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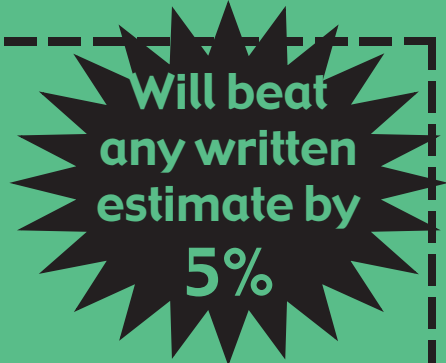
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PUBLISHER, EDITOR, ADVERTISING SALES,
COPY EDITOR, PRODUCTION & DESIGN
Anita M. Wilks
CONTRIBUTING WRITERS
Omayra Acevedo
Emily Benson - High Country News
Chris Berdik - High Country News
Buffalo Field Campaign.org
Chris D'Antelo - High Country News
Heather Hansman - High Country News
Jim Plane-State Farm Insurance
Amanda Schupak - High Country News
Ryan Wichelns - High Country News
A.M. Wilks
Ingrid Winter
Frosty Wooldridge
CONTRIBUTING PHOTOGRAPHERS/ARTISTS
Omayra Acevedo
Luna Anna Archey
Alexa Boyes
Buffalo Field Campaign
Steve Herman
Shawn Parkin
Matthew Schofield U.S. Coast Guard
U.S. Fish & Wildlife
U.S. Dept of Energy
Darran Wells
Anita Wilks
Frosty Wooldridge

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Faery Fantasy

By Omayra Acevedo

This is a short story of how a simple girl turned fantasy into reality...

I have never been able to truly fit-in anywhere. I was bullied, judged, mistreated and an outcast. In hindsight, it is what drew me closer to nature and ultimately creating my true self. I would always daydream of a life that wasn't my own. A life where I would be accepted for being different and – if nothing else – respected for having my own beliefs and ways of thinking. I had always been attracted to fantasy adventure films. Movies that took place in realms that were magical, and the characters wore ensembles so colorful and whimsical that they immediately transported you into their world.

THAT was the world I craved to be a part of (and still do). I would study every move, word, mannerism and look of the characters. Especially, the elves and faeries. Then, after watching it over and over again, I would run to my closet, try my best to create the costumes I saw, stand in front of the mirror and reenact my favorites scenes. It was the best

time of my life. Then, I got older and kept being told that I needed to take my life more seriously. For a while, I buried my creativity and lost myself. One day, I stopped listening to people and more to the feelings inside me. I realized that my life is my own story to write and the only thing in this world stopping me, was me.

It didn't matter how my peers laughed at me and called me weird for being 'creative' and 'expressive.' I didn't need friends or attention. I had my imagination. Inevitably, I lived a very colorful life as a puppeteer, performer for Disney World, SeaWorld and Universal Studios. I became a face painter for birthday parties and everything in between. How? Well, I took risks and allowed my creativity to take complete control. I accepted my failures as equally as my successes. I made my first faery costume (which wasn't very good) and attended my first renaissance festival in 2001. Everywhere I went someone wanted their photo with me. I would catch a vaudeville-type show and was always brought up on stage. I did nothing spectacular except have fun. I blew bubbles, shared faery jewels with children, danced like a fool and gave

myself absolute freedom.

The rest is history. I worked for many entertainment companies and Renaissance Festivals since that glorious day. Including, in 2007, for the Colorado Renaissance Festival in Larkspur. I even made appearances in a few festivals in Europe! I have been many versions of fantasy creatures: a satyr faery, a water spryght, a woodland nymph and my newest creation Willow Fae, which you can meet in person at the **Gilpin County Pixies and Pirates Fantasy Adventure on Saturday, June 22, 2019 from 11-2**. Space is limited so reserve your magical slot before they all disappear. Mermaids, ninjas and elves are all invited to attend. If you want to bring mom or dad, dress them up too. It'll be fun! I promise!

Moral of the story? If you have a dream, it's most likely your heart talking to you. So, listen. I'm 39 years of age and still living life as a faery. Trust me when I tell you that nothing is more fulfilling than knowing you have turned your fantasies into a reality.

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Update: BuffaloFieldCampaign.org

Species of Conservation Concern

American bison a Species of Conservation Concern is a collaborative project dedicated to securing protection for wild buffalo and their habitat on National Forests.

June 6, 2019 is the final day to submit comments

On our website Click to comment on the Custer Gallatin Forest plan revision: habitat@buffalofieldcampaign.org

Our effort is two-pronged. First, the best available science weighs in favor of listing American bison as a species of conservation concern because there is “substantial concern about the species’ capability to persist over the long term” on the National Forest. The decision belongs to Region 1’s Regional Forester Leanne M. Marten.

Allocating buffalo habitat to cattle, permitting fencing schemes that impede connectivity to habitat, and setting up government traps are stressors and factors supporting the listing of American bison as a species of conservation concern .

We will provide new information for you to engage Region 1’s Regional Forester in making the right decision.

Second, the Custer Gallatin National Forest is revising the agency’s forest plan that will determine how American bison and their habitat are managed for decades to come. The Custer Gallatin recently released a Draft Environmental Impact Statement outlining a range of alternatives on American bison for public comment. Please write comments in support of strengthening Alternative D by setting strong standards to achieve the “desired condition” of viable, self-sustaining populations of American bison on the National Forest.

Listing American bison as a species of conservation concern, reintroducing fire as a natural force in expanding habitat, removing barriers to migration, securing habitat connectivity, are a sample of comments to advocate for.

More Hazing Along the Madison River

The south side of the Madison River within the Gallatin National Forest is a tenuous place for wild buffalo. Only a few buffalo are allowed to be in certain portions of this part of the Gallatin National Forest for a few short months of

the winter, then when the Interagency Bison Management Plan’s May 15th deadline arrives, no buffalo are allowed there at all. In other words, the south side of the Madison River was not included in the year-round habitat wild buffalo gained. This south side habitat is enormous, with miles of grasses, sage brush, lodgepole forest, and shoreline. There are never any cattle on this part of the Forest, so there is absolutely no reason that wild buffalo should not be left in peace there.



Recently, a few buffalo were spotted by BFC patrols and we feared they would soon be targets for MT Department of Livestock harassment. Then, the morning of the imminent haze, nearly 100 buffalo including at least thirty newborn calves, were spotted in this “no tolerance zone.” Our patrols were ready. Our Duck Creek patrol was monitoring the arrival of the hazers, our rove patrol was with the buffalo, and our stand by patrol was ready to go wherever they were needed. The hazers and their law enforcement back up represented the Montana Department of Livestock, USDA’s Animal & Plant Health Inspection Service, Montana Department of Fish, Wildlife & Parks, and the National Forest Service. As expected, horsemen and stock trailers with horses, along with state and federal law enforcement, began to gather. By ten o’clock, the hazers were heading out to harass the gentle giants, forcing them off of public land where no cattle ever graze.

Please check our website for further updates. This is why your voice is necessary - please take Action there.



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Kudos To Diane ~ Gabrielle Louise Kickstarter

Letter to the Editor,

Hello Diane (*Bergstrom*), Thank you for your informative and inspirational article on *The Use of Land!* (*Highlander May issue page 10*). We intend for your story to ripple out and touch many lives. I will be sharing it tomorrow with high school students who are looking for ways to help save their planet. What wonderful young people! They'll certainly get inspired by your story.

The supply of Highlander is already depleted in Lyons. Is a restock possible? Incidentally, I am attaching Ingrid Winter's poem (*What Animals Can Teach Us page 20 May issue also*) to the PDF that includes your article. Wonderful poem! Best wishes!

Richard Cargill

Dear Friends,

I'm thrilled to tell you I've begun working on a new record! After several years of acquiring material, it feels great to be capturing them in the web of time and making another little sonic scrapbook. But I need your help! I've just launched a kickstarter today, and I hope you'll consider pre-ordering/ supporting the birth of *Dear Friends*. (*Or go to website gabriellelouise.com so you can check her schedule of performances too, Pictured here.*)

The collection of songs I'm working on recording were mostly born in solitude. Over the course of three years of living in rural Paonia, Colorado's fruit and wine country, I spent a great amount of time alone, keeping only my creativity as company. Chopping wood, hauling water, and listening to nothing but the falling snow, I looked loneliness square in the face and demanded my own company be enough. I wrote my way through fear and disenchantment, and it was this music that kept conversation with my soul when I felt nobody bearing witness to my existence but the unending and silent snow covered fields. Soon enough, though, a hopeful inner flame appeared, and these songs sung me into Spring.

Some older favorites also made the cut, including a song about my mother called *Big Unbreakable Heart* that is an homage to her resilience and my blueprint of how to keep a great attitude when times are challenging.

KICKSTART MY NEW RECORD!

You can preorder a new collection of songs, and receive two right away. If I

reach my funding goal in 60 days, I will be able to cover the costs of producing and printing a new record. I can't wait to share it with you! Rewards vary from custom pottery, original GL watercolor works, to copies of the in-studio polaroid's! I've just launched. Will you be the first to pledge, right now? Link: www.kickstarter.com

This is our former Hometown Girl. Editor

Dear Editor,

I like the Highlander very much. Thank you for all your work in putting it out. Mary Ramstetter (*And thank you Mary for your subscription check, it helps with postage.*)

If you don't get a Highlander every month and wish to, you may mail a \$25 check to P.O. Box 7205, Golden, CO 80403 to receive your copy via First Class Mail for a full year. If you do receive a copy on your rural mail route and want to help this regional publication that strives to bring you true news, timely updates and interesting reading please be sure to mention that you saw an advertisement in the Highlander whenever you patronize one of our loyal businesses. Be vocal about why you called them or are eating at their establishment, etc. and you're helping them know that their advertising budget is working and reinforces them to keep running their ads which pay for our printing and postage expenses.

