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# Create A New Tradition For Your Holidays

Since 1944, **Heifer International** has worked to bring help, healing and hope to millions of impoverished families worldwide. With help from donors, over the last 75 years, Heifer Int. has assisted, directly and indirectly, more than 34 million families. How it works is that you decide to donate as little or as much as you want or your family can afford: **as little as ten dollars** can gift a share of a goat to a family in dire need and that share can lift them out of poverty. Gifts available through **Heifer.org** put people on the road to self-reliance.

Three easy ways to make a new tradition during the holiday season: Mail an order form (available online) with a check or credit card information to, Heifer International, P.O. Box 8058, Little Rock, AR 72203-8058. Call 1-855.848.6437 or order online a **heifer.org/catalog** The catalog can be viewed online at the website so you may determine where and how you wish to help with a new holiday tradition of your gift.

Families receiving your gifts are given training and helped to prepare appropriate facilities, then they receive a healthy animal or some of the many things offered: Heifers, Goats, Pigs, Sheep, Rabbits, Bees, Chicks, Alpacas, Cattle, Water Buffalo, tree seedlings, stoves, ducks or geese. All of these are in the catalog and show the prices or share prices. In addition to these things is also the gift of clean water as an option: Millions of people around the world still lack access to clean drinking water. In some communities, water is scarce. In others it is contaminated. Fortunately, Heifer has solutions to both problems.

Heifer helps many families install treadle pumps (*see photo next page*), practice water conservation and use organic fertilizers to protect drinking water to improve their health. For most families in the places where Heifer works, cooking usually required gathering firewood by hand, and often leads to soil depletion and deforestation. However, a biogas stove runs off methane gas captured from animal waste. It burns cleanly, reliably

and efficiently.

One of Heifer International's most important promises is to care for the Earth. They believe that for development to



be sustainable, we must help families raise their animals in harmony with nature. That's why in addition to livestock, they provide families (Continued on next page.)

## 22nd Annual Tommyknocker Holiday Week Festivities in Historic Central City

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## Highlander Worldview

with trees and the seeds to grow flourishing gardens. Through training, families learn how to keep their small plots of land healthy and renew the soil for future generations by planting trees, using natural fertilizer and limiting grazing.

The latest buzz is a generous but affordable gift of honeybees to help needy families around the world. **Heifer Int.** will provide a family with not only bees, but also a box and hive plus training in beekeeping. This will help families from Uganda to Haiti earn income through the sale of honey and beeswax. Plus, when placed strategically, beehives can as much as double some fruit and vegetable yields through natural pollination. In this way a beehive can be a boost to a whole village. For only \$30 you can further the idea behind Heifer... which is similar to the notion that it's better to teach a person to fish so they can feed themselves than to give them a fish that will feed them only once.

The gift of a dairy goat is a lasting, meaningful way for you and your family to start a tradition during the holidays



how much good they are doing all over the world. Happy Holidays to you and your families everywhere.

of giving back - paying it forward to help a little girl or boy on the other side of the world while sharing your caring spirit with those closest to your heart. A dairy goat can supply a family with up to several quarts of nutritious milk a day. Extra milk can be sold or used to make cheese or yogurt. Families learn to use goat manure to fertilize gardens. And because goats often have two or three kids a year, Heifer families can lift themselves out of poverty by starting small dairies that earn money for food, health care and education.

A new tradition such as this will be remembered by your children far longer than a new toy or additional clothing as you can share your memories for years to come by following the Heifer International organization online to see

# HANDS



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# BoCo Subscribes To Solar Garden

## Jack's Solar Garden is set to be the largest commercial agrivoltatics system in the U.S.

Boulder County, Colo. — Boulder County became the largest subscriber to date in Jack's Solar Garden, a 1.2 megawatt solar garden in Longmont planned for construction in 2020, when the Board of County Commissioners approved the contract for Jack's Solar Garden at a Business Meeting on Nov. 5.

Jack's Solar Garden is a first of its kind family-owned solar farm making more than just renewable energy. Jack's is set to become the largest commercial agrivoltatics system in the U.S. partnering with the National Renewable Energy Lab, Colorado State University, and the University of Arizona to study what crops grow best underneath and around the future solar array. Produce grown within the solar garden distributed into the community as a community supported agriculture (CSA) is established.

The Audubon Society of the Rockies is also partnering with Jack's Solar Garden to establish their largest bird habitat here in Colorado around the perimeter of the solar array. Jack's Solar Garden is a participant in Xcel Energy's Solar\*Rewards Community program enabling Jack's to provide electricity subscriptions to residents, businesses, and government entities.

In the effort to reach an internal goal of achieving 100% electricity from renewable sources, Boulder County's Office of Sustainability, Climate, and Resilience began

collaborating with the founder of Jack's Solar Garden, Byron Kominek, in 2017 to see what was possible on his farmland.

In November 2018, the county updated the Boulder County Land Use Code to enable community solar gardens to be built on lands of National and State Agricultural Significance, which make up the majority of non-urban county land. In June 2019, Boulder County Commissioners voted to approve the Special Land Use Review of Jack's Solar Garden, making this community solar garden the first to utilize the updated Land Use Code.

"Boulder County sees Jack's Solar Garden as the kind of business that exemplifies the innovative, environmental, and social spirit of Boulder County, and we are thrilled to be a part of its launch," said Susie Strife, Boulder County's Sustainability Coordinator.

Kominek agrees, stating, "Jack's Solar Garden is a family-owned business striving to provide social and environmental benefits back to our community and while becoming a national model for how agriculture and solar can co-exist on the same land."

For more information about Boulder County's sustainability and energy goals, view the Boulder County Environmental Sustainability Plan at

[www.boco.org/SustainabilityPlan](http://www.boco.org/SustainabilityPlan)

or contact Susie Strife at [sstrife@bouldercounty.org](mailto:sstrife@bouldercounty.org).

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# Midwinter Celebration

By Valerie Wedel

Days have grown short. Cold winds blow, whistling about the trees and hills. Flowers have faded and withered; their seeds have all been gathered. Our land sleeps. In the long nights, down through the all the long years, our ancestors come, singing. Dancing, singing, praying – to live beyond cold winter and celebrate return of the sun, to pray for life returning to the land.

How do you celebrate long, dark winter evenings? Our ancestors whiled away winter nights with stories by firelight. In England, our Elizabethan ancestors played with madrigal songs – simple tunes sung in rounds around a dinner table. In those days before cell phones, television or internet, we sang songs and told stories. Laughter between friends, and a bit of firelight, held the dark and cold at bay.

Many Native American cultures hold the long nights of winter as the time of teaching stories. As did our European ancestors. Long dark nights are perfect for stories and song.

Of all the long, dark nights, which is the longest? The

winter solstice - the shortest day of the year – also has the longest night. Months of long, cold dark surround the winter solstice. Here in the United States, winter is said to begin on the winter solstice, even though we have cold and snow much earlier. In Colorado, the exact winter solstice will occur at 9:19 pm, on December 21, 2019. At this time the sun is furthest from the North Pole, leaving the furthest North in perpetual dark and twilight. Of course since our planet is round, this means that here in the northern hemisphere seasons are opposite from the southern hemisphere. Our winter is the southern hemisphere’s summer, and vice versa.

The winter solstice has been celebrated all over the world for many thousands of years. The Return of the Light (*Edwards, 2000*) is a fun collection of winter solstice stories from around the world. In order to track the solstice, our distant ancestors had to watch the sky. Starseekers (*Wilson, 1980*) is a fun and readable exploration of ancient observatories around the world.

According to Wikipedia, the winter solstice is also known as the hiemal solstice or hibernal solstice. The sun is lower in the sky than any other time of year. And sunset comes early!

With almost 15 hours of dark (14 hours, 39 minutes to be more precise) here in Colorado, what will you do on this longest night? Many modern religions have festivals around this time of year. Christmas, Hannukah, and Kwanzaa – a cultural celebration of African-descent people in America and other parts of the world – all occur near the winter solstice. Some of us celebrate the solstice itself.

If you are curious to experience a solstice or midwinter celebration, you might look up Rocky Mountain Revels.

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This local theatre group started in 2000. It is a non-profit 501c3 organization. They can be reached at the website: <https://www.rockymountainrevels.org/>

Rocky Mountain Revels explores a different culture, primarily from Europe, each year. Through song and dance and storytelling, the cultures of various peoples are shared and celebrated. Rocky Mountain Revels is also associated with the original Revels group, which was founded in Cambridge, MA in 1971, by John Langstaff. From their website:

***“What is Revels? Revels is song. Revels is dance. Revels celebrates the seasons and cycles of human life through the arts, the songs and dances, and the stories from traditional cultures... The Christmas Revels welcomes the return of the light.”***

Perhaps especially if you find yourself contemplating the holidays alone this year, consider Revels. It is a joyful celebration. Whether one goes alone, in a group, or with family, it is a great time. It is also community theatre. Many folks find it renewing to share and experience some of the celebrations of distant ancestors.

