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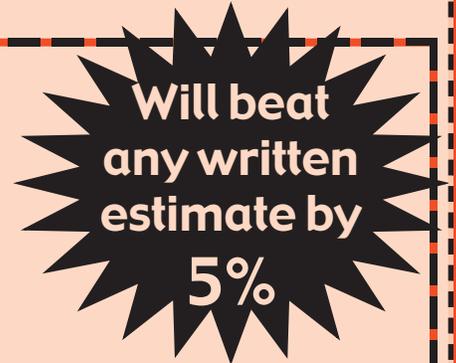
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Dragonfly

(read about on next two pages.)

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Dragonflies

Symbolism & Meaning of a Dragonfly

The dragonfly has been a subject of intrigue in every single continent it is found in, and with each civilization, has developed a unique meaning to it, its behavior and its lifestyle.

The word Dragonfly and the family it belongs to, Odonata, have evolved from the many myths associated with Dragonflies and their taxonomic cousins, the Damselflies. The word Dragonfly has its source in the myth that Dragonflies were once Dragons.

The family name Odonata comes from the Greek word for tooth as Odonates were believed to have teeth, it is a verified fact now that while they don't have 'teeth' per say, they have strong mandibles that they use to crush their prey.

Symbolisms of the Dragonfly

Maturity and a Depth of character - The dragonfly, in almost every part of the world symbolizes change and change in the perspective of self realization; and the kind of change that has its source in mental and emotional maturity and the understanding of the deeper meaning of life.

The traditional association of Dragonflies with water also gives rise to this meaning to this amazing insect. The Dragonfly's scurrying flight across water represents an act of going beyond what's on the surface and looking into the deeper implications and aspects of life.

Power and Poise - The dragonfly's agile flight and its ability to move in all six directions exude a sense of power and poise - something that comes only with age and maturity. The dragonfly can move at an amazing forty-five miles an hour, hover like a helicopter fly backwards like a hummingbird, fly straight up, down and on either side. What is mind blowing is the fact that it can do this while flapping its wings a mere thirty times a minute while mosquitoes and houseflies need to flap their wings 600 and 1000 times a minute respectively.

The awe inspiring aspect is how the dragonfly accomplishes its objectives with utmost simplicity, effectiveness and well, if you look at proportions, with twenty times as much power in each of its wing strokes when compared to the other insects. The best part is that the dragonfly does it with elegance and grace that can be compared to a veteran ballet dancer. If this is not a brazen, lazy, overkill in terms of display of raw power, what is?

Defeat of Self-Created Illusions - The dragonfly exhibits iridescence both on its wings as well as on its body. Iridescence is the property of an object to show itself in different colors depending on the angle and polarization of light falling on it.

This property is seen and believed as the end of one's self

created illusions and a clear vision into the realities of life. The magical property of iridescence is also associated with the discovery of one's own abilities by unmasking the real self and removing the doubts one casts on his/her own sense of identity. This again indirectly means self-discovery and removal of inhibitions.

Focus on living 'IN' the moment - The dragonfly normally lives most of its life as a nymph or an immature. It flies only for a fraction of its life and usually not more than a few months. This adult dragonfly does it all in these few months and leaves nothing to be desired. This style of life symbolizes and exemplifies the virtue of living IN the moment and living life to the fullest. By living in the moment you are aware of who you are, where you are, what you are doing, what you want, what you don't and make informed choices on a moment-to-moment basis. This ability lets you live your life without regrets like the great dragonfly.

The opening of one's eyes - The eyes of the dragonfly are one of the most amazing and awe inspiring sights. Given almost 80% of the insect's brain-power is dedicated to its sight and the fact that it can see in all 360 degrees around it, it symbolizes the uninhibited vision of the mind and the ability to see beyond the limitations of the human self. It also in a manner of speaking symbolizes a man/woman's rising from materialism to be able to see beyond the mundane into the vastness that is really our Universe, and our own minds.

The Tall Tales and the short stories - What can one say, for a harmless insect that does not bite, does not sew snakes' wounds, and definitely does not measure human souls for good and evil, there have been a wide variety of myths and mythology associated with the life and the existence of the dragonfly.

But before we go down to the lore by location, one very striking aspect comes to mind. Change. In many regions and as a norm of this day, the dragonfly is considered to be an agent of change and presumably *(Continued next page.)*



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symbolic of a sense of self-realization. Self-realization from how the dragonfly uses its power to control its movements and so elegantly. And change and evolution is all about the dragonfly's ability to fly and the way it can be comfortable on water, land as well as the air.

- See more at: <http://www.dragonfly-site.com/meaning-symbolize.html#sthash.8BEVPZ7y.dpuf>

Large multifaceted eyes, two pairs of strong transparent wings, sometimes with colored patches and an elongated body, characterize adult dragonflies. Dragonflies can be mistaken for the related group, damselflies (Zygoptera), which are similar in structure, though usually lighter in build; however, the wings of most dragonflies are held flat and away from the body, while damselflies hold the wings folded at rest, along or above the abdomen.

Dragonflies are agile fliers, while damselflies have a weaker, fluttery flight. Many dragonflies have brilliant iridescent or metallic colors produced by structural coloration, making them conspicuous in flight. An adult dragonfly's compound eye has nearly 24,000 ommatidia. Fossils of very large dragonfly ancestors are found from 325 million years ago; these had wingspans up to about thirty inches. About 3000 species of Anisoptera are in the world today. Most are tropical, with fewer species in temperate regions.

Dragonflies are predators, both in their aquatic larval stage, when they are known as nymphs or naiads, and as adults. Several years of their lives are spent as nymphs living in fresh water; the adults may be on the wing for just a few days or weeks. They are fast, agile fliers, sometimes migrating across oceans, and are often found near water.

They have a uniquely complex mode of reproduction involving indirect insemination, delayed fertilization, and sperm competition. During mating, the male grasps the female at the back of the head or on the prothorax, and the female curls her abdomen under her body to pick up sperm from the male's secondary genitalia at the front of his abdomen, forming the "heart" or "wheel" posture.

Loss of wetland habitat threatens dragonfly populations around the world. Dragonflies are represented in human culture on artifacts such as pottery, rock paintings, and Art Nouveau jewelry. They are used in traditional medicine in Japan and China, and caught for food in Indonesia. They are symbols of courage, strength and happiness in Japan, but seen as sinister in European folklore. Their bright colors and agile flight are admired in the poetry of Alfred, Lord Tennyson and the prose of H. E. Bates.

Dragonflies are found in desert pools, for example in the Mojave Desert, where they are active in shade temperatures between 64.4 to 113 °F; these insects were able to survive body temperatures above the thermal death point of insects of the same species found in cooler places.

Dragonflies can be found from sea level up to the mountains, decreasing in species diversity with altitude. Dragonflies become scarce at higher latitudes. They are not native to Iceland, but individuals are occasionally swept in by strong winds, the treeline emerald found in northern Alaska, within the Arctic Circle, making it the most northerly of all dragonflies.

The hind wings are broader than the forewings and the venation is different at the base. The veins carry haemolymph which is pumped in at the time of emergence from the nymphal stage to expand the wings. The leading edge of each wing has a node where other veins join the marginal vein, and the wing is able to flex at this point. In most large species of dragonflies, the wings of females are shorter and broader than those of males. The legs are rarely used for walking, but are used to catch and hold prey, for perching, and for climbing on plants. Each has two short basal joints, two long joints, and a three-jointed foot, armed with a pair of claws. The long leg joints bear rows of spines, and in males, one row of spines on each front leg is modified to form an "eyebrush," for cleaning the surface of the compound eye. (*Wikipedia plus, Dragonfly Site.*)

The cover photo was taken in Coal Creek Canyon, Colorado at approx. 8,000 feet. Thank you Michael.



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Protect Pets July 4th ~ Meningitis ~ President

Dear Readers,

More dogs run away on the Fourth of July than any other day. You can take steps to keep your pets home and safe. The Fourth of July can be very stressful for dogs and their humans alike. While some dogs are comfortable with the sight and sound of fireworks, most are not. The sounds trigger their nervous systems, and they can become anxious or afraid. Running away from the noise is a survival instinct. **As any fireworks in the mountains is illegal, we all know some folks break the laws so follow these tips.**

Keep your pets secured inside your home – Try to have a friend or sitter there to keep your dog company and to take them out to relieve themselves every four hours.