Want to help an out of state friend or family look for property to buy to bring them closer and live in our mountains: buy them a subscription so they can keep an eye out for their next home.

Editor



2019 Annual TEG Meeting

June 9th: 2:00pm to 4:00pm - CCCIA Hall: 31528 CO-72, Golden, CO 80403

The Environmental Group (TEG) is having its Annual Public Meeting on Sunday, June 9th! Join us for the opportunity to learn more about the latest updates on our fight against the Gross Dam Expansion and meet our Board of Directors.

The meeting will be held at 2pm at the CCCIA Hall in Coal Creek Canyon (31528 CO-72, Golden, CO 80403). You don't need to be a member to attend - Everyone is welcome.

- Vote on the new Board of Directors
- Learn about TEG's focus and strategy
- Hear updates on our campaign to stop the expansion of Gross Reservoir
- Enjoy a few refreshments!

Going Off Planet... Underwater

Try to imagine sitting on the edge of the back of a 'fast boat' in Cozumel, all geared up with dive skin, BCD (buoyancy control device) basically a vest that inflates and also holds your air tank on your back, several pounds of lead, fins on your feet, mask on your face – dive master says regulators in and go.... You propel yourself off the boat backwards into turquoise blue water. That is how most dives begin in the Palancar Reef Park in Quintana Roo, Mexico.



It is off the charts amazing and the only way I'll be going 'off planet' in this lifetime. A bit disconcerting is entering the water backwards, but you get used to it. Once in the water the constant current off the shores of Cozumel start to drag you towards Cuba. As you allow the weights you carry to lower you to the sea floor or wherever your dive master/guide has said the dive will begin – you adjust your mask and ear pressure, making sure your first stage (*regulator connected to the air tank and octopus often integrated into the BCD*) dive computer is working by checking the readout and looking around for the other divers in your group.



It is a frantic but measured underwater ballet to be sure your equipment is working, your body is pressurizing properly, your group is together and all are following the dive guide towards/or on a reef usually around sixty feet below the surface of the water. It often takes a few seconds to acclimate and then your brain can enjoy the beauty surrounding you and the joy of being weightless. If you've done it before

you can usually manage without issues, but the current can

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overwhelm some newbies. A good dive master is usually watching and will come to your aid immediately to problem solve and get you situated to continue the dive. It is difficult only because the current can be tricky. One day or place you decide to dive the current can be almost non-existent and then another place you'll feel like you're flying – being quickly drawn along, barely able to take in the many beautiful sights and creatures that abound.

The island of Cozumel is situated off the Yucatan Peninsula of Mexico in the Caribbean Ocean. Mainly populated by Mayan ancestors the island's history was one of turmoil and until 1848 - was fought over, abandoned and now has a dedicated tourism industry. The French explorer Jacques Cousteau proclaimed the island's waters one of the most spectacular diving sites in the world in 1961. The Maya have protected the dive reefs from boats dropping anchor, spear fishing and boat fishing so that the underwater life there does not experience predation from humans and are only hunted by photographers. The southwestern waters off the island are a protected park and where most of the dive sites exist.

The island has an International Airport and the little town of San Miguel is the most populated part of the island. There are cruise ship docks and all-inclusive resorts but the island is mainly a mangrove forest with beaches only naturally occurring on the windswept and rocky eastern side. It is thirty miles long and about ten miles wide. Besides a dive destination it has become a family vacation spot due to the many other activities tourists enjoy: Parasailing, sport fishing, snorkeling, submarine rides, man-made beaches with novelty shops, bars, swimming pools, restaurants and jet skis to rent are all easily within a cab ride from downtown or any of the big resorts on the southern end of the island. Condos dot the waterside of the northern end near the airport and many people from all over the world come to visit their home away from home in Cozumel.

Usually I stay in one of the main hotels just south of San Miguel along the city central road of Avenida Rafael E. Melgar, making it convenient to (Continued on next page.)

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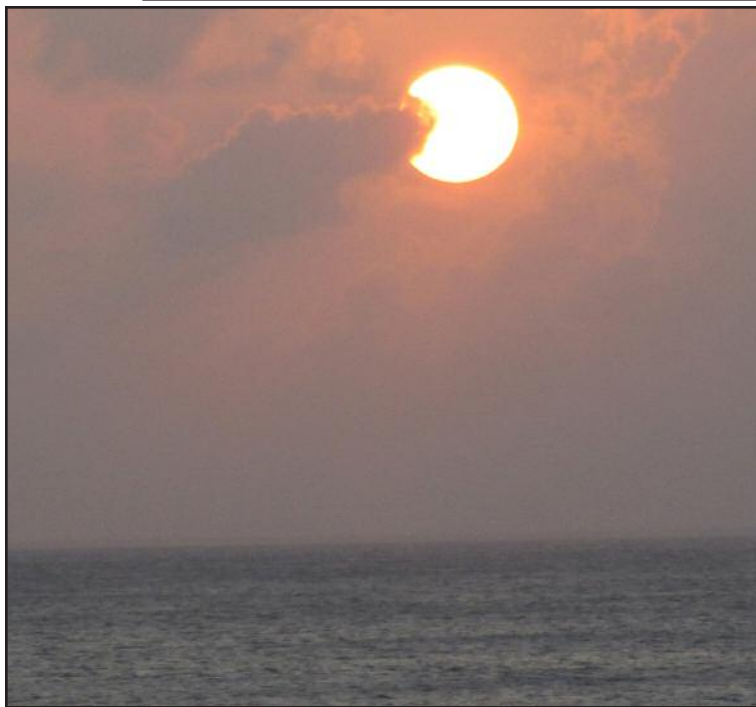
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Highlander Travel

walk to town or go out to eat. This trip I decided to rent a studio condo right on the water south of town adjacent to my favorite coffee shop and beach bar. It was private with easy second floor access and very safe due to the Mexican Naval Barracks next door. I had my own refrigerator (which is often in the hotel rooms too), a tiny kitchenette and living room with French doors to a king-size bed and tiny bathroom. Off the bedroom was a little second floor balcony facing onto the ocean waters. I walked to the Megastore down the block and stocked my fridge with favorite foods and cocktail makings.

Sometimes my dive buddy from Boston will meet me for vacation, but this time I went alone. It is easy to dive without a buddy in Cozumel because nearly all the dives are guided due to the fast moving currents. I met up with the only dive master I truly trust and have known for twenty-eight years, Jaime Mezo; a Mayan long-time diver with his own fast boat the Apocalypso docked in the small harbor of Caleta south of town. *(Pictured previous pages.)* He had two couples diving the same days I did and they had cameras to capture the underwater photos you see here. We saw many large and small fish along with moray eels, hawksbill



turtles, nurse sharks, stingrays, barracuda's and my favorites the colorful and animated smaller Angel, Damsel and a multitude too 'numerous to name' fish.

What most people don't know about the reefs in Cozumel is that the variety is superb. I'd rate Palancar Gardens the best as you get to swim through massive coral heads that when you turn over and look up towards the surface they remind me of cathedrals. The wall dives are breathtaking too as they let

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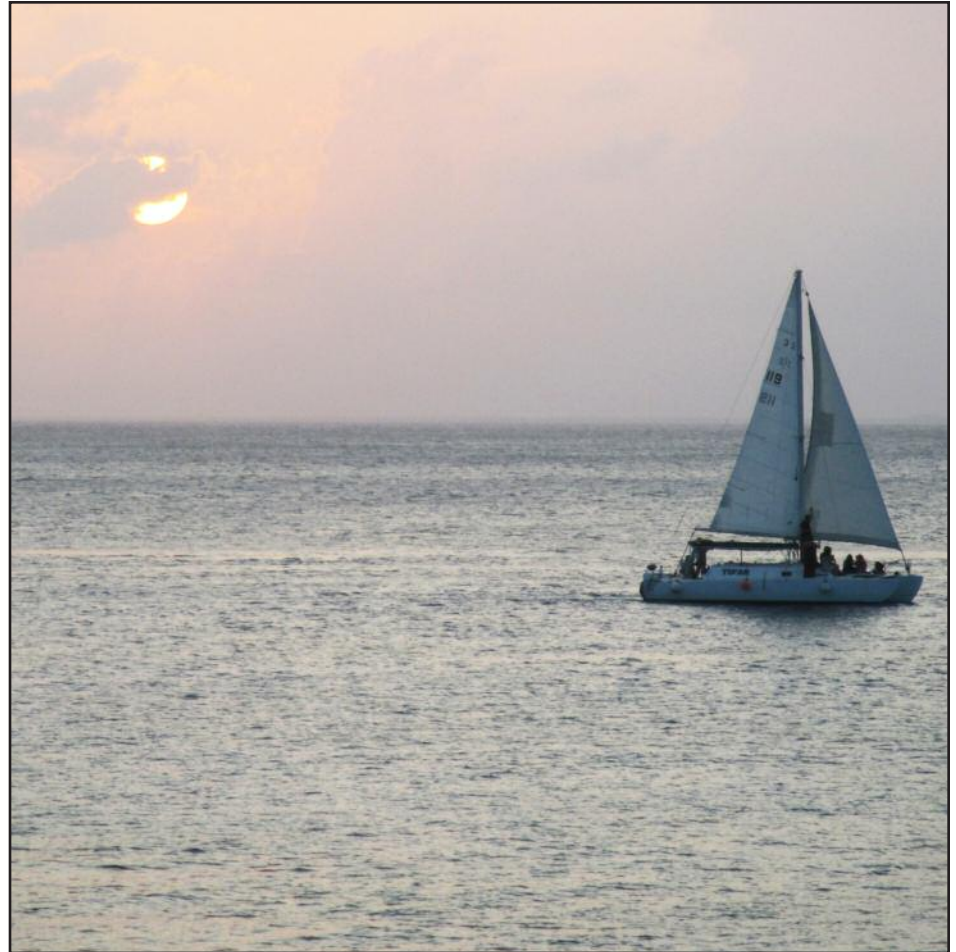
Shocks & Struts Brakes

you look down into the abyss of the trench between the island and the mainland of Yucatan that reaches three thousand feet in some places. After drift diving for a bit, especially with photographers... you learn to drop down behind a coral head either digging your fingers into the white sand or find a rock that has nothing living on it to hang on to and take your time to look around while waiting for the other divers in your group. Usually in these little recesses are lobsters, morays or crabs hiding from our bubbles or their predators.