There will be two free community Revels performances, both at libraries in Boulder. On December 15, 2019, the troupe will perform at the George Reynolds Branch Library, 3595 Table Mesa Drive, Boulder, CO 80305, at 1 pm. Also on December 15, 2019, at 3 pm, the troupe will perform at the Meadows Branch Library, 4400 Baseline Rd., Boulder, CO 80303. These performances will each be one hour long, are free, and include part of the song, music and dance from the full-length show. There will be opportunities for the audience to sing as well.

The full show, which is very family friendly, will appear on stage at the Dairy Center in Boulder. Show dates at the Dairy Center will be: December 20, 21, 22, 23, and 26, 2019. Tickets are available from the box office. Since moving to the Dairy Center, Revels has been selling out each year. Consider reserving your seats early if you would like to see the full length show.

Another other source of solstice revelry and mystery is the Mile High Church, located at 9075 W. Alameda, Lakewood, CO 80266. Their service celebrating the

winter solstice will be on December 15, either at 8 am, 10 am, or 12 pm. In previous years this church has done a lovely ceremony celebrating the mystery of the longest night, and the return of the light.

At this time of year, as we begin to hear holiday music – may the celebrations that have come down to us from our many ancestors bring you joy. If you are forging your own traditions, may you do so in health, with as much – or as little - community as you may wish. May our shared music and traditions bring us closer to world peace. May we take a moment and remember our ancestors, and enjoy the longest night, as much as we enjoy the return of the sun.

References: *Fun reading Online* <https://www.timeanddate.com/calendar/winter-solstice.html> <https://www.timeanddate.com/sun/usa/denver?month=12&year=2019>

[https://en.wikipedia.org/wiki/Winter\\_solstice](https://en.wikipedia.org/wiki/Winter_solstice)

<https://www.rockymountainrevels.org/>

*Fun Reading in Print: Edwards, Carolyn. The Return of the Light: 12 Tales from Around the World for the Winter Solstice. Marlowe and Co., New York, 2000. Isbn 1-56924-617-3 A delightful read. Wilson, Colin. Starseekers. Beller & Higdon Publishers, Ltd., London, 1980. Isbn 0-385-17253-2. A fun and readable survey of astronomy and observatories from Stonehenge and other ancient civilizations to the present.*



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# Colic Can Be An Emergency For A Horse

Research by The University of Nottingham found that more than 90% of horse owners did not feel confident in spotting early signs of colic. The evidence based research also found that colic accounts for one in three emergency veterinary call outs to horses. At least one in ten of these cases may be critical, and up to 80% of these critical cases result in death or the horse being euthanized.

## MORE INFORMATION ABOUT COLIC

Despite many years of research and development of new methods of diagnosing and treating colic, it remains a major cause of death in the horse. It is one of the few conditions in the horse that is a genuine emergency. Most cases can be resolved relatively quickly with appropriate treatment, but some will be critical with potentially severe consequences. Conditions that affect the blood supply to the intestine become a race against time, and the earlier the problem is recognized and treated, the better the chance of survival.

## WHAT IS COLIC?

Colic is used to describe clinical signs of abdominal pain or discomfort in the horse; hence colic is technically a symptom rather than being a disease in itself. Colic can occur in any horse of any age and breed. Studies have identified an increased risk of colic occurring with a recent change in diet or housing, a history of previous colic, increasing age and the Arab breed. **As colic is potentially life threatening it should be treated as an emergency in all instances, as any delay in diagnosis could affect the prognosis and potentially prolong pain and suffering.** There are many types of colic, each with varying severity

and causes. Only a veterinary surgeon should diagnose the type of colic (by the completion of specific tests) and assess its seriousness.

## RECOGNIZING THE SIGNS OF COLIC

If you notice any change in your horse's behavior or your horse is showing signs of distress, think **REACT**. Even the most subtle changes could be the only sign from your horse indicating that there is a problem.

The five **REACT** signs are the most common and important indicators of colic. The signs include: Restless or Agitated, Attempts to lie down, Repeatedly rolling, Unexplained sweating, Box-walking or circling, Eating less or droppings reduced, Eating less or nothing at all, Passing fewer or no droppings, Changes in consistency of droppings. Abdominal Pain, Flank watching, Pawing, Kicking at belly. **Clinical Changes:** Increased heart rate, Reduced or absent gut sounds, Changes in color of gums, Rapid breathing rate, Skin abrasions over the eyes, Tired or Lethargic, Lying down more than usual, Lowered down head position, Dull and depressed.

## REDUCING THE RISK

Colic can occur at any time of the year in both grass-kept and stabled horses. Due to the many potential risk factors for colic there are plenty of simple steps that can be taken to help reduce the risk of it occurring.

**Feeding to Prevent Colic** - Horses are more prone to digestive upset than other domestic animals because of how their gastrointestinal tract functions and how we feed them. When you go to the barn for evening chores you hear banging in the far stall your horse is down and rolling. He gets to his feet when you run to the stall, but immediately

starts pawing and circling and quickly drops down again to roll. He's sweaty and in pain - clearly, he's trying to colic. As you call the veterinarian you run through your mental checklist, beginning with the important question, 'What did I feed him today?'

Anthony Blikslager, DVM, PhD, Dipl. ACVS, professor of equine surgery and gastroenterology at North Carolina State University, sees colic cases regularly. "When I finish with a colic surgery, the owner often asks what he/she can do to avoid colic in the future," he says. "It all goes back to basic management, and nutrition is an important part of that management."

**Equine Digestion is Unique** - Horses are more prone to digestive upset than other domestic animals because of how their gastrointestinal (GI) tracts

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function and how we feed them. The horse evolved as a grazing animal, and his digestive tract is designed to utilize forage. It functions best and remains healthiest when he's allowed to roam at pasture, eating more or less continuously and consuming small amounts often. In domesticating horses we've confined them and typically feed hay and grain in scheduled meals. This unnatural environment often leads to digestive problems and colic. Blikslager says horses are one of a few animals that digest most of their feed in the hindgut (cecum, colon, and large intestine) rather than in the stomach and small intestine. The horse's GI tract is designed to transfer food to the hindgut as swiftly as possible. Feed can travel through the small intestine to the hindgut in three hours or less, according to Blikslager. This can create digestive problems if owners offer high volumes of grain per feeding, because some reaches the hindgut before it is fully digested.

**Mimic Nature** - You can improve your horse's digestive health by managing his dietary regimen the way nature intended. Ideally, a horse's diet should be comprised of good-quality forage, with added grain and concentrates only if his level of work demands it. While turnout that allows a horse to graze continuously is best, this might not be realistic for your situation. "If a horse must be confined, maximize the amount of forage you feed," says Blikslager.

Amy Gill, PhD, an equine nutritionist based in Lexington, Ky., says two things can help prevent colic: One is to keep horses moving, to simulate free-ranging where they were walking all the time, she says. Moving while grazing helps keep circulation going, and continual eating keeps the digestive tract moving (promoting gut motility). This is the other important thing - eating small amounts continually.

Promoting this gut motility can be challenging for owners whose horses live in stalls. The risk for colic increases the more the horse stands still, especially if standing still without anything to eat, says Gill. Stephen Duren, PhD, an equine nutritionist with Performance Horse Nutrition in Weiser, Idaho, has observed that ranch horses in large pastures (never confined, not eating grain) almost never colic. If a horse is confined, with hay substituting for

pasture (and grain or supplements added to balance any nutrient deficiencies in the hay, or to provide added calories for high-energy demands of a performance career), you should be particularly careful/strategic about planning his diet. Although many owners have a twice-a-day grain-feeding ritual, Duren recommends spreading the ration into smaller, more frequent meals - particularly when horses are in stalls and volume of grain fed daily is high. Confined horses are more likely to colic because they don't get enough forage or exercise, says Duren. The owner limits the amount of forage (to prevent weight gain), and the horse doesn't eat enough to keep the digestive tract healthy. Daily turnout, lunging, or any other type of daily exercise can be beneficial to digestive health.

**Forage Foremost** - As stated previously, forage should be the main component of a horse's diet. Money spent on good hay will decrease the amount of grain needed and the number of colic's or digestive upsets, says Duren. As quality or quantity of forage in diet decreases, you have to rely on grains and supplements, which by nature are not as healthy for the horse. Moldy hay, for instance, generally smells musty and is characterized by a white dust. Some kinds of mold produce toxins that may cause severe digestive upsets, says Duren. Toxic plants may also cause problems. There may be weeds, sticks, or other foreign material baled in hay.

