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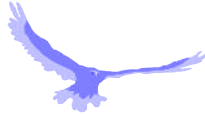
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About the Cover:

Copperdale Lane area mule deer buck, photo taken only days before he was the target of a crossbow poacher, story page 5.



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\$500 Reward For Crossbow Poacher

This month's cover photo is of one of our local multi point mule deer bucks. He was so handsome and unafraid of people. That is why he is now dead. Mostly due to people feeding him and conditioning him to look to humans for food. But this is the third arrow shot buck in three years, some resident has been guilty of shooting their crossbow at our big bucks. Not to kill, but to fatally injure and leave them to suffer a horrible slow and agonizing death. This one got found by residents that notified the Dept. of Wildlife so they could come and put him down before he walked off into the forest to die slowly and painfully.

This is unacceptable and as a community we need to come together and identify this unethical and mentally imbalanced individual. Someone knows this person and can call the number here to lead officials to stop this abuse of wildlife. You can remain unknown to the person responsible and wardens will handle the situation and person accordingly. But we need your help by way of a tip, and you could receive a \$500 reward by calling **Operation Game Thief**.

So many of us enjoyed seeing this big buck almost daily, appreciating his natural beauty and yet concerned by his lack of fear of humans. This only happens when someone feeds wildlife. **It is illegal to feed them:** salt blocks, mineral blocks, sweet mix, alfalfa hay, bird food, food scraps out the back door – all (Continued on next page.)





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Highlander Wildlife

bad for the wild in the deer population. I've said it so many times and yet here we are again – seeing the repercussions of folks ignoring the laws and thinking 'oh just a little won't hurt' – well it killed this buck through no fault of his own. He was just responding to so called 'well meaning' humans and then when he was confronted with a monster holding a crossbow.... Well he suffered the worst – shot by a non-friendly human, just for kicks.

I was involved in following the blood trail of last year's victim – arrow in the neck: not enough to kill but just enough to fatally injure – we never found him and he too was a neighborhood daily visitor – enjoyed by all who saw him. The shooter was never found, may they rot in hell. This sort of animal abuse is symptomatic of a deeper kind of mental illness. If not identified and held to account for these crimes – more serious incidents could happen against humans this person encounters. Similar to teenagers that torture pets, this person probably has the capacity to torture people.

Please, if you know this person or know of this individual – call the **Operation Game Thief** toll free phone line and turn them in. You will be helping unsuspecting wildlife in the future and could even be saving humans that could become this person's target. While helping to prevent future incidents like this you could be helping this person get necessary mental health intervention to keep them from committing worse atrocities.

Individuals who kill or injure big game animals in Colorado and abandon them may face serious charges including any of the following: felony charges, permanent loss of hunting and fishing privileges, and a potential

prison sentence. The public is reminded that poaching is a serious crime and that poachers take away wildlife opportunities from responsible hunters and the citizens of the state of Colorado. Anyone with further information may contact Colorado Parks and Wildlife District Wildlife Manager Mike Brown at 719-980-0025 or Aaron Bartleson at 719-940-3587 or Tim Woodward at 303-829-2428.

Operation Game Thief may offer a \$500.00 cash reward for any information that leads to a citation or arrest in these cases. If you have information about this case and would like to remain anonymous, **contact Operation Game Thief toll free at 877-265-6648, (877-COLO-OGT).**

Tips/information may be e-mailed: game.thief@state.co.us.

Please help our wildlife remain unharmed by humans in our bedroom communities so we can all enjoy their presence and existence **by: NOT FEEDING WILDLIFE**, not hunting illegally, not conditioning wildlife to be unafraid of humans (not all humans are safe for wildlife). Do your part and call the tip line to turn in someone you know may have shot this mule deer buck for no reason other than to make it suffer. Put up No Hunting signs on your property, never allow someone permission to hunt on your property in our bedroom communities. It is never safe, even with a bow and arrow with so many homes close together, people walking their dogs, equestrians riding the roads and trails, dogs wandering on their own properties, kids playing in their own yards...the list is endless. Do your part and keep an eye out for unsafe activities and make a call to authorities to protect your neighbors and our local wildlife.

By A.M. Wilks

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Update: American Wild Horse Campaign

As the dust settles on the Fiscal Year 2020 spending agreement reached by Congress recently, we wanted you to know that the fight is far from over and that there will be ample opportunities for us to defend wild horses and burros in this New Year. We also want to highlight two significant positives that were included in the spending bill that are a direct result of your advocacy and leadership from key officials in Congress.

Congress attached strings to the \$21 million budget increase for the BLM Wild Horse and Burro Program.

The spending bill states that the additional funding will not be made available until 60 days after BLM submits a report to Congress detailing its plan for future wild horse management. This is a direct result of alarm bells raised by House Natural Resources Committee Chair Raul Grijalva, Subcommittee on National Parks, Forests and Public Lands Chair Deb Haaland and ten of their colleagues about increasing the agency's budget by nearly 30% without following proper oversight channels. While we remain disappointed that Congress awarded the BLM millions more tax dollars without strict requirements to prevent BLM from using all the funds to round up and sterilize wild horses, this new provision is a significant improvement over previous versions of the spending bill. It gives the House committee with oversight over the BLM — the Natural Resources Committee — a chance to scrutinize the plan and, potentially, take steps to rein in the BLM, before funding is authorized. Huge thanks for this major development goes to Grijalva, Haaland, Judiciary Chair Jerry Nadler, and their colleagues who formed this

bipartisan effort to protect our wild horses and burros by signing a letter to request proper oversight.

Forest Service Wild Horse and Burro Slaughter Ban

Another positive development in the FY 2020 spending bill is language that prohibits the U.S. Forest Service from destroying healthy wild horses and burros and selling them for slaughter. Previously, Congress prohibited the BLM from lethal management of wild horses and burros, but the ban did not extend to the Forest Service, which manages a much smaller but still significant number of federally-protected wild horses and burros in the West. The expanded prohibition is a direct response to the Forest Service's threat to sell California wild horses for slaughter and a result of the leadership of U.S. Senator Dianne Feinstein — a long time champion of horse welfare — and U.S. Reps. Ted Lieu, Dina Titus, Grijalva, and California State Assembly member Todd Gloria who worked with AWHC to pass legislation to improve protections for California's horses from slaughter.

Everyone who contacted their elected officials to seek protections for our cherished wild horses and burros should take a moment to appreciate the fact that our grassroots advocacy is working. Although this work is a marathon, not a sprint, and there are disappointments along the way, we are making progress on the road to saving America's iconic wild herds. You are the key ingredient to our successful advocacy for our wild horses and burros, and together, we remain the last line of defense between these beloved animals and their destruction.

From the bottom of our hearts, thank you.



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Political Polarization In The United States

Americans appear to be increasingly divided over politics. The gap between the policies endorsed by the Republican and Democratic Parties is growing, as is animosity between people who identify with different parties. How is polarization influencing decision-making and civic life in the United States? Can Americans still find common ground? What is political polarization, and is the United States becoming more polarized?

The United States has two main political parties, the Republican Party and the Democratic Party. In the early 1990s, the two parties had more similar policy agendas than they do today. Over the last 25 years, the Democratic Party has moved more to the "left," while the Republican Party has moved more to the "right."

What do "left" and "right" mean in American politics? Politics are complicated, and it is hard to reduce policies to a simple left-right spectrum. In general, the left is associated with socially liberal policies and economic policies that create a greater social safety net, while the right is associated with socially conservative policies and less regulation of the economy.

Example policies: expansion of government provided health care; increase in minimum wage. Example policies: lowering taxes on wealth; limiting government regulation of the economy.

LEFT (liberal) RIGHT (conservative)

Example policies: expansion of LGBTQ rights; more pathways to citizenship for immigrants.

Example policies: immigration restrictions; limiting access to abortion. Social Policies - Economic Policies

Thus, the gap between the policy positions of the Democratic and Republican Parties is also growing, and more Americans now identify consistently with the main policy positions of their party than in previous years.

People often change their political beliefs to match the positions of their party, which reinforces divides between the parties. www.facinghistory.org

What causes polarization?

Polarization is complex, and scholars are still debating the

exact factors that contribute to it. These are four of the many factors that are likely contributing to polarization's rise.

Political Activism - Political activists in each party tend to push for policies that are further to the left (in the Democratic Party) and further to the right (in the Republican Party). Some scholars believe that the increased influence of political activists has widened the gap between the two parties' platforms. Americans also tend to have greater feelings of dislike toward members of the other political party than they have had in previous years.

ASK YOURSELF: What does political polarization look, sound, and feel like where you live?

Source: "Political Polarization, 1994-2017." Pew Research Center, Washington, D.C. October 20, 2017, <https://www.people-press.org/interactives/political-polarization-1994-2017/>. www.facinghistory.org

In 1960, 4% of Republicans and 4% of Democrats said they would be displeased if their son or daughter married someone of the opposite party.

In 2019, 45% of Democrats said they would be unhappy if their child married a Republican and 35% of Republicans say they would be unhappy if their child married a Democrat.

Election Policies - Recent policy changes have given political activists more power to influence which candidates get picked to run for office. For example, campaign finance reforms have made it easier for political activists to give large amounts of money to the candidate they support. Also, more districts are gerrymandered (gerrymandering is the practice of drawing the boundaries of a legislative district to give one political party an advantage over the other), which can lead to districts that are overwhelmingly populated by members of the same party. Gerrymandered districts often elect candidates who support policies that appeal more to the party base than to the center of the political spectrum. Primary elections can push political parties more toward the poles as well, since candidates often must appeal to activists

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within their political party in order to win a primary.