My favorite little 'hang on and wait' time was when I spied a tiny drum fish only inches from my mask. They are the belly dancers of the reef: black and white striped long fins on top and bottom flow like silken scarves attached to barely an inch long fish with the attitude of the bigger damsel fish. All protective of its little niche in the reef, charging at my mask and darting back towards its home coral reef only inches away. It was a magical meeting and I stayed right there for a good five minutes enjoying the antics of the tiny dancer that only I got to see. Once I saw the shadows of the other divers go over me I let go of my rock and let the current drag me away with my group, vowing to remember the experience until my next chance to be weightless and dive the reefs of Cozumel.

By A. M. Wilks

(Underwater photos by Steve Herman. Sunset photos from my balcony the first night. Jaime Mezo headshot and picture of his fast boat 'The Apocalypto' from his Facebook page. Thanks Mi Amigo for another great experience.)



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Alaskans At War With U.S. Military

By Ryan Wichelns May 8, 2019 - High Country News

The small town of Cordova, dependent on salmon fishing, is fighting for control of its waters.

The air in Cordova, Alaska, is an unlikely mix of fresh glacial air and diesel fuel fumes. On one side of the isolated town rise the Chugach Mountains; on the other, a worn-looking fleet of fishing boats float in Prince William Sound, a northern branch of the Gulf of Alaska. There are no roads in or out of Cordova, and more than half of its 2,000-plus residents depend on the salmon industry. But for two weeks this May, their way of life could be under fire — literally.

While Cordova's fleet busily prepares for the summer fishing season, another armada will borrow the Gulf of Alaska, starting May 13. Since the Cold War, the U.S. military has periodically practiced cold-weather operations

in Alaska's waters. But locals are worried about the impacts of the Arctic readiness exercises, including possible pollution and harm to marine life, especially because many of the details are unknown. With climate change already hammering the ecosystem, it's clear that the ocean is not a limitless supply of resources, raising questions about just how much the environment can take and who gets to say how it's used.

Joint training exercises have been held near Cordova nearly every other year since 1975. "Northern Edge," as the operation is now called, involves a massive force from all branches of the military. While many of the specifics are classified, ships and aircraft fire ammunition, train for submarine detection and evasion, and practice air combat, among other maneuvers. This year, the exercises will feature about 10,000 servicemembers and 250 aircraft spread across the state, with a fleet of five warships in the Gulf of Alaska — a force roughly 50% larger than the 2017 event.

Carol Hoover, the executive director of the Eyak Preservation Council, a Cordova-based conservation organization, worries that chemical contamination, debris, sonar and other effects of the training will harm the ecosystem. Similar concerns inspired a 150-boat demonstration in Cordova's harbor and united resolutions from more than a dozen Prince William Sound communities and tribes against the 2015 exercises. Ultimately, it comes down to one thing: the fish. Salmon fisheries in the area have been dwindling in recent years, likely due to a combination of factors, including overfishing, ocean acidification and warming. In 2018, the

sockeye salmon catch fell nearly 67% compared to the average over the last decade, most likely owing to unusually warm sea temperatures. That's something Bert Lewis, a regional supervisor for the Alaska Department of Fish and Game's Central Region, said could happen more often in the future. "We're in a state of dynamic flux," he said. "There were lots of predictable patterns when it comes to the fisheries, but all those patterns have kind of fallen apart." Hoover and others fear that Northern Edge will further stress the fish. Sonar's deadly effects on marine mammals, for example, are well documented, but its impacts on salmon are far less clear. The Navy's environmental assessment for the exercises concludes that fish are



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unlikely to have their hearing impacted by sonar, but Hoover and her team wonder whether specific frequencies could physically damage salmon. A study commissioned by the Navy in 2008 noted that specific sonar signals could increase death rates in some types of fish by resonating within their swim bladders. But the assessment makes no mention of the problem, and no research has been done to examine it. And while large debris and contamination are an obvious concern, the harmful impacts of chemical changes — from explosives, aircraft chaff, or other expendables — are another major unknown. According to Michael Stocker, the director of Ocean Conservation Research, a nonprofit focused on ocean noise pollution, salmon rely on water chemistry to navigate. But “we don’t have any studies about how these salmon are being compromised by the chemicals,” he said.

Master Sgt. Miguel Lara III, a planner for the Air Force, said the Navy’s environmental assessment is thorough and was “developed using the best available science.” He added that Northern Edge overlaps only minimally with established fisheries management areas, though Hoover and others argue that those areas don’t include all salmon habitat. Still, Lara said, “Alaska is strategically important to the United States, both as a location to project military power into the Indo-Pacific and to ensure the United States is protected from external threats.” From the military’s perspective, holding Northern Edge in the Gulf of Alaska in May provides the most realistic training conditions for regional operations during a time when the exercises are unlikely to be hampered by bad weather.

In a town that takes so much pride in its salmon, it’s no wonder that locals are worried. “If the fishermen aren’t doing well, the community suffers,” said Bill Webber, a



*Multiple defense agencies simulate a terrorist situation aboard a ferry in Cordova, Alaska.
Chief Petty Officer Matthew Schofield/U.S. Coast Guard*

Cordova fisherman of 52 years. Webber, who came close to foreclosure when the Exxon Valdez oil spill ravaged local fisheries 30 years ago, doesn’t want to risk another disaster. “Alaska is one of the last wild and sustainable, pure and clean ecosystems left on the planet which still has a good diversity of seafood resources that we harvest and feed the world with,” he said. “Do we need to be exploding those bombs up here? I’d say no.”

Ryan Wichelns is a Colorado-based outdoor adventure writer.

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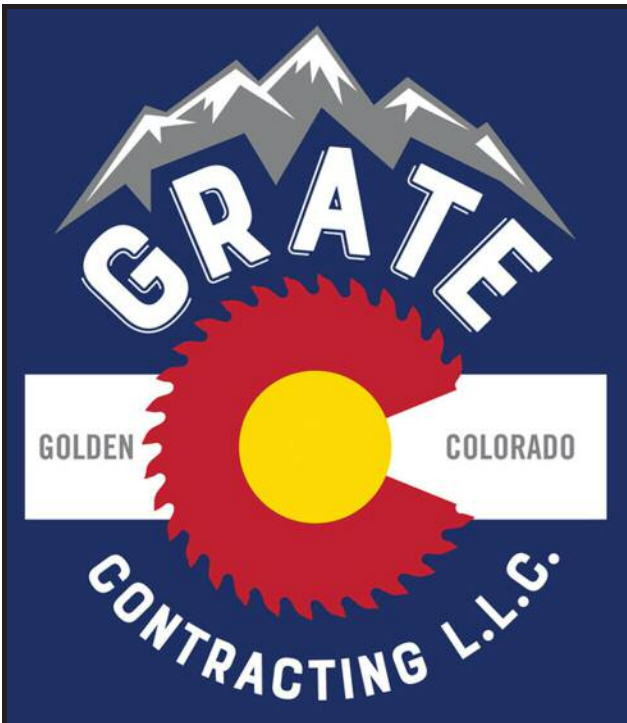
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Destroying Biodiversity We Depend On

By Amanda Schupak Analysis May 6, 2019 - HCN

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In her first conservation job, Ashley Dayer watched a species go extinct. “It’s a picture that haunts me,” she told HuffPost. When she arrived in Maui in 2001, there were only three known Po’ouli birds left in existence. The drab, brown honeycreepers weren’t the flashiest of Hawaii’s animals, but they were unique in their preference for dining on snails, and Dayer was on a team making a last-ditch effort to save them. It was too late. The last known bird was brought into captivity, where it died. “It’s now a museum specimen,” Dayer, now an assistant professor in Virginia Tech’s department of fish and wildlife conservation, recalled sadly. “I never want to watch another species go extinct.” She described Hawaii as the extinction capital of the world. “People feel really removed from that. They’re like, ‘Oh, that’s not really going to happen.’ It’s happening, in Hawaii, now!

Indeed, there is an extinction crisis the world over.

A 2019 global analysis of the state of nature, compiled by 150 experts from 50 countries, paints a stark and harrowing picture of species loss over the past 50 years. The United Nations-backed study from the Intergovernmental Science-Policy Platform On Biodiversity and Ecosystem Services, published recently, shows that up to 1 million species risk extinction because of humans and that countries continue to use up nature much faster than it can be replenished. It’s a disaster at least on a par with climate change, with dire implications for human life as we know it.

Animal populations have decreased by an average of

60% in the last four decades; 4 in 10 mammal species have declined significantly since 1900. Insects are dying off en masse. Native trees and grasses are being taken over by foreign invasives. Coral reefs are bleaching. Scientists have called the degradation of Earth’s biodiversity in the modern era “biological annihilation” and the sixth extinction — and we caused it. Agriculture, commercial fishing, urbanization, man-made climate change, habitat destruction, pollution: We are the architects of unprecedented massacre.