*(Continued on page 13.)*



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Most horses, if they have adequate feed, will sort out the less desirable hay portions that might cause digestive problems. Some hard-working horses, such as racehorses and other high-performance athletes, need to consume more calories more quickly than what they obtain from a forage-only diet. Other horses might need more calories to maintain body weight, such as those that are older or lactating. In these instances use a balance of energy sources in the grain portion of the diet, Duren says. Don't just rely on sugars and starches. Use some fat and fiber in the mix to reduce pressure on the small intestine for getting those sugars and starches digested. Using high-calorie fiber sources and some fat enables you to reduce the amount of carbohydrates supplied by sugar and starch. Fat is more energy-dense, and you don't have to feed such a large volume. Thus, it is much healthier for the hindgut. Even if not all the fat is digested in the small intestine, at least when it gets to the hindgut it's not inappropriately digested and causes less colic, adds Blikslager.

**Careful with Concentrates** - The trouble with a large concentrate meal is there's not enough time to digest it in the small intestine, says Blikslager. It gets moved down to the hindgut too quickly, and the microbe population shifts toward those that can rapidly digest starch, creating gas in the process. If the change is too severe, with large proliferation and die-off of certain bacteria, toxins might be produced, leading to more serious problems such as laminitis.

A cow can readily burp up gas created by fermentation because her rumen (first stomach) is toward the front of the body and connected to the esophagus. But since the horse's fermentation process takes place in the hindgut-halfway through digestive tract-excess gas can't come back through the tract to be burped, so it must proceed toward the rear. When abnormal fermentation creates too much gas, it causes pressure and pain (colic).

The recommended smaller, more frequent meals should be made up of processed grains, Duren says, to enhance small intestine enzyme digestion of the feed. We don't want undigested grain spilling into the large intestine where bacteria ferment them, he says. This lowers the pH, kills (beneficial) bacteria, and creates digestive upset and colic. Soaking these processed pellet type feeds aids the horse in not only slowing down the digestion but also in not pulling moisture from the rest of the body.

**Hydration** - Horses need plenty of fluid for forage fermentation and to digest their food properly; they produce large amounts of saliva to mix with feed, and their bodies pull fluid from the bloodstream continually into the intestines, aiding gut motility. Material moves through the small intestine in liquid form, and the colon absorbs the water during the last phases of digestion, to be recycled via the bloodstream and used again by the salivary glands and forward portions of the digestive tract for the next journey

through. Provide your horse with an ample water supply that's not too cold in winter or too warm in summer, or the horse won't drink enough and could develop an impaction. Adding a bit of salt to a mash may be necessary to increase thirst especially in cold climates.

**Prebiotics and Probiotics** - For the horse's fermentation-focused digestive system to process forages, the hindgut's microbial population must be healthy, with appropriate numbers of helpful bacteria. Many horsemen feed commercial supplements or feeds containing some of these microbes. Use of these products (called probiotics) began several decades ago in attempts to replace normal gut flora after animals were sick (and not eating) or given oral antibiotics that destroyed good bacteria along with the bad. Now we have multiple probiotic and prebiotic products that can stabilize the good microbes, says Duren. They've also been shown to have some effect in guarding against harmful bacteria and, thus, help maintain normal gut function. Researchers at the University of Georgia recently studied the growth of various strains of pathogenic bacteria in test tubes to see if adding probiotics would decrease their growth. **The tests showed that probiotics must be specific to the equine body to be effective.** It must be one that's normally found in the equine digestive tract, says Duren. What works for a dairy goat or a cow may not work as effectively for a horse.

Prebiotics, on the other hand, are a newer concept. These are not microbes; instead, they're ingredients that feed and maintain the microbes. Prebiotics are indigestible sugars that make their way through the digestive tract, stimulating beneficial bacteria growth. Some of them trick bad bacteria into binding to them and are excreted in manure.

**Take-Home Message** - Because the horse's digestive system is not likely to become any less complex or prone to upset, it's imperative owners feed horses as nature intended and focus on providing good-quality forages rather than high amounts of concentrates. And don't ignore the horse that isn't hungry for its meal.

**Editor's Note:** At higher altitudes such as our mountain foothills it is not uncommon for a radical weather change to bring on a colic in some horses. This barometric factor should cause us to watch our horses carefully during drastic weather changes.

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# Take The Disconnect Challenge

From Condeco Software

We might tumble out of bed on a Monday morning, and sleepily walk into the kitchen to pour ourselves a cup of ambition (or maybe just a plain old tea or coffee, your preference!), but are we all still working Nine to Five, like the legendary Dolly Parton sang almost 40 years ago? Figuratively speaking, you can assume a 9-5:00 pm workday is still the norm, but upon further reflection, aren't most of us now on the job 24 hours a day? Amongst our ever-growing digital landscape, the humble smartphone has got us bringing our work home in our pockets, whether we want to or not.

We're always contactable, whether it's via calls, emails or mobile chat apps. As our ability to stay in touch has shifted, so have expectations – the idea that we must answer our superior's calls at midnight on a random Monday has snuck up on us, and although it's no doubt beneficial for our employers, it could be contributing to the rise of work-based burnout.

The team at Condeco Software, the global leader in workspace management technology, has analyzed the trends in work hours and have compiled a list of the top

reasons that a 9-5 job is becoming a thing of the past and the ways to gain smartphone harmony and freedom. Details are [HERE](#).

### The right to disconnect

Have we perhaps become too contactable? Is the fact that we're practically on call 24/7 counter-productive to our productivity levels?

The statistics show that we're checking our phones an awful lot: 38% of UK-based adults routinely check their emails after dinner, while 50% of Americans check their email once they're tucked up in bed. Not exactly conducive to the ability to easily drift off to sleep! What's more, 55% of those based in Asia Pacific, and 27% of European workers wake during the night to check their mobile devices! Forty-four percent of adults surveyed admitted to checking their phone while on vacation. Not exactly relaxing. If that isn't bad enough, how about this factoid: people in Singapore are spending over 12 hours a day on their smartphones and related gadgets.

Clearly, it's time for us to think about disconnecting. The fear of missing out. We're all familiar with the term FOMO, otherwise known as fear of missing out. It's usually applied by millennials in a 'carpe diem' kind of way – attend the party, go to the festival, say yes to the date. However, it seems a large percentage of the workforce are feeling FOMO when it comes to their responsibilities in the workforce: the Center for Creative Leadership found that a whopping 60% of smartphone-using professionals keep in touch with their bosses and colleagues for a shocking 13.5 hours a day!

### Why are we so frightened of not being contactable?

The productivity lie- The problem mainly lies in two areas – one, that we, as a society, have collectively come to believe in the myth of presenteeism. Whomever gets to the office first, stays latest, and now, answers the group email the quickest (even at 5:45 pm on a Saturday) is considered the hardest worker. Most of us are keenly aware that this isn't actually the case, but the illusion pervades, because we've been conditioned to view being at our bosses' beck

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and call as the be-all and end-all of hard work.

Secondly, and more insidiously, our devices are becoming, in many ways, an extension of ourselves. It's too tempting to pick up our smartphone when we hear a notification, or just to double check our emails once we've slid into bed. The danger of our modern technology is that the incredible ease of use it provides, can also further promote the delusion that hard work = always being on call, because it makes it so much simpler for us to stay connected. Many experts have written extensively on the dangers of becoming too attached to our smartphones, from disrupted sleep patterns to a loss of social skills. Like most things in our modern lives, balance is key.

**How to achieve smartphone harmony** - Many countries have already recognized the weighty impact that overuse of mobile devices and 24/7 contact with work can have, with many governments and businesses swiftly addressing the issue. France is ahead of the game globally, with government legislation allowing all French workers the 'right to disconnect.' Further to this, some French companies have taken it upon themselves to turn off their email servers outside of working hours.

While it may take some time for every global business and governing body to catch up to France, the idea of taking responsibility for our work/life balance, as much as we possibly can, is pertinent in the fight against being chained to both our desks and email accounts. What can you do to make your working life that little bit easier, especially when at home, officially outside of working hours?

**Your disconnection challenge!** - Tomorrow morning when you yawn and stretch and try to come to life, try to avoid being part of the 68% of professionals who check their work emails before 8:00 am, and try to not be one of the 60% of workers who are connected via their devices for

13.5 hours a day. Put down your phone and try and disconnect for as much time as you can feasibly manage. Not only will some time away from screens help clear your mind, but it could also help boost your productivity levels during the day.

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# Update From American Wild Horse Campaign

From the American Wild Horse Campaign

The American Wild Horse Campaign (AWHC) is dedicated to preserving American wild horses and burros in viable free-roaming herds for generations to come, as part of our national heritage.

AWHC:

Defends America's wild horses and burros to protect their freedom, preserve their habitat, and promote humane standards of treatment;

Creates and implements humane solutions to keep wild horses and burros wild and safe;

Rescues wild horses and burros in need, when necessary and possible;

Increases the public's awareness of and appreciation for wild horses and burros as an integral part of the America's ecological and cultural landscape; and

Works through public awareness and educational programs, coalition and partnership building and strategic litigation to keep wild horses and burros wild and free on our public lands.