In-Group Bias - Psychological factors also play a vital role in reinforcing partisanship. While we may like to think that people form their political opinions based on a rational evaluation of different policies, research shows that cognitive biases, such as in-group bias, drive people to change their political opinions to match those of their group.

Anytime we join a group, we start to develop positive feelings toward other group members and negative or distrustful feelings toward non-members.

In the American two-party system, people often have negative associations with members of the other political party. These negative feelings can make it difficult for people to have productive conversations about policy across the political divide. Once people are members of a political party, they often switch their political opinions to match the positions of their chosen party. As a result, as political parties become more polarized, so do the average voters.

Media Bubbles - Many Americans are exposed to partisan news in their social media feeds and often have very few social media friends on the other end of the political spectrum. Online platforms, such as YouTube, use algorithms to expose viewers to increasingly extreme content, which can lead them to fringe political views without their realizing it.

Spending time in a political echochamber can make it easier for negative feelings toward members of the other political party to develop.

What are the consequences of polarization? Polarization is not all bad. The two main political parties in the United States are now more distinct than in previous decades, which gives voters more meaningful choices. However, as political parties move toward the poles and people increasingly distrust members of the other political party, it has become difficult for politicians to agree on a way forward. Congress is more likely to gridlock and find it difficult to pass legislation, while campaigns and partisan media can become more divisive.

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What are the limits of polarization? Despite growing polarization, Americans are less likely to express negative feelings toward someone of the other political party if they are told that the other person does not care very much about politics, or if they are asked to focus on other aspects of their identities, like their shared identity as Americans or fans of the same sports team. In addition, many policies have bipartisan support, or support from members of both the Republican and Democratic Parties.

How do you see polarization in the news? How do you think polarization might influence how Americans respond to current issues?

What other individual or policy changes do you think could help to decrease the negative effects of polarization? 78% of Americans are in favor of encouraging highly skilled immigrants to come to the United States. 60% of voters support spending \$1.3 trillion to weatherize homes, to make them more energy efficient. 85% of Americans are in favor of requiring background checks on people who buy guns through private sales or gun shows.

What can I do about political polarization? Reforming the policies that govern elections and governance can help decrease political polarization, but there are also things that individuals can do: Focus on issues rather than parties: Decide what policies you want to pass, instead of focusing only on which political party you want to win the election. Try getting involved in local politics, where issues often matter more than political parties. Break out of your media bubble: Try to follow a variety of news sources that examine issues from different political angles. You can use AllSides' website to find out more about the political leanings of different news outlets. Learn to listen: Try to understand the perspectives of people on the other side of the political spectrum and listen to other points of view before judging. Read the Greater Good Magazine article *Five Ways to Have Better Conversations Across Difference* for advice on how to have a productive discussion with people who have different perspectives or experiences. www.facinghistory.org



<http://www.TEGColorado.org>



The Link Between Poor Diet & Brain Issues

Nov 26, 2019 | by Ruairi J Mackenzie
Science Writer for Technology Networks

Most recent headlines around neurodegenerative disease research are in the context of a multi-billion-dollar drug failure. But whilst there have been some (extremely expensive) setbacks for long-standing theories in the field, novel research directions have recently emerged that offer routes towards an effective therapy. These findings suggest that we might need to look at novel cells, brain areas, and even new areas of the body in order to understand and fight these complex conditions.

“Let me just start out by saying that epidemiological studies have shown for some time that for two age-related neurodegenerative diseases, Alzheimer’s and Parkinson’s, there seems to be a window of time during which anti-inflammatory drugs may have reduced the incidence of Alzheimer’s and Parkinson’s later in life if they were consumed chronically,” says Malu Tansey, a Professor and Director of the Center for Translation Research in Neurodegenerative Disease at the University of Florida.

As interviews go, that’s quite an opening statement. Tansey isn’t talking about invasive immunotherapies or

personalized medication regimes, but over-the-counter, pharmacy-derived tablets cutting down risk of a disease for which an immune component is often overlooked.

It’s well known that changes to the immune cells in our brain are common in Alzheimer’s disease. Our brain’s resident cells, microglia, become activated and areas of the brain become inflamed. But this was always considered to be a response to the formation of amyloid plaques and tau tangles, two distinguishing molecular features of the disease. Tansey’s suggestion that anti-inflammatories could have some therapeutic benefit (if taken at the right time) would flip that theory upside down.

But the data isn’t all in agreement. Tansey explains that individuals who took anti-inflammatories later in life, as medication following a hip replacement, for example, didn’t receive any benefit, which perhaps explains why testing drugs of this class has resulted in failed clinical trials with Alzheimer’s patients. “Some of the studies apparently show some protection for people that consumed [anti-inflammatories] in their 30s and 40s.”

An immune system working against the body. This isn’t the only evidence suggesting an inflammatory component to the condition. Diseases of chronic inflammation are risk factors for Alzheimer’s disease, and genome wide association studies (GWAS) which scour the genome for genetic links to particular diseases turned up a host of strong links between immune genes and risk of developing Alzheimer’s disease. Our immune system is meant to be protecting our bodies – why is it involved with a disease that ravages them?

Tansey’s lab first began looking at inflammation in the context of brain health 20 years ago, when her team exposed mouse models to lipopolysaccharide (LPS)



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molecules, components of bacterial cell walls, with the aim of studying what the resulting immune response would do to their mice. The LPS dose was substantial, short-lived, and, Tansey tells me, didn't do very much to their animals' brains.

The inflammation, she decided, was just not enduring enough to replicate the kind of long-lasting effects that might be having some damaging effects in elderly patients. A reviewer came back with an idea, "If you really want inflammation, you should just modify the diet!"

This was a spot-on suggestion. Tansey says, "Diabetes, metabolic syndrome, obesity are chronic inflammatory states peripherally.

"That suggests that if there's links between [these syndromes and neurodegeneration] then the chronic inflammation in the periphery must be affecting the brain somehow."

The "Jekyll-and-Hyde" protein - When given to mice, a high-fat, high-fructose diet, which mimics that consumed by Westerners, had rapid effects on their gut and brain, which became "leaky," representing a breakdown between the barriers separating our environment from our bodies, and our body from our brains.

Subsequent work in Tansey's lab, which she presented recently at Neuroscience 2019 in Chicago, showed that mice genetically pre-disposed to develop Alzheimer's disease-like symptoms saw their disease course speed up when fed the fatty, sugary diet.

However, when mice were treated with a novel compound that Tansey had created, many of these changes were reversed, including lower levels of inflammatory cells and reduced amyloid plaque pathology.

TNF, the protein target of Tansey's new therapy. This compound is designed to target an immune pathway called the soluble TNF pathway. The protein at the centre of the pathway, TNF, is found wedged in the membrane of certain immune cells.

During inflammation, TNF is bisected, with one arm of its structure staying put, and another becoming free-floating in the blood plasma. This protein, Tansey

explains, has been hard to target because of its "Jekyll-and-Hyde" like nature. "The arm that is membrane-bound is critical for lymphoid organ development, as well as immunity against infection," says Tansey. "And so, if you block that arm, you're blocking immunity against infection, you're blocking myelination, whereas at the other arm, you're blocking the soluble mediated inflammatory response.

"Our strategy is to selectively target soluble TNF and none of the existing biologics can do that. They block both arms, which is why you see the black box warning on the box, saying, if you have an active infection, do not take this drug. If you've been to an area where there's tuberculosis, do not take this drug."

Small steps in clinical trials - A new compound, currently undergoing clinical trials in Australia, XPro1595, has been developed by INmune Bio, for whom Tansey works with as a paid consultant. By targeting soluble TNF, the compound functions as a big stick jammed into the wheel of inflammation that is started by an obesogenic diet.

RJ Tesi, CEO of Inmune Bio, tells me that whilst the primary aim of this intervention is to slow down the cognitive decline seen in Alzheimer's disease, he's hopeful that there could be even be some slight restorative effects of XPro1595. "One of the (Continued on next page.)



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things that inflammation does is it screws up synaptic function. And so, getting rid of inflammation may, by improving synaptic function, improve cognition.”

But that isn’t the endpoint of the initial trial. Tesi is aware of the infamous failures of extremely expensive Alzheimer’s disease drugs that have plagued the field. First off, he simply wants to show that XPro1595 does what it says on the tin – slow inflammation.

“So if we do a small focused trial, looking at our important pathology, which is neuroinflammation, and we get rid of it, then we can pull up our boots and say, “Okay, guys, let’s buck up and do this big trial, because we think there’s a great chance we’re going to be successful.”

A new focus - Whilst there aren’t any results from XPro1595’s trials yet, the drug’s existence is part of a much wider acceptance of the immune system as an influence of neurodegenerative disease, says Dr Linda Van Eldik, director of the Sanders-Brown Center on Aging at the University of Kentucky, who was not involved in the study.

“I think that people are understanding now that inflammation, dysregulated inflammation in the brain is a big contributor to disease progression. You need to have controlled inflammation. Otherwise, if it gets out of control, or if it’s not regulated properly, it can shift from being a good thing to a detrimental thing,” says Van Eldik.

Theories such as the amyloid hypothesis that put that protein at the center of Alzheimer’s disease have rightfully had their fair share of attention, and Tansey doesn’t think the research discounts that prior work.

“We are not disputing the fact that amyloid played the role, but we feel that it is time to shift that paradigm on its head,” she says. The understandable desire among scientists to find a cure has seen other avenues of study brushed to the side.

With more interest in these other directions, says Tesi, will come better treatments that reflect the complexity of this terrible disease: “The technology we have to ferret out disease has improved dramatically over the last 115 years or so.