So what is biodiversity — and why should you care? Simply put, biodiversity is the huge variety of living organisms on Earth — plants and animals, insects and fungi, microbes and man. Biodiversity can be looked at on the species level, down to genes, or out to whole ecosystems and how they interact. Losing animal and plant species can have negative impacts we didn’t expect, said Kathy Halvorsen, professor of natural resource policy at Michigan Technological University. “We need all these cogs in the machine.” “We should also care because caring makes us more human and more humane. There are other beings on Earth, and caring about wanting to protect them is something we have an ethical obligation to do.”

“We often don’t think about those interconnections,” said Dayer, who studies what people think and do related to conservation. “You can’t just study people, you can’t just study the environment. That’s not actually how the world works.” People may define the importance of biodiversity in different ways. Some believe in the intrinsic value of biodiversity — who wants to live in a world without blue whales and butterflies? Others focus on utilitarian aspects: We enjoy outdoor recreation, (Continued on next page.)

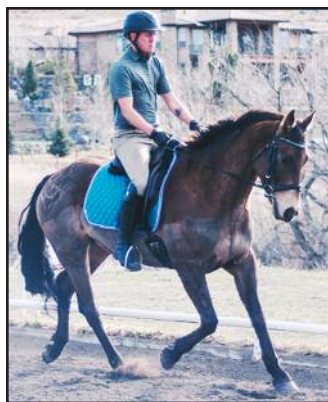
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depend on agriculture and derive physical and mental health benefits from nature. Many may not feel deeply connected to nature themselves, but want to leave the Earth's legacy intact for their children. "[Biodiversity] is vital to our well-being, our ability to feed ourselves, our ability to have clean water, clean air.

Here are just some of the ways that biodiversity impacts our lives, every single day.

The food we eat - Like coffee and chocolate? Do you eat fruits and berries? Then you've benefited from the work of more than 20,000 species of pollinators, including wasps, bees, flies, beetles, butterflies, birds and even bats, lemurs and lizards. At least 85% of the world's leading crops depend in some way on pollinating animals. "Without them, we would be missing a lot of our really important food sources," said Halvorsen. California produces more than 80% of the world's almonds, a feat that requires pollination by virtually every commercial beehive in the U.S., which are shipped in from around the country every February. But bee colonies have been declining by 30% a year on average, due to a combination of climate change, loss of wildflower species, pesticides and other stressors. As University of California, Davis pollination expert Christine Casey put it: no bees, no almonds.

Researchers fear that declines in insect pollinators

globally will dampen agricultural productivity, increasing the need for land and leading to more habitat destruction. Seafood is the main source of animal protein for about a billion people worldwide. But overfishing, along with



A 2018 study of the Po'ouli bird, or the black-faced honeycreeper, recommended declaring the species extinct. U.S. Fish and Wildlife Service

climate change, is hitting fish populations hard. And fish farming can't make up the difference. In some ways, it can exacerbate an already bad situation. It takes an enormous amount of fossil fuel energy to produce food for fisheries, which is costly and ecologically damaging. And fish farms contribute to water pollution. A smarter response? Rein in overfishing so that marine ecosystems can balance

species diversity the natural way. And it takes biodiversity to support the biodiversity that supports our food supply. Consider the wildflowers: bees and butterflies need native vegetation to survive.

Native fungi could control the spread of invasive insects that are ravaging apple and grape orchards. Bats are "voracious predators" of many crop-eating pests, according to a 2011 study in the journal *Science* that estimated the decline of bat populations in North America could lead to agricultural losses of more than \$3.7 billion a year.

The air we breathe and the water we drink - Plants' ability to capture and store carbon dioxide from the

atmosphere is a crucial piece of our continued survival. The fastest, cheapest, most efficient way to bring down greenhouse gases and mitigate some of the effects of climate change is to grow more trees around the world and preserve the ones we have, said Donald Waller, a botany and environmental studies professor at the University of Wisconsin, Madison. "We could essentially be absorbing more carbon than generated by all the cars and trucks on our highways." Trees — especially in the middle of bustling cities — can pull pollutants out of the air and lower air temperature.

But making the world green is not enough, he added; we need to make sure there is a diversity in our plant life. Forests are seeing "radical, pervasive change," according to

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Waller. As native species die off and diversity in forests dwindles, plant life loses its resilience. A simplified forest that is home to just a few species is going to be much more vulnerable to drought, flood, fire or invasive species. “If you’re down to a forest of five or six [species] and you lose three, you’re in real trouble. We need to protect plant diversity and forest diversity on the front end. We can’t save ecosystems when they’re desperately sick.”

When it comes to naturally combating water pollution, research suggests that ecosystems that support more species do a better job of removing harmful pollutants. The greater the number of species — each with its own specialty — the greater the reduction of pollution.

Maintaining the breadth of native species is also vital for outcompeting invasives and controlling the growth of toxic algae blooms, which have been reported in every coastal U.S. state.

Katie Suding, a professor of ecology and evolutionary biology at University of Colorado, Boulder, likened biodiversity to recruiting a well-rounded sports team. “Because it is rare for one species to do everything well, a team of species will result in greater benefits in multiple functions,” she said. “For instance, if I were coaching a soccer team, I’d not just pick quick and fast players, but would want some to be strong and tall, and I’d want ones that could pass as well as take the ball to the goal.”

Our health - The whole “nature is good for you” thing might sound hokey, but it’s true. Spending time in nature — even just walking through a city park on your lunch break — improves mental health. People who have bird feeders in their backyards or hear birdsongs in their neighborhood are happier, instantaneously and over time, Dayer said.

Plants have always been an important source of medical treatments, and that’s as true in today’s world of pharmaceutical research and development as in traditional medicine. Of all the new drugs approved in the last thirty years, about half were derived, directly or indirectly, from nature. This includes vaccines and vital cancer treatments. In addition to treating disease, biodiversity also plays a role in how it is transmitted. “I live in a place where I’m really worried about Lyme disease,” Halvorsen told HuffPost. Many of us can relate. Cases of Lyme (as well as other tick-borne diseases) have increased as much as 1,300% in some parts of the U.S. Some researchers believe that greater biodiversity may dilute human exposure to Lyme. The same is thought of malaria.

The lives we live - Robust biodiversity protects our very ways of life. Coral reefs and mangroves are natural barriers against storm surges. Mixes of grasses and plants with different root systems prevent soil erosion, which can destroy farmland, pollute waterways and lead to devastating floods.

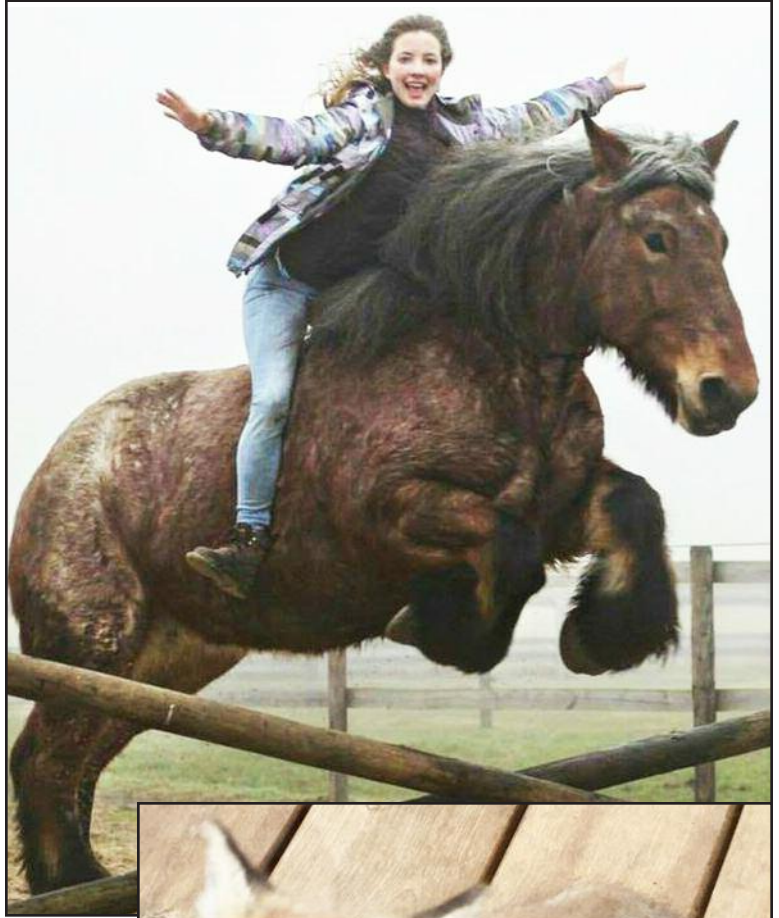
Diverse forests are more resilient to fire. Whole societies depend on thriving livestock or seas teeming with fish. Our

relationship with nature says a lot about who we are, and who we want to be. Maybe your parents used to take you out fishing. It’s a family tradition you planned to pass down to your kids. Well, Halvorsen warned, “you might not be able to do that if the live insect species those fish need to eat have been reduced.” Between warming waters, pollution and the decimation of insect populations — 41% of insect species are in decline — that simple pastime may not exist. Nature cannot be reduced to yields and revenues, and how we choose to value it is a reflection of our collective worth as a species.

So what do we do now? There are decisions each of us can make every day to help the environment — or to at least have less of a negative impact: eschewing single-use plastic, eating less meat, not paving over our yards if we have them. “Random acts of conservation kindness” can help in small ways, Dayer said, “but if we stopped and thought strategically, we would find the most important areas to be addressing.” It’s vital that states, nations and international alliances commit to protecting natural habitats on land and at sea, to preserve species diversity while we still can. And we must try to restore what we’ve already destroyed. New York City planted 1 million trees between 2007 and 2015. The Trillion Trees project is a global effort.