The Bureau of Land Management is moving fast — Recently the BLM concluded a roundup in the Challis Herd Management Area (HMA) in central Idaho and announced that the agency will be moving forward with a plan to reduce the size of the wild horse and burro population in the Twin Peaks HMA in northeast California by 80% over the next 10 years.

## Challis Roundup: 295 Wild Horses Captured.

The BLM forcibly removed 295 wild horses from the Challis HMA between Nov. 5 and Nov. 11 as part of the Idaho roundup. The agency is expected to complete a census flight to determine how many wild horses will be returned to the 169,000-acre area.

The vast majority of the wild horses removed from these public lands will not be returned to the wild. Many will spend their lives in the BLM's holding facilities, or worse,

face being killed or sold for slaughter if Congress pulls the plug on funding for their long-term care.

We can expect the roundups to be greatly accelerated if the Senate approves the \$5 billion plan, pushed by the livestock industry and BLM's Acting Director, which would reduce wild horse populations in the West to near extinction levels.

AWHC is working to ensure this plan is not implemented: Help us continue to organize against the greatest threat to wild horses and burros in generations by making a donation if you can. Go to:

## AmericanWildHorseCampaign.org

The BLM recently released its management plan for the wild horses and burros of the Twin Peaks HMA — Including future helicopter roundups and fertility control over the next ten years. According to the Sierra Sun Times: "This plan calls for several approaches, including using helicopter drive trapping, bait-and-water trapping and fertility control to reduce the herd ... over ten years."

While AWHC supports using fertility control, we do not support the drastic reduction in herd sizes for wild horses and burros in this HMA.

Nearly 90% of the existing wild burro population will be removed over ten years, leaving just 72 animals on the range and destroying the genetic health of this herd.

For the Twin Peaks wild horses the plan is almost as bad: reduce the herd by 80% and release castrated stallions (geldings) onto the range, a move that will take the wild out of these wild horses by destroying their natural behaviors. AWHC has a pending case at the Ninth Circuit Court of Appeals that will determine whether or not the BLM can release geldings onto the range before its research into the impacts of the procedure on wild horses is completed.

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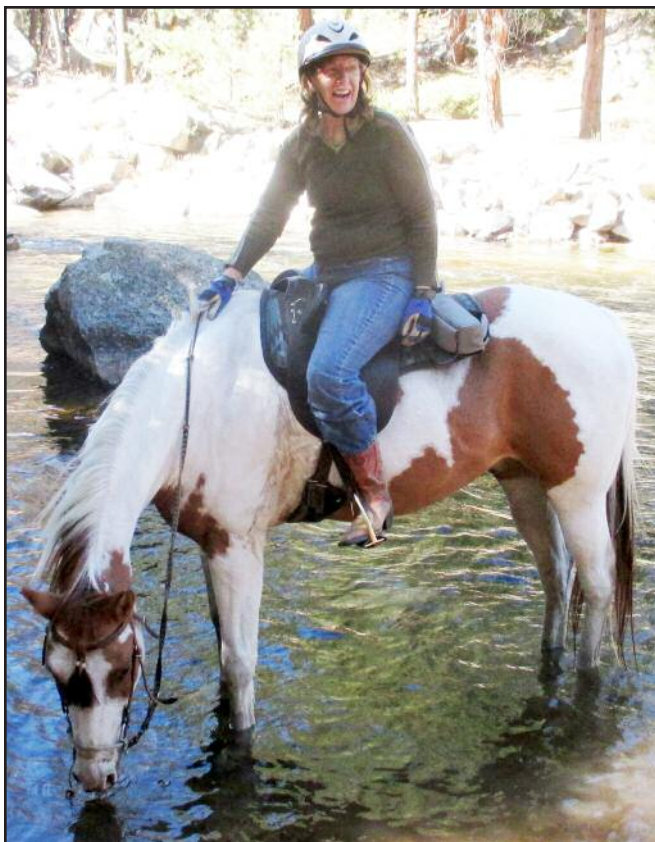






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*Previous page middle left: Exmoor pony.  
Top right: Harley (cover horse) reaching down to Nolan.  
Bottom left: Jack Russel Terrier      Right: Maine Coon cats.  
This page top left: Jill Judd on Harley in S. Boulder Creek.  
Top right: Bogey (cover dog). Middle right: Chance & Chino.*





# Preparing For Power Failure & Winter Weather

From Jim Plane – State Farm Insurance

Whether or not you know it's coming, a power outage can be a major disturbance. It never hurts to be prepared and to know what to do once the lights go out.

**Before** - Power outages can happen at any time and are unavoidable, but the costs associated with them can be lessened by installing a home backup generator at a home or business. Have a place in your home where flashlights, a battery-powered radio, and extra batteries can be easily found. If you know the outage is coming, set aside extra water and buy or make extra ice. You can use the ice to keep perishable items cool. Make sure the battery in your smoke detector is fresh. Test the smoke detector on a monthly basis to make sure it's working. Keep an appliance thermometer in the freezer. If the freezer is 40 degrees F or colder when the power returns, all the food is safe.

**During** - If possible, use flashlights instead of candles for emergency lighting. Candles used in unfamiliar settings can be dangerous fire hazards. Turn off or disconnect any appliances, equipment, or electronics that were on when the power went out. When power comes back on, it may come back with momentary "surges" or "spikes" that can damage equipment such as computers and motors in appliances like the air conditioner, refrigerator, washer, or furnace.

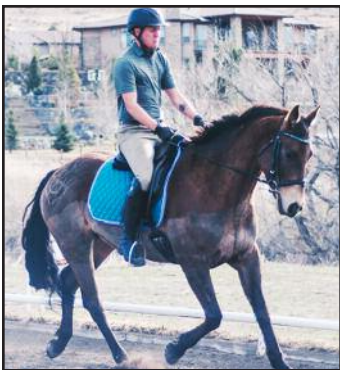
Leave one light on so you know when the power returns. Avoid opening the refrigerator and freezer. This will help keep your food as fresh as possible. Be sure to check food for signs of spoilage. Use generators safely. If you have a portable generator, only run it outdoors with adequate ventilation. Never use a generator indoors or in attached garages. The exhaust fumes contain carbon monoxide,

which can be deadly if inhaled. Have a telephone that doesn't need power to use if you have a land line.

**DIY Tips for Winterizing Your Home** - Is your home or apartment ready for the upcoming winter months? No matter where you live, winter can signal a dip in temperatures and the possibility of unpredictable weather, including inches of snow and dangerous ice. Winterizing - from climates that expect snow and below-freezing temps for months to regions that experience a cooling off and unpredictable precipitation - can help your home withstand the ups, downs and erratic moods of Mother Nature. Use these tips to make sure your home is ready for the season.

**Tips to prepare the inside of your home for winter** - The comforts of a cozy, warm home in winter can help you forget about the short days and the multiple layers of clothing. These tips can help you weather the winter season. Have your furnace inspected. Since your heating system will probably be running constantly throughout the winter, you should have it inspected annually to help it run efficiently and prevent CO from entering your home. Also remember to change out your HVAC filters every month. Inspect the insulation in your attic and crawlspaces. Warm air rises and leaves the house through the roof, so you should focus on insulation in your ceilings. Insulating the crawlspaces will help keep your floors warm.

Seal potential leaks. Seal areas around recessed lights, the attic hatch, and plumbing vents that may be allowing warm air from the living space below to enter the attic. Allow for ventilation. Proper attic ventilation, adequate attic insulation, and a tight air barrier between the attic and the interior of the house will work together to prevent ice



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dams. Use window sheet kits. If you don't have double-paned or storm windows pick up a plastic-film sheet kit from your local hardware store. Apply weather stripping. Add weather stripping to doors and caulk window gaps. Make sure all windows are locked to keep out as much cold air as possible.

Use a fireplace. If you plan to use it, schedule an inspection and service by a professional to make sure your chimney is clear of debris and make sure that your damper opens, closes, and seals tightly. Insulate pipes. Pipes located in attics, crawl spaces, basements, and near outer walls can be susceptible to freezing in extreme temperatures. Insulate to help prevent your pipes from freezing and if need be, add heat tape to the most vulnerable places along the pipes.

When the forecast calls for unusually cold temperatures: Let water drip from hot and cold faucets overnight. Keeping cabinet doors open to allow warm air to circulate in places like below sinks. If you open the cabinet doors, be sure to remove anything inside the cabinets that may pose a safety to hazard to children, such as household cleaners. Finally, consult your local utility company about an energy assessment to determine where your home is losing energy and what energy-smart investments would make sense.