A good example is breast cancer; in 1950 you have ‘breast cancer.’ Today you have one of five or six types of breast cancers, depending on molecular markers. And each of those breast cancers are treated very differently.

Alzheimer’s is going to be exactly the same. There’s going to be three or four different pathophysiologies under there.

For instance, we are focused on neuroinflammation. Other people are focused on things like mitochondrial dysfunction, lysozyme problems, and they’ll even probably be a subset of patients who would benefit from anti-amyloid or an anti-tau.

The bottom line is, we think that that there are no silver bullets.”

Where Does The West Begin?

By *Tristan Ahtone High Country News Dec. 17, 2019*

On a warm Saturday afternoon in Fort Worth, Texas, half a dozen cowboys got ready to shoot each other. The Brodies, a bank-robbing gang on the lam from the Waco jail, had returned to Fort Worth's historic Stockyards to exact revenge on the folks that put them away: the town marshal and his dim-witted deputy. It was four against two, and the gunfighters stood a few yards apart, ready to draw. "Marshal, I think they all want to know what you have planned to do about this," squealed the deputy.

"Me?" replied the marshal. "We — as in me and you — are going to honor the Code of the West."

The men squared up and reached for their revolvers. The leather on their gloves creaked as they tightened their grips on their guns. Their spurs tinkled as they dug their heels into the brick.

"Wait a minute!" cried the deputy — marking the sixth time the shoot-out paused for comic relief. "Code of the West? Is that the one where I gotta die with my boots off? Or die with my boots on?"

"Boots on, boots off, it don't matter to us," said one of the Brodies. "Either way: You gotta die."

The marshal assumed a fatherly tone. "Honoring the code of the West means standing up for law and order, doing what's right," he explained. "You know, like Hopalong Cassidy, Gene Autry, Marshal Matt Dillon, and of course, Marion Morrison."

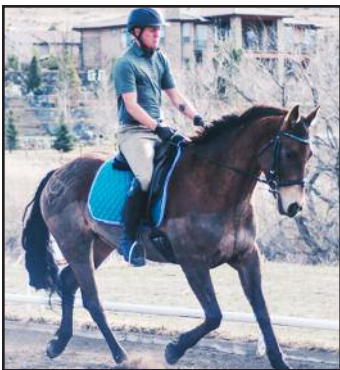
"Marianne who?" the entire cast said in unison.

"John Wayne!" hollered somebody from the audience. After a few more wait-a-minutes from the deputy, the men drew. When the smoke cleared, the evil Brodies sprawled dead on the ground, clutching their chests and sides. It was just another day's work in the Fort Worth Stockyards, where the past is replaced with mythology and reality is obscured by illusion.

The gunslingers, a gang of volunteers who shoot each other twice a day on Saturdays and Sundays, sported horseshoe mustaches and spoke with thick drawls. Nearby, longhorn cows meandered through the streets. Whiskey was flowing at all the saloons, open containers were allowed on the sidewalks, and kitschy stores hawked everything from plastic trinkets to high-end hats and boots.

If the Old West is a fantasy, the Stockyards is its muse. Here, folklore and legend are summoned through ritual and repetition, burying the reality of the cold-blooded past underneath family-friendly fun, complete with some of the West's oldest phantasms: the dime-store novel hero, the courageous gunfights, the idea of a dusty frontier just waiting to be discovered. It's clean and tidy, with no hint of the brutal scalp-hunters or paramilitaries who attended to the expansion of the nation's frontier, no acknowledgement of their victims or their violent legacy.

"Established at the fork of the Trinity River in 1849," reads the Stockyard's website, "the Fort Worth Stockyards represented the last 'civilized' outpost for cowboys driving cattle to market along the famous Chisholm Trail." Now listed in the National Register of *(Continued next page.)*



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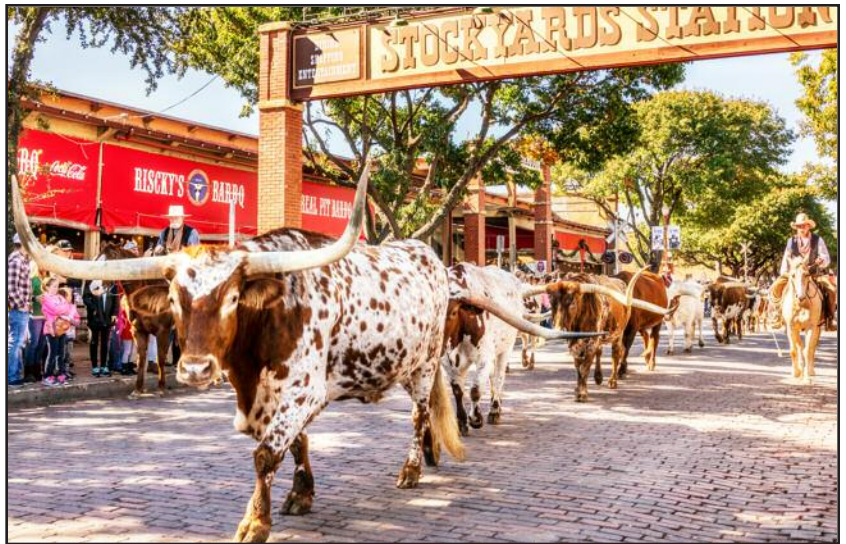
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Historic Places, it boasts daily cattle drives, rodeos, a Wild West show, livestock auctions, 14 restaurants, 13 bars, 35 shops and over 17 must-see attractions that offer an “authentic glimpse of the American West.”

Fort Worth’s version of the West is distinctly different from what lies beyond the 100th meridian. Outside the gunfights, saloons and rodeos, Texas longhorns roam, serving as the region’s mascots, despite being uncommon in most other Western states, like Oregon or Utah. Out of all the ungulates, a buffalo might best represent the American West. But Fort Worth has remade the West in its own image.

“If you didn’t know it, you’re sitting smack-dab in the middle of the Chisholm Trail: the most famous cattle trail back in the days of the drives back in the late 1800s,” intoned a man playing famed Wild West showman Pawnee Bill during Pawnee Bill’s Wild West Show, which is held every Saturday afternoon. “It’s where they would bring their cattle down close to the Trinity River. Well, the chuck-wagon cook could reload supplies and provisions to get ’em to the next stop before crossing the Red River into the Oklahoma Territory.”

A “New World” cattle breed, the Texas longhorn descends



directly from the first domesticated cows brought to the Caribbean by Columbus in 1493. And every day, at 11:30 a.m. and 4 p.m., they make a lazy parade loop around the Stockyards for onlookers.

Like many of the Stockyard’s less-than-accurate storylines, this statement requires some context: The Oklahoma Territory was not established until 1890, while the Chisholm Trail was generally no longer in use by about 1884. This is a minor historical quibble, and I don’t fault a live performer at a Wild West show for mixing up dates or trying to simplify a story for international audiences. But it is helpful to know that before it was known as the Oklahoma Territory, it was Indian Territory, and it was essentially illegal for a settler and his longhorns to trespass. The Code of the West has its limits, apparently — then and now.

At Pawnee Bill’s Wild West Show, which is held in the Cowtown Coliseum, a small herd of buffalo ran through before a man dressed as a Plains Indian came out to perform what Pawnee Bill dubbed a “ceremonial buffalo dance” of dubious cultural origin. A rider atop a galloping horse shot a single-action .45-caliber Colt revolver, and a woman used a mirror to fire over her shoulder, shooting stationary balloons out from between a man’s legs.

At Pawnee Bill’s Wild West Show, performers re-enact

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the original spectacle from the late 1800s and early 1900s. An actor performs a “ceremonial buffalo dance” for onlookers. Whether the dance has any roots in Indigenous customs or practice is unclear.

The show ran twice that day before the rodeo began. Rodeo is big in the Stockyards, with a fairly large competition running in the Cowtown Coliseum every Friday and Saturday night. Twice a night on Fridays and Saturdays, a block away, another rodeo is held at Billy Bob’s, the world’s “largest honky-tonk.”

“The Stockyards are very historic; it was the last place that people could come and sell their cows before going into Indian Territory,” explained Autumn, a bartender at one of Billy Bob’s 27 bars. “So we’ve kind of basically built off of that and kind of stuck with the heritage.”

The violence of that heritage rarely appears in such elevator pitches, nor do any of its current iterations. Last November, on the Friday night that High Country News was reporting there, country music singer Neal McCoy performed. The son of a Filipina mother and Irish father, McCoy’s merch table pushed shirts with the title of his newest single, “Take a Knee ... My Ass!” — a political anthem aimed at athletes like Colin Kaepernick and Megan Rapinoe, who have knelt during the national anthem at sporting events to protest police brutality and racism. “A lot of people don’t like this song, and I understand,” he says before launching into it. “But you’re a dumbass if you don’t like it.”

Only a month before and less than 10 miles away, a black woman named Atatiana Jefferson was shot and killed in her

home by a white Fort Worth police officer named Aaron Dean while she played video games with her nephew. Nevertheless, a few people stood and took off their hats. Then a few more. By the end of the song, almost everyone was standing, swaying.

“I’ll honor the ones who gave it all, so we’re all free to go play ball,” sang McCoy. “If only for their sake, I won’t take a knee. O, say can you see? If only for their sake, I won’t take a knee.”

In McCoy’s performance, violence was removed, as it is, generally, in the Stockyards, replaced by a more favorable, friendly view of The West.

Just 48 hours later a new set of actors got ready to shoot it out, just a few blocks from Billy Bob’s. The Brodies had escaped again, and the dopey deputy was still unsure of just what constituted the Code of the West.