Distract them, keep them busy with treats or toys – Toys that release treats can keep your dog busy.

Use ambient noise to mask the sounds – Drown out fireworks with white noise or calming sounds.

Give them a safe place to hide – When dogs are scared of sounds and can't orient, they often seek small enclosed areas. If your dog is comfortable in a crate, that is a good option.

Skip the celebration and stay home with them – They will be most comfortable with human companionship.

Update their IDs and microchips – If your pet does run away on the Fourth of July, you're more likely to get him or her back if everything is up to date. For more information, visit www.DenverAnimalShelter.org

Colorado House Speaks Out for Vaccination For Students Against Meningitis

Despite spring snows, it's graduation season and summer sports will soon be in full swing. As our young people look toward the season ahead with anticipation, it's also vital that parents and students focus on the looming danger of meningitis. To combat this stealthy killer of young Coloradans, legislators of both parties recently came together to urge increased education, and vaccination because we know these steps can save lives.

We in the Legislature have heard over the years from many parents –including parents here in Colorado – about

the devastating, sudden loss of a previously healthy, vibrant son or daughter to the ravages of meningitis.

Lisa and Jon Krizman of Loveland, whose daughter, Sierra, died of the disease while a college freshman, have written publicly that – like too many parents – they were “unaware of the fatal disease, or of the vaccine that could have prevented it, until it was too late.”

The disease can come on a young person with little warning, being masked by what is often mistaken for flu symptoms: a headache, sore throat, and body aches. If identified early as meningitis, a patient can be cured. If not, they can have devastating long-term effects, including the loss of limbs, long-lasting neurological conditions. Or death.

The fact is that the several strains of the disease are prevalent in children under the age of one, but primarily among young people in high school and college, between the ages of 16 and 23. We all know that young people often gather in large group settings on high school and college campuses and those settings increase the risk of the spread of meningitis. This is a public health emergency in our state. For that reason, I sponsored a resolution in the state House of Representatives that puts us *(Continued next page.)*



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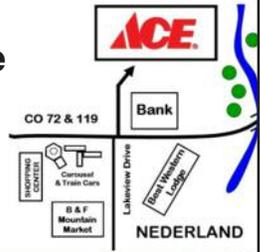
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Highlander Letters

on record urging a stepped-up fight against meningitis in all its forms.

Colorado has certainly not been idle in the face of this disease. Our state health department and the University of Colorado have worked with student leaders at CU to raise awareness throughout the Pac 12 conference about meningitis vaccination. And many high schools are ensuring that the facts about meningitis – including about the meningitis B strain that now has a vaccine to fight it — are being sent home with students to moms and dads. But we believe that more must be done. It is clear from the science, and from the testimony of medical professionals from across the country, that we can prevent more young people from suffering – and parents from unspeakable loss and grief.

In our resolution legislators in both parties, from every corner of Colorado, have united to urge all high schools and colleges in the state – public and private – to provide parents and students with a comprehensive education about the dangers of meningitis. This should include the facts about the different strains of the disease, its stealthy symptoms, how the disease can be spread, and its treatment.

A vital part of that education is also about vaccination: what to get, where to get it, and the studies about its effectiveness in preventing the disease. The fact is that we can tell athletes not to share water bottles, or tell young women not to share lipstick – or the many other ways to lower risk – but the best way to not get meningitis is to be vaccinated. Education is more important now because **the most deadly strain hitting college campuses – meningitis B - isn't covered by the current required**

vaccine. So parents and students need to learn about this additional vaccine. In a time when the political parties are divided on seemingly every issue, large and small, I'm proud that this life-and-death issue facing young Coloradans has brought us together, and allowed us to speak out for education and vaccination against meningitis.

Rep. Dan Pabon

Editor,

Thanks for your courage in penning your piece in the April Highlander, *The Apprentice President* - I don't know how your feedback is running but count me on the PRO side. (*Yours is the only letter I have received so far, Editor*)

You covered just about all the bases regarding the Spectacle in Chief. The sad fact is that this horror show was enabled and is supported by more than one in three Americans.

My wife and I moved here after eight years in Indiana where we were first subjects of "My Man Mitch" Daniels who was followed by the ever smiling sycophant tea partier who is now the Vice President.

Indiana is a mostly rural red state with the exception of its cities. Similar in politics to Texas. My vote was ritually symbolic and most often inconsequential. The state was hard pressed when it had to legislate benefitting its citizens but of course bent over backwards courting dollars that never seemed to trickle down. (And you can't say Colorado has bad roads until you've driven Indiana). I watched with embarrassment after embarrassment, the Indiana legislature try to impart its social agenda which they had to walk back several times. The governor's politics and ideology have caused him to appear in the national spotlight struggling to

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find an answer to the question: "Is it OK to discriminate in Indiana?" Having legislation pulled back seems to be a hallmark of this Executive union.

Growing up in Illinois, I have also witnessed the opposite side of the coin where the other party has the majority and that doesn't work too well either. I can't refute the corruption and the wasted spending of dollars I saw.

In Colorado, a state with a "balanced" legislature, at least there can be checks applied from either side so that ultraist legislation can be limited. Legislation that ultimately gets passed is usually bipartisan so your vote becomes very consequential here. It feels good to know you CAN make a difference. One party rule is ultimately corruptive and doesn't serve the majority of Americans. Constituents will always get left out and be marginalized.

Until money is taken out of politics, we are destined to accept the best governance that money can buy. Congressmen will still have to spend over a third of their time pandering for their election campaigns. Time that, I'm sure we all can agree on, could better be spent on doing a job they were elected to do. Imagine how this could level the playing field. Lawmakers elected on merits not money.

A close friend summarized politics from what his father told him when young, "Son, the Democrats give and the Republicans take away." And that was over thirty years ago when the government was still working for people. My litmus test is that if something favors people or the environment, there's usually a Democrat behind it and if it favors money, you'll find a Republican stamp on it. So, in my measure, if you're a person, an animal, or an environment that can be exploited for profit, you're screwed until the balance tips back left.

Regarding our (succinctly enunciated) Sad Captain Queeg, I have chosen to avoid people with character flaws the president exhibits. I don't know what people could watch his television show, I could see right through his con job. Over the years, his PR machine has groomed a large percentage of the uninformed electorate into thinking he was not merely a person of interest but a man of substance. Remember that he had to rent the cast who were gathered to watch him descend his golden escalator? DeMilleian and

effective (sans ostrich feather fans). He was not worthy of my time then. Wish I could say the same now. Reluctantly, I am now part of the 20% viewer bump MSNBC has enjoyed since February.

I have to attribute his success to his television celebrity where millions watched him play boss on TV. That medium is also his biggest ego reinforcer and was probably his best friend during the years when human interaction would have been more formative. From his Apprentice show, to the media coverage in the run up and now, it's just a big show at the nation's expense.

The persuasive manipulation of political marketing that the pols and think tanks have studied and effectively utilized, combined with the gullibility of consumers as they become mesmerized by television where audiences are captivated and desensitized by violence, sex, crime, objectification, fact and fiction blur and the tolerance of what's accepted as a society lowers. Unfortunately, it seems that the bar is so low now, that individuals who once were marginalized have been given legitimacy and seem to exist only to challenge the things we valued, fought, and voted for, for decades.

Commiserating with like-minded individuals is about the only solace we can find but that also limits our perspectives. We need to place our faith in journalistic reporting which, thankfully, is experiencing a welcome resurgence in popularity. I just hope it's not just a fleeting look-up from a self-absorbed society. It's really the only check we seem to have right now but will it be enough to save our democratic institution from the escalating tribal discord? Can an informed electorate overcome a rooted populist movement to become its own cause? We'll see.

I can't wait until our generation's "national nightmare" is over. The personal shortcomings combined with his basic lack of understanding of our democracy will ultimately lead to the president's own demise. Since it's evident he is incapable of following the precedent of the former governor of Alaska, I am afraid we'll have to wait until he is impeached by a Democratic house or senate.

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Robert Ores



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Who's Targeting Elizabeth Warren?