Outside winter home maintenance tips - Tool checkup. Make sure your snow shovels are free from cracks. Schedule the annual tune-up for your snow blower, if you have one. Winterize outdoor faucets. Remove all hoses or devices attached to outdoor spigots. Be sure to drain any water left behind in the pipes. Outdoor furniture. Wash upholstery and frames. In northern climates, store both furniture and cushions in a covered spot free from moisture. Clear any landscape debris and waste. Remove any debris or branches from around the HVAC unit, gas meters, away from basement windows, and your dryer exhaust vent. Cut back dead or dying limbs and any branches that can touch the roof or siding. When it's windy, branches can rub or scratch the surfaces of your home and cause damage. They also could fall during a storm or break under heavy snow and ice.

Firewood. Store your firewood in a dry place at least 30 feet from your home to avoid a fire hazard. Visually inspect your roof. Look for any missing or damaged shingles; consult a roof professional if needed. Ensure that all gutters are clean and securely attached to help prevent ice dams. Outdoor lights. Ensure that lights at doors (front, back, and garage) are functioning. Replace any burned-out bulbs with more efficient LED options.

Prevent pests. Walk around your house to check the foundation for small cracks or openings where mice or other pests can tunnel in. Winter is when they seek the warmth of your house, so seal up any possible entrances.

Winter storm preparation tips - Blackouts and snow-ins can occur during winter months, so take a moment to prepare yourself and your family for such winter emergencies. Having the following items ready will help you make it through safely: Battery-powered flashlights or lanterns and extra batteries. Drinking and/or bottled water. Nonperishable food items. Keep the pantry stocked: It's smart to keep your house stocked with groceries all winter long. Should the power go out, you'll want to have plenty of extra water and nonperishable food that you can prepare without cooking. Prescription drugs and other medicine. A battery-powered radio, with extra batteries, for listening to local emergency instructions. A first-aid kit.

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# Medicine Tree

By Pat Foss

I have always told my daughter that when it comes time for me to die that I will wander off far into the woods, weak and cold and face my fear. I will be mauled by a bear, die, be eaten by lions and coyotes and be shat all over twenty square miles of my home range.

Then I will go to that place between lives where we wait and I will say "It wasn't that bad" and I'll be relieved of my terrible fear of bears in my next life. My cave dwelling ancient ancestors must have had a terrible time with the giant cave bears of the ice age. Through all the tens of thousands of years the DNA of frightened Foss's must have passed generation to generation to me. Bears scare me. A lot. I have been around enough of them to fully understand their power and their magic.

*They come from a hidden door  
In the fabric of reality  
Bears are like that  
Just a shadow  
Until  
It materializes much  
Too close.*

*Sometimes in the woods  
They are there  
But disappear  
When you notice.  
But they are watching.  
You can feel them...  
You can feel them...*



An old friend hooked me up with a Springfield 10mm semi-automatic pistol. It is fearsome. The clip holds 15 rounds, 15 chances to save my life. That's enough. I don't carry it with a shell in the chamber because I think that if there's not time to chamber a round then there's not time for anything. I had a friend that shot himself in the leg trying to draw and shoot quickly with a round already chambered...not me.

I have never been crazy about guns though I've been around them all my life...and I don't like killing; even killing a mouse in a trap causes me to say a little prayer of apology to the universe, though I know it had to be done. That said, it is amazing how much better I feel wandering alone in the deep woods in bear country carrying this

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weapon. Today, not one shadow presented itself as a possible bear. There were no imaginary bear attacks.

Shadows presenting themselves as bears is a nice metaphor for the torture we put ourselves through by worrying about things that aren't real. In all departments of my life I can identify shadows posing as real danger.

I went again to the medicine tree. For a third of my life I have carried deer and elk sheds up this mountain to this tree and climbed it to hang the antlers as high as I can. I built a cairn that always looks a little different each time I come here, as if something has changed it.

There are little remembrances of friends, a circle of stones, trinkets of gratitude. It is my place in the world. I have prayed here a thousand times. When my mother died my dad surprised me by saying he wanted to put her ashes by the medicine tree I had told him about. When he said he wanted to make the climb to do it I could not imagine it possible. I carried oxygen bottles for him and had paramedics and a rescue team on standby. It took us a whole day to make the hike and return, but he did it without mishap and lived many more years. Now, my dad's ashes are here too.

Samsara came with me today. (*Pictured previous page.*) He is so named because of his brushes with death right after he was born. He was pardoned from Death Row at the dog pound at seven weeks old by a dog rescue lady, but then trampled by a horse at eight weeks old. He is a survivor. He has Foss luck; I've never known whether to consider Foss luck a good thing or a bad thing but I have it too. My father and my daughter also have this odd tendency to find themselves in strangely dreadful circumstances but come out of it ok.

It was a long walk for a big dog.

Days like these remind me that I am a Coloradan. My country is the mesas and the foothills around Golden...

My people came here in the 1870's...

my Dad was born here as was my Grandmother.

I am grateful for these mountains and I will try to protect them. Grateful.



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# Vail Recreationists Devastate Elk Herd

By Christine Peterson Aug. 27, 2019 High Country News

*This story is published with the Guardian as part of their two-year series, This Land is Your Land, examining the threats facing America's public lands, with support from the Society of Environmental Journalists.*

Biologists used to count over 1,000 head of elk from the air near Vail, Colorado. The majestic brown animals, a symbol of the American West, dotted hundreds of square miles of slopes and valleys.

But when researchers flew the same area in February for an annual elk count, they saw only 53.

“Very few elk, not even many tracks,” their notes read. “Lots of backcountry skiing tracks.”

The surprising culprit isn't expanding fossil-fuel development, herd mismanagement by state agencies or predators, wildlife managers say. It's increasing numbers of outdoor recreationists – everything from hikers, mountain bikers and backcountry skiers to Jeep, all-terrain vehicle and motorcycle riders. Researchers are now starting to understand why.

U.S. National Parks and wilderness areas have boomed in popularity in the last decade, with places like Yosemite National Park hitting as many as five million visits a year. The influx is due to a mixture of visitation campaigns, particularly during traditional “off seasons,” and an explosion of social media exposure that has made hidden gems into national and even international viral sensations.

The impact on wildlife is only recently apparent, and the Vail elk herd may be one of the more egregious examples.

Outdoor recreation has long been popular in Colorado, but trail use near Vail has more than doubled since 2009. Some trails host as many as 170,000 people in a year. Recreation continues nearly 24 hours a day, 365 days a year, said Bill Andree, who retired as Colorado Parks and Wildlife's Vail district wildlife manager in 2018. Night trail use in some areas has also gone up 30% in the past decade.



*A bull elk calls in Colorado's Rocky Mountain National Park. Mark Byzewski/CC via Flickr*

People are traveling even deeper into woods and higher up peaks in part because of improved technology, and in part to escape crowds. The elk in unit 45, as it's called, live between 7,000 and 11,000 feet on the pine, spruce and aspen-covered hillsides and peaks of the Colorado Rockies, about 100 miles from Denver. Their numbers have been dropping precipitously since the early 2010s.

Blaming hiking, biking and skiing is controversial in a state where outdoor recreation is expected to pump \$62.5 billion into the state's economy in 2019, an 81% increase from 2014. But for Bill Alldredge, a now-retired wildlife professor at Colorado State University, there is no other explanation. He started studying unit 45 in the 1980s in response to expanding ski resorts and trails



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systems.

To measure the impact on calves, he deliberately sent eight people hiking into calving areas until radio-collared elk showed signs of disturbance, such as standing up or walking away. The consequences were startling. About 30% of the elk calves died when their mothers were disturbed an average of seven times during calving. Models showed that if each cow elk was bothered 10 times during calving, all their calves would die.

When disturbances stopped, the number of calves bounced back.

Why, exactly, elk calves die after human activity as mellow as hiking is not entirely clear. Some likely perish because the mothers, startled by passing humans and their canine companions, run too far away for the calves to catch up, weakening the young and making them more susceptible to starvation or predation from lions or bears. Other times it may be that stress from passing recreationalists results in the mother making less milk.

“If you’ve ever had a pregnant wife, and in the third trimester you chase her around the house in two feet of snow, you’ll get an idea of what she thinks about it,” Andree said.

The problems came to a head in 2017, when a group called the Vail Valley Mountain Trails Alliance proposed building a new trail through more of unit 45’s elk calving area. Andree wrote a letter explaining the dire impact of constant recreation on elk. Even if certain trails were closed during calving season, he said, elk would still be disturbed because some people simply disregarded instructions for them to keep out. “Generally when you ask people to stay out of the area no matter what the reason is, 80-90% obey you,” Andree said. “But if you get 10% who don’t obey you, you haven’t done any good.”