Amanda Schupak is the impact editor at HuffPost.

 <h2 style="text-align: right;">JUNE</h2> <h3 style="text-align: right;">Events & Specials</h3>		
JUNE 2 Live Music! Howard Dlugasch 3pm-7pm	JUNE 9 Live Music! Acoustic Jelly 3pm-7pm	JUNE 15 - 2nd Annual Poker Run for American Cancer Society! - Breckenridge & Telluride Breweries TAP TAKE OVER Live Music! The Vindicators 4pm-8pm
JUNE 16 Live Music! Acoustic Jelly 3pm-7pm	JUNE 22 Live Music! Senior Discounts 4pm-8pm	JUNE 29 Live Music! Acoustic Jelly 4pm-8pm
JUNE 30 Live Music! Howard Dlugasch 3pm-7pm	Tuesday: Bustin' Burgers \$10.50 Wednesday: "WINGS" DAY 75¢ ea. minimum of 6	Thursday: TACOS - 3 for \$6 Friday: Fish & Fries \$11.99 plus Fireball Friday!
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Previous page top left: Mill, rescue donkey.

Top right: Girl jumps Draft horse bareback.

Bottom left: Cat does yoga pose.

Bottom right: Fox kit begs at door.

This Page, top left: boy naps with Shepherd.

Right: Burnese Mtn dog with pup.

Left: Black bear robs hummer feeder.

Bottom right: Fine horse specimen.

Greenwood

By Ingrid Winter

*Here is a secret
that I haven't shared
with many people*

*The reason
why I volunteer
at Greenwood
is pure selfishness –
It's all about Me!*

*We love the orphaned
and injured animals
who come here
and often are given
another chance
to live their life in the wild*

*And the love we give returns to us
in so many ways –
in the quiet presence
of the animals
while we care for them*

*In the joy
of sending them off
to live in the wild*

*In the touch
of soft fur and feathers*

*In the eyes of the animals
who watch us and on some level
must know*

that we are doing our best to help

*In the peaceful aura
of the place
that nourishes
animals and people alike*



*In the friendship and love of people
who work hard for a common goal
who share stories and who laugh
and cry together*

*Every time
I enter the building
I feel blessed because
I am entering a very special place
dedicated to life and love*

*And the source
common
to all creatures.*

*Photo of racoon in owl nest by Alexa Boyes.
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Staying Cool In Summer Heat

From Jim Plane - State Farm Insurance

How do you stay cool in the summer heat? Summer is a time for enjoying the outdoors with family and friends. But it's important to keep in mind that hot weather can be dangerous if proper precautions aren't taken. According to the National Weather Service, heat is one of the leading causes of weather-related fatalities each year in the United States, resulting in hundreds of deaths. That's why it's important to take precautionary measures and use good judgment to help protect you and your family for summer.

Stay cool at home - Check air conditioning. Make sure it is properly working and insulated. Installing weatherstripping on doors and windowsills as part of your summer home maintenance will help keep cool air in and hot air out.

Cover windows. Use drapes, shades, awnings, or louvers for any windows that receive morning or afternoon sun. This can reduce the heat entering your home by up to 80%.

Use fans strategically. Ceiling fans should run counter-clockwise to force room air down and make you feel cooler. Water from a spray bottle can help cool you down dramatically as it evaporates off your skin, you shed heat.

Cook with small appliances. Slow cookers and tabletop grills are good options over traditional ovens and stovetops to minimize heat.

Eating, drinking, and scheduling exercise

Drink plenty of water and other fluids. Don't wait to rehydrate until you're thirsty. Adults should drink eight 8-ounce glasses of water each day and may need more on hot and humid days.

Avoid alcohol, caffeine, and carbonated drinks. These can lead to dehydration and increase the effects of heat illness.

Eat meals that are well-balanced and light. Avoid high-protein foods, which increase metabolic heat and can add to water loss. Reschedule exercise. Avoid working out during the hottest part of the day. Check the weather forecast; if there's a heat advisory you may want to move your workout indoors.

Beware of heat-related illness

Know the warning signs of heat exhaustion. Watch for breathing that is shallow and fast, headaches, dry mouth, pale or clammy skin, muscle cramps, tiredness, disorientation, sweating, passing out, nausea, and vomiting. Seek immediate medical attention.

Know the warning signs of heat stroke. Symptoms include dizziness, a high body temperature (above 103°F), red, hot, and dry skin (no sweating), unconsciousness, nausea, confusion, rapid, strong pulse, and throbbing headache. Seek immediate medical attention.

Be informed. Learn the tips to prevent heat-related illnesses. Beware of burns. Use sunscreen to aid in protecting your skin against the effects of the sun. Monitor yourself and others.

Check regularly on high-risk people. Keep an eye out for infants and young children, people aged 65 or older, the mentally or physically ill, the overweight, and those who overexert during work or exercise. They are especially vulnerable in extreme heat.

Never leave a person or a pet in a parked car. Just as your car can be damaged by the sun, people and pets can succumb to heat exposure very quickly. Also be careful when entering a car in hot weather. Temperatures inside can reach 140°F to 190°F within 30 minutes on a hot, sunny day. Animals need shade and water. Pets can dehydrate quickly, so make sure they have plenty of fresh, clean water and a shady place to get out of the sun. Moderate their exercise and keep them indoors when it's extremely hot.

Stay in cool areas. The best place to be is inside with air conditioning. If you don't have air conditioning at home, many public places, such as libraries, shopping malls and movie theatres, are air-conditioned.

Don't be afraid to get out and enjoy the summer sunshine with your friends and family. Just be sure to be prepared, use common sense, and know when it's time to take a rest.

Editor's Note: If you feel too hot, remove your shirt, wet it down and put it back on, it can simulate sweating and cool your body temperature immediately - move to shade.



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Mountaineers Confront Disappearing Glaciers

By Heather Hansman May 13, 2019 - High Country News

The most common route up Gannett Peak, the highest mountain in Wyoming, follows a gooseneck couloir up a skinny snowfield to a gaping crevasse. Darran Wells, a professor of Outdoor Education and Leadership at Central Wyoming College who studies glaciers in the Wind River Range, says that historically, it's been fairly straightforward to cross, a scramble across a snow bridge. Over the past few years, however, temperatures have been so warm that the crevasse — technically a bergschrund, where the glacier separates from the mountain — opens up, making it nearly impassible. People who have traversed it before without ropes and found the route fairly easy now find it completely different.

“One of the things I couldn't have imagined, as I started going in to the Winds as a NOLS instructor in the late '90s, was how the routes would have changed,” Wells told me recently. “And the emotional impact of seeing the glaciers move and melt.”

Wells has seen the toe of the Sourdough Glacier retreat 45 feet in 15 years, making it inaccessible. “There used to be ice and snow that bound up the talus, and that's all gone now,” he said, making it harder to climb. It also impacts the time of day and year climbers can attempt the peak. “The window throughout the year is getting narrower, and then

through the 24-hour cycle, you have to worry about rockfall during the day. You're getting up at 1 or 2, climbing in the dark, getting down before a rockfall. There's a lot more rockfall; it's just a bowling alley.”

Safe mountain travel requires stable conditions and fair weather, but as the globe warms, that's becoming harder to find. Glaciers are breaking up, permafrost melting and mush season is creeping into winter, rendering old approaches inaccessible and new places harder to explore. As a culture, we've glorified first ascents — and the climbers who attempt them — in the Western U.S. since 1820, when geologist Edwin James first climbed Pikes Peak. The 2018 documentary Free Solo's Oscar is the most recent sign of our obsession with untouched summits, even as we approach the downslope of accessibility.

A 2017 study from Portland State University found that Western glaciers and snowfields — perhaps “the clearest expression of climate change” — may have decreased by as much as 39% since the mid-20th century. This forces a question: As high mountains melt and change, do we need to stop thinking of first ascents, and start thinking about final ones instead? When do we need to give up on these places?

“Many of these places that hold soon-to-be-lost climate archives are the same places that have drawn climbers for

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centuries and may too become unclimbable, or at least unrecognizable, in our lifetime or within a few generations.” Glaciologist and climber Alison Criscitiello is now prioritizing what she calls “ice memories,” recording ice cores from mountains that might soon become inaccessible. She cites endless examples, like Mount Logan, Canada’s highest peak, where the climbing season is shortening and icefall conditions are changing. This is an urgent issue for both the climbing and glaciology worlds.



“All the glaciers basically are receding,” Andrew Fountain, the PSU study’s lead author, told me recently. His group is mapping glacier change in the Rockies, Sierra Nevada and Cascades to try to quantify just how much climate change is impacting glaciers and where they’re most sensitive.

The U.S. Dept. of Agriculture flies over the whole nation every five years, taking aerial photos. Digitized mountain photographs can then be used to compare the outlines of glaciers to historical records. The agency has photo records from some glaciers, including Washington’s Sahalie, going back to 1900, after the end of the Little Ice Age. Fountain and his researchers looked at the records and learned that almost every glacier is receding, except for a few that are topographically protected. “The question isn’t whether or not they’re changing, it’s where they’re changing less,” Fountain said.

