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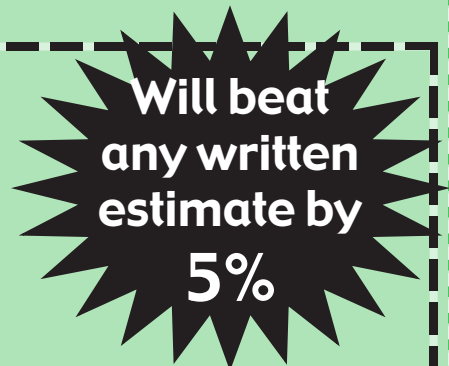


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Hummingbird by Steve Adams

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Hummingbirds

By *Climate Central.org & fbs.com*

As the second largest family of birds in the world with more than 300 distinct species, these small birds pollinate numerous types of flowers. They are most attracted to red, yellow, and orange blooms like petunias and zinnias. However, as the world warms from the increasing greenhouse gases in the atmosphere, the warming temperatures make it harder for these birds to eat, rest, and even reproduce.

Rather than search for food in the increasingly hotter summers, some hummingbirds simply seek shade to remain cool. They are also less social during the hotter weather, suggesting they are not as likely to mate. The hotter days are not the only problem for these birds — warm nights can also be problematic. Hummingbirds go into a slower state at night called torpor, when their body temperatures can drop by more than half, so warming nights will limit how much energy they can save.

Suitable habitats for hummingbirds are also starting to shrink as the climate changes. Spring blooms are occurring earlier in the year, affecting the timing between blooming plants and hummingbirds' return from their tropical winter retreat. This can leave the flowering blooms without their necessary pollinators, and at the same time birds have less food, which puts both plants and animals at risk. Glacier lilies in the West are one example. Male hummingbirds typically look for seasonal locations to settle before these first flowers bloom, but the time between their first arrival and the first flowering has shrunk by 13 days over the last 40 years, giving the birds less time to prepare a location before food is available. At this pace, two decades from now, the birds will miss the first flowers by the time they return in the spring.

Pollinators are important not just for flowers, but for agriculture in general. And large farming operations have an impact on the climate. Large-scale farming may be responsible for masking the trend of warming summers in parts of the U.S. Tremendous amounts of water are released by the leaves in mature corn fields, and the

evaporation of that water into the atmosphere has a cooling effect. The only location where a cooling trend has been observed in summertime high temperatures has been in the Midwest, where most of the U.S. corn is grown. But even there, the nights are continuing to warm.

Sage Words About Wildlife: Climate Change Alters Hummingbird Migration - In a car, a timing belt connects the engine's camshaft and crankshaft to synchronize their movement and keep things running correctly. Break the belt, and you break the rhythm, or timing, of the engine. A number of bad things can happen, but the most obvious difficulty is that your car won't operate.

Nature doesn't come to a sudden, overall halt, when the timing of its ecosystems slip, including ones involving hummingbirds. Instead, change occurs gradually and causes declines in beneficial animal and plant populations. Three recent scientific studies explore these shifts and the climate change that has likely caused them.

Changes in Migration and Pollination from fbs.com

Plants and the animals that pollinate them have coevolved to meet each other's needs. An example is the long beaks of hummingbirds and the deep, tubular flowers that they favor. Both sides of this survival equation suffer when the phenology — or timing — of their connections is thrown off. Hummingbirds are hurting birds during migration and nesting season if they arrive too early or late for the bloom time of flowers that feed them. As to the plants, their populations also decrease without access to their usual pollinators at bloom time.

A study about hummingbird migration published in January 2013 in *The Auk*, the journal of the American Ornithological Society, shows that climate change is harming phenology. It is causing the Ruby-Throated Hummingbird (*Archilochus colubris*) to arrive weeks earlier, during northward migration, than it did decades ago. Ruby-Throats now show up at their nesting grounds 12 to 18 days earlier than they did from 1890 to 1969. According to the *Auk* report, these changes likely are due to temperature increases in the winter habitat of the hummingbirds.

(Continued on next page.)

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Highlander Wildlife

However, this shift in timing of migration doesn't necessarily match alterations in the cycles of plants and insects, which are also affected by temperature changes.

Food Chain Disruption

Hummingbirds rely on nectar for 90% of their diet. The other 10% is comprised of pollen and tiny insects, which aren't available if the birds arrive when bloom time is over or hasn't yet begun. This is called a food-chain disruption. In a September 2008 article — Phenology: Changes in Ecological Lifecycles — for Southwest Climate Change Network CLIMAS, University of Arizona climate researcher Zack Guido noted that spring bloom of shrubs in the Southwest may have sped up by 20 to 41 days from 1894 to 2004. This could have negative consequences for the shrubs as well as the animals that dine on their nectar and pollen. Another example of phenological change that Guido offered concerns the "crash" in numbers of the northeastern Tulip Poplar. This occurred, he said, because honeybees no longer can get to the blossoms of these trees in time for pollination.