The recreation community acknowledges its impact on wildlife as well as other development, said Ernest Saeger, the executive director of the mountain trails alliance. Many people don’t understand the significance of the closures. Others, he acknowledged, just don’t care. So the group



*A large bull elk corrals a young cow and calf back into the herd at Rocky Mountain National Park in Colorado. A Colorado State University study found that about 30% of the elk calves observed died when their mothers were disturbed an average of seven times during calving. Tim Lumley/CC via Flickr*

formed a trail ambassador program to post more informative signs at closures and even place volunteers at trailheads to explain why trails are closed. The scheme reduced closure violations in 2018, according to Forest Service numbers. If trail building and closure violations in critical habitat continue, Devin Duval, Colorado Parks and Wildlife’s district wildlife manager in the area, anticipates the worst. “It will be a biological desert,” he said.

*Christine Peterson has written about outdoor recreation, land and wildlife issues for the past decade from her home in Laramie, Wyoming.*

**Editor’s Note:** Caribou Open Space north of Nederland should be a cutting edge success story about closures for elk calving season. Seems to me Vail is a big enough area that closures during calving season should not cut back that much on tourism dollars and locals should abide by and promote the closures simply to protect their local Elk.

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# Development Is A Cancer On The Landscape

By Jack Hereford High Country News Nov. 11, 2019

My mom made maps of time. Before retiring, she'd bushwhack over ranges and into basins, find traces of past epochs on hilltops and buried sea beds revealed by stream cuts. With a rock hammer she'd gouge out samples, shatter geodes to identify minerals under a hand lens pulled from a worn leather holster on her hip belt. From craggy promontories, she read time through the language of land crumpling and unfolding, punctuated by uplifts and fault lines. Sitting on dusty tailgates under wide desert skies she compiled notes, consulted previous surveys, built a block of land in her mind framed by superposition — what's oldest is underneath — and the knowledge that land moves slowly or cataclysmically.

A woman of medium build, burdened by a bulky field pack, sunhat and stout scrambling boots, she walked all over the deserts of Arizona, Nevada and Utah, and in the corners of California and New Mexico. Her then-brown hair was longer and straight, and her face fuller, already crossed by crow's feet and smile-lines but with rounder cheeks.

My mother's bones are making more lymphocytes than is usual. Lymphocytes are white blood cells that attack viruses in the body, but hers lack key proteins and are

ineffective. These cells seep out of her marrow into her bloodstream, which is tilting towards an imbalance between red and white, thanks to faulty DNA.


Now that she's retired, she walks every morning; she seems unconcerned as she steps out the front door into the cold winter air in Flagstaff. I wonder how much of her thought is bound up with white blood cells — if while she walks through the forest, she thinks of how these lymphocytes flowing through her veins came from the marrow in her bones; if she is quietly amazed that the infantry of our immune system originate from within the very infrastructure of our bodies. I wonder what she thinks of hers faltering, as if her bones are failing her.

But after 64 years, she knows to keep some thoughts from intruding, to just look out and see how things have come to rest.


Last winter I ran almost daily, using the gray skies as an excuse to move, to remember that Tucson, where I live, has an elusive beauty. Moving reminds me to see that these buildings I pass by are tapped into an electric grid, that they were recently developed and require an allocation of water resources. That the people waiting at the bus stop have their own intrusive thoughts, and that they find it difficult to keep those thoughts out as well. That the mesquite trees and feather bush and palo verde by the path are all planted


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All this distance obscures the consequences of how I live, in a city with water, electricity, fresh food and entertainment constantly available. I have to leave to see what's underneath, what's oldest, the land I live on but not in. I ask not who, but what, are we. Am I the cells in the bloodstream or the damaged DNA? My feet keep striking the pavement. I'm a

flat-footed runner, and I'll get shin splints soon. The air is cool on my neck and arms. I think about my breath, lungs working while the words drift away, pushing against thoughts too large to move.

for my enjoyment, and that I do enjoy them. That the indoor world of air conditioning and plumbing and electricity isn't everything; that, outside, the weather's changing.

*Jack Hereford, winner of this year's Bell Prize, is soon to graduate from the University of Arizona; he is looking for post-grad work, including dishwashing.*

When I'm running, I see replication everywhere: the beige neighborhoods, the cloned shopping districts, and all unchecked lymphocytes. I wonder where cancer is metastasizing in the West. Is it the constellation of freeways — blacktop tendrils carrying commodities, commuters, loners — or — the power cables and towers bristling over hills and dotting vast, empty stretches of desert? Is it the dams clogging every river: Hoover and Glen Canyon, two especially malignant growths? Or the Owen's River Aqueduct and the canals of the Central Arizona Project bringing water intravenously to Los Angeles, Phoenix and Tucson?

I'm running under a winter desert sky as clouds of brilliant white with dark blue edges disentangle over the crest of the Santa Catalina Mountains, an unraveling of lenticulars. Sometimes I find myself talking in my head, conversing with figments of my conceptions of others. I'm asking my Mom: Is there too much space in the West?

  
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# Update: BuffaloFieldCampaign.org

Super Successful Grand Opening at the Boulder Museum! Buffalo Field Campaign and Red Shoes Studio thanks Boulder for a Wildly Successful weekend of panel discussions, school field trips, and Grand Opening Celebration of Our National Mammal!

We began our five-day celebration with a visit to Professor Erin Espelie's EcoCinema class at the University of Colorado, Boulder. That evening we travelled to 9,200 feet and the hamlet of Ward. Thank you Erin and Mike Parker, of Ward's Public Library, for being such great hosts of Mike Mease & Mignon and the BFC Road Show 2019!

Thursday night we found ourselves at Patagonia Boulder for another Road Show stop over. Patagonia is a champion of Wild Buffalo and BFC's field presence, educational & policy efforts. Golden Hoof Farm supplied us with Regenerative Agriculture & Humanely raised meats and cheeses~bridging that gap between local food production and wild free roaming bison...we can co-exist because Wild Buffalo are the ultimate Carbon Farmers...a keystone species that can counteract the Climate Catastrophe!

Friday morning found BFC Executive Director, James Holt, and Mike Mease at KGNU, a community & volunteer powered radio station serving Boulder, Denver and beyond!



Thanks to news director, Maeve Conran, for always making time to Spread the Word to Save the Herds! BFC's co-founder Mike Mease, board president Justine Sanchez, and executive director James Holt talked about wild buffalo with one hundred third graders! *Photo above by Mignon Geli, Buffalo Field Campaign.*

The school kids then went down to experience the Wild Buffalo in Boulder exhibit and dress up like a buffalo for the selfie station. Friday night we had our first of two panel discussions, Buffalo Roundtable. Buffalove and thanks to our co-sponsors Right Relationship Boulder, Defenders of Wildlife, Tungsten Toffee, and Yerba Cha. This historic panel was one of the first times Native and Non-Native people have come together to share Solutions for the Buffalo. While sometimes disagreeing about how to protect and restore wild, migratory bison, all agreed that it must be done!

Saturday morning we continued the dialogue with Coffee & Conversations; additional sponsors, Ozo Coffee & Spruce Confections making sure we were well fed and caffeinated! That could be why the conversation became a little more heated with disagreements around quarantine and CSU's contentious "breeding a better bison" program; where genetic material is taken from doomed Yellowstone Bison and used in a laboratory where it is washed of brucellosis and then touted as superior to wild, migratory bison at exorbitant costs. Mike and James did a good job of bringing it back to the Sacred Nature of these Survivors, the Yellowstone Buffalo...and the importance of letting Wild Buffalo Be Wild!

Finally it was the time we had all been waiting for: Jazz for the Buffalo on the Rooftop with Hazel Miller! Hazel and her band were amazing and so generous, a signature sponsor for the buffalo! Laudio's Restaurant made giant pans of paella and Avery & Dogfish Head Breweries donated all the beer And that's not all, Chocolve and Tungsten Toffee supplied hand crafted desserts and good friend to the buffalo, D.C. Larabee, brought home brewed jun as our non-alcoholic beverage. Singer, song writer, and BFC volunteer, Ella Running~rabbit performed her Call to Action song, Buffalo Rights. Wild, Free Roaming Bison!

<b>DECEMBER EVENTS AND SPECIALS</b>		
<b>Dec. 6</b> <b>"UGLY SWEATER PARTY &amp; CONTEST"</b> <small>See our Facebook events page for info!                  Dance party with PJ the DJ                  6pm to 10pm</small>	<b>Dec. 7</b> <b>LIVE MUSIC</b> Lucas Wolf 5pm to 8pm	<b>Dec. 13</b> <b>KARAOKE</b> by Native Fire 6pm to 10pm
<b>Dec. 14</b> <b>LIVE MUSIC</b> Cara Elizabeth 5pm to 8pm	<b>Dec. 21</b> <b>LIVE MUSIC</b> <small>from Acoustic Jelly</small> Robert Hojaboom 5pm to 8pm	<b>Dec. 25</b> <b>CLOSED</b> MERRY CHRISTMAS!
<b>Dec. 27</b> <b>KARAOKE</b> by Native Fire 6pm to 10pm	<b>Dec. 28</b> <b>LIVE MUSIC</b> Richard Shine 5pm to 8pm	<b>Dec. 31</b> <b>Happy 2020!</b> Open 3pm - 8pm Private Party 10pm to 2am
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# The West Is More Than Heroes & Villains

By Carl Segerstrom Nov. 11, 2019 High Country News

In ‘This Land,’ Christopher Ketcham roams the West in search of both, and misses a lot in between.