“The code of the West means standing up for what’s right,” the marshal intoned in his best John Wayne drawl. “Doing what a man has to do. You know, like Hopalong Cassidy. Like the Cisco Kid. Like the Lone Ranger. Like Leonard Slye.”

“Leonard who?” the entire cast said in unison. “Anybody know who Leonard Slye is?” asked the deputy. Nobody in the audience answered. A few minutes later, the Brody Gang lay dead in the street as tourists took pictures.

Tristan Ahtone is a member of the Kiowa Tribe and associate editor of the High Country News Indigenous affairs desk. Photo credit TOMO - HCN.

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Your Brain When Sleep Deprived

By JR Thorpe

We all sleep for around a third of our time on the planet. While it might seem like a colossal waste of time to some people, sleep is pretty essential for many areas of health — particularly a healthy, functioning brain. There’s a reason only one night’s sleep deprivation makes your brain stop working: the organ requires deep, restful sleep to help repair itself, store data, remove waste, form memories, and many other functions. If you burn the midnight oil, experience insomnia, or just sleep poorly for a few nights, your brain’s nightly routine is disrupted, and you’ll feel it when you wake up.

Far from being relaxed when you’re sleeping, your brain springs into a new phase of activity. “Our brains are very active during sleep and use a lot of energy,” Dr. Mary Ellen Wells, Ph.D., the director of the University of North Carolina School of Medicine Neurodiagnostics and Sleep Science Program, tells Bustle. Only a small part of that energy is devoted to dreaming; the rest is spent on cleaning up, consolidating memories, and a host of other tasks. Experts believe this frenzy of activity happens during sleep because the brain can ignore the outside world, and just

focus on itself. “While you’re asleep, less data is coming in from your senses, allowing for other systems to function,” sleep expert Dr. Michael Breus, Ph.D. tells Bustle.

One way to look at the brain’s activities during sleep, Dr. Wells tells Bustle, is as clean-up. “Research suggests that our brain is doing very important housekeeping work during sleep, such as consolidating memories and sweeping out the neural trash,” she says. Sleep is crucial for the process of forming new memories; if you don’t sleep well, your brain doesn’t transfer memories into long-term storage and you’ll have difficulties recalling them later.

Dr. Breus tells Bustle that the brain also uses sleep as a chance to get rid of data it doesn’t need, and to clear out physical waste products. “The brain removes protein and hormonal waste during sleep to keep its cells functioning,” he says. A study published in 2019 found that cerebrospinal fluid, which circulates throughout the brain and spinal cord, increases in volume during sleep, possibly so that it can wash away rubbish that accumulated during waking hours. This removal process, Dr. Breus tells Bustle, operates on a circadian schedule; it’s tied to when we sleep and wake up. The accumulation of these waste products is associated with neurodegenerative illnesses like

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Alzheimer’s, so over time, sleep deprivation may impair your neural connections by clogging them with waste.

Besides cleaning, the brain also needs sleep to replenish itself. “Physical restoration of the brain occurs in stage three and four sleep,” Dr. Breus tells Bustle. These are the deepest stages of sleep, when we experience rapid eye movement and dreaming. During this time, the brain goes to work on restoring any damage it’s sustained from during the daytime. “Sleep is the state in which the brain restores the metabolic stores, trims unneeded synapses, reinforces specific connections and overall becomes more energy efficient,” Dr. Bradley Vaughn M.D., director of the UNC Sleep Disorders Clinic and professor of neurology, tells Bustle.

Studies have shown that the brain’s self-improvement overnight includes cutting back synapses to make room for new information and repairing damaged areas of cells. A study published in 2019 found that immune cells play a big part in this process; while we sleep, they get to work repairing nerve cells and the connections between them. Research published in Nature Communications in 2019 also suggested that the brain might be repairing damaged DNA in its neurons during the night. While we slumber, the brain is doing serious DIY — and when it’s sleep-deprived, it can’t repair itself and therefore can’t function at peak efficiency.


All of these nighttime functions are designed to help the

brain operate at 100% when you wake up in the morning. “Sleep helps your brain prepare for the work of being awake and helps you perform better,” Dr. Vaughn says. While you snooze and have odd dreams about cheese, your brain is doing a full spring-clean — so make sure you try to get a good eight or nine hours, and give it a chance to flourish.


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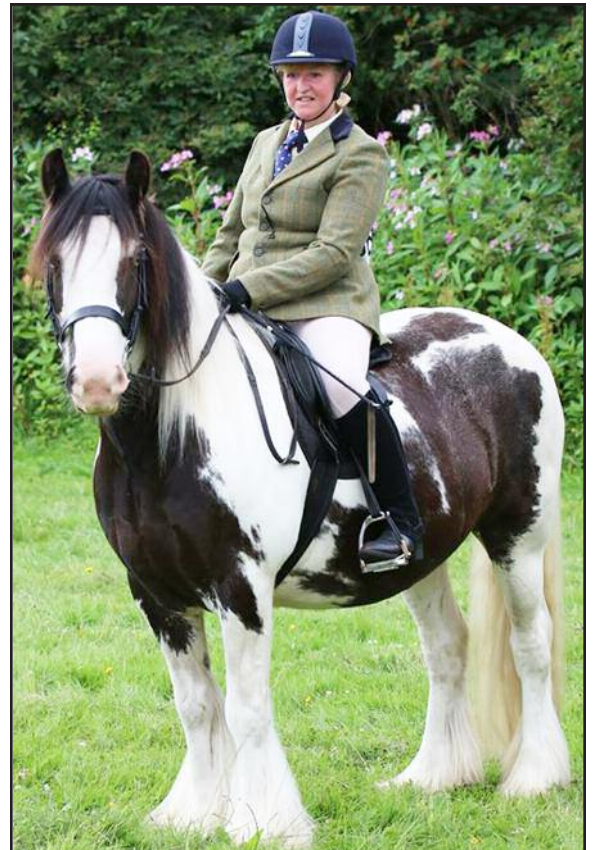


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*Top left: Cal romps, below Cal & mom from Pam Hill.
Top right: Butters from Reesa. Bottom: Bird group at feeder
from Janis Robinson. Right: Elaine Hughes.
Next page top left: Molly on Sugar Britches from Jacqui Conrad
below Ollie from Jacqui. Top right: Snickers puppy.
Bottom left: Julie's cats. Right: Bubbles- Hope for Paws.*





Prevent Merging Collisions & Driving In Fog

From Jim Plane – State Farm Insurance

What Steps You Can Take to Prevent Merging Collisions

Drivers who are entering, exiting, or changing lanes on busy roadways should never assume other motorists will make room for them to merge.

“Most people on the expressway never expect traffic to stop or alter its course, and they drive that way,” says James Solomon, director of training for the National Safety Council Defensive Driving Courses.

For this reason, motorists should drive defensively and take precautions when passing vehicles to prevent merging collisions. And CDL drivers or drivers towing a trailer, remember the extra weight makes it harder to stop.

Here are 10 ways to create safer merging:

1. Adjust your speed to match the flow of traffic before entering the roadway.
2. Yield to drivers on the freeway, but avoid stopping unless absolutely necessary.
3. Find a 3 to 4-second gap in traffic to merge. Solomon’s

advice: “I never look for the vehicle I want to get ahead of; I look for the vehicle I want to be behind.”

4. Check for cars around your vehicle before entering a lane. And remember to check your blind spot. Solomon’s advice: “Your mirrors will only show you where you aim them to look. You must do a head check.”“ Meaning, turn your head to check and see if the way is clear.
5. Use your turn signals early , a recommended 100 to 300 feet before merging or changing lanes.
6. Wait for the solid line to end before merging. A solid line indicates that lane changes are prohibited.
7. Cross one lane of traffic at a time.
8. Be prepared for your exit, and maneuver into the far-right lane as you approach it.
9. In general, keep up with the speed of traffic until you exit. However, Solomon says it’s important to adjust your speed to weather conditions and the design of the exit ramp.
10. If you must pass a vehicle, pass on the left and return to your lane once the vehicle is visible in your rearview mirror. Increase this distance when passing larger vehicles. If you’re driving a commercial vehicle, be sure to check your side mirrors and blind-spot mirrors as some commercial vehicles don’t have a rearview mirror.

Changing lanes properly can greatly reduce the risk of crashes, fatalities, and injuries on the road. Driving safety also means becoming familiar with laws in your state, such as lane change restrictions at intersections, on bridges, and in no passing zones. Check with your state’s Driver



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Driving safely in dense fogs

It's never ideal to drive in dense fog. Here are tips for when you have to keep driving.

What Steps You Can Take to Drive Safely in Dense Fog

Dense fog can create dangerous conditions on the road, especially if it's extremely dense fog or combined with other severe weather conditions. The safest thing to do is pull over into a parking area until the fog clears.

If you must continue your trip, keep in mind these tips for driving in fog:

Minimize distractions. Silence your cell phone and the stereo. Put distractions like your cell phone in a place where you won't be tempted to reach for them while driving, like the glove compartment.

Reduce your speed. Because you can't see the road or other vehicles, a low speed can help you react safely.

Roll down your window. This allows you to listen for cars and emergency vehicles.

Use roadside reflectors as a guide. The markings can help you navigate twists and turns.

Turn off cruise control. This will maximize your control of your vehicle.

Use windshield wipers and defrosters. Limits excess moisture on the window and reduce glare

Drive with low beams and fog lights. High beams can worsen visibility because they reflect off the fog.

Use the right edge of the road as a guide. Helps you stay in your lane and not "drift" into the middle lane.

Increase your following distance from other cars to ensure you have the proper time to respond to any obstacles. A good rule of thumb is to increase your distance behind another vehicle. On slick roads increase it even more to give you time to stop.