Dilemma of the Broad-tailed Hummingbird - Broad-Tailed Hummingbirds (*Selasphorus platycercus*) have to set up camp fast these days in the Rocky Mountains. It used to be a good location for nesting, because of abundant Glacier Lilies. But according to a University of Maryland study published in the journal *Ecology* in 2012, the hummingbirds and lilies now are out of synch.

The researchers note that, during the past 40 years, increasingly earlier snowmelt has sped up first bloom of the lilies to 13 days before first arrival of the Broad-tailed Hummingbirds. If climate change continues at its current pace, the researchers say, the hummingbirds will completely miss first bloom of the lilies 20 years from now.

So where will the Broad-Tails go to feed their families or how will their taste in flowers change? At present, the answers to these questions are unknown.

Variations in Flight Plans

Changes in nectar availability may be causing some hummingbirds to shift course during migration. In 2011, the Chicago Tribune posted a number of articles about a mystery hummingbird at a backyard feeder in the community of Oak Park. Eventually a scientist from Chicago's Field Museum was able to pluck some of the bird's tail feathers, run a DNA test and determine that it was a female Rufous Hummingbird from the West. Although the species isn't rare, it is unusual in Illinois.

The Oak Park homeowners continued filling their feeder with sugar water for the hummingbird until it finally headed on its way following rest and refueling. This change in course from West to Mid-West isn't even close to the biggest shift hummingbirds have made since they first appeared on earth. In 2004, the Los Angeles Times noted a Science magazine report on the discovery of two ancient hummingbird skeletons in Germany. It's estimated that the skeletons are 30,000 years old. Before the discovery, scientists thought that hummingbirds had always been Western Hemisphere species.

Volunteers nationwide help gather information about annual hummingbird migrations. Some help scientists at research centers, including Arizona's Fort Huachuca and Oregon State University both of which are connected to the national Hummingbird Monitoring Network. At these centers, volunteers help to capture, weigh and band hummingbirds while also checking for signs of ill health. Volunteers in other programs, such as the Texas Hummingbird Round-Up, keep observation notebooks and

file information annually.

Smartphones and computer pads are becoming tools for tracking hummingbird activity.

Long-Blooming Hummingbird Gardens

One major way to aid preservation of hummingbirds is by planting wildlife habitat in your yard. However, don't over-rely on feeders. A hummingbird garden should include plenty of nectar-rich plants — such as Salvias — with tubular flowers built for hummer beaks.

To give hummingbirds an edge in overcoming phenological problems it helps to plant long-blooming species, such as Salvias. There are eight favorite choices, including two Salvia companion plants: Bee Balm and the aptly shaped Cardinal Flower.



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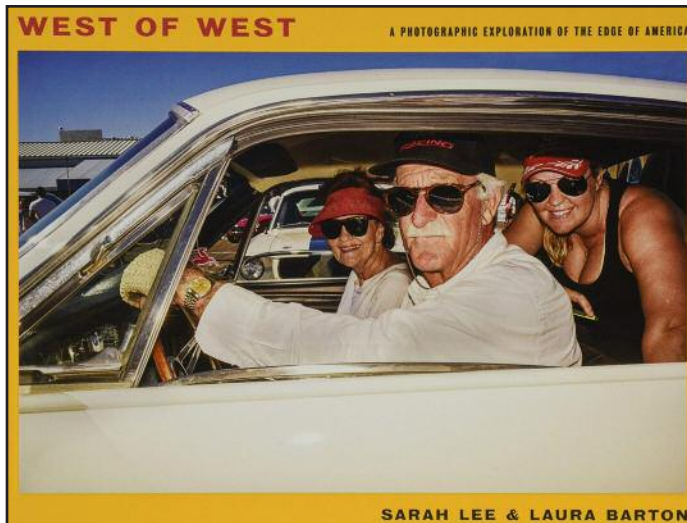
By Kalen Goodluck High Country News May 15, 2020

A photographer examines westward expansion in tourist-saturated California.

In West of West: A Photographic Exploration of the Edge of America, photographer Sarah Lee documents the tourist-saturated shores of Santa Monica in Los Angeles. It’s a destination that, like much of California, generations of Americans visit each year, emulating a kind of “westward expansion,” much as settlers once set out on horseback with dreams of striking it big. That’s perhaps the idea we are meant to come away with: the annual tourist migration as a way to renew the passage — the ritual — of “manifest destiny,” fulfilling an idyllic American fantasy of independence, leisure and paradise.

But what is westward settler expansion without Indigenous displacement? “Native Americans” are mentioned just twice in the introduction, which says nothing of America’s genocidal past. The book opens with the story of the Mayflower and a painting of settlers on a dusty trail, laying claim to new, prosperous lands. In the book’s contemporary photographs, the direct flash of Lee’s camera and the overpowering sun on the beach illuminate a calm repose at journey’s end. The tourists sprawl on their stomachs, resting and dreaming. They made it.