For mountaineers, that means they’re losing access to climbs like the visually stunning Black Ice Couloir on the Grand Teton, dealing with dangerous rockfall as permafrost melts, and trying to push summit attempts in narrow weather windows. Even the more accessible, frequently climbed routes are changing quickly. By last August,

Disappointment Cleaver on Mount Rainier, the most popular route up to the top of the volcano, was a tricky cheese grater of bridged crevasses and loose rock. Lowell Skoog, who pioneered skiing and climbing routes in the North Cascades, told me the period the mountains are climbable is shrinking, the swing between seasons has become more dramatic, and thinning glaciers now reduce access

to many popular routes. Skoog doesn’t think we’ll lose our drive to explore, he said, but at some point the access gap will be so narrow that we won’t be able to slide through. *Central Wyoming College students traverse the treacherous Sourdough Glacier in 2016, where rocky rubble had fallen onto a sheet of ice and a misstep could send you sliding into the frigid meltwater below. Courtesy of Darran Wells, Central Wyoming College. Heather Hansman lives in Seattle, where she writes about water & the West. Her first book, Downriver, is out now.*

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Our Wild Horses

From ProtectMustangs & High Country News
Utilize wild horses to reverse desertification

Instead of mimicking nature in the American West, we need to utilize America's last wild horses to help heal the land. Alan Savory's method mimics wild herds, but keep in mind that instead of costly roundups and removals, herds of wild mustangs can be used to heal the land that has been ruined by overgrazing cattle and sheep. There are thousands of wild horses in holding pens that can be returned to public land to help reverse desertification and save the taxpayer close to \$70,000,000 annually.

Dolly Varden Springs, in northeast Nevada, is a good example of land that has been ruined by decades of sheep grazing using poor management methods. The degradation at Dolly Varden Springs, highlighted by filmmaker Ben Master's visit with the Wild Horse and Burro Advisory Board, was blamed on wild horses when the truth is excessive sheep grazing was the real culprit and the land hasn't healed since that fiasco.

Princeton University researchers in Africa proved that raising cattle with wild herbivorous animals improved livestock. Read about Dr. Dan Rubenstein's studies in *Wildlife* and cows can be partners not enemies in search for food.

If Alan Savory's method works, then how about sharing the land with wild horses to build healthy ecosystems so both public land grazing permits and wildlife can thrive?

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ecosystem. When the BLM removes wild horses, costly wildfires hit that area furiously. Visualize wild horses grazing, reseeding and creating biodiversity within the New Energy Frontier while providing wildfire control. This is a low cost solution to a problem that costs the insurance companies billions of dollars annually.

WARNING: Wipe-Out Plan Exposed!

Posted on April 24 Traitors of the cause?

Are the big money animal and wild horse non-profit



organizations in bed with BLM, Big AG, Cattlemen, the Farm Bureau, etc. to push for huge roundups and removals of wild horses and population control based on an overpopulation lie? Have they been using the overpopulation lie to fear-monger the public that it's either death/slaughter unless their plan based on Pesticide PZP

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and other one-shot sterilization chemicals are used?

Now they have come out of the dark shadows and are asking the Appropriations Committee for close to \$130 Million of your tax money for their "Plan." It's called "The Path Forward for Management of the Bureau of Land Management's (BLM) Wild Horses and Burros."

They want to cash in on Millions of tax dollars for big roundups—yes they are asking for roundups but calling them "gathers" to soften the cruelty. They also want heavy population control and to warehouse wild horses in pastures and private sanctuaries funded by tax dollars. Of course, these sanctuaries will request donations for admissions to see and photograph America's last wild horses if they would even let you in. Right now for no admission fee, you can see wild horses living on public land—if you can find them.


Of course, overpopulation is a lie.

Their conflict of interest is obvious. The supposed "steak-holders" are selling out America's last wild horses and it's disgusting. One is the registrant of Pesticide PZP pushing for population control chemicals. It seems they would like to corner the market and run the wild horse and burro program. Another is a nonprofit organization who it seems received more than \$400,000 from the Feds in a population control experiment on wild horses years ago using Pesticide PZP, etc. And the list goes on. . .

Yes, it true. Some animal and wild horse nonprofits are in bed with BLM's plan to get rid of America's last wild horses because as Robert Redford said it's about the competition for "resources" on public land. Ask yourself, "Who is really funding the wipe-out?" Keep in mind these organizations selling out don't represent the American public who wants America's last wild horses to be treated fairly and left alone to live in freedom and in peace. Nope.

These groups were cherry-picked because they seem to share a greedy thirst for money! Many other nonprofit organizations, experts and scientists weren't invited to the roundtable intentionally to avoid opposition to this heinous plan. . .Remember members of the plan have paid lobbyists working behind the scenes—greasing palms to get what they want. With the 2020 elections coming up there are a lot of hungry politicians who need campaign funding so this is a bad time for wild horses who are being sold out by lobbyists and those who hired them. There is a list of those who authored the plan asking for large roundups and removals, to hold wild horses in private sanctuaries funded by tax dollars, run adoptions, sterilize wild horses, leave a few photo ops on public

land as part of a cruel breed control experiment, etc. and ultimately taking away their freedom to be wild based on the overpopulation lie to fuel their cash-cow. The question is, what is their cash cow and why is the State of Utah such a big player in the national wild horse wipe-out plan?

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Interior Secretary Blames Congress

By Chris D'Angelo - May 9, 2019 - High Country News

This article was originally published by HuffPost and is reproduced here as part of the Climate Desk collaboration.

Taking his previous statements even further, Interior Secretary David Bernhardt told lawmakers last month that he is not obligated to combat climate change because there is no law requiring that he do so.

Rep. Chellie Pingree (D-Maine) pressed the newly confirmed agency chief on how he views his role in fighting the global warming crisis during a hearing of a House Appropriations subcommittee. "Isn't this your job?" she asked.

Bernhardt responded by noting that there are over 600 instances in the law directing the Interior Department secretary to do certain things, including completing reports and making certain authorizations, but, he said, there is no such mandate for addressing planetary warming.

"You know that there's not a shall for 'I shall manage the land to stop climate change,' or something similar to that," he said, pointing the finger at Congress. "You guys come up with the shalls," he added.

Pingree swung back at Bernhardt's assertion that he is not legally required to take any action to rein in greenhouse gas emissions and adapt to climate change.

"If there's something legally stopping you, we're Congress," she said. "We make the laws. Let us know. We'll work on that for you."

The hearing was the first of two appearances Bernhardt has before Congress recently to defend the Trump administration's 2020 budget request, which calls for a 14% cut in funding for the Department of the Interior. But a good portion of the discussion focused on climate change, environmental protections and an ethics investigation against Bernhardt and several other agency officials.

A sobering United Nations report released in May found that up to 1 million species of land and marine species are at risk of extinction due to human actions. Neither Bernhardt nor the U.S. Fish and Wildlife Service, an agency he oversees and that is primarily responsible for safeguarding the nation's imperiled species, issued a statement about the report.

Rep. Betty McCollum (D-Minn.), the subcommittee's chair, quoted from the U.N. report and told Bernhardt the "country is depending on you to help lead the fight along with us to combat these issues," including the biodiversity and climate crises. She asked Bernhardt how he would incorporate the scientific findings into the agency's activities and asked if he would rethink the administration's push to boost domestic energy production.

"Are we going to stop oil and gas development because of this report? The answer to that is no," Bernhardt said. "Congress, you all, have the ability to decide whether we do anything on federal lands. ... If you have a view on what you want to happen, we'll carry it out when you execute it. That is my position."

Bernhardt, a former oil and gas lobbyist who was confirmed as agency secretary in April, told the subcommittee that he recognizes that the climate is changing, that human beings are "a contributing factor"

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and that the agency is taking the threat into account in its decision-making.

A pair of dire reports released last year, one from the United Nations and another from more than a dozen federal U.S. agencies, warned that world governments are running out of time to stave off catastrophic climate change. Still, the Trump administration has barreled ahead with its fossil fuel-centric “energy dominance” agenda. Approximately one-quarter of all U.S. greenhouse gas emissions come from fossil fuel extraction on federal lands, according to a government report released by the Trump administration last November.

Bernhardt, who brought with him to the job a slew of potential conflicts of interest from his days as an energy lobbyist, also faced tough questions last month about alleged ethics violations. Interior’s internal watchdog recently opened two ethics probes - the first of them just four days into Bernhardt’s tenure - into multiple high-ranking interior officials, including the secretary.

Rep. Mike Quigley (D-Ill.) accused Bernhardt of working on behalf of corporate interests rather than the public. Bernhardt stressed, as he has before, that he takes ethics extremely seriously, is working to improve the agency’s ethics program and is confident that he has complied with

all rules and will be cleared at the end of the investigation.

“I take offense to the concept about profiting and your allegation that I’m here to do the bidding of...,” Bernhardt said.

“Prove me wrong, sir,” Quigley interjected.

“I came here just like you to do the work of the public,” Bernhardt said.

The two also traded verbal blows at the end of the hearing after Quigley questioned Bernhardt about his decision previously to roll back key offshore drilling safety regulations adopted in the wake of the catastrophic 2010 Deepwater Horizon oil spill.

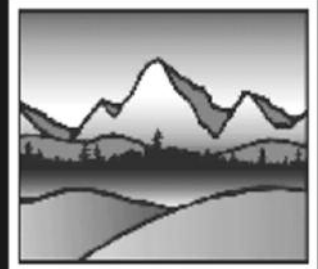
“I appreciate that you haven’t lost the fervor and enthusiasm you had in protecting your previous clients in your previous life,” Quigley said.

“I’m for making the people of America better off and safer,” Bernhardt responded.

“Starting with your former clients,” Quigley snapped back.

Chris D’Angelo is a reporter for HuffPost, based in Washington, D.C.