Submitted by Richard Eskow to PRWatch.org

A billionaire-backed conservative group is targeting Sen. Elizabeth Warren of Massachusetts as she tours the country in support of her new book, according to a memo obtained by Politico.

"We view (the) book launch as the soft launch of her presidential campaign," said executive director Colin Reed. "We'll do the same to her as we did with Hillary Clinton in 2014," Reed added.

America Rising's backers would stand to lose some cushy tax breaks and regulatory favors if the progressive policies advocated by Sen. Warren were enacted. For her part, Warren denies that she's running for the presidency and notes that this is her 11th book.

America Rising is tracking a number of potential contenders for the 2020 Democratic presidential nomination, including Sen. Bernie Sanders of Vermont, Sen. Kirsten Gillibrand of New York, Sen. Cory Booker of New Jersey, Gov. Andrew Cuomo of New York, and Sen. Kamala Harris of California.

The group appears to be taking special interest in Warren, however. Reed's memo cites her "enormous sway" over the party and describes her — inaccurately — as its "titular head." (Reed does not appear to know what the word "titular" means.)

The Rise of America Rising - *America Rising* was formed in 2013 by Matt Rhoades, the director of Mitt Romney's failed 2012 presidential campaign, and it represents the worst of what our current political system offers. Its goal is not to debate the issues or offer solutions

to the nation's problems. Instead, the PAC gets cash from big-money donors and spends it trying to tear down its political opponents.

The Republican National Committee's "autopsy" of its 2012 presidential loss reportedly concluded that the party needed an organization that would "do nothing but post inappropriate Democratic utterances and act as a clearinghouse for information on Democrats."

In the time-honored Washington tradition of "failing up," the leader of the party's most recent failure was chosen to head up the new operation. But, to be fair, Rhoades was not an entirely inappropriate choice. One of his early career highlights, if you can call it that, involved funneling "oppo" information to a seedy but popular website called **The Drudge Report** on behalf of George W. Bush. The group made a splash the following year when it sent "trackers" to record everything key Democratic candidates did and said on the campaign trail. The goal was to record a "blooper" that could be played over and over on news and social media to embarrass the candidate.

Big-Money Backers - The group's million-dollar-plus budget is funded by a bevy of high-dollar backers. The list of donors during the 2014 and 2016 election cycles includes: Hedge-fund billionaire Paul Singer, who specializes in "vulture capitalism" — purchasing distressed assets and squeezing every last dollar out of them. Singer's fund earned the "vulture" label by purchasing the debts of distressed governments like Panama's and Peru's, and then pressuring the authorities to force repayment. In Argentina's case, the fund's tactics including seizing an Argentine vessel docked in an African port.

Singer, a major Republican donor, is the founder of a hedge fund called Elliott Management Corporation. He flooded New York's 19th Congressional district with money last year in order to successfully defeat reform Democrat Zephyr Teachout. Teachout offered to debate Singer, whom she labeled "the actual voice" of her opposition, but he declined to respond. Singer was *America Rising's* largest reported donor.

Wrestling magnate Linda McMahon, who ran the World Wrestling Entertainment empire with husband Vince McMahon and is now Donald Trump's head of the Small Business Administration. McMahon gave \$6 million to Trump's campaign — money

(Continued on page 12.)

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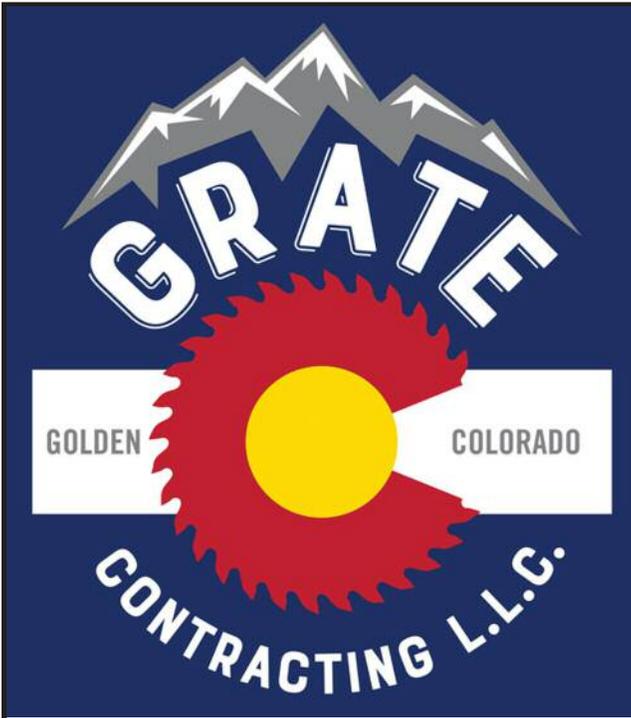
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Trump has reportedly used in ethically dubious ways. Hilcorp Energy Corporation, a Texas-based fossil fuels company that has been sued for violating the Clean Water Act in Louisiana. Hilcorp allegedly damaged oyster beds by dredging canals without the proper permission, using a destructive technique known as “prop washing.” The company was recently ordered to clean up a 4,200-gallon oil spill in Plaquemines Parish, Louisiana, and last month oil was reportedly leaking from an abandoned Hilcorp well head on the lower Mississippi. Also in March, regulators reported that a Hilcorp gas line in Alaska’s Cook Inlet was leaking 225,000 to 335,000 cubic feet of gas per day and demanded that it be repaired or shut down.

Hedge-fund billionaire Kenneth Griffin, a self-described “Reagan Republican” who once testified before the U.S. Senate that U.S. stock markets are “fairest, most transparent, resilient and competitive markets anywhere in the world” — a claim that would surprise hundreds of thousands of documented victims of Wall Street investor and borrower fraud.

Health insurance executive Mike Fernandez, who became a billionaire in the HMO business before becoming a major Republican donor. Fernandez, who supported Mitt Romney and Jeb Bush, initially opposed Trump in 2016 and supported Hillary Clinton. In December 2015 Fernandez declared Trump “unelectable.”

Real estate tycoon Ronald Weiser. Weiser, a former chair

of the Michigan Republican Party who also acted as the Republican National Committee’s national finance chairman, was a member of Donald Trump’s fundraising committee in 2016.



Money for Nothing

What are these big-money interests getting for their money? *America Rising’s* Facebook page is an oddly listless affair. Its Twitter feed still features unflattering and now outdated photos of Hillary Clinton and Tim Kaine, the candidates on last year’s Democratic presidential ticket.

The real “value proposition” for efforts like *America Rising* lies in their ability to plant destructive stories about their opponents in respected news outlets (a category that does not include Drudge). These efforts are more difficult to trace.

The group’s current anti-Warren efforts include sending trackers to videotape the senator’s book tour, in hopes of catching her saying something embarrassing, and a somewhat sophomoric “candidate page” attacking the Massachusetts Democrat. It has posted similar pages for Sanders, Booker, and other Democratic presidential prospects.

All in all, *America Rising’s* efforts have an oddly dated feel to them. Its social media effects feel perfunctory, and its “gotcha” approach to tracking seems like a relic of past campaigns. Politicians like Warren and Sanders have so far proven resilient against the politics of negativity. *America*

Rising’s billionaire patrons could find more constructive uses for their money.

Richard Eskow is a freelance writer and host of The Zero Hour, a syndicated radio news program. He was formerly the writer and editor for Bernie Sanders’ presidential campaign and a Senior Fellow with the Campaign for America’s Future.

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Editor’s Note: Senator Warren’s 11th book is titled *This Fight Is Our Fight* and is available at Amazon, used for only \$12. Webster’s definition of the word “titular” is *having a title or in name only* and this editor agrees that Reed uses the word inaccurately when speaking of Warren, but taking into account who he is, speaks volumes.



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About Pelicans

By Ingrid Winter

Wingspan 7-9 feet
 7 species worldwide
 fish eaters colonial nesters
 young are born naked
 etc. etc. etc.

I read about pelicans
 in my bird books
 about their enormous size
 their conservation status
 (the brown pelican is endangered)
 about their hunting strategies-
 plunging into the water
 from the air
 or
 driving fish toward shore
 in a coordinated action

It all is fascinating
 but still- something is missing
 something
 that perhaps
 cannot be expressed in words-



So, looking
 at the pelican at Greenwood
 -this one, in front of me,
 I ask myself
 what is it
 that makes him unique?
 I don't have
 a good answer
 so this
 will have to suffice-
 He is alive
 He is not a concept or
 a sum of qualities
 His eyes are deep
 and dark
 and they reflect
 a soul capable
 to connect
 with mine
 and yours.