But colonialism is not just a dusty memory. In 2019, California Gov. Gavin Newsom officially apologized to tribes for California’s history of violent state-sanctioned “genocide.” He also signed an executive order calling for a Truth and Healing Commission to produce a report on the state’s historical relationship with Indigenous peoples by 2024. In omitting past and present colonialism, the photographs and accompanying essay in *West of West* feel incomplete. The West was not an uninhabited land that welcomed the settlers’ westward expansion. Yet maybe that’s the dream on the face of each napping beachgoer.



West of West: Travels along the edge of America

By Sarah Lee and Laura Barton

176 pages, hardcover, \$26.10

Kalen Goodluck is an editorial fellow at High Country News.

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We Can Save The Colorado River

By Bruce Babbitt High Country News May 13, 2020

It's time to create an Irrigation Reserve Program.

Colorado River Basin states need to cut their Colorado River consumption to prevent reservoirs from declining to critically low levels.

Historic doctrines have Nevada (shown here) with a 2% share of the river, the smallest of any of the states. Thomas Hart/CC via Flickr

It is no exaggeration to say that a megadrought not seen in 500 years has descended on the seven Colorado River Basin states: Wyoming, Colorado, Utah, New Mexico, Nevada, Arizona and California. That's what the science shows, and that's what the region faces.

Phoenix, Denver, Las Vegas and San Diego have already reduced per capita water use. Yet they continue to consume far more water than the

river can supply. The river and its tributaries are still overdrawn by more than a million acre feet annually, an amount in consumption equaled by four cities the size of Los Angeles.

To close the deficit, the U.S. Bureau of Reclamation and the states have been struggling to apportion the drastic cuts necessary.



So far, the parties have proceeded by adhering rigidly to historic doctrines: first users have absolute rights, though those rights were based on rosy projections of the river's annual flow. For example, in Arizona the sixmillion residents of Phoenix and Tucson will lose 50% of their share before California gives up a single drop.

Nevada, which has a 2% share, the smallest of any state, is called on to take more cuts ahead of California, which has the largest share, 29%. Within California, water to 20 million residents in cities will be completely shut off before farming districts adjacent to and within the Imperial Valley take any cuts.

And in the Upper Basin, the states of Utah, Colorado, Wyoming and New Mexico are faced with draconian reductions in their entitlements

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because they must deliver water to the Lower Basin states. Brad Udall, a water scientist at Colorado State University, warns that something must give, that we cannot continue with a system that increasingly “violates the public’s sense of rightness.”

There is a better, more equitable pathway for reducing the deficit without forcing arbitrary cuts. It involves 3 million acres of irrigated agriculture, mostly alfalfa and forage crops, which consume more than 80% of total water use in the Basin.

By retiring less than 10% of this irrigated acreage from production, we could eliminate the existing million acre-foot overdraft on the Colorado River, while still maintaining the dominant role of agriculture. Pilot programs in both the Upper and Lower basins have demonstrated how agricultural retirement programs can work at the local level. What’s lacking is the vision and financing to bring these efforts to a basin scale.

We could eliminate the existing million acre-foot overdraft on the Colorado River, while still maintaining the dominant role of agriculture.

Fortunately, there’s a precedent administered by the Department of Agriculture; it’s the Conservation Reserve Program, established in 1985 by the Congress. It authorizes the Farm Service Agency in the Department of Agriculture to contract with landowners to retire marginal and environmentally sensitive agricultural lands in exchange for rent.

Farmers who join the Conservation Reserve remain free to return the lands to production at the end of the renewable contract period, typically 10 to 30 years.

The national Conservation Reserve currently holds nearly 22 million acres under contracts with more than 300,000 farms. This legislation has strong support from the farming community and in the Congress, which appropriates nearly \$2 billion each year for the program.

With this precedent, it’s time to create an Irrigation Reserve Program. To work, it must be voluntary, and farmers who participate must be adequately paid for the use of their irrigation rights.

A new Irrigation Reserve on a basin scale will also require significant public funding. But the mechanism for financing an Irrigation Reserve is already available in existing federal law.

In 1973, faced with deteriorating water quality in the Colorado River, the Basin states came together and persuaded the Congress to enact a law known as the Colorado River Basin Salinity Control Act.

To fund salinity control projects throughout the Basin, the Congress allocated revenues from the sale of hydropower from Hoover Dam, Glen Canyon Dam and other federal dams throughout the Basin. Three hydropower accounts – the Lower Colorado River Basin Development Fund, the Upper Colorado River Basin

Fund and the Hoover Powerplant Act – continue to capture and allocate revenues to basin projects. Congress should now add financing of an Irrigation Reserve to the list of eligible expenditures.

With these two precedents, the Conservation Reserve Program and the Salinity Control Act, we have the road map to establish a Basin-wide Irrigation Reserve. I urge the seven Basin states to make common cause and join together to obtain Congressional legislation.