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The Search For Silence

By Chris Berdik May 13, 2019 - High Country News

On a chilly March morning, acoustic ecologist Gordon Hempton and his assistant, Laura Giannone, hiked into a glade of moss-draped maples in the Hoh Rainforest of northwest Washington's Olympic National Park. They set up a tripod topped with ultra-sensitive recording equipment to listen to the murmurings of a landscape just then awakening from winter dormancy. Above the low rush of the nearby Hoh River, the melodic trills of songbirds rippled through a still-leafless canopy. Then, suddenly, the low thrum of a jet aircraft built in waves until it eclipsed every other sound. Within half an hour, three more jets roared overhead.

Hempton has spent more than a decade fighting for quiet in this forest — the traditional homeland of the Hoh Indian Tribe, who lived here before it was a national park and now have a reservation at the mouth of the Hoh River. In 2005, Hempton dubbed a spot deep in the Hoh "One Square Inch of Silence," and created an eponymous foundation to raise awareness about noise pollution. But he couldn't stop the sonic intrusions from ramped up commercial air traffic and the Navy's growing fleet of "Growler" jets training over the Olympic Peninsula. "In just a few years, this has gone from one of the quietest places on Earth to an airshow," he said.

As the Hoh got noisier, rather than concede defeat, Hempton broadened his effort into a global crusade. In 2018, he launched Quiet Parks International (QPI), to certify places that are relatively noise-free, in a bid to lure quiet-seeking tourists and thereby add economic leverage to preservation efforts. For Hempton, the sounds of nature are as critical to a national park as its wildlife or scenic vistas, and as the world gets louder, the importance of protecting quiet refuges as places of rejuvenation grows. "Our culture has been so impacted by noise pollution," he said, "that we have almost lost our ability to really listen."



Gordon Hempton searches for silence in the Hoh Rainforest of Olympic National Park. Shawn Parkin

EVERYWHERE, PEOPLE ARE BECOMING MORE AWARE OF THE NOISE IN THEIR LIVES. Food critics routinely carry noise meters to restaurants, towns are banning gas-powered leaf blowers, and noise-metering apps are providing crowdsourced guides to refuges of quiet in cities worldwide. As evidence mounts that the stress of noise raises the risk of heart disease and stroke, so does interest in escaping the clamor. Hempton visited the Hoh in March with Giannone, an Evergreen State College senior majoring in audio engineering and acoustic ecology, to train her in data collection for the Quiet Parks International certification. After recording, they went over her notes. The ambient sound averaged 25 decibels (whisper-quiet) and the peak noise, from a jet, hit nearly 70 decibels (vacuum-cleaner loud). Mix in the distant hum of vehicles and a chainsaw's whine, and the longest period of unadulterated nature was just three minutes. By contrast, a cornerstone of the Quiet Park certification will be a noise-free interval of at least 15 minutes. The Hoh met that requirement easily — until recently.

EVERYWHERE, PEOPLE ARE BECOMING MORE

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"This is really incredible," Hempton said, after Giannone tallied the noise intrusions. "This is a national park, and natural quiet is on the list of protected natural resources," along with native plants, historic sites and dark night



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Noise pollution in wilderness is not about loudness per se, according to Frank Turina, a program manager with the National Park Service’s Natural Sounds and Night Skies Division. Rather, it’s about how unnatural sounds can shatter “the sense of naturalness” essential to a wilderness experience, he said. “One of the biggest ways that civilization creeps into wilderness is through noise.”

Noise has particularly severe effects on wildlife. Research shows that the din of humanity remains pervasive in protected areas. Intrusive sound disrupts animals’ ability to navigate, avoid predators, locate food and find mates — beaching marine life, altering birdsong and causing stress that’s linked to shorter lifespans. “Obviously, we aren’t the only ones listening,” Hempton told me. “But we are the only ones who can choose to listen; wildlife listen to survive.”

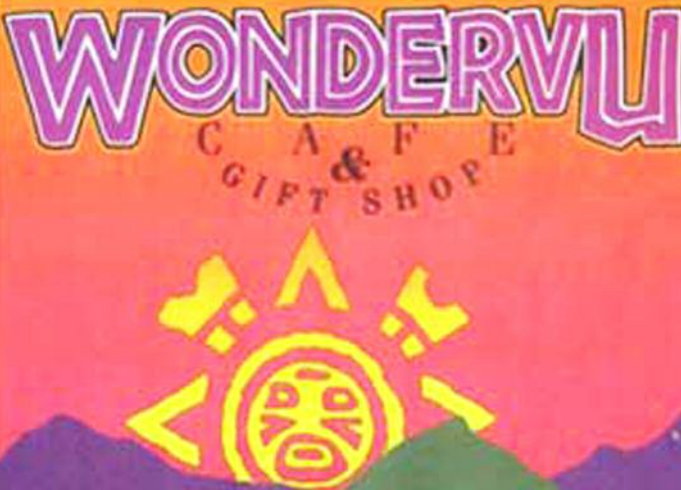
Hempton hopes that the “quiet park” standards, which are still being finalized, help. Similar certifications, or “ecolabels,” have helped boost other environmental causes, including the Blue Flag beaches, created to protect fragile coastal environments, and the Dark Sky Places of the International Dark-Sky Association, which battles light pollution. Much of the work of QPI will involve cultivating an appreciation of quiet through educational programs and partnerships. For example, QPI partnered with a virtual-

reality education nonprofit to create a VR tour of the Hoh to teach kids about noise pollution and ecology. Furthermore, the label will give tourists information they currently lack. Hempton suspects many will favor noise-free options. “We know from history that underlying every social movement is a widespread need for something that’s valued, but not being provided,” he said. “I feel all the ingredients for a social movement for quiet.”

CERTIFICATIONS HIGHLIGHT WHAT PEOPLE VALUE, according to Rob Smith, northwest regional director of the National Parks Conservation Association, and “a quiet park label says that the sounds of nature matter.” If local communities and the managers of Olympic National Park bid for a quiet-park certification, he said, “it would give us something to point to with the Navy to say, ‘This needs protection, too.’”

Since 2000, the National Park Service’s Natural Sounds and Night Skies Division has helped park managers across the country minimize noise by, for instance, restricting snowmobiles. But overflights are the biggest noise threat in backcountry areas, and the FAA, controls airspace. The Park Service can request flight-pattern changes, as it did for Rocky Mountain National Park, it can’t force the issue.

*Chris Berdik is a freelance journalist in Milton, Massachusetts. He covers science and education, and he’s the author of **Mind Over Mind**, a book about placebos in medicine and beyond.*



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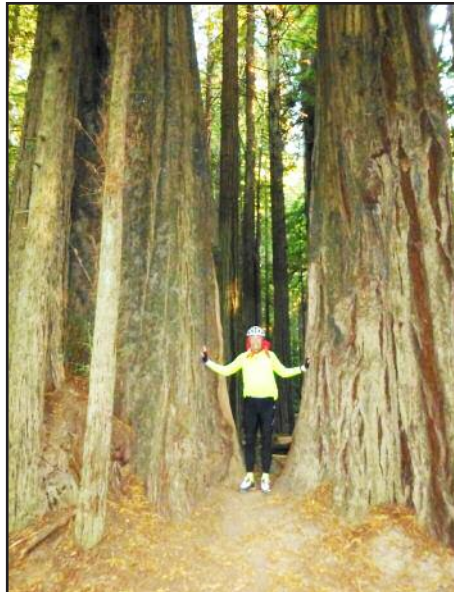


You Can Do That

By Frosty Wooldridge

Have you ever faced a situation that caused you to question yourself? Did you confront a teacher that you disliked or a fellow student who badgered you? Have you dwelt with co-workers that made you tear your hair out?

(Standing between two redwoods along the California coast that have been saying, "I can grow for 2,500 years and keep growing.") Photography by Frosty Wooldridge and ten second delay tripod.



Welcome to the human race! When I grew up, my father gifted me with one of the most profound statements in my young life. I faced a science project at

school that felt impossible, beyond my skills and over my head.

I grumbled, whined and complained. "Dad, that science project feels like I have to fly to the moon with Tinkerbell's wings," I said. "It's killing me."

He said, "Son, I learned one thing on my winding road through this life: some people sit and watch while others take the lead. Some people praise those who take the lead. A few take the lead."

"Yup," I said. "Where does that leave me?"

"You can complain about your situation," he said, "but that doesn't get you anywhere. You can make a lot of excuses, but that sets up failure. You can decide to take action. That will get you to your destination."

"Yeah, but dad," I said. "I can't..."

"Son, this may be the most important advice I've ever shared with you," my dad said. "There's two kinds of people in this world. The ones that say 'I can't' and the ones that say, 'I can.' You get to decide. Once you make a decision, it will follow you the rest of your life. It will dictate your life. It will give you a rich life or an average life. Do you understand?"

"Yes sir," I said.

"Whenever you face a problem, task, challenge, test or anything that confronts you in life," he said,



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“I want you to remember these words: ‘I can do that.’”

“Yes sir,” I said.

“Okay, repeat after me,” he said.

“I can do that.”

I repeated, “I can do that.”

From that point to this day, I know in my heart, in my mind and in my spirit that, “I can do that.”

Ironically, in the 10th grade, I took world history from a wonderful teacher, Mrs. Barbara Rainwater. Half way through the semester, we studied China. I saw a picture in the history book of the Great Wall of China.

“Someday,” I said, “I’m going to walk on the Great Wall of China.”

Mrs. Rainwater gruffed, “You can’t walk on the Great Wall. It’s closed to all foreigners. You will never walk on the Great Wall of China.”

“My dad said things always change in the world,” I said. “I will be ready when they do.”

Years after I graduated from high school and after my college career completed, China opened its gates to the world. I bought a one-way ticket around the world on an airplane. I bicycled through Europe. I backpacked in the Swiss Alps. I stood on the steps of the Parthenon. I landed in Hong Kong. I pedaled, trained, hiked and worked my way to Beijing. From there, I pedaled my way north to the Ming Dynasty tombs.

