for this scam.

To keep up with the current status of your electric account, reference your monthly statement, check your account via SmartHub (available FREE to members as a smartphone app) or call United Power's Member Services Department at 303-637-1300.

If you are ever in doubt about a potential scam call, hang up and call United Power at 303-659-0551.



## Know How United Power Conducts Business:

- United Power does not collect utility payments at member homes or businesses.
- United Power never calls members in person to collect overdue electric bills.
- United Power will never require or demand prepaid debits or other prepaid methods as the only form of payment we would accept.



## To sign up for Paperless Billing:

Call Member Services at 303-637-1300

- or -
- Visit www.unitedpower.com
- Click "SmartHub"
- Login to your online account
- · Click "My Profile"
- Select "Update My Printed Bill Settings"
- · Change "Printed Bill Status" to off

Once you change your printed bill status, a confirmation box will open prompting you to approve the change. Enrolling in paperless billing means a paper bill will no longer be mailed to you. You will receive an e-mail notification when your electronic statement is available and you can pay by the method most convenient to you.



Member Services: 303-637-1300 Coal Creek Office: 303-642-7921 www.unitedpower.com

## **Mountain Fest 2018** Sat. August 4th – 10am to 4pm

CCCIA Hall

31258 Coal Creek Canyon



808 Copperdale Lane Quaint Mountain Home 3 BD/ 2 BA 1,204 sq.ft. \$369,900



34624 Stanton Drive Look No Further!! 3 BD/ 2 BA 3 Car Gar \$464,000



616 Tunnel 19 Road Divide/Gross Dam VIEWS! 8.9 Acres 3 BD/ 3 BA 3,319 sq.ft. \$889,000



**BUY OR SELL A HOME with** Kathy Keating & USE the moving truck for FREE



34121 Skyline Drive Remodeled w/Mt Evans Views! 3 BD/ 3 BA 1,481 sq.ft. 1.5 Acres \$379,000



33888 Sky Vu Drive Amazing Hm w/Longs Peak View! 4 BD/3 BA 2,248 sq.ft. 3.29 Ac \$494,000



200 The Lane Road Spectacular Remodeled Mtn Home 3 BD/2 BA 1,423 sq.ft. 2.44 Ac. **\$429,000** 2 BD/2 BA 2,443 sq.ft. 1.47 Ac. **\$369,000** 



11437 Coal Creek Heights Mtn Home w/City VIEWS of Denver



941 Indian Peak Road Fabulous Mtn Retreat w/5 Car Garage 5 BD/ 3 BA 1.09 Acres \$724,900



1720 Gross Dam Road Exquisite Home VIEWS - Pool - 4 Acres 4 BD/ 4 BA 5,913 sq.ft. \$899,000



805 29th Street Convenient Spanish Towers Condo 1 BD/ 1 BA VIEWS \$284.900



776 Louis Drive Beautiful Central City Condo 2 BD/ 3 BA 1,514 sq.ft. \$300,000



25 Olde Carter Lake Road Log Sided Mtn Home w/ Garage 1 BD/ 1 BA 904 sq.ft. .30 Acre \$286,000



266 Aspen Drive Remodeled Thruout, Engulfed in Aspens 3 BD/2 BA 2,036 sq.ft. .95 Ac \$482,000



15 Leon Lane Desireable Lot, Well, Septic .72 Acre \$80,000



33867 Ave De Pines Beautiful Log Sided Hm - VIEWS 1 BD/ 1 BA 2.8 Acres \$269,000

Kathy Keating, CRS, ABR, GRI EcoBroker, **Broker Associate** 303.642.1133





For additional information and photos: www.kathykeating.com kathykeating@mockrealty.com