Bruce Babbitt served as Secretary of the Interior from 1993-2001 and is a contributor to WritersontheRange.org, a nonprofit dedicated to spurring lively discussion about Western issues.

Editor’s Note:

For this type of resource conservation effort to work it would mean that Denver Water must give up its dreams of profits from selling more water from an expanded Gross Reservoir and Dam. There is no other recourse that saves the Colorado River and also saves Coal Creek Canyon from devastating environmental damage. For the “profit only” utility of Denver Water it is inevitable, they just need to admit they are out of touch with what is the environmentally right thing to do and stop any legal wranglings with Boulder County.

The poster for Nederland Farmers Market features a sunflower logo at the top. The text reads: "Nederland Farmers Market", "80 E. 1ST STREET (Parking Lot)", "JUNE OUTDOOR MARKETS", "SUNDAYS | JUNE 14 + 28 | 10AM - 2PM". It lists options: "VISIT Vendors Onsite" with a tomato icon, "PICK UP Pre-Ordered Produce Boxes" with a green sprout icon, and "PLEASE Wear your Mask" with a red and white checkered mask icon. At the bottom, it says "ONLINE ORDERING (Available M-W every week!)", "W: nederlandfarmersmarket.org @nederlandfarmersmarket", "THANK YOU To this month's Sponsor: Salto". A cartoon illustration of a man in a blue shirt and cap wearing a checkered mask is on the right side.

Overcoming Winter's Alienation

By Raksha Vasudevan March 16, 2020 High Country News

**I long felt shut out of the season.
Snowshoeing changed that.**

Before I ever experienced winter, I wanted to love it. As a child in India, I watched *Home Alone* repeatedly, entranced by the images of the season: people sledding, gifts under a tree, crackling fireplaces. Just the idea of snow — something I'd never seen — was wondrous.

When I turned 10, we moved to Canada, and I finally got to experience winter. Unfortunately, it wasn't quite what I'd imagined. Snow was beautiful, yes, but painful to touch, even using the cheap gloves we'd bought at Walmart. Our electric fireplace stopped working after the first couple of winters, and we couldn't afford to get it fixed.

On weekends and holidays, my friends disappeared for skiing or snowboarding lessons. I didn't bother asking my parents if I could do the same: I knew there was no money for the lessons, let alone the ski passes, skis, goggles or any of the other items I'd need for the slopes.

So I ended up staying inside most winters, watching TV, sinking into the couch and into a dull depression. This type of alienated winter — "hibernation," I think — is unfortunately common for immigrants in North America. Our families generally earn less, making it harder for us to afford the lessons, passes and equipment required for most winter sports. And in a season that can be particularly challenging for those affected by depression, people of color — who are the majority of America's immigrants — are also less likely to access appropriate mental health care.

Over time, I grew to resent winter, the white landscape making me, in my brown skin, feel more out of place than I did in any other season. But one year, I experienced the healing effect of wintertime in the mountains. Unexpectedly, snowshoeing — then and now — has helped me to not only survive this time of year, but also to learn to value its quiet grandeur.

ONE BRIGHT FEBRUARY MORNING when I was 14, my father and I set off for Kananaskis Country, in the foothills of the Rocky Mountains, two hours from Calgary. Our rented snowshoes were in the backseat. His colleagues, who had organized the outing, were waiting for us at the start of the 9-mile Pocaterra Trail. We struggled with the unfamiliar gear, and they helped us then and throughout the day, every time we stumbled or when my new Camelbak started leaking. We must have slowed them down, but they didn't seem to mind. I remember one woman, who kept closing her eyes and tilting her face to the sun, her chest rising as she swallowed the white-cold air. The same air turned my nose beet-red and fogged up my glasses. I tugged my hat lower over my frizzy hair, wishing I could disappear.

My father picked up the motions quickly, drawing on athletic instincts from playing cricket in India. But I could barely lift my leaden legs to put one snowshoe in front of the other. Within minutes, I was wheezing from the altitude and exertion. About an hour into the trail, the others traversed the side of a hill, extending their arms to maintain their balance on the slope. I followed their example but fell, tumbling onto the hard-packed snow. Slowly, my legs now damp, I struggled to my feet. By the time I maneuvered across the slope, no humans were in sight. There was, however, a very large, very dark moose. We stared at each other, his breath rising in great, steamy huffs. Mine remained trapped in my throat. After some seconds, he looked away, dipping antlers as large as swan wings towards the few blades of grass poking through the snow. He chewed on the frozen grass in a leisurely way, his neck and flank bulging sleekly with muscle. He could have pulverized me.

Yet I was not scared. A kind of dreamy peace settled over me, as if I'd slipped into a trance, lulled by the sounds of his chewing and the contrast between his dark powerful body and the still white slopes.

Eventually, he raised his head to look at me again, a long look that I took to be full of meaning. Then he trotted off,



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Highlander Observation

disappearing into the pine trees. I don't know how long I'd been standing there when I saw my father and his friends coming back, faces creased with worry. I didn't tell them about the moose. I didn't want to worry them, and I wanted to keep the moment for myself, like a dream that would dissolve as soon as I tried to grasp at it.