Beware of animals on the road. Animals, especially deer, they feel bolder under cover of fog and are much harder to see. The lowered visibility in dense fog means less time for you to see them, and for them to see you. Any vehicle behind you will be unable to see deer so won't be alert as to why you have to stop suddenly.

If the fog gets too dense and you pull over to a safe area, keep these tips in mind:

Use your turn signal. Other drivers may be using your taillights as a guide, so alert them that you're pulling off the road. When you are traveling in low visibility areas, signal earlier than you normally would in ideal weather conditions.

Pull off away from the road. If drivers can't see the shoulder, they likely won't see your vehicle either.

Turn on your hazard lights. Help other drivers know you're stopped. Avoid using flashing lights while driving. In many states, hazard light use is not permitted while driving. Using the lights can make other drivers think you're stopped or stalled. Also, hazard lights in operation disable your ability to use your turn indicators.

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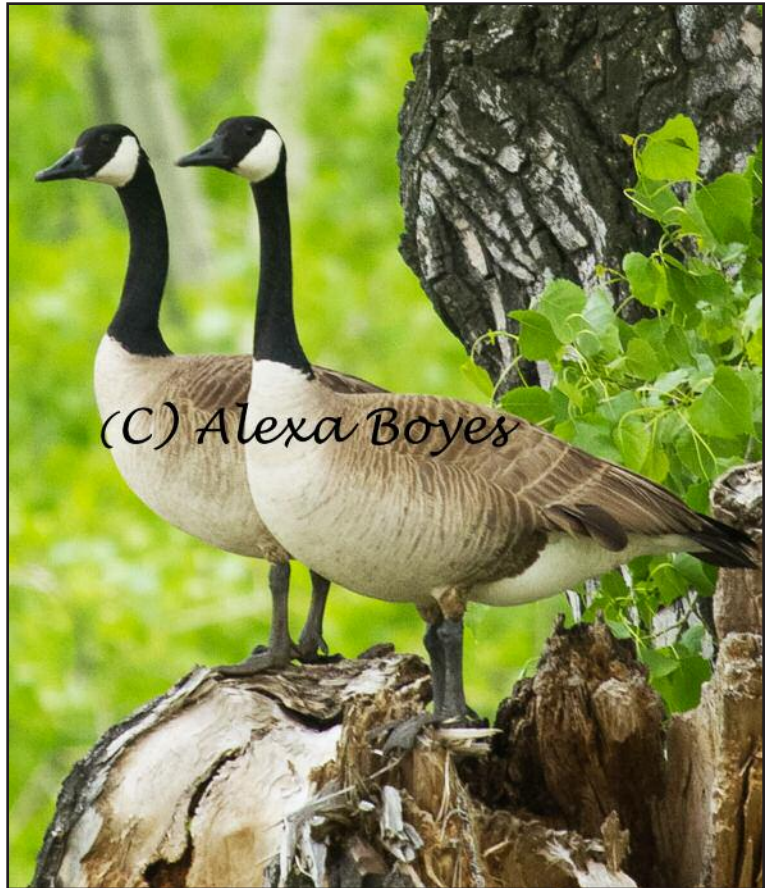
By Ingrid Winter

*An injured
Canada Goose
Is brought to Greenwood*

*Too injured
To be rehabilitated
So all we can do
Is let her go
In peace
And dignity*

*I am holding her
As she passes away
In a moment
Of utter silence
Her breathing
Gently stops
Her eyes close over
And her body lies still
In my arms*

*We look at her
And all three of us
Admire
The beauty of her shape
And
The exquisite pattern
Of her feathers*



*And in this way
We pay our respect
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As unique As you and I
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Climate Activists Protest With Disinformation

By Nathanael Johnson Dec. 11, 2019

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In Colorado, climate activists tried to trick reporters into releasing false information on two separate occasions. Recently, Colorado Public Radio reporter Michael Elizabeth Sakas got an eyebrow-raising press release from the Sunrise Movement, a youth climate-activism group that rose to prominence with sit-ins in politicians' offices. Supposedly Denver Mayor Michael Hancock was going to apologize for the fact that an oil company was one of the sponsors of a sustainability conference he hosted this week. When Sakas asked for more information, Sunrise shared a statement on what appeared to be City of Denver letterhead that seemed to back up the claim. But it was a fake: The Sunrise Movement had written the letter and lied to journalists.

The national leaders of the Sunrise Movement said they hadn't known anything about the misinformation tactic ahead of time. In an email, Sunrise Movement spokesperson Sofie Karasek said, "As a decentralized grassroots movement, hubs are autonomous from us and do their own thing." It's the first known example of Sunrise attempting to spread false information. Sakas noted that earlier this year, the Colorado branch of Extinction Rebellion, an international climate activist group that employs non-violent protest as its primary tactic, claimed that Governor Jared Polis had declared a climate emergency.

"We are obviously in a climate emergency (according to 99.9% of scientists), and we still have governments refusing to admit it or act as if the truth is real," a spokesperson for Extinction Rebellion in Denver, Dave Robinson, said. Here's what happened, according to Robinson: "Right before the start of the event, Coyote, another XR activist, took the podium and made a prank official announcement that the governor had declared a climate emergency. He then left the stage while the audience applauded wildly. The event then continued, and

the event staff, the host, and the governor did not correct the announcement."

CBS Denver fell for the lie, and repeated it in a newscast. Climate activists are still asking Polis to declare a "climate emergency" and act to stop oil and gas drilling in Colorado. On Friday, members of the Sunrise Movement held a sit-in in his office. In a statement, Conor Cahill, a spokesperson for the governor, said that, while he understood the activists' passion, "false information is not an appropriate pathway toward furthering the conversation about solutions to the economic and moral threat of climate change." Jonathan, an Extinction Rebellion coordinator in the United Kingdom, where the movement is headquartered, said he didn't know about the specifics of what happened in Colorado because the organization is "completely decentralized." (First-names-only on emails is an Extinction Rebellion norm.) But he added: "XR tells the truth, so we certainly would not encourage or condone putting out false information."

Morgan Anker, a representative of Sunrise Colorado, rationalized her group's fake letter from Denver's mayor by comparing it to other left-wing pranks. "The tactic was very much inspired by the group the Yes Men," she told the local radio station KGNU. "They are famous for different actions impersonating fossil fuel executives." But there's an obvious consequence for playing with the truth: loss of trust. Journalists may now scrutinize any information coming from these activist groups more closely before reporting it. Michele Weindling, a coordinator with Sunrise Colorado, told Colorado Public Radio that she was aware of the risks. The deceit might have gotten the group more attention than sending out truthful press releases would have — but it might not be the kind of media attention these activists should want. Instead of regarding these disinformation tactics as a kind of artsy prank, people concerned with the disintegrating norms of honesty could place these actions on a spectrum with fake news from Russia and falsehood-filled Trump-tweets.

Nathanael Johnson is Grist's senior writer and an author.

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Diving The Reefs Of Bermuda

It is usually about this time of the year that I get a tug in my heart for a long-time love of the ocean. This year especially has me longing for soft sandy beaches and turquoise blue waters in warmer climes. Since winter started just at the end of summer last year it seems never ending already and the whole aesthetic of a warm fire in the woodstove has long lost its normal appeal - being just another chore on cold mountain days and nights. Don't get me wrong, I love burning wood and am grateful for the warm glow of the fire through the stove glass doors. It just feels as if some days that is all I do is feed the stove. Also grateful to live in a small log cabin and have a small cast iron Lopi stove that heats the place nicely.


Many years ago I decided to act upon a longtime goal to learn to scuba dive. Having spent my elementary school days in Florida along the Atlantic Coast we learned all about the islands off the coast in geography lessons. My favorite by far was Bermuda and I could spend hours daydreaming of going there someday to enjoy pink

beaches, old colonial houses and English pubs where folks sang songs while knocking back Guinness dark beer. I also watched that old TV series filmed in Silver Springs in Florida with Lloyd Bridges - Sea Hunt.

So in the late 80's I signed up with a friend to take classes with Weaver's Dive Shop in Boulder and learned all the old SSI - Scuba Schools International lessons: using their equipment (except mask, fins, snorkel which we purchased - and we already had our whitewater neoprene wetsuits from rafting the rivers of Colorado) in the local Recreation Center swimming pool and practicing the skills to get our Open Water Certification. I was determined to finish up my Open Water skills part of the testing in warm water - meaning ocean water. I organized a trip to Bermuda for us before the hurricane season began and booked lodging, airfare and a referral to a dive operator on the Islands that would run us through our skills there to finish our certification.

I am pretty sure it was a quickie course as Steve Weaver got permission to use Boulder's Country Club pool to run us through our last stages of training (which students don't have to do anymore - just Instructors). The hardest part for me was being all suited up (scuba diving is gear intensive) and diving into the deep end of the swimming pool - 15 feet down and then taking off all the gear except wet suits. We left all the gear: including tanks, weight belts, BC vests, octopus with regulator, and fins on the bottom of the pool. Then upon rising to the surface we had to gulp lots of air and return back to the bottom to put it all back on again.

Since we were wearing 3ML wetsuits it made us more buoyant and staying down was very difficult until I figured



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out to grab my weight belt first, put it across my thighs while sitting on the bottom of the pool - grab the regulator to put in my mouth (AIR) and then take my time finding my mask, clearing it of water and the rest was easy. Human eyes aren't made to see underwater, so everything is blurry until you put your mask on, clear the water out of it and then you can see. Those skills can keep a diver alive so I was glad to have accomplished the tasks and felt encouraged that my Open Water Skills test in the waters of Bermuda would happen without incident - and they did.