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Pelican Push

Article and photographs
by Diane Bergstrom

The pelicans are back! American White Pelicans are migrating through Colorado, or staying to breed and nest on local lakes and reservoirs. They will raise their young through the summer, then return to southern coastal areas including the Gulf of Mexico. Our Colorado campers can be found along the Front Range, mountains and eastern slopes, wherever fish and water exist to support them. Sightings are possible at Shadow Mountain Lake, Chatfield Reservoir, Dillon Reservoir, Barr Lake, McCall Lake, and many state parks including Eleven Mile, Spinning Mountain, State Forest and Stage Coach. Check The Colorado Parks and Wildlife site for more listings, www.cpw.state.co.us/birding or www.coloradobirdingtrail.com. They can initiate eye contact so while you are watching them, they may be watching you. Brown Pelicans thrive in coastal areas and dive for saltwater fish. The White Pelicans scoop their prey in both fresh and salt water. They're very social birds who



fish together cooperatively by rounding up schools of fish so all can eat. They nest in colonies. The magnificent yet goofy-looking white birds have orange bills and feet, black wing tips



and a 9 foot wingspan. Only the white males develop a fibrous bump on the upper part of their beaks. They have no voice and communicate through gestures and breathing sounds. They have been staying in Colorado since the 1960's, but have been on earth 25 million years longer than humans. But their odds are getting worse.

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while rehabilitation efforts are made to heal the birds, we need to ask what are we releasing them into. True awareness perspective for all wildlife rehabilitation.



In her film, *Pelican Dreams*, Judy Irving explained that Brown Pelicans were listed as endangered in the 1970's, their populations affected by DDT. The Montrose Company had been dumping DDT into the ocean, poisoning fish, water, and many sea creatures. This caused extreme thinning of pelican egg shells



Changing water levels due to climate change, drought, and irrigation, in addition to habitat loss, are threatening pelican nesting areas. They lay their eggs in shallow depressions on the ground and surround the nests with plants and rocks. Boaters, (Continued next page.)

and only one hatchling in every 1,000 nests survived. Now there is a 50% mortality rate with chicks. According to Amy Law, blog post: coloradogeography, the chicks who survive are further challenged to live the first year. Judy noted that climate change and rising temperatures have changed the migration patterns of Brown Pelicans. They migrate as far north as Oregon and Washington, and one year, stayed long into the unusually warm fall season. When they left in a late departure, they flew through snowstorms and eventually were grounded with frostbite. Seventeen thousand were found on beaches. Judy noted that oil spills cause great threats as one drop of oil is similar to a hole in a diver's wetsuit. It destroys the birds' waterproofing. The parents also catch oiled fish and feed the poisoned meal to their young. The declining fish populations are also depleting their diets. She noted that

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fisherpeople and industrial developers can disturb breeding sites, which have caused entire colonies to abandon their eggs and chicks.

Pelicans are protected under The Migratory Bird Treaty



Act but greed and stupidity still challenge the populations. Ten years ago, the private owners of Ice Lake in Buena Vista (real-estate developers including a Colorado Springs real-estate broker selling lake front home sites) were upset about pelicans landing and feeding on their trout-stocked lake, per Rich Tosches, *Lake Owners Have Bellyful of Pelicans*, The Denver Post, May 9, 2006. The website and sales materials for “Lakeside Preserve” promoted trout fishing and bird watching. When the developers sought financial reimbursement for their \$2 per pound trout loss, John Cornely of U.S. Fish and Wildlife Service politely said, “We don’t reimburse for damage from migratory birds. Colorado Division of Wildlife doesn’t either. If you set the table for pelicans with a shallow pond filled with trout, they’re going to find it and eat them. That’s what they do. There’s no compensation for that.” The

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pond. When animals literally cross my path, or windshield, I research their symbolic meaning in Ted Andrews' *Animal Speak* books. According to Ted, the keynotes of pelicans are renewed buoyancy and unselfishness. He wrote, "Symbolically, this hints at being able to be buoyant and to rest on top in spite of the heaviness of life circumstances. The pelican teaches us that no matter how difficult life

becomes, no matter how much you plunge—you can pop to the surface. The pelican holds the knowledge of how to rise above life's trials. Pelicans, in spite of their lightness, sometimes have a difficult time taking off from the water. Still they do manage, and again we can see the correspondence to freeing oneself from that which would weigh you down. The water is a symbol of emotions, and emotions often weigh us down. The pelican teaches how not to be overcome by them." Just what I needed to know and good information for these times.

NOTE: If you are fishing in their area, please do not throw filleted fish back into the water. The pelicans, in addition to many other species, are used to eating small whole fish, not large bone skeletons. Their digestive tracts, and their lives, can be compromised. Happy pelican watching!

developers also applied for a permit to shoot the pelicans who were feasting on their bought and paid for trout. Rich quoted Cornely responding, "We've issued pelican depredation permits in Colorado in just a few cases involving fish hatcheries where people profit directly from selling fish, but we don't issue them to enhance sport fishing. And real-estate sales wouldn't qualify for the permit." At least some common sense regulations exist against greed and stupidity. Score one for the pelicans.

While numbly driving west on 104th from DIA after returning from a poignant caregiving trip to Minnesota, I actually ducked in my car when three American White Pelicans glided low overhead, their orange feet already descended in air rudder landing gear pattern. I pulled over to watch them land, swim, and take off from a small park

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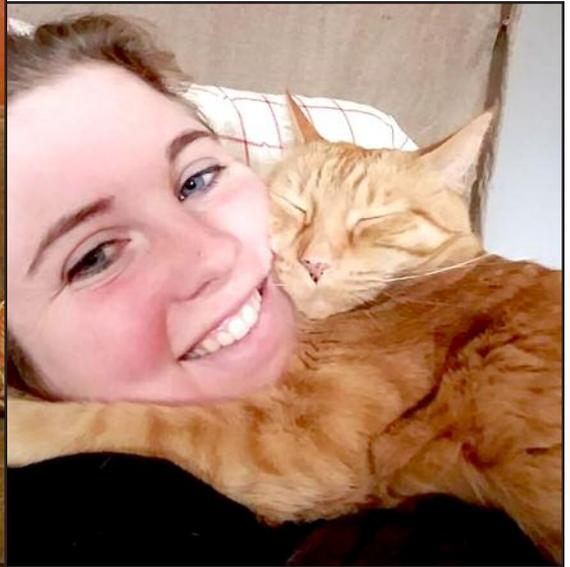
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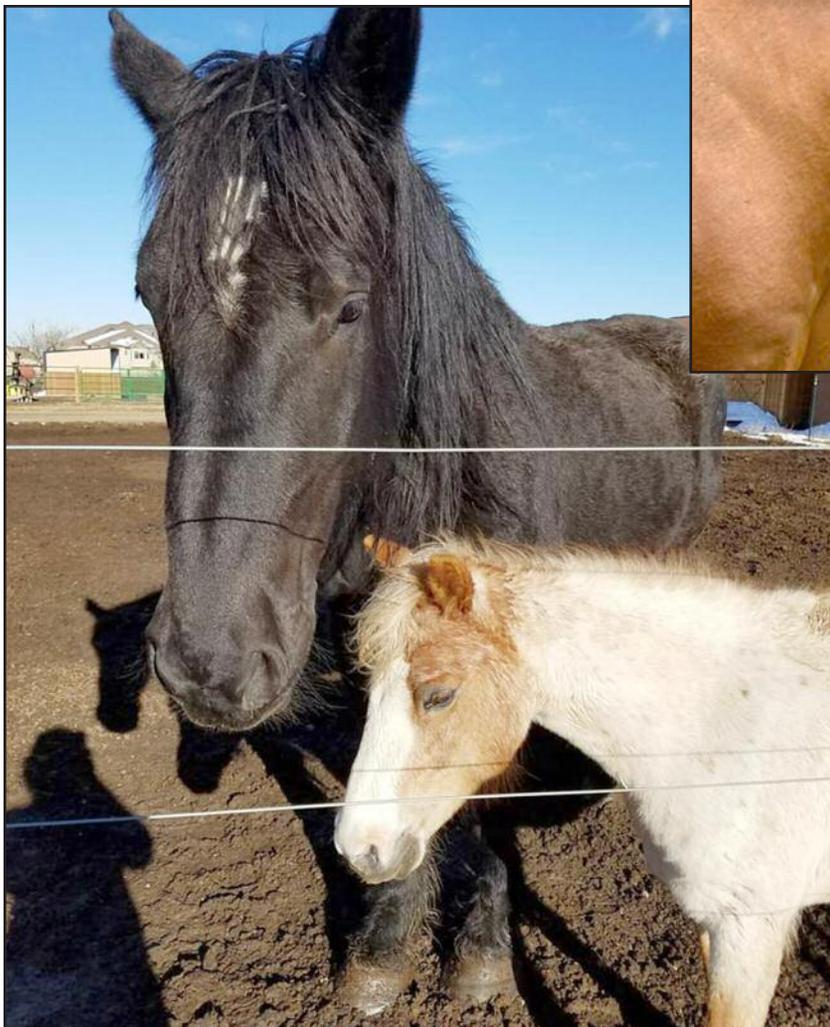
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Top Right: Pam kisses Barney - by Alexa Boyes.