IN THE FALL OF 2016, just as I turned 29, I got a job in Colorado. As the leaves fell and the days shortened, the familiar dread swelled in my chest, heavy and gray as the winter sky. I felt both lethargic and anxious, trapped in the city, a man-made landscape of squat buildings, neon shop signs and slick walkways. Why leave the house? Soon, I was back in the winter routine I knew best: on the couch every night for hours, watching characters on TV exercise, socialize and live in ways that felt impossible for me.

Luckily, the season, as much as I hated it, was not a monolith. There were reprieves: warm mornings when I stood outside, watching the frost melt, savoring the sun on my face. How long had it been since I felt alive — since I remembered that the world around me was alive?

Maybe, I thought, snowshoeing could help me regain that feeling, even when the skies turned steely once more.

Unfortunately, I still lacked a car or enough local friends to easily hitch a ride into the mountains. But Google led me to the Colorado Mountain Club. Soon, I'd arranged a ride to a snowshoeing trip.

Equipped with old-fashioned wooden snowshoes and gaiters borrowed from a colleague, I joined a group of about a dozen people to snowshoe the Lost Lake trail, an hour and a half west of Denver. The sky was powder-blue, and our group, who ranged in age from their 20s to their 70s, chatted easily, stopping often to sharing their trail mix and Gatorade and to wait for slower members.



I was the only foreigner and woman of color, but I did not feel conspicuous. Unlike ski slopes, which require significantly greater financial resources, snowshoeing seemed more equitable: Whether your snowshoes cost \$100 or \$20 didn't really matter. It didn't require lessons or even much practice to master. For once, not being "from here" and not growing up wealthy did not feel like major disadvantages.

Ascending to the top, I marveled at how deep the snow was, how it shimmered on tree branches. And the silence — there seemed a special quality to it: snow muffling sound, animals alive but unmoving, deep in hibernation. I could hear myself breathe; I never heard that in the city, never even thought to listen.

At the top was Lost Lake, huge and pale blue. Surrounded by alpine peaks and spruce groves, it would be beautiful in any season. But now, in deep winter, we could step onto its frozen surface. Underneath the thick sheet of ice, water and fish moved silently. Another world beneath this one: It seemed like a miracle.

Now, I snowshoe regularly in wintertime. Sometimes, I'm reluctant to go, especially when the sky has been gray for days and the urge to stay in bed and block out the world becomes overwhelming. Sometimes, even when I do go, the slow, hard trek in the bleak cold feels absurd. But every time, there's something that feels wondrous, even if briefly, something that's only possible in that season, at that moment: sunlight streaming butter-yellow through snow-covered woods, a bird darting out of a tree, breaking the stillness. Last time, I even saw moose tracks.

Raksha Vasudevan is an economist and writer based in Denver. Her work has appeared in LitHub, The Los Angeles Review of Books, NYLON and more. (Highlander file photo by Anita Wilks.)



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Emotional Fitness For A Crisis

By Raul Villacis - Entrepreneur

In times of crisis, there are those who become overwhelmed by fear and those who rise to the occasion. They know that they have the mindset to not just endure but to thrive in the middle of chaos. They understand that what they do right now is going to determine what kind of life they will have ten years from now. What separates these individuals from the vast majority? It's not necessarily money or past success. There are plenty of people who have money but they are living in fear. And there are people who thought they had their business figured out, and now they are forced to reinvent themselves because everything has changed.

People who thrive in chaos have the ability to stay calm under immense pressure and focus on who they need to become to get through a challenge. They have the capacity to change their perception when reality changes. They don't try to argue with reality by wishing that things wouldn't be a certain way. They possess what I call emotional fitness. Emotional fitness is not the same as emotional intelligence. Although the two are related, emotional intelligence is the capacity for empathy. Emotional fitness is the capacity to think on your feet when the ground crumbles underneath you.

5 Ways to Get to the Heart of Emotional Marketing - You already know the benefits of exercise. You can do all the research you want about the perfect interval times or the best yoga pants, but all of that means nothing if you don't do the work until you start sweating. The same thing is true for emotional fitness. You can read all you want about how

to stay calm under pressure, but the only way to actually increase your emotional fitness is to do the necessary inner work to increase your capacity. Here are five ways entrepreneurs can increase their emotional fitness.

1. Check-in with yourself multiple times a day

Your reaction to whatever stimulus is in front of you is to a certain extent involuntary. If you step on a LEGO, you get angry at the same time the pain shoots up your foot. When you watch the craziness on the news, you get anxious. Those thoughts and emotions are going to come to you before your rational brain has a chance to keep up. At least two or three times per day, take a minute to check-in with yourself and figure out what you are focusing on. Follow that focus and see what the emotions are bringing up. Are you stressed out because you're focused on the negative things that are happening, or are you excited about the opportunities that are ahead of you?