We stayed ten days and besides diving the countless wrecks on the reefs around the many islands that make up Bermuda - we also changed hotels, switching to a five star luxury place for the last three nights. The island inhabitants were friendly and accommodating, speaking English and being helpful and grateful for tourism. The main mode of getting around the islands for visitors are Mopeds and that was fun due to my past experience with motorcycles. We also rented a small sailboat and skimmed across blue green reefs going way too fast (my friend being an experienced sailor in his younger days) - we lived to tell about our adventures without crashing into any reefs. Enjoyed beaching up on a nearly deserted little island to eat a picnic lunch we had packed and watching a colorful sunset on the way back to return our rented sunfish sailboat.

Since we were the most inexperienced divers in our group we were afforded some advanced diving that should have been beyond our skill levels, but our dive masters took good care of us to make sure we were able to do dives they wouldn't have asked beginners to do.

The most memorable was on our second day when the boat captain wanted to explore a new sunken big ship that was to make a new reef off the southeastern area of the islands. They sink abandoned ships out of the harbor, to make more room for boats that pay to dock and to help the ocean build new reefs for the numerous fish that need homes underwater.

When we got to the dive location they dropped anchor right next to the sunken ship that was 80 feet down. The water current at that location was very strong and upon my first attempt to get into the water and swim over to the anchor line I was unable to go anywhere. My dive master identified my problem and helped me reach the anchor line on the surface. Once I had



hold of the rope I descended down slowly to about 60 feet and watched as all the divers started going inside the sunken ship. I had no wish to enter the big boat even though all the doors, windows and hatches had been removed before they sank her - it was not my idea of fun. I did however go all the way down to the ocean floor, 80 feet deep and watch the other divers explore inside the big boat. The current at that depth was much less so I was able to float above the ship and watch the divers that had gone inside as they swam around the compartments of the sunken ship. It was an absolutely amazing experience and thus I was hooked like a fish on a line to the sport of scuba diving, which I still enjoy to this day - that is when I can afford to travel to warm ocean waters. Satellite photo of Bermuda courtesy of NASA.

By A.M. Wilks

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What's Happening on the North Side?

Snow continues to fall here in Yellowstone country, but not yet quite enough to drive the buffalo down to lower elevations. Here in the Hebgen Basin, west of Yellowstone National Park, buffalo remain absent. Patrols are out every day, through all hours of the day, monitoring migration corridors and looking for the gentle giants; except for a small few who we can view deep inside the Park, and only then from a spotting scope, none are to be found.

This quiet lull in field activity granted us the opportunity to take new volunteers and coordinators on a field trip to the Gardiner Basin, along Yellowstone's northern boundary. On a frigid Monday morning, we packed tightly into one of our patrol rigs and slowly — due to treacherous road conditions — made our way to Gardiner. Volunteers were given a thorough field orientation of these northern lands and learned about all the complications the government sets before the last wild buffalo. In Gardiner, everywhere a buffalo turns can be a means to their end. We viewed the “Buffalo Wall” at Yankee Jim Canyon, where state and federal agencies maintain a 7-foot tall fence that climbs up steep mountain slopes, complete with a “cattle” guard across US Highway 89, in a sorry effort to keep buffalo from accessing prime habitat in the Paradise Valley, though elk and other wildlife are free to move around it. While this massive obstruction does prevent easy migration, over the years buffalo have managed to find their way around this veritable dam. We ventured on to view the captive buffalo within USDA's Animal & Plant Health Inspection Service's GonaCon and now quarantine facilities. We also took a good, long look at Yellowstone National Park's Stephens Creek buffalo trap, where 22 once-wild bull buffalo remain in confinement for quarantine purposes. The buffalo imprisoned in these facilities are visibly despondent, and their physical condition pales in comparison to their relatives who currently live wild and free. Captivity is a cruel institution, yet, hundreds of wild-born buffalo will be subjected to this maltreatment — never to migrate again — if Yellowstone and the Animal & Plant Health Inspection Service get their way this winter. Federal agencies working cooperatively — using your tax dollars — to destroy the last living wild remnant of these Pleistocene survivors. Many will lose their lives to slaughter, while others will lose their freedom to quarantine, with some of the latter ending up in zoos.

Many multinational “green” groups hail quarantine as a solution to the slaughter of our national mammal, but, such support is a thoughtless and careless quick fix to satisfy the human ego. Quarantine is a domestication program, a livestock paradigm, and ultimately a tool of the oppressor. It still involves slaughter, rips buffalo families apart, takes them from their wild homes, and results in wild-born

buffalo living behind fences — and even in zoos — for the rest of their lives. Quarantine, like slaughter, serves only the human, not the buffalo nor the land, and in fact takes away not only the buffalo's wild integrity, but removes enormous amounts of biomass that should be food for predators and scavengers. Like most critical thinkers, volunteers could not fathom any justification for such brutal and disrespectful treatment of these sacred keystone species. After some



discussion, we ventured on to tour other portions of the Gardiner Basin where buffalo hunting takes place. Volunteers were shocked and angered to view the bottle neck corridor, just a mile north of Yellowstone's buffalo trap, where buffalo who make it past the trap must funnel through to reach their winter ranges. Most buffalo who move through here never make it to winter ranges because they are met at the Park boundary by hunters, who have little choice in where they have opportunity to find buffalo, because Yellowstone and Montana keep them so confined.

After learning about all the macabre “management” actions the buffalo endure year after year, just before dark we made our way to our North Camp to have dinner and talk about the things we had seen that day, sharing ideas and potential strategies. We also delighted in the fact that the next morning, we would head into Yellowstone's Blacktail Plateau to check on some of the buffalo and hopefully see a few of these friends up close and personal. After a night's rest, we woke early, had breakfast, and with hopeful hearts headed into the Park. As much as we want to see wild buffalo everywhere, these days it is a bittersweet relief when the buffalo are absent from Montana, and hence, safe from human “management” activities. It's a conflicting feeling, to be sure, but, much to our delight, there were no buffalo anywhere near the Gardiner Basin. The hundreds of buffalo we did see were spread throughout the Blacktail Plateau all the way to Tower Junction. Herd after herd, buffalo looked content and also simply happy to be alive. One group of buffalo we spent some time with — a herd of just over 100 — had springs in their steps and were feeling frisky in the cold winter air. A solitary mature bull approached this group “pronking” (jumping up with all four legs leaving the ground at once) and got a few others all riled up to share in the fun. All of us were laughing with the buffalo, comparing how it must feel to be so free, when miles north in the lower elevations of the Gardiner Basin, so many traps, government plans, and other human obstacles threaten this natural right.

BFC volunteer take photos of a large group of buffalo we spent time with near Yellowstone's Tower Junction. Photo by Stephany Seay, Buffalo Field Campaign. Wild is the Way ~ Roam Free!

Life Choices: Confidence Versus Insecurity

By Frosty Wooldridge

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this trauma. I can take the next thing that comes along.’ You must do the thing you think you cannot do.” *Eleanor Roosevelt, You Learn by Living: Eleven Keys for a More Fulfilling Life*

During high school, if you remember, the “king pin” students grabbed all the sports trophies, Honor Society accolades and student government offices. The beautiful coeds dated the good-looking guys and the captain of the football team courted the prettiest girl on the cheerleading squad. Popular students walked with confidence, poise and buoyancy.

Those students seemed to be born with self-assurance. Handsome guys drove the coolest cars. Pretty girls dressed in the latest styles.

They comprised 20 percent of the student body. The rest of us, 80 percent, attended class, studied hard and rarely gathered the nerve to ask a girl for a dance. Of course, girls never asked guys to a movie. At school dances, we feared for our lives because most of us couldn’t dance.

Our inability to engage stemmed from “insecurity.” “It’s not all bad. Heightened self-consciousness, insecurity, apatness, an inability to join in, physical shame and self-loathing—they are not all bad. Those devils have been my angels. Without them I would never have disappeared into language, literature, the mind, laughter and all the mad intensities that made and unmade me.” Stephen Fry, *Moab Is My Washpot*

In the end, most of us live average lives because of our inability to feel assurance and act confidently. We lack confidence to speak up when we see a “wrong” being committed. We fail to stand up when a bully takes advantage of another person. We shrink into the shadows during political controversy. A friend may take advantage of us, but we fail to stand our ground. We fear stepping into the grand adventure of travel for fear of the unknown.

Insecurity threatens anyone’s sense of empowerment in social situations. I remember my fear of asking a girl to dance. I stood like a wall flower until an outgoing girl named Joan stepped up to me, “You wanna’ dance?” “Oh, maybe during the next slow dance,” I said. “Forget that excuse,” said Joan, pulling me toward the dance floor.

From that point on, I learned to dance because dancing blazed deep into my soul. If not for Joan, I might still be standing along the wall drinking a soda pop.

If you don’t meet a “Joan” who drags you out of your insecurity in life, how do you gain confidence in yourself and your ability to walk confidently in this world?

Building your self-confidence from the ground up:

Walk tall, shoulders back and dress well. People think of you first by how you look and second by how you speak. When you dress well and speak well, you gain confidence in yourself and from anyone you meet.

When you meet someone, give a firm handshake and look him or her in the eyes.

(Continued on page 30.)