Left: Momma mare and cute foal.

Bottom: Benny checks out the great outdoors.



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Are Women Prepared For Life Alone As They Age?

The trends are clear – as women age the odds are they will be living alone, largely because of either divorce or widowhood.

What may be less clear for many of them is whether they are prepared for that life alone – both emotionally and financially, says Susan L. Hickey, a financial professional at Your Own Retirement LLC (www.yourownretirement.com/womansworth).

“Although both men and women could live three or four decades in retirement, it’s more likely for women because they have longer life expectancies,” Hickey says. “But they also often have less in savings, and smaller or no pensions, so their longevity can work for them and against them.”

Almost half (46 percent) of women who are 75 or older live alone, according to the U.S. Department of Health and Human Services’ Administration for Community Living. But women, many of whom are heads of households, don’t always do a good job of planning for their retirements because they spend so much of their time thinking about the needs of others – their children, their spouses, their aging parents, Hickey says.

“They need to realize that their happiness and security in their later years can hinge on so many things, and not just their savings,” she says. “So many factors come into play.” Hickey says some mistakes women make in planning for retirement, and what they can do to correct those mistakes, include:

Failing to participate in planning. Many women traditionally have left the retirement planning to their husbands and that’s a mistake, Hickey says. Women should be actively involved. They need to understand their financial situation, what would happen if their spouse dies and where all the important papers are kept. When a meeting happens with a financial professional, they should be part of that and help make the decisions.

Underestimating how long they will live. For some reason, many women have trouble imagining just how long retirement might last. Life expectancy for women in the United States is about 81, and that’s an average. Many women will live into their 90s and some will pass 100. When planning and saving, women need to consider that they might still be living 30 or 40 years after they retire.

Failing to protect their health. Maintaining your general health and well being is important because medical costs can eat into retirement money, Hickey says. The nest egg that someone thought would be more than sufficient can start disappearing quickly when there are significant medical issues. Women need to make sure they get exercise, eat healthy meals and keep up with those doctor visits.

“So much of this is connected,” Hickey says. “When women feel that they have a good financial plan in place, they are more likely to feel secure and that’s good for both their physical health and their emotional health.”

About Susan L. Hickey:

Susan L. Hickey

(www.yourownretirement.com/womansworth) is a financial professional at Your Own Retirement, LLC. She helps guide clients, many of which are single women or female heads of households, on the many facets of planning for retirement. Because of her advocacy Sue combines numerous elements of retirement income planning through the use of insurance products, which includes strategies for claiming social security benefits, Medicare costs, long-term care concerns as well as traditional income needs.

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Marriage & Money ~ Big Questions To Pop

From Jim Plane of State Farm Insurance

When getting married, the cost of throwing the wedding isn't the only money discussion you and your significant other should initiate before walking down the aisle.

It's important to have frank discussions about finances and your views on handling money. These conversations may be uncomfortable at first, but avoiding them could prove much more costly down the road: Money problems are one of the leading causes of divorce.

"If you can lay it all out and meet halfway, you can set yourself up for a successful financial relationship, as well as a stable emotional relationship," says Joshua Mungavin, CFP, a financial planning analyst for Evensky & Katz Wealth Management in Coral Gables, Florida.

And it doesn't have to be stressful experience. Establish an open dialogue by "discussing goals and aspirations, and what it will take financially to get there," says Mungavin. "It's a good way to ease into the overall conversation that doesn't require a direct confrontation."

Mungavin recommends including these topics in your conversation: **Account structure** - Will you merge all your accounts, keep individual accounts, or create a mix?

How will you title the accounts?

Spending and saving habits

Spenders and savers can peacefully coexist if you keep the lines of communication open. Ask each other: Does the higher earner get to spend more?

Do you spend out of the joint account as long as there are sufficient funds?

Do you have to answer to each other for expenses?

Do personal expenses come out of a monthly allotment each one gets for these types of expenses?

Is there a specific dollar amount that requires a discussion with your significant other prior to a large purchase?

Credit histories

"Ultimately, newlyweds' credit scores will affect each other and can impact your ability to get a mortgage and buy cars," Mungavin says. "If one partner has credit problems, it's important to discuss why these issues exist and what has changed to make sure they don't happen in the future." Learn more about the factors that can affect your credit score.

More questions

While you're chatting, Mungavin recommends you to ask each other the following: Do you want and are you comfortable with a prenuptial agreement? If so, consult a qualified professional. What happens with any assets held that were the result of an inheritance?

Who pays the bills, in what proportion are they paid and how? When do you want to retire and what does retirement mean to you?

What will your estate plan look like?

What is your risk tolerance and how will that affect your investment choices?

Use a budgeting calculator to help get a handle on where your money goes. And be sure to consider how you'll protect your income and property in your discussions. Your State Farm® agent can answer your questions about life insurance, disability income insurance, and homeowners insurance.



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Wishing Safe Passage To All River Runners

By Andrew Gulliford - High Country News - hcn.org

As spring returns to the Rockies, I think about a day last summer when we packed for a rafting trip, never thinking to pack for death. We took clothes, cameras, river gear, sleeping bags and tents. We never dreamed there might be a tragedy, a whitewater death by drowning. And yet that accident happened, and our lives were forever changed the instant the raft flipped. It took hours for a helicopter to come by, low and slow, searching for the kind of shadow that reveals where a body might be hidden underwater, pinned by boulders.



*A capsized raft floats through whitewater.
Gunter Marx/Alamy Stock Photo*

Four other rafts were well ahead of us when our raft slammed into a submerged tree and the commercial river guide yelled, "High side! High side!" That meant we had to move fast to the upside of our raft to prevent water from getting into the low side and flipping us. But in a tight canyon with the river roaring at 9,000 cubic feet per

second, everything happened simultaneously. The raft tossed all six of us into 45 degree water. I blew out the back end and swam to a log near an island. I looked around for my companions. I saw no one.

It was the first day and the first *(Continued next page.)*

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rapid on a four-day rafting trip. In those seconds after the accident, as I tried to understand what had happened, I heard only the rushing water. Then I saw the upside-down raft bobbing furiously in the river, caught in the kind of submerged tree that river-runners call a strainer.

I stayed on the log, debating whether to try to get to the island, when our guide appeared out of the thick willows. He saw me and patted his head. I patted mine in turn to signal that I was OK. We couldn't hear each other over the sound of the river. He turned around and melted back into the brush, and I stayed a few more minutes on the log, my impromptu sanctuary.

In 20 years of river running, I've experienced plenty of flips, but this one felt different. I reached the island, removed my lifejacket and helmet and tried to dry off as the sun climbed the cliff. Then one of the couples who had been in the front of our raft appeared, both of them barefoot because the river had ripped their sandals off. We hugged. We explored the island. On both channels the river roared

by too swiftly for us to make a safe exit. Then we saw two guides signaling to each other across the river about how many of us had been rescued. And that is when we knew: One of us was lost.