Never in my life could I have imagined “The Summer Palace;” “Forbidden City;” “Ming Dynasty Tombs;” and “The Streets of Beijing.” I snapped hundreds of pictures.

But my one goal remained: walk on the Great Wall of China. Several days later, I labored up some hills and pushed myself to the limit. Finally, I stood at the steps of the Great Wall of China. A bunch of kids raced toward me to sell me a “Great Wall of China” T-shirt. I bought it for a few bucks. Within minutes, I climbed the steps and walked along the Great Wall of China. It’s nearly 4,000 miles long. It’s huge. It’s thousands of years old. Millions of Chinamen died building it to keep out the northern invaders.

I set up the tri-pod to take a picture. To this day, my proudest moment remains the day that I walked on the Great Wall of China. Not only that, my “Adventure Wall” shows me bicycling in Antarctica, Australia, South America, Europe and all of Asia. I also bicycled fourteen times across America. I scuba dived in all the oceans of the world. It’s been a glorious lifetime of adventures. Why and how did I do all of that? My dad said, “You can do that.” So, make my dad your dad. Repeat after him, “I can do that.”

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The Importance Of Reflection

By Emily Benson May 13, 2019 - High Country News

Last year, I found myself driving from Colorado’s Western Slope to my home in North Idaho, my car loaded down with books, camping gear and my bike. As road trips go, it was short but illuminating: I saw, firsthand, a fundamental truth of that place, its desert heat and fire-scarred hillsides. The first evening, as dusk settled over the landscape, a sign announced that the narrow highway I’d meant to take through Utah was closed. As I detoured up the next road, I watched the glow of a wildfire — the cause of the closure — blossom on the ridge to the east like a brilliant, dreadful

flower, the scent of smoke filling my car. Things out here can happen fast, and change even faster.

Few things are more quintessentially American than a road trip, especially across the sprawling West, with its ample opportunities for detours, reflection and epiphany. This issue examines all this and more, through outdoor recreation and travel. In a HCN, writers LuLing Osofsky and Key MacFarlane pilot a rented Kia Soul through New Mexico, navigating the violent history of the atomic bomb. On their journey, they discover the absurdities of nuclear tourism, including the image of a warhead on pins, hats and even, perhaps, on the stained glass windows of a church. In the process, they explore how centuries of brutality continue to reverberate across the landscape.

Elsewhere in the issue, writer Gustavo Arellano details in a bittersweet essay the changes he’s seen at a beloved 200-year-old chapel in New Mexico, El Santuario de Chimayó. Created as a spiritual refuge, the shrine has become a locus of a common struggle in the modern West, over how to conserve the character of places threatened by their own popularity.

Some changes, however, are welcome. Antonia Malchik describes the thoughtful design of outdoor spaces with disabilities in mind, where careful attention to gate widths and switchback angles can open up access to more people, while forcing land managers and people without disabilities to rethink assumptions about who belongs outside.

Challenging assumptions about who belongs in recreational spaces is something professional rock climber Emily Taylor knows well. To fill a void left by climbing companies unwilling to help diversify the profession, Taylor, a black woman, has created multiple initiatives for black climbers. A photo essay in an issue of HCN by Michael A. Estrada shows her at work.

From the Grand Tetons to Yosemite, past wildfires, churches and atomic test sites, many of us first experienced

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the vistas of the West through the bug-splattered windshield of a vehicle zooming down the highway. Some would contend this is not exactly the ideal way to get to know the place, and I wouldn't argue. But I do enjoy the

spectacle of the West at speed — if for no other reason than because it matches the region's rapid rate of change.

Luna Anna Archey/ High Country News and U.S. Dept. of Energy



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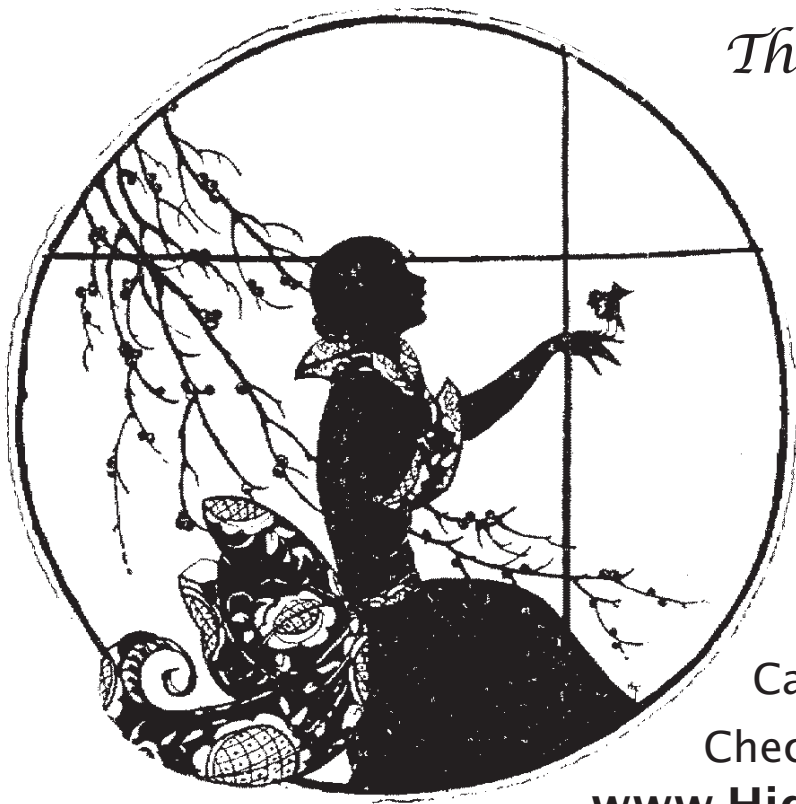
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Power Update

June
2019

Safe Tree Trimming

As trees begin to grow and bud, they may come in contact with power lines, creating confusion about responsibility and concern about member safety. United Power wants to make sure you know the answers to your questions so you can safely tackle your yard work.

When you encounter a tree near a primary power line, immediately contact United Power. Avoid trimming when you encounter the following: tree limbs in contact with a power line, dead tree limbs hanging near power lines or tree limbs growing toward power lines.

Observe the Ten-Foot Rule. This means anything inside that radius may put you at risk. For your safety, United Power will disconnect secondary lines when notified in advance of any tree trimming activity at no cost to the member. Trim only from a steady, level surface, removing small, easy to manage sections. Large tree/branch sections may fall unexpectedly and risk taking down power lines and causing potential injury. If this is not possible, contact a professional tree trimmer.

When in doubt about safety or responsibility, please contact United Power at 303-637-1300.



We'll be happy to send out a troubleshooter or one of our tree contractors to assess the situation and keep you safe.

Who's Responsible?

United Power is responsible for trimming around primary lines. These lines run from pole to pole. United Power maintains these lines because they are higher voltage and require special handling from a qualified tree trimming crew.

Members are responsible for obstructions in secondary lines. These are typically single lines stretching from our pole to a member's home - often seen in backyards, crossing from the main electric line to the home.



Is Your Phone Number up to Date?

Have you changed your contact number recently? United Power occasionally tries to contact members via the phone to notify them of preplanned outages or emergencies.

If the phone number on file with United Power is not up-to-date, the cooperative is not able to alert you to these events. Make sure you are not missing out on important information. Please verify that the phone number on your account is correct by calling our Member Services department at 303-637-1300 or by logging into your account through SmartHub at www.unitedpower.com.

United Power does not share member information.

Be Scam Smart

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

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

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



Know How United Power Conducts Business:

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



Member Services: 303-637-1300

Coal Creek Office: 303-642-7921

www.unitedpower.com

Artisans Spring Sale

Friday, June 7, 6pm-9pm
 Saturday, June 8, 10am-4pm
CCCIA HALL 31258 Coal Creek Canyon



30154 Spruce Canyon Drive
 Gorgeous & Secluded 3 Acres
 3 BD/ 3 BA 3,153 sq.ft. **\$600,000**



333 S. Taft Court
 Townhouse Style Condo
 2 BD/ 2 BA 884 sq.ft. **\$349,900**



266 Aspen Drive
 Remodeled Thruout, Engulfed in Aspens
 3 BD/ 2 BA 2,036 sq.ft. .95 Ac. **\$445,000**



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



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



221 Aspen Drive
 Nicely Remodeled - VIEWS! .76 Acre
 2 BD/ 1 BA 1,667 sq.ft. **\$384,000**



33588 Lyttle Dowdle
 Beautiful Building Lot! Lots of Sunshine
 1.04 Acre **\$59,900**



2184 Steele Street
 Fantastic Tri-Level
 3 BD/ 2 BA 1,649 sq.ft. **\$359,000**



2 Ronnie Road
 Remodeled Mtn Home - VIEWS
 3 BD/ 2 BA 2,109 sq.ft. .54 Ac. **\$419,000**



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



10241 Thorodin Drive
 Beautiful Mtn Contemporary 1.83 Acres
 3 BD/ 2 BA 2,100 sq.ft. **\$475,000**



386 Chute Road
 Perfect Horse Property 4.13 Acres
 2 BD/ 1 BA 1,920 sq.ft. **\$420,000**



181 Hummingbird Lane
 Nicely Updated - Theater Room 1.28 Ac.
 3 BD/ 2 BA 2,129 sq.ft.



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



11773 Hillcrest Road
 Private, Cozy Mtn Retreat Remodeled
 2 BD/ 2 BA 1.15 Acre **\$349,900**



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Janet Ingvaldsen
 Broker Associate
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