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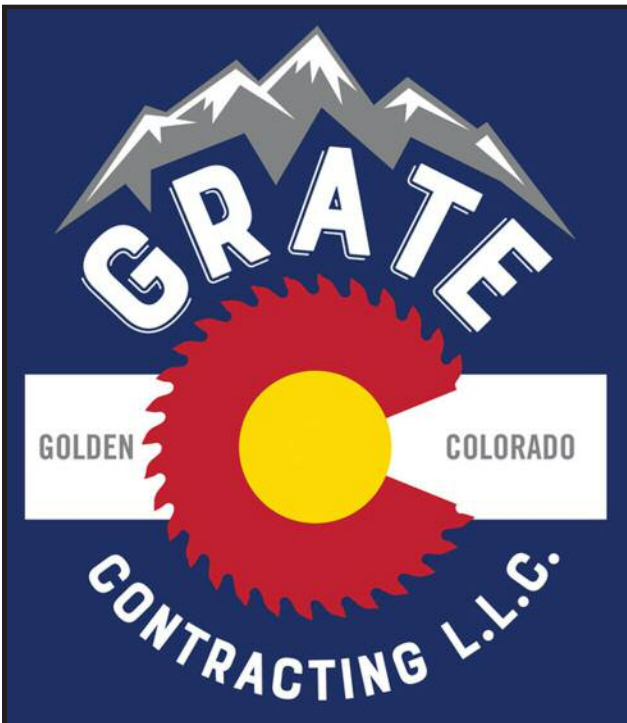
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Imitate someone you admire in actions, dress and education.

Always render your speaking with positive energy, positive thoughts and positive responses. Avoid thinking negative thoughts or negative words.

When you see someone who dresses well or looks fit, make a positive comment on a woman's beautiful dress or bracelet. Compliment a guy on his wristwatch or his well-tailored suit.

Think big, dream bigger and take action toward your chosen destiny. Little people think small, dream smaller and stumble through life without a plan. You change that fate by your thoughts, words and deeds. It gets simpler with each success.

If you fall, fall forward. If you fail, learn from it, pick yourself up and try again.

For anything in life, whether it is a race, art show, relationship or dance contest; you must prepare by learning each day. You must train your mind and body with repetition. You must move into your passions with mind, body and spiritual energy.



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As you can see, you enjoy choices. By incorporating the aforementioned techniques, you move through fear and insecurity into the brilliance of living a confident life. Watch out for a "Joan" pulling you onto the dance floor of life. She will be surprised and delighted that you lead her through a waltz, cha cha, salsa or swing. The same goes for you ladies when a man asks you for a dance. It's the dance of life. *Sandi stepping up to an old fashioned gas pump in Sturgis, South Dakota. Photo by Frosty Wooldridge*



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The Fallout Of Uncertainty

By *Aria Alamalhodaiei* Aug. 2, 2019 *High Country News*

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The atomic bomb was born in the desert. In the early hours of July 16, 1945, after a spate of bad weather, a 20-kiloton plutonium-based nuke referred to as “the gadget” detonated near Alamogordo, New Mexico. Firsthand testimonies of the test, codenamed Trinity, converge on the uncanny axis of awe and dread. The Manhattan Project’s Chief of Field Operations, General Thomas Farrell, wrote that “the strong, sustained, awesome roar ... warned of doomsday and made us feel that we puny things were blasphemous.”

The bomb produced a massive cloud column that drifted in several directions, dusting large swaths of the surrounding region with radioactive snow – fallout that settled on buildings, plants, and animals, and that continued to permeate the air as invisible particulate in the weeks and months that followed. Five years later, the Nevada Test Site was established to continue the work that Trinity set alight.

Although the mushroom cloud became the icon of American nuclear activity in the 20th century, the harms of these bombs did not fade with their dimming fireballs. No

group in the U.S. understands this better than the downwinders, communities throughout the American Southwest and beyond who were exposed to the fallout of the military’s domestic nuclear test program.

In 1990, the U.S. government passed the Radiation Exposure Compensation Act (RECA), which provided financial remuneration to downwinders who had contracted cancer or other illnesses linked to radiation exposure. (The law also provided compensation for certain on-site test participants and uranium miners.) As of April 2018, the program had awarded more than \$2.2 billion to some 34,370 claimants.

As the law was written, however, only downwinders in specific counties in Arizona, Utah, and Nevada were eligible for compensation. Even residents of New Mexico, the site of the Trinity test, were excluded. Since the law was passed, studies and fallout reconstructions have suggested that the health impacts of the nuclear tests likely extend to areas as far away as Idaho, Montana and Guam. Residents in those far-flung locales have provided vivid testimonies of glowing dust, strange maladies befalling livestock, and cancer clusters ravaging whole families.

For more than a decade, civic groups have lobbied

(Continued on next page.)

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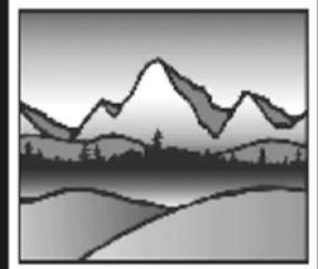
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Highlander Issues

lawmakers, unsuccessfully, to open RECA to a broader population of downwinders. That Congress has so far balked at those proposals is a testament to many factors; legislative decisions are informed not only by science but by moral and political calculus. But lawmakers' inability to come to terms on who suffered, and on who deserves reparations for that suffering, points to a little discussed weak spot of modern politics: its uneasy relationship with uncertainty.

RECA'S COMPACT DELIMITATION OF "affected areas" was based on dose estimates produced by the Department of Energy's Off-Site Radiation Exposure Review Project — a complicated calculation that drew from atmospheric transport models, reconstructions of fallout patterns, and reports of dosimeters and other radiation recorders. The bill was amended once, in 2000, to include a larger population of uranium workers and to expand the time frame, eligible diseases, and geographic locations covered. Two years later, in response to a congressional mandate, the Health Resources and Services Administration commissioned the National Research Council (NRC) to review the RECA program and determine if additional populations should be covered. Their final report was published in 2005. Based in part on mortality and disease-incidence data on atomic bomb survivors in Japan, uranium miners in the U.S., and Utah schoolchildren exposed to fallout from the Nevada Test

Site, the committee concluded that in most cases involving downwinders who had been excluded from RECA, "it is unlikely that exposure to radiation from fallout was a substantial cause to developing cancer."

But radiation epidemiology is a science of uncertainty, and tracing a person's illness to a single exposure event can be challenging even in seemingly clear-cut cases. Although high doses of radiation are known to lead to disease and death, the effects of lower doses are far less predictable. Moreover, an individual's radiation dose — the amount of radiation that he or she internalizes — depends on the person's age, sex, diet, and pre-existing risk factors; weather conditions; and the characteristics of the nuclear event itself. Extrapolating results from one nuclear event to another, as the NRC study did, is bound to introduce some error.

Consider the Trinity test, which has been consistently ignored by lawmakers. According to the Los Alamos Historical Document Retrieval and Assessment (LAHDRA), conducted in 2010 for the Centers for Disease Control and Prevention, previous efforts to determine exposures from Trinity ignored the specific characteristics that distinguished it from all other subsequent tests. Unlike tests conducted at the Nevada Test Site, the Trinity "gadget" detonated only 100 feet from the ground. At this height, more organic material would've been swept into the explosion and returned to the earth as fallout. Another compounding factor was the relative inefficiency of the device. Of the 13 pounds of fissile material contained in the device, only about 2.6 pounds exploded; the rest was dispersed into the environment, where it remained radioactive.

The LAHDRA report also faulted previous studies for failing to adequately account for internal exposure, caused by the inhalation or ingestion of radioactive material. Research shows that internal exposure is significantly more harmful to the human body than the external exposure that occurs, say, when X-rays or other high-energy radiation penetrate the skin. Internal dosages are influenced by occupation, diet, local environment, and other sociodemographic factors. Any assessment that does not account for those factors is incomplete. And, according to the LAHDRA report, no assessment has properly accounted for the internal radiation dosages experienced by residents near the Trinity site.

In the case of the Trinity test, there's reason to believe that sociodemographic factors would have been significant. During the 1940s, New Mexican communities were largely agrarian; most people were farmers or ranchers who grew their food, hunted and fished, and drank water collected from cisterns or holding ponds. If those sources were contaminated, residents would likely have been at an increased risk for radiation-linked illnesses.

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Downwinders Consortium (TBDC), along with representatives from the Navajo Nation, argued in a Senate Judiciary hearing for amending RECA. Stated TBDC co-founder Tina Cordova, “The New Mexico downwinders are the collateral damage that resulted from the development and testing of the first atomic bomb.” Their appeals appear to have fallen on receptive ears. Last March, a bipartisan coalition of U.S. Senators, including New Mexico Senators Martin Heinrich and Tom Udall, reintroduced Senate Bill 947 (S. 947), “Radiation Exposure Compensation Act Amendments of 2019.” It is the most recent in a long line of bills that attempt to expand the RECA’s coverage. Among other changes, it seeks coverage for downwinders in New Mexico, Colorado, Montana, Idaho, and Guam. A companion was introduced in the House last July.

Meanwhile, the National Cancer Institute (NCI) is currently conducting a three-phase study on the diet and lifestyles of mid-century New Mexicans. The models generated in this study may help scientists draw firmer links between present day cancer cases and the Trinity test. In an email, NCI spokesperson Michael Levin confirmed that the results of the study are anticipated to be published in late 2019.

Like other epidemiological studies of its size, the NCI’s study has been expensive to run and frustratingly time-intensive. And time is precisely what many downwinders

feel they don’t have. More than 70 years has passed since the Trinity test. Many downwinders have passed away or are battling cancers and other diseases. Over time, it becomes increasingly difficult to demonstrate that a disease was caused by nuclear fallout rather than, say, cigarettes or bad luck. The government, meanwhile, plods along at its own pace, unconstrained by the length of a single lifetime or the distressing span between a diagnosis and its terminal conclusion. In response to a news article about S.947 posted to the Idaho Downwinders public Facebook page, one commenter wrote, “The government is just waiting for all of us to die off so they won’t have to be bothered with it.” In its 2005 review of the RECA law, the National Research Council stated that, although scientific recommendations were meant to inform policy, the “attendant policy decisions must come from the larger body of citizenry” and “applying this new scientific knowledge may require additional societal value-based decisions.” This is particularly true of probability-based information on cancer epidemiology. When there is simply not enough data available to definitively estimate risk, the question of compensating the citizens who live in the long shadow of the nuclear testing era becomes a moral one: How much uncertainty can we stand?