*This Land: How Cowboys, Capitalism, and Corruption are Ruining the American West* by Christopher Ketcham, 432 pages, hardcover: \$29 Viking, 2019.

Cast a stone anywhere in the open spaces of the West, and there’s a decent chance it’ll hit something that offends your conscience. Love wildflowers? Bemoan the destruction cattle wreak on the range. Cherish wildlife? Weep at wolves gunned down on ranchers’ behalf. Find fulfillment in lush forests? Suffer the stumps of industrial logging. Respect ancestral ties to land? Deplore the rigs and recreators despoiling it.

As Christopher Ketcham tromps around the region in his new book, *This Land: How Cowboys, Capitalism, and Corruption are Ruining the American West*, he throws predictable stones at environmental degradation. Through litanies of wrongdoing, Ketcham makes a pugnacious argument against despoilers of public lands, chronicles the many failures of federal oversight on the commons, and harangues the corporate softening of the environmental

movement.

These screeds aren’t without merit. For the most part, they are based on facts and include apt descriptions of environmental destruction and corruption. But the arguments and examples Ketcham provides are often reductive. Complex resource issues are reduced to destruction versus preservation. Federal employees are either the few brave whistleblowers Ketcham talks to or a legion of enablers paving the way for the industrialization of wilderness. Ketcham’s West becomes a landscape for the preservation and enjoyment of those with the physical capacity and leisure time to seek it out, not a place to live on or make a living in.

*This Land* begins with Ketcham watching a bulldozer plow through stands of juniper and piñon pine in the Egan Range of northern Nevada. Seeing the gnarled trees subjugated to the machine sends him clutching his copy of Edward Abbey’s *The Monkey Wrench Gang* and contemplating eco-sabotage to halt the Bureau of Land Management project. The scene pulls on the reader’s heartstrings, as do many in the book. Ketcham has a knack for impassioned scene-setting, indulging the senses in his descriptions of each landscape he (Continued next page.)

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## Highlander Book Review

bears witness to. But, much like the dozer, Ketcham plows right past any nuanced discussion of the Egan Range project, simply writing it off as a favor to cattlemen who will benefit from the removal of the trees.

In fact, a healthy debate exists over the merits of this project, one of many intended to reverse the growth of piñon and juniper stands as they overtake sagebrush habitats across the Great Basin. Obscured by Ketcham's

vitriolic prose is the fact that range managers and wildlife scientists alike have hearty disagreements over the wisdom of such removal projects and whether this ecosystem is out of balance due to fire suppression and grazing. Those discussions, and many others in the book, are overwhelmed by Ketcham's desire to set clear battle lines, context and compromise be damned.

Ketcham crafts an image of the West as a landscape of heroes and villains — and does this complicated region a great disservice. In overlooking the nitty-gritty details of public-land management and not even attempting to reconcile how and why communities exist in rural areas. Ketcham has no time for mundane questions, such as how people make a living in places like Colville, Washington, or Kanab, Utah, or how they might cope with the collapse of extractive economies in places like Farmington, New Mexico, or Gillette, Wyoming. He also gives no voice to the dispossessed Indigenous peoples whose former lands now make up his unspoiled wild places. To Ketcham, who comes to the West to escape another villain — “Homo urbanus iPhonicus ... in my native habitat of New York City,” it appears that the people who actually live here are either on the take for industry, doing the bidding of the Mormon Church, or just too dumb to stand up for the natural world around them.

This simplistic view erases the experience of regular people, the kind of people who may not have time to worry over the wolf as housing prices climb — the kind of people who may love the range and care about its future, but are also trying to keep the family business running; the federal biologists who may love the habitats they work in, but can't afford to blow the whistle lest they lose their jobs and risk missing their college loan payments. These stories, the



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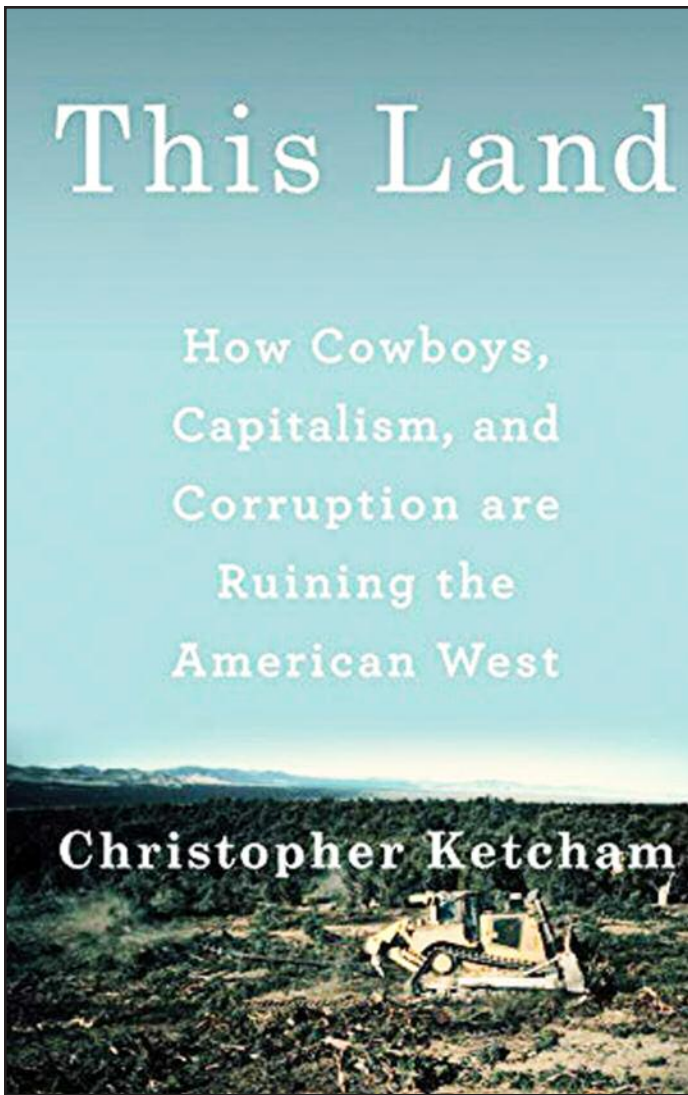
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Editor's Note: Negative reviews are not our norm but this author opened himself up for just such a deviation to that.



everyday stories of this land, are full of compromise, heartache and internal strife. But they just don't fit into the narrative Ketcham is selling.

Near the end of his book, Ketcham lays out a simplistic vision of a West where people and their machinations are removed from federal lands and the "wild," whatever that is, is left to its own devices. "Sometimes I'm glad my job as an investigative reporter is mainly to lay demolitions under the corrupt structures, blow them up, walk away, and let you folks deal with the rubble," he writes. Despite his bombast, Ketcham doesn't drop any new bombs in this book. Instead, he merely scratches away at well-worn craters. In doing so, he reduces the West to a battlefield, when it has always been so much more.

Carl Segerstrom is an assistant editor at High Country News, covering

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# Your Inner Life Elevates Your Outer Life

By Frosty Wooldridge

Back in our college years, my younger brother cut himself shaving one morning. He bled all over the sink. Blood ran down his neck and into the drain.

He yelled, "Howard, you stupid expletive, expletive and more expletives! How can one man be so stupid? You're an idiot moron dufus!" "Aren't you being a little hard on yourself bro?" I said. "I'm an idiot for slicing up my face," he replied. At the time, I took a psychology course for my teaching certificate. In that class, the professor lectured on "parent tapes" and how children suffer "scripting" from their parents. Every child's brain acts like a computer. It downloads everything parents do or say in front of their children.

When kids grow up in abusive and verbally violent homes, they download such speech and physical behaviors. Later, they act them out. They hang with others who express themselves in a similar fashion. It's called "group bonding" that allows for identity for each individual. When a child grows up in the ghetto, his or her brain downloads a lot of unfortunate life lessons. In my twenties, I taught two years in the inner city. I watched parents and their kids interact at teacher parent conferences. Good parents sent good, healthy and confident kids to school. Poor parents

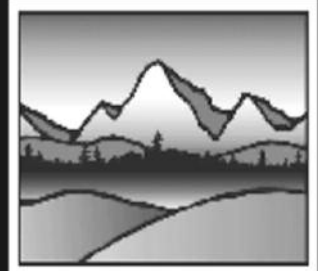


*(Everyone hits some "deep" snow on their journey through life. You can choose to get stuck in it or keep moving toward your ultimate goals. A good attitude makes the journey easier. Above hut skiing in the Rocky Mountains with my buddies.) Photography by Frosty Wooldridge*

sent angry, frustrated and indolent children to school.