River running, both in private boats and commercially, has become firmly established in the Rocky Mountain West. Families want a taste of adventure, cold water splashed on hot skin, yells and shouts of excitement, a reason to hang on to the "chicken line" as the rafts tumble through rapids. We crave excitement.

Our group had planned this trip months in advance without knowing that a record snowpack would force the dam above us to release huge amounts of cold water, not only to save the dam but also for downstream irrigation. These pulse floods are healthy for the environment, re-establishing habitat for endangered fish and bird species. But with high flows, there is little margin for human error.

Now, as the bright sunshine ebbed towards late afternoon shade, we survivors were grateful simply to be alive. The next hours blend together. I recall deep wails and sobs of grief from the man whose partner was missing. He kept saying, "Why her, God? Why not me? Take me, I'm older." The inevitable questions arose about the random nature of death, who dies, and why.

Weeks later, I thought about the hidden complexities of the situation. Here we were, trapped in a canyon, and yet also caught between some of the West's other competing activities, things like farming and irrigation, activities far removed from river running. The Bureau of Reclamation, I had learned, would not slow a scheduled release from one of their big dams — not even to retrieve a body.

There were 28 passengers on the trip, and among them were grandparents who'd brought their grandchildren. I hoped those children did not blame the river. We had chosen to be in the wilderness, and that choice had irrevocable consequences.

Snow is melting now in the backcountry. Rivers will rise in June from snowmelt, and rafters will launch with a sense of nervous expectation. To every river runner and every excited passenger: I wish you safe passage.

Andrew Gulliford is a contributor to Writers on the Range, the opinion service of High Country News. He is a professor of history and environmental studies at Fort Lewis College. The opinions expressed in this article are those of the writer and do not necessarily reflect those of High Country News.

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YOUR CHIMNEY CARE EXPERTS

Oil & Gas Industry Needs Methane Regulation

By Wayne Warmack

For almost three decades, I worked in the oil and gas industry, moving 22 times to job sites that ranged from Bloomfield, New Mexico, to the Norwegian Sea. In the Four Corners area, I helped make sure that 3,000 wells sent their oil and gas by truck and pipelines to trade centers and final markets.

Wherever I worked, one thing remained constant: It was clear that voluntary measures to address problems were never enough. The oil and gas industry, driven by profit, needed firm but fair regulations to ensure a safer and cleaner environment.

This is why I am such a strong supporter of new requirements from the U.S. Bureau of Land Management to limit the waste of taxpayer-owned natural gas containing one of the worst global climate-changing pollutants — methane. The Methane and Waste Prevention rule, developed during the Obama administration, would require oil and gas companies to monitor for leaks, which include noxious chemicals like benzene, and to repair outdated detection equipment.

So far, the industry’s record on voluntarily reducing methane waste has been poor to nonexistent. For example, the federal government’s current voluntary program, the Natural Gas STAR program, has achieved a paltry 1% participation rate among the oil and gas industry — not exactly overwhelming.

In addition, the voluntary measures taken by the industry have not been sufficient to capture vast amounts of wasted methane. A recent survey of 65 of the biggest oil and gas companies found that none had taken even the first step in reducing methane waste by disclosing their intent to do so. In fact, less than a third of those companies even report their methane waste. It seems highly unlikely that voluntary approaches will be effective.

The oil and gas industry has lobbied strongly against regulation, arguing that the rule is burdensome. In February, the U.S. House of Representatives heeded industry’s call by voting 221-191 to overturn the rule, using a blunt tool known as the Congressional Review Act. The Senate is next to cast its vote, so we’re down to the wire. If successful, the review act would prevent any similar rule limiting methane waste from being put in place without congressional action.

Yet the fears of industry are not supported by on-the-ground evidence. Leak detection, for instance, can make oil and gas production much more efficient. One survey found that 7 out of 10 Colorado operators said the benefits of regularly checking equipment for leaks outweighed the costs.

The oil and gas trade associations in Colorado tried to argue the same points when this state was finalizing state

methane rules. But three years later, leaks in Colorado are down, while production continues to be strong. In fact, Colorado industry trade groups now tout the success of the Colorado methane rules.

As for the concerns about additional costs leading to the shutting down of the hundreds of low-production “stripper wells” that exist, the BLM’s rules expressly allow these wells to be exempted from specific provisions if the operator can demonstrate that the rules could put it out of business.

In fact, oil and gas companies have acknowledged that federal regulations have little to no impact on the level of production, according to their filings with the U.S. Securities and Exchange Commission.

So there is no reason to believe that complying with the BLM rules across the Four Corners would be any less successful than complying with Colorado’s statewide rule. Meanwhile, we know now, thanks to scientific studies, that the Four Corners area emits the largest cloud of methane pollution in the United States. This pollution has been tied directly to poorly maintained oil and gas infrastructure. Curbing this poison to our atmosphere is bound to require a regional approach — exactly the sort of effort the BLM’s rule could spearhead.

Production of natural gas is expected to increase by 56% in the U.S. by 2040, while also increasing by 64% outside of the U.S. If we foster the development of the methane-mitigation industry here over the next decade, the world will be buying American-made — not foreign-made — products and services to capture valuable methane emissions. Here at home, that will create high-paying jobs and spur economic growth.

The BLM methane waste rule makes sense for industry and local economies throughout the West, while also making sense for our air. Our U.S. senators should oppose any efforts to roll it back.

Wayne Warmack is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). The owner and operator of Double W Ranch in Durango, CO, he retired from ConocoPhillips after a 27-year career in the oil and gas industry.



Expanded Monument Must Not Be Logged

By Michael C. Blumm

Late in his second term, President Barack Obama expanded the 53,000-acre Cascade-Siskiyou National Monument in southwest Oregon by about 48,000 acres, getting it closer in size to what scientists had recommended for years. Established by President Bill Clinton in 2000, the monument's principal purpose is to preserve the biodiversity of a diverse crossroads of eco-regions, ranging from desert and grasslands to mountains and coastal forests.

The expanded monument, which is less than one-fifth the size of Rhode Island, functions as a biological land bridge, providing a gateway for numerous species, including the Pacific fisher, mountain lion, northern spotted owl and about 200 other bird species. Along with protecting the area's biodiversity, the monument's 2008 management plan also allowed recreational hiking and rock climbing. It did not prohibit selective logging or grazing as long as both remained consistent with the monument's purpose.

But all along, the original monument was clearly too small to protect its resources, especially in light of the rising temperatures associated with climate change. In

2011, an interdisciplinary scientific group concluded that population pressures, adjacent land uses, and climate trends made the initial boundaries inadequate to safeguard the very biodiversity the monument aimed to protect. The review culminated in a letter signed by 85 scientists that called for expanding the monument.

After more discussion, debate, introduction of Senate legislation protecting the area, more research and public meetings, the Obama administration settled on an expansion of 48,000 acres. This included 5,000 acres in California, although scientists had recommended an even larger amount.

When Obama announced the expansion Jan. 12 under the authority granted him by the Antiquities Act, it was welcomed by many local residents, regional mayors, city councils, and the chambers of commerce in Ashland and Talent, Oregon, the two cities closest to the monument. Support also came from the state legislators in whose districts the original monument was located, the Klamath Tribes, and Oregon Democratic Gov. Kate Brown. In addition, at four public meetings, hundreds of people supported the proposed expansion, and public comments received by Oregon Democratic Sen. Jeff Merkley ran three-to-one in favor of expansion.

This was no "midnight monument" created without the participation of important stakeholders. It concerned only public lands managed by the Bureau of Land Management. No private lands were taken. All valid existing rights were expressly protected.

But recently, Oregon's timber lobby attacked this well-vetted and well-reasoned monument expansion, filing three lawsuits in federal court to overturn it. The American Forest Resources Council, the Association of Oregon and California Counties, and the Murphy Company argue that the expansion is unlawful because some of the public lands are administered under the Oregon and California Lands Act of 1937, and therefore cannot be protected under the Antiquities Act, the law used by both Republican and Democratic presidents to establish national monuments for




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over a century. Instead, the timber interests maintain that the lands must be used solely for logging.