Aria Alamalhodaie is a freelance writer based in Albuquerque, New Mexico.

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Cheshire Cat - Catio 303.642.0362
Hands, Hoofs & Paws pg 25 303.503.6068

ART

The Silver Horse - pg 14 303.279.6313
The Rustic Moose - pg 14 303.258.3225

AUTOMOBILE

Carl's Corner pg 5 303.642.7144
Kysar's Place pg 9 303.582.3566
Mountain Muffler pg 14 303.278.2043

BUILDING/CONSTRUCTION

ACE Indian Peaks Hardware pg 21 303.258.3132
Arrow Drilling-pg 12 303.421.8766
Caribou Painting pg 15 303.641.7964
Grate Contracting pg 29 303.579.9519
Meyer Hardware pg 3 303.279.3393
Mountain Home CO pg 11 303.618.9619
Peter Palombo, Surveyor-pg 23 720.849.7509
RedPoint Construction pg 21 303.642.3691
Steel Structures America ins cov 970.420.7100

BUSINESS SERVICES

Graphics Galore pg 7 303.642.0362
Karen Schwimmer, CPA pg 28 303.642.0628
Wondervu Consulting Serv. pg 31 303.642.0433

CHIMNEY SWEEPS

Chimney Service of CO pg 28 720.515.0416
MidTown Chimney pg 15 303.670.7785

CIGARS

Foss Company pg 16 303.963.5693

CLOTHING

The Rustic Moose - pg 14 303.258.3225

COMPUTER SERVICE & REPAIR

Wondervu Consulting Serv. pg 31 303.642.0433

ELECTRIC

United Power - Inside back Cover 303.642.7921

ENTERTAINMENT

Jaime Mezo Scuba Diving pg 30
KGNU Radio pg 22 303.449.4885

ENVIRONMENTAL

TEG - tegcolorado.org pg 9

FARRIER

Forbes Farrier Service pg 24 303.642.7437

FIREWOOD & FOREST MANAGEMENT

High Timber Mtn Tree Serv. pg 6 303.258.7942
Lumber Jacks - pg 11 720.212.1875
Pruins Pruning/Tree Care pg 22 303.653.7967

GIFTS

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GROCERIES

B & F Mountain Market pg 7 303.258.3105
Experienced Organic Grocer NEEDED pg 10

HEALTH & FITNESS

Hands, Hoofs & Paws pg 25 303.503.6068
Nederdance pg 24 303.258.9427

HEATING

Agfinity Coop ins frnt cov 970.454.4081
Resolution Energy pg 8 303.887.2884

HOME IMPROVEMENT

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Caribou Painting pg 15 303.641.7964
Colorado Water Wizard pg 30 303.447.0789
Grate Contracting pg 29 303.579.9519
Meyer Hardware pg 3 303.279.3393
Mountain Home CO pg 11 303.618.9619
Pruins Pruning/Tree Care pg 22 303.653.7967
Redpoint Construction pg 21 303.642.3691

HORSE BOARDING

Rudolph Ranch, Inc. pg 20 303.582.5230

HORSE TRAINING

Timberline Sporthorses pg 13 720.999.7235

INSURANCE

Jim Plane-State Farm- pg 20 720.890.5916

LIQUOR

Foss Company pg 16 303.963.5693
Mid-County Liquors pg 13 303.642.7686
Underground Liquor pg 6 303.582.6034

MUSIC LESSONS

Piano & Harp in CCC pg 24 303.642.8423

PROPANE

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Carl's Corner pg 5 303.642.7144

REAL ESTATE

Byers-Sellers Mtn Properties pg 17 303.642.7951
Mock Realty-Kathy Keating -Back cov 303.642.1133
Summit Up Property Mgt. pg 5 303.618.8266

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ROOFING

Independence Roofing pg 3 720.399.0355

STEEL STRUCTURES

Steel Structures America ins cov 970.420.7100

TAXES

Karen Schwimmer, CPA pg 28 303.642.0628

TRAVEL

Wee Travel pg 26 303.465.2118

WATER & WELL

Arrow Drilling pg 12 303.421.8766
Colorado Water Wizard pg 15 303.447.0789
Doctor Water Well pg 8 303.438.6669

Power Update

January
2020

Board Proposes Modest Rate Increase

United Power's Board of Directors proposed a modest change for 2020 residential rates. Residential members on the standard rate will see a 1.5% increase, which amounts to an average monthly increase of \$1.58. The new rates will be effective with January 1, 2020 electric use, so members will see these changes reflected on their February 2020 bills.

The board also approved an additional residential rate in response to concerns raised by members utilizing the time of day rate. The rate is an additional time of day option, but provides incentive for members to shift consumption to off-peak periods.

United Power's standard residential rate charges a flat rate for energy and demand 24 hours per day, and the standard time of day rate charges for anytime demand with on-peak and off-peak energy charges.

The **NEW Peak Time of Day Rate** still charges for both on- and off-peak energy, but only charges for demand during **on-peak hours** (Mon-Sat, 2-10 p.m.) at a slightly higher rate.

The cooperative introduced the demand rate structure last year, allowing it to more fairly bill members for their usage and impact on the system. The new rate structure separates energy and demand, which had previously been blended together, and allows members to have more control over the components of their bill that raise their costs. For example, staggering appliance use instead of stacking reduces demand.

Members can learn more about demand at www.unitedpower.com/demand. There are many helpful resources and videos to help members understand how the two components of their power are billed and how to control their demand and lower their overall electric costs.

Standard Residential Rate (R1)			
This is the default rate for residential members. Includes energy (kWh) and anytime demand (kW) charge with no time of day restrictions.			
2019 Rate		Proposed 2020 Rate	
Energy (per kWh)	\$0.1015	Energy (per kWh)	\$0.0995
Demand (per kW) <i>Highest anytime demand</i>	\$1.00	Demand (per kW) <i>Highest anytime demand</i>	\$1.50
Fixed Charge	\$19.00	Fixed Charge	\$19.00
2020 Change: Average monthly increase is \$1.58			

Smart Choice Rate (RD1)			
The Smart Choice rate is beneficial to members who use a lot of energy (kWh) and can shift their demand (kW) away from on-peak hours of 2-10 pm.			
2019 Rate		Proposed 2020 Rate	
Energy (per kWh)	\$0.0430	No Change	
Grid Access Demand (per kW) <i>Highest anytime demand</i>	\$3.44		
On-Peak Demand (per kW) <i>Highest demand during peak hours (2-10 p.m.)</i>	\$6.81		
Fixed Charge	\$19.00		
2020 Change: No Change			

Residential Time of Day Rate (RTD1)			
The Time of Day rate offers a reduced off-peak energy charge to shift energy away from on-peak hours. Includes anytime demand (kW) charge.			
2019 Rate		Proposed 2020 Rate	
On-Peak Energy (per kWh)	\$0.1540	On-Peak Energy (per kWh)	\$0.1540
Off-Peak Energy (per kWh)	\$0.0539	Off-Peak Energy (per kWh)	\$0.0525
Demand (per kW) <i>Highest anytime demand</i>	\$1.00	Demand (per kW) <i>Highest anytime demand</i>	\$1.50
Fixed Charge	\$19.00	Fixed Charge	\$19.00
2020 Change: Average monthly increase is \$3.23			

NEW Residential Peak Time of Day Rate (RDP1)			
The new Peak Time of Day rate increases the off-peak energy (kWh) savings and offers off-peak hours with no demand (kW) charge.			
2019 Rate		Proposed 2020 Rate	
N/A	On-Peak Energy (per kWh)		\$0.1432
	Off-Peak Energy (per kWh)		\$0.0552
	On-Peak Demand (per kW) <i>Highest demand during peak hours (2-10 p.m.)</i>		\$2.00
	Fixed Charge		\$19.00
2020: New Time of Day energy rates with on-peak only demand			



Scholarship Opportunities


Applications Due: Jan. 31, 2019

Each year, United Power awards academic scholarships to outstanding students served by the cooperative. Scholarships include awards for students attending an accredited university or college in Colorado or pursuing a specific degree program, as well as 10 book scholarships. This year, United Power will award 17 scholarships for a total of \$19,500. Awards range between \$1,000 and \$2,000.

Eligibility varies for each scholarship, but in general overall academic achievement (such as GPA and ACT/SAT scores), extracurricular activities and community involvement rank high in the evaluation process. A brief written essay is required, and the applicants primary residence must be in United Power's service territory.

For more information, including a list of available scholarships, visit www.unitedpower.com.

**UNITED
POWER**

Your Touchstone Energy® Cooperative 

Member Services: 303-637-1300

Coal Creek Office: 303-642-7921

www.unitedpower.com



Chili Challenge

Saturday, January 18th, 2020
5:00PM - 8:00PM



6 Car Garage

Coal Creek Canyon

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



171 Upper Travis Gulch

Fantastic High-End Remodel
2 BD/ 2 BA 2,108 sq.ft. **\$490,000**



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**



New Price!

Under Contract

500 Chute Road

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



Extraordinary

Coal Creek Canyon

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



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**



85 Valley View Drive

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



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Kathy or Janet & USE
the moving truck for FREE**



Kathy Keating
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