Those kids faced lifetimes of struggle because their inner lives manifested in their outer lives. Such individuals become bullies or victims. They become drug dealers or

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**Michele Barone - [mbarone@wondervu-consulting.com](mailto:mbarone@wondervu-consulting.com)**



teen pregnancies.

When I taught in nicer schools with educated parents who enjoyed good jobs and nice neighborhoods, they sent positive-minded kids to my classrooms. Those children flourished in art, science, math, history and chemistry. They joined clubs to dance, act and create paintings.

No matter which kind of parents brought you up, in the end, today, you must take responsibility for your actions. You can “rewrite” your tape scripts from flawed ones to noble ones.

I said to my brother after he patched up his face, “Wouldn’t it be a better idea to say something more positive like ‘silly boy, I need to slow down while shaving to save my face from the razor’s haste.’” “You know something brother,” he said. “I think you’re right. I’m going to speak highly of myself during life lessons. I’m a cool dude so I might as well grow from such lessons via a razor blade.” “That’s my bro,” I said.

While my brothers and I enjoyed great parents who supported us, it’s easy to condemn yourself for doing “stupid” things or making a “mistake” that causes you to rebuke yourself. So how many ways do you chastise yourself? Let’s change “self-punishment” by creating a new positive “script” that we write into our brains daily by our choices. Think positive, act positive, feel positive and speak positively in everything you do every day. That means to catch yourself if you fall into negative thoughts or

actions stemming from anything that happens to you. Once you climb onto the “positive” thought train, your inner life leads to your outer expression in positive ways. Create enhanced energy actions that promote your highest and best. You may “rewrite” your scripts no matter how negative in the past. Make sure you avoid blaming anyone for your current situation. Take full responsibility and move toward changing your personal conditions with your actions. Associate, work and play with other positive people. Avoid gossipy people, condemning people and negative people. Leave their influence by departing their arenas. When you fail at something, learn from it and move forward. When you fall, make sure you fall forward. Get up, dust yourself off and move with a positive attitude to your next challenge. Pick some historical figure who inspires you. Understand they faced enormous difficulties, too. Make their strengths yours!

I am inspired by the late comedian Robin Williams who said, “Please, don’t worry so much. Because in the end, none of us have very long on this Earth. Life is fleeting. And if you’re ever distressed, cast your eyes to the summer sky when the stars are strung across the velvety night. And when a shooting star streaks through the blackness, turning night into day... make a wish and think of me. Make your life spectacular. I know I did.” Whom do you admire? Make your life as spectacular just like they did by changing your inner life to enhance your outer life.

# Happy Holidays



*May the Season bring you and yours  
Happiness & Good Health!*

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## Bundle Up for Winter Storms

Are you prepared for winter's cold grasp? Winter weather fell quickly upon us this year, with some parts of United Power's service territory receiving approximately a foot of snow followed by a few cold fronts moving through the state dropping the temps well below freezing. The winter weather can wreak havoc on your home. By winterizing your living space, you'll be prepared for extreme cold and hazardous conditions. Here are some ways you can better prepare your home for winter weather before it officially arrives later this month.

- Remember to maintain and inspect heating equipment every year to ensure they're working safely and properly. Change out the filter on your furnace. Have your chimneys cleaned and inspected to make sure nothing is blocking the flue.
- There are many places in the home where heat can escape and cold air can enter, but windows are one of the biggest culprits. Consider installing storm windows for better insulation.
- If replacing windows is too expensive, sometimes a little caulk can do the work. Caulk and weather strip doors and windows to make the most of your heating system. Covering windows with plastic (from the inside) can also keep the cold out.
- Freezing temperatures often cause water pipes to burst. Remember to insulate pipes with insulation or newspapers and plastic. Allow faucets to drip during extreme cold to avoid frozen pipes.

## Use Generators Safely This Winter

Winter weather is inevitable in United Power's Mountain Territory. When severe winter storms hit, they often bring heavy accumulation of snow and ice, which can lead to downed power lines and extended outages.

The use of portable generators is commonplace during power outages, but you may not know they can potentially create one of the more dangerous situations for the linemen trying to restore power to you and your neighbors. When a generator is plugged into a wall outlet, service panel or breaker box, it produces a "backfeed," which happens when electrical energy flows in the reverse direction from its normal flow. A backfeed re-energizes the transformer closest to your house, and puts linemen at risk of electrocution.

Think of a transformer as a funnel. As electricity enters the transformer from the power lines, it is funneled out at a lower voltage sufficient to provide power to a household. When it enters from the reverse direction, it has the opposite effect, returning the voltage to a higher level. Linemen who are caught unaware of a backfeed could risk serious injury, or even death.

It is never recommended to plug a generator into a wall outlet, service panel or breaker box; instead, plug appliances and other electrical devices directly into the generator as specified in the product's operating instructions. In the event you find it necessary to plug the generator into a wall outlet, flipping your property's main breaker to the "off" position may provide protection to linemen working in the area. This position prevents electricity from flowing into or out of the breaker. Remember to disconnect your generator from the wall outlet prior to turning the breaker back on.

Linemen spend countless hours in dangerous situations making sure power continues to flow to every member in our service area. Help us take the necessary steps to keep them safe.



## Summer Youth Trips

Each year, United Power offers students in its service territory the opportunity to build leadership skills through youth trips. Applications for summer youth trips are now being accepted. Learn more at [www.unitedpower.com/youth-trips](http://www.unitedpower.com/youth-trips).

### 2020 Youth Tour | June 18-25, 2020

Explore Washington D.C. with students from across the country, and learn about American history and the cooperative business model while developing leadership skills.

### Applications Due: Jan 19, 2020

### 2020 Youth Camp | July 11-16, 2020

Students spend a week near Steamboat Springs learning the value of co-op principles and developing leadership skills to model in their schools and communities back home.

### Applications Due: Jan 31, 2020

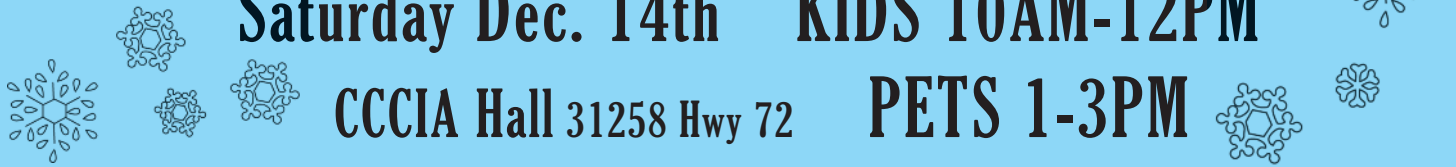




# Merry Christmas to All Santa Clause Visit

Saturday Dec. 14th KIDS 10AM-12PM

CCCIA Hall 31258 Hwy 72 PETS 1-3PM



**6 Car Garage**  
**Coal Creek Canyon**  
 Gorgeous Updated Log Home - 1.82 Acres  
 4 BD/ 4 BA 3,817 sq.ft. **\$1,100,000**



**32147 Sylvan Road**  
 Complete Rebuild / Passive Solar  
 3 BD/ 2 BA 1,405 sq.ft. 1.01 Acre



**Horse Property**  
**31448 Coal Creek Canyon**  
 Slice of Heaven - Barn & Corral  
 3 BD/ 1 BA 11+ Acres **\$600,000**



**269 Olde Carter Lake Road**  
 Snowcapped VIEWS! 1.87 Acres  
 3 BD/ 2 BA 2,475 sq.ft. **\$515,000**



**11753 Hillcrest**  
 Wonderful Remodel / Amazing Views  
 4 BD/ 4 BA 2,620 sq.ft. 2.18 Ac. **\$569,000**



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



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



**9321 Nile Ct. Arvada**  
 Designer Home  
 3 BD/ 4 BA 5,362 sq.ft. **\$695,000**



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



**900 Camp Eden Road**  
 Amazing Custom Remodel  
 3 BD/ 2 BA 2,358 sq.ft.



**11150 Circle Drive**  
 Secluded Back Deck with Hot Tub  
 3 BD/ 3 BA 2,048 sq.ft. 1.5 Ac. **\$480,000**



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



**1011 Rudi Lane**  
 Custom Log Home 1.47 Acres  
 3 BD/ 2 BA 2,236 sq.ft. **\$465,000**



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



**19 Leon Lane**  
 Amazing Remodel-Horse Prop -Views  
 2 BD/ 2 BA 1,500 sq.ft. **\$399,000**



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