This argument is critically flawed. The 1937 act's language, history and interpretations from government lawyers of both political parties indicate that the federal government has sufficient discretion to manage these lands for multiple purposes, not just timber production. The statute's purposes include "protecting watersheds, regulating stream flow, and contributing to the economic stability of local communities and industries, and providing recreational facilities." This 80-year-old law was, in fact, one of the first congressional expressions of multiple-use.

The monument's expansion is entirely consistent with the law. In fact, the BLM has already placed roughly half of the Oregon and California Lands Act territory in the expansion off-limits to scheduled timber harvest to protect these statutory purposes. The timber lobby may want these



Tunnel Creek Wetlands - Photo courtesy BLM Alec Bryan.

lands managed solely for logging, but the law, the facts, and the opinions of a vast majority of Pacific Northwesterners do not agree. Although the timber suits are unlikely to scuttle the monument's expansion, the opponents could have better luck in the political arena, where

Oregon Republican Rep. Greg Walden has called it "rigged from the beginning."

The expanded Cascade-Siskiyou National Monument has been a gift to all Americans. There is no reason to turn its expansion into saw logs.

Michael C. Blumm is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). He is Jeffrey Bain Faculty Scholar and Professor of Law at Lewis and Clark Law School, where he teaches public lands law, among other natural resources courses.

Editor's Note: It is time to contact your Congressional representatives and make sure they know THEY must block the logging industry from taking back the expansion of this National Monument.

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Prairie Dogs & Us

By John Horning

There's a place in the heart of Santa Fe, New Mexico, where a small colony of prairie dogs survives between railroad tracks and the busiest road in town. It's a fragile existence, and some of the animals perish when they venture onto the pavement. But somehow, they survive in this small fragment of wildness.

On most Saturdays, my 4-year-old twins and I ride our bikes to the spot and watch in fascination as the prairie dogs yip and chirp at our arrival. They disappear into their burrows when my exuberant guys approach too close and too quickly.

We practice sitting still, and the animals seem to be learning to respect this invisible safety zone. Eventually, the intrepid dogs get the courage to reappear and return our gaze as they perch on the edge of their burrows. I hope the boys are also learning a deeper lesson about vulnerability and trust that will serve them in their future relations with people, as well as with wildlife.

Across the American West from Montana to New Mexico, prairie dogs, which once numbered in the

millions, are increasingly vulnerable — to plague, habitat fragmentation, poisons. And, worst of all, to the blood thirst of hunters, farmers and ranchers who use them as target practice.

Though plague is the most severe threat to the species' survival, ecologists argue that the dogs' fragile existence underscores the importance of removing human threats. And now they have a new threat: Donald Trump Jr. The president's son recently went to Montana to stump for Republican candidate Greg Gianforte, who's running for the seat in Congress vacated by Interior Secretary Ryan Zinke. Donald Jr. joined Gianforte to shoot prairie dogs, and when asked about it, Gianforte said, "What can be more fun than to spend an afternoon shooting the little rodents?"

I know Trump Jr. is a hunter. I've heard he is a conservationist. But shooting prairie dogs is not about hunting. Nor is it, for me, about Trump's conservation ethic, though conservation ought to be part of the discussion, because of the vital role that prairie dogs play in healthy grasslands, and because of their vulnerability.

The senseless slaughter of prairie dogs is fundamentally about the powerful and the vulnerable, which I see as the

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defining narrative of the Trump administration. The budget President Trump initially proposed made drastic cuts to the most vulnerable Americans — eliminating funding for after-school programs for 2 million children in the poorest communities, cutting \$6 billion that keeps millions of people from falling into homelessness, ending a program the helps people heat their homes, and slashing funding for Meals on Wheels, which provides meals for struggling seniors.

While the final budget changed, Trump’s original version remains a painful reflection of the administration’s values. A telling example of those values is that he would have eliminated the Legal Services Corporation, which provides legal aid to those who can’t afford it. This would result in swelling our prison population — already the largest in the world.

Fyodor Dostoyevsky wrote, “The degree of civilization in a society can be judged by entering its prisons.” He said this because he recognized that, in many ways, prisoners are the most vulnerable people in any society.

We know who we truly are, as moral individuals, by the way we respond to weakness and power. It is easy to serve the powerful because they usually reward our service. Serving the weakest in our society offers less tangible rewards. How do we respond to the vulnerable? Do we ignore those who cannot speak for themselves, whose voices go unheard?

After 30 years of study, Con Slobodchikoff, a professor at North Arizona University, discovered that prairie dogs have a complex communication system with all the elements of language, its sophistication surpassed perhaps only by

cetaceans and primates. Despite their sophisticated language, prairie dogs cannot speak for themselves. That responsibility falls to those of us who believe it is our duty to represent the voiceless, whether they are prairie dogs or people.

Ultimately, politics is a struggle between two ideas: the belief that the weak are meant to serve the powerful, and the belief that the powerful have a duty to serve the weak. At its best, America has always defended the weak, whether it was Franklin Roosevelt fighting the Nazis or Abraham Lincoln abolishing slavery. We now find ourselves at a moment when we must decide between these two ideas once again, and that decision is nothing less than a referendum on our character as a nation.

John Horning is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). He is executive director of WildEarth Guardians.



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Buffalo Field Campaign-buffalofieldcampaign.org

Over the past month, BFC patrols were monitoring another injured adult female buffalo. Her hips were in bad shape but the cause of injury was not obvious. We weren't sure if she had been struck by a car, or whether she had been born that way. Nevertheless, she migrated from deep within Yellowstone all the way to Horse Butte, and was putting on weight and doing her best to keep up with the herd. We were keeping a close eye on her every day and hoping for the best.



Unfortunately, residents from Yellowstone Village thought she was so bad off that they contacted our new Montana Fish, Wildlife & Parks (FWP) game warden. The game warden came out to observe her a couple of times for short periods and felt she wasn't going to make it. Even though BFC is out with these buffalo every day, observing their behavior and migrations, he didn't contact us to discuss the situation. On Tuesday he shot her. Her body was taken to the compost pile at the local dump. We contacted FWP's Region 3 Director, who had no knowledge of the incident, but he agreed that we needed to open the lines of communication with our new game warden. We called him and, to his credit, he felt that he was committing an act of compassion, that the buffalo wouldn't have made it. He was trying to do what he thought was best for her. He also said he has spent a lot of time in Gardiner and has seen enough of buffalo being shot, wounded, and left for dead. We certainly know how he feels. We talked about the need to be in communication with each other when such situations occur, before such drastic measures are taken. We also talked about how much more beneficial it would have been to allow her body to be food for grizzly bears than be thrown away like trash. He agreed and said he tried to contact a bear biologist, but was unable to make contact. We always suggest relocating carcasses deeper into the forest so that grizzly bears can find them on their own, away from humans, and eat in peace.



When you take the time to listen to non-humans, they will tell you where they are. We make mistakes too, but we spend enough time with these buffalo, through good times and bad, that we understand them better than most. We experienced this back in December when a female buffalo was hit by a vehicle. She made it clear that she was in pain, afraid, and dying, so we made the difficult call to help her. Many of you will recall the other injured mama who died in Yellowstone Village a few weeks ago; she was much worse off than the buffalo killed this week, but she had the will to live and kept right on trying. Although she didn't ultimately make it, she was at least given the dignity to die

quietly on her own. The buffalo killed Tuesday was continuing to eat and move with the herd (albeit a little more slowly) and was not showing signs of giving up. We weren't about to give up on her, either. We realize there are challenges when these things

happen within a housing area, but we do live on the edge of Yellowstone, where grizzly bears or wolves could have had the opportunity to take her and feed their families. Talking with the game warden, it was clear that it was not easy for him to do this, and we wish he wouldn't have, but at least we have opened up communication and he has agreed to work together to be helpful to our wild neighbors.