Most people don't know, but subconsciously our mind focuses on all the negative things that are going on because of the survival instinct. When you're on autopilot, it's easy for these negative feelings to overwhelm everything else. But by intentionally bringing awareness to your thoughts and emotions, you can make a conscious decision to shift your focus and interrupt the pattern of being on autopilot. By checking in with yourself multiple times a day, you give yourself the data to understand why you feel the way you do and where your focus is during the day.

2. Acknowledge the emotions and thoughts

The moment that you acknowledge your emotions and thoughts is the moment that you can become aware of the

trigger that is causing that thought or emotion. Like I said before, our subconscious mind is constantly focused on negative thoughts and emotions, especially early in the day. If you don't acknowledge those feelings, you are going to be fighting an uphill battle the entire day. Your brain is going to release the stress hormone cortisol, because your brain behaves as if you're fighting an enemy, and your body expends energy fighting itself.

The Importance of Emotional Intelligence at Work - Studies show that just acknowledging negative thoughts, and realizing that it's normal for your brain to be in reactive mode, gives you the power to make the conscious decision to shift and focus on the opportunities instead of the problem. Be more aware of them

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instead of trying to fix them. Your emotions are not something you have to “fix.” The trigger that made you feel that way is the thing to fix, not the emotion itself.

3. Don't make your emotions “wrong”

Your emotions are feedback to your perception of your current reality. If you make them wrong, then you believe that your current situation shouldn't be happening to you. That's when you start arguing with reality and look for something or someone to blame. We have this illusion that we shouldn't feel a certain way, or that we are weak by acknowledging what we feel. By acknowledging you are not your thoughts, feelings and emotions, you become open to receiving the feedback and learning from them instead of reacting to them.

4. Feel your emotions fully

We are constantly judging ourselves and we don't give ourselves permission to feel our emotions fully. Like the feeling of relief that sometimes mixes in with sadness. Our emotions can bring out guilt and shame because we think we shouldn't feel a certain way. The guilt and shame are what prevent us from expanding our capacity. The emotions are there because the triggers are there, and you can't just stop that circuit. Instead, you have to complete the circuit and feel the emotions fully. The moment we give ourselves permission to feel the emotion, that's the moment you're bringing light into the darkness. The fear and uncertainty that consume our energy will begin to lose power. We are bringing light into the darkness and realizing that we were more afraid of the dark than what it was hiding.

5. Win the battle in your mind before it becomes real

Most of our fears and stressors are caused by what we think could happen. Much of the time, the fear isn't real, and only lives in our mind. The thoughts of the worst-case scenario are all set in the future and are inspired by some pain from the past. That feeling of being caught in the middle of an unalterable past and an undetermined future takes away our certainty. It's that helplessness that amplifies all the other emotions. But the secret weapon is that you can also win those battles in the same place: your mind.

How Emotional Intelligence Can Improve Your Productivity

You have to do the same thing. Fight the monsters where they live, which is in your mind. When you slay the beasts inside your mind, you realize that they are there to make you stronger. So when you face them in real life, you know exactly what to do to overcome them.



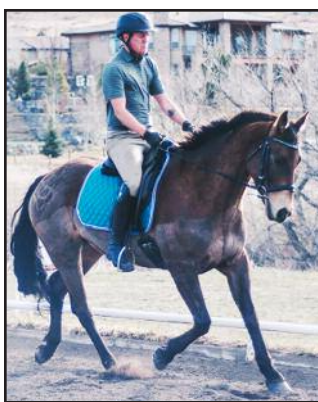
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The Threat Below Mount St. Helens

By Eric Wagner May 1, 2020 High Country News

The Pumice Plain in southwest Washington’s Mount St. Helens National Volcanic Monument is one of the most closely studied patches of land in the world. Named for the type of volcanic rock that dominates it, it formed during the mountain’s 1980 eruption. Since then, ecologists have scrutinized it, surveying birds, mammals and plants, and in general cataloging the return of life to this unique and fragile landscape.

Now, the depth of that attention is threatened, but not due to the stirrings of the most active volcano in the Pacific Northwest. The problem is a large lake two miles north of the mountain: Spirit Lake. Or, more specifically, the Spirit Lake tunnel, an artificial outlet built out of necessity and completed in 1985.

After nearly four decades, the tunnel is in need of an upgrade. At issue is the road the Forest Service plans to build across the Pumice Plain despite the scientific plots dotting the plain’s expanse. In this, Spirit Lake and its tunnel have become the de facto headwaters of a struggle over how best to manage research and risk on a mountain famous for its destructive capabilities.

THE ENTANGLEMENT OF THE LAND, the lake and the tunnel began 40 years ago, when Mount St. Helens erupted on May 18, 1980. At 8:32 a.m., a strong earthquake caused the mountain’s summit and north flank to collapse in one of the largest landslides in recorded history. Some of the debris slammed into Spirit Lake, but most of it rumbled 14 miles down the North Fork Toutle River Valley. Huge mudflows rushed down the Toutle and Cowlitz rivers,

destroying hundreds of bridges, homes and buildings. The eruption killed 57 people and caused millions of dollars in damages. Mount St. Helens shed more than 1,300 feet of elevation, hundreds of square miles of forest were buried or flattened, and Spirit Lake was left a steaming black broth full of logs, dead animals, pumice and ash. Its surface area nearly doubled to about 2,200 acres, and its sole outlet, to the North Fork Toutle River, was buried under up to 600 feet of debris.

Having no outlet, and with rain and snowmelt still flowing in, Spirit Lake began to rise. The situation was dangerous: If the basin filled, the lake could overtop the debris field and radically destabilize it, unleashing another devastating mudflow that would send millions of tons of sediment toward the towns of Toutle, Castle Rock and Longview, Washington.

To forestall this, the U.S. Army Corps of Engineers built a 1.6-mile-long tunnel through a ridge, allowing water to flow out to the river. That held the lake’s surface steady, but the ridge itself remained in constant — if slow — motion: Twelve faults and shear zones have squeezed and buckled the tunnel, causing engineers to close it several times for repairs. During one closure in the winter of 2016, Spirit Lake rose more than 30 feet. “It was definitely a wake-up call,” said Chris Streb, a project director with the U.S. Forest Service, the agency that oversees the monument. What if something — perhaps another earthquake — severely damaged the tunnel? Federal managers are facing a situation that Rebecca Hoffman, the monument’s manager, characterizes as an urgent, although not immediate, crisis — a potential (Continued on page 16.)

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catastrophe. “This is the struggle we’re in the middle of,” she said. “I don’t want to get to the point where we wait for an emergency.”

The Forest Service decided to open a second outlet as a safeguard. To gauge a likely route’s feasibility, the agency needs to drill into the debris blockage and study its composition. Its plan for doing so, however, has unsettled another group deeply interested in the region: scientists.

After the 1980 eruption, some of the first people to visit the blast area were researchers. For a group of ecologists from the Forest Service and universities across the Pacific Northwest, the eruption was a huge, unplanned experiment, a chance to test some of their discipline’s oldest theories about how life responds to what can seem like total devastation.

“It has let us ask questions that we can’t ask anywhere else in the world. That’s what makes this such a valuable landscape.”

The scientists set up hundreds of studies. It was in large part at their urging that the federal government created the monument in 1982, setting it aside as a place for “geologic forces and ecological succession to continue substantially unimpeded.” Many plots from 1980 are still studied today, and the work has had a broad reach. One group’s findings have helped shape regional forest management by



The sediment retention structure and upstream sediment plain on the North Fork Toutle River, flowing out of Spirit Lake. U.S. Army Corps of Engineers

uncovering the role “biological legacies” — organisms that survived the blast — played in the development of the post-eruption community. Another group described how plants returned to the denuded space of the Pumice Plain willy-nilly, rather than in the orderly fashion theory previously presumed.

“Mount St. Helens has taught us so much about how plants and animals respond to large disturbances,” said Charlie Crisafulli, a Forest Service ecologist who came to the blast area in the summer of 1980 and never left. “It has let us ask questions that we can’t ask anywhere else in the world. That’s what makes this such a valuable landscape.”

NOW, HOWEVER, ECOLOGISTS ARE WORRIED. In 2018, the Forest Service proposed constructing a 3-mile road across the Pumice Plain to move drilling rigs to test sites. Scientists and conservationists objected so strongly that the agency withdrew the proposal. Then, a few months later, in December 2019, it released a new one. This time, in addition to tacking on some tunnel maintenance, the Forest Service suggested an additional alternative to the road: bringing in equipment and personnel via helicopter. But in early April, the agency decided to go ahead with the road, and Strebig hopes that the work, which could take up to five years, will begin this summer.

Scientists prefer using helicopters, arguing that they would minimize the impact on research while still allowing for drilling and maintenance work. “No one is opposed to the project, but the Forest Service needs to find a better alternative than building a road,” said Carri LeRoy, an ecologist at The Evergreen State College who studies five new watersheds that formed on the Pumice Plain post-eruption. She recently received a big grant from the National Science Foundation, and the proposed road would cross all five watersheds, ending her project before it can really begin.

But the helicopter alternative, with its tougher logistics and higher price, was a hard sell. A few scientists who attended planning meetings late last year left fearing a

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decision had already been made. "I just came away with a sense that (the Forest Service) is bound and determined to build that road," LeRoy said.

In outreach meetings, too, Forest Service officials have talked up the destructive mudflow Spirit Lake could unleash, showing pictures of flooded towns from 1980 while de-emphasizing that such an outcome is only a distant possibility. The project is being sold to the public as essential for safety reasons, according to Arne Mortensen, a commissioner for Cowlitz County, where the downstream towns are located. "Absent a near-term and long-term cost analysis to show otherwise," he wrote in an email, "using the road approach looks better."

Scientists fear that they were subtly scapegoated, and the importance of their studies brushed aside, in an effort to cut costs. "I'm worried they're just paying lip service to researchers' concerns," LeRoy said. Hoffman, the monument manager, denies this: "We're working with specific researchers, and will continue to work with the research community to limit the amount of impact that occurs," she said.

But Susan Saul, a conservationist with the Washington Native Plant Society who was instrumental in getting the blast area designated a national monument, said project planners have been cavalier about the road's possible impacts on research. For example, a Forest Service staffer wrote that the physical environment "will have returned to baseline" within two years of the project's completion. To Saul, that phrasing betrays a fundamental misunderstanding of the relationship between science and the landscape at Mount St. Helens. Ecologists want to study how life responds after an eruption. But a road will change everything, with effects that extend far beyond its physical footprint: Vehicles crush vegetation, ferry in introduced species and change animal behavior, among other things. Slap a road through the Pumice Plain, and the research there would effectively be reduced to how life responds after a road is built — a much less interesting project. "So it seems like the writer wasn't taking the research seriously," Saul said.

For ecologists, this seriousness, or its lack, could have profound consequences. What is the value of a monument devoted to the processes of disturbance and ecological succession if those processes are themselves irrevocably disturbed? That is a question as yet unstudied, but as Crisafulli, the Forest Service ecologist, points out, no one has invested more in the research at Mount St. Helens than the federal government. "The agency has spent millions of dollars on multiple studies for the past four decades," he said. "There's no getting around the fact that building a road through the heart of it would put that legacy at risk."

*Eric Wagner lives in Seattle with his family. His book **After the Blast: The Ecological Recovery of Mount St. Helens** was published in April by the University of Washington Press.*

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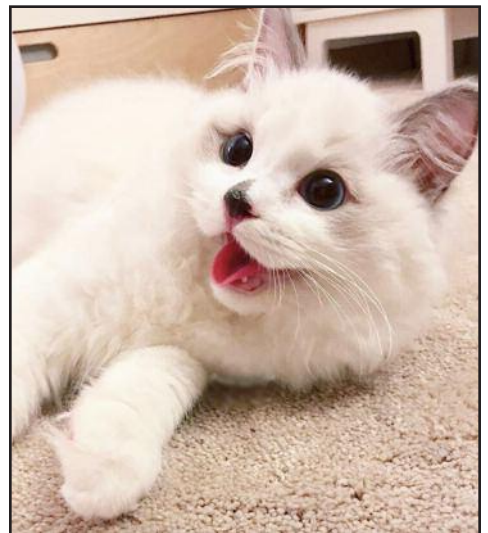
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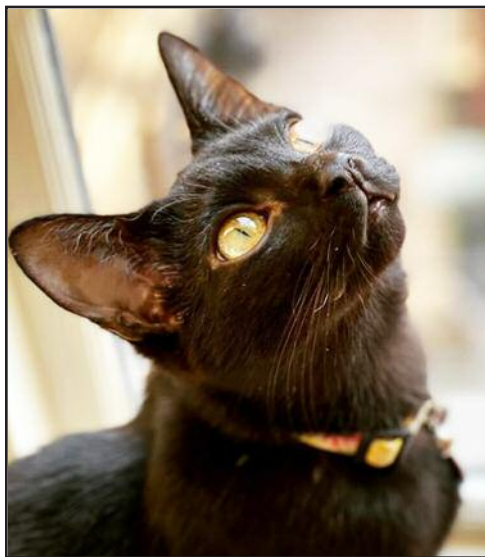
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Previous page top left: *Max from Elma Legg.*
Top right: *Cumbrian Foal from S.Rodriguez*
Middle right: *Skunk steals bird dog's food.*
This page top right: *Shelly, Sky King & America*
Top left: *Big dog protects fawn.*
Bottom middle: *Lincoln from Julie.*

Stay Safe On Water Skis & Jet Skis

From Jim Plane – State Farm Insurance

They're fun recreational activities on the water, but you still have to obey the rules. When it comes to using your jet ski for the first time, the key words to remember are preparation and safety. Don't just jump in and get your feet wet before following the helpful tips here. The more prepared you are now, the more fun and thrills you can safely have later out there on the water.

Become very familiar with its operation and maintenance before you put it in the water for the first time by reading the owner's manual. **Be aware that most jet skis have greatly diminished or no steering without application of throttle.** Ensure the jet ski is registered and the registration numbers are visible. Don't forget to maintain the trailer if the jet ski is transported via a trailer. Become familiar with basic seamanship and navigation rules such as overtaking another vessel and right of way rules. Take a US Coast Guard approved Safety course.

What to wear when jet skiing - Always wear Coast Guard approved flotation devices for operator and every passenger (these must always be worn). Water shoes to protect your feet, Gloves to protect your hands, Waterproof sunscreen — because let's face it, these watercraft are predominately used on nice sunny days. Sunglasses, Depending on weather