On a brighter side, Horse Butte is teeming with buffalo calves! Every day we are counting more and more calves. They are such a joy to watch, whether they are bedded down and napping in the flowers, frolicking with the others, trying their new legs and learning how to spar with their wee button horns, or using hilarious maneuvers to convince their moms it's time to nurse, we just can't get enough. And the best part is knowing that the government agents cannot bother them here anymore. They simply get to be buffalo. They are moving around Horse Butte, mostly staying where the people live, which is also an amazing thing to see. They enjoy being around people; they know the love that so many Yellowstone Village residents have for them, and they seem to be seeking that company out. They're hardly spending any time on the public land side of the Butte, but instead prefer to be in the company of humans. There is no better living example of how easy it is to co-exist with wild buffalo. People are even coming from other areas to drive into the Village just to see the buffalo. More people are falling in love with them, and year-round habitat is proving to be beneficial to both buffalo and humans, and we trust that this will help gain them more ground and more advocates as we press on in **our work to protect these gentle giants and increase the areas where they roam free.**

Call to help our cause: Yellowstone National Park Superintendent Dan Wenk 307-344-2002 and Montana Governor Steve Bullock 406-444-3111.

Live Life On Your Own Terms

By Frosty Wooldridge

In this high-speed society we created for ourselves, Americans live in traffic-congested cities with skyscrapers piercing the sky.

On the ground floor, humans race to catch crowded busses, packed subways and Yellow Cabs. With expressways gridlocked from dawn to dusk, people overflow sidewalks and sirens slash through the air 24/7. The evening news reports robberies, accidents, homicides and a plethora of calamities too numerous for human emotions to endure.

But if you look at all the people living in cities, whether in their workplace or their office cubicle, what do you see on the partition wall?

You see posters of what they would rather be doing: windsurfing, skiing, sunbathing on a beach in the Caribbean, scuba diving, dancing, mountain climbing, camping, rafting, bicycling and a dozen other activities they would rather be living.

If you're one of those people wishing you lived a different life or wishing you could live your dreams, then why don't you go after it? Why not live your poster instead

of wishing you were windsurfing across Lake Tahoe or sunning on the beach in Hawaii?

Did you ever wonder how those people you see traveling around the world with a backpack or bicycle, or climbing mountains or taking a winter off to go ski bumming do it? They defeat the tyranny of resistance.

Henry David Thoreau said, "The mass of men and women live lives of quiet desperation."

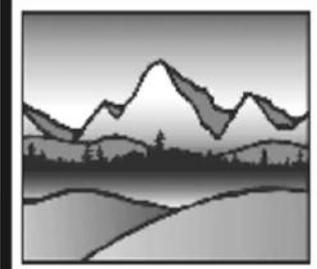
In 2017 America, anyone at any station in life, at any age, can renew his or her life by choice, by intention and by action. Such individuals learn how to defeat the "tyranny of resistance."

First of all, what constitutes this modern day tyranny that locks people into cubicle prisons in cities or into humdrum jobs that provide zero meaning?

Such persons yield to an inner resistance to transform themselves because they feel afraid, don't know how to break their cubicle-bonds and, often times, none of their office mates know any better. It's easier to be safe with the constancy and comfort of a paycheck and friends.

Do you remember the TV sitcom "King of Queens" with the fat boy Kevin James and co-star Leah Remini, who also got fat in the series, staged in New (Continued next page.)

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Highlander Inner View

York City? They never showed any happiness, but mostly conflict. Their jobs: meaningless! They didn't know how to escape their relationship or their jobs.

If you live such a scenario, how can you avoid a lifetime of regrets? Find your gift of what turns you on to life. Discover your talent, your ability, your genius and your expertise. You can find it by examining what you do in your spare time. Pursue it, love it and live it.

Practice self-awareness. Socrates said, "The unexamined life is not worth living." Instead of going through the motions, create your own wave and ride it.

Incorporate your independent will as a "course correction" on your way to your life's destination. As Jack London said, "You can't wait for inspiration to change your life; you have to go after it with a club." Discover your True North in the scheme of your life. That's your soul's true knowing and what you desire most about your life. It's your deepest truth.

Finally, you must engage your physical, emotional, mental and spiritual well-being. Exercise daily to blow off excess energy in the body to release your mind to express itself. Eat healthy foods to maintain a lean frame. That, in turn, allows you emotional balance that originates with your relationship with friends, families and co-workers. For your mental well-being, read books, take classes and express yourself through journaling, painting, sculpting or other art forms. Finally, feed your spiritual being via



inspirational books, church or nature, and the peace you find from a walk down a tree-lined path.

You will find the tyranny of resistance fades as you walk or gallop toward your happiness in work, play and friends. You won't wish for what you see in the poster on your cubicle wall, you will live it for real.

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United Power members can manage their electric account 24/7 by computer or smartphone with SmartHub, a free online billing payment portal. Members can login to SmartHub to:

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- Store payment options
- View electric usage history
- Report an outage
- Select paperless billing
- Notify member services of account issues
- Communicate directly with the cooperative.

For more information, visit www.unitedpower.com.



Be Prepared for Summer Storms

Lightning from thunderstorms kills more people each year than tornadoes or hurricanes, according to the American Red Cross. As summer arrives, make sure you're prepared to handle storms that come with the changing season. Follow these tips from the Red Cross to stay safe:



Stay away from downed power lines. Electricity could still be flowing through them. Call 911 immediately and report them to United Power at 303-637-1350.

Hear thunder? Head inside. If you can hear it, you could be in danger from the lightning. Stay indoors at least 30 minutes after the last clap of thunder—a recommendation from the National Weather Service. If you're outside and can't seek shelter indoors, avoid high ground, water, tall isolated trees and metal objects like benches or fences.

Unplug your electronics. Avoid using electrical items and telephones, which can carry power surges. Keep a battery-powered TV or radio on hand for weather updates.

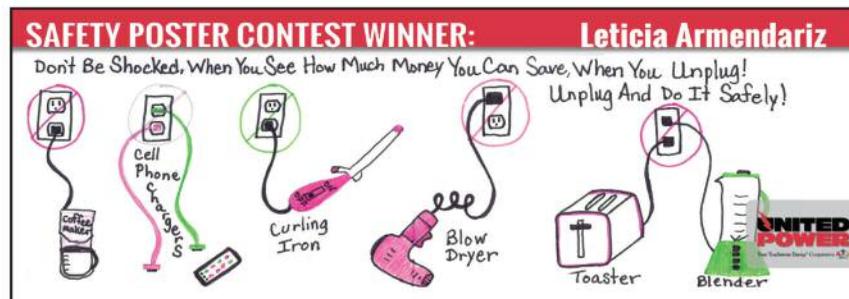
Delay outdoor activities. If conditions are right for a thunderstorm, postpone the baseball game and stay inside—it doesn't have to be raining for lightning to strike.

Safety Poster Contest Winners

In February and March, United Power invited kids in grades K-5 to design an electrical safety poster that teaches family and friends ways they can stay safe around electricity.

The winners each received a \$50 cash prize and their posters were displayed online, in the *United Newsline* and on bus benches at stops around the service territory.

To view all the poster winners, visit www.unitedpower.com.



It's a great time to sell!!! Do you know the TOP 10 THINGS TO DO WHEN SELLING YOUR HOME?

1 Call Us

We'll take care of the other 9.



BUY OR SELL A HOME WITH Kathy Keating or Susan Peterson and USE the moving truck for FREE



113 Wallens Place
Sweet Cottage plus Studio
2 BD/ 1 BA **\$245,800**



33966 Nadm
Mtn fresh air with City Views
.74 Acre **\$68,000**



82 St. Vrain Trail, Ward
Fabulous Custom Home on 1.6 Acres
3 BD/ 3 BA 3,072 sq.ft. **\$534,900**



118 Gap Road
Amazing Mountain Retreat
5 BD/ 4 BA 2,670 sq.ft. **\$595,000**



11991 Spruce Canyon Cr.
Gorgeous Mtn LOG Home
3 BD/ 3 BA 2,639 sq.ft. **\$454,900**



19 Ronnie Road
Views, Well, Septic, Building plans included
.7 Acre **\$115,000**



3491 Gross Dam Road
A Slice of Mountain Privacy
38.92 Acres **\$189,000**



6365 Cole Lane
Arvada Spacious Townhome
3 BD/ 3 BA 2,324 sq.ft. **\$395,000**



114 Wonder Trail, Wondervu
Vintage Cabin - Well Drilled
2 BD **\$94,500**



1055 Divide View Drive
Fabulous Custom Home on 2 Acres
4 BD/ 5 BA 4,732 sq.ft. **\$739,000**



0 Tiber Road - Land
Two Adjacent Lots
1.88 Acres **\$68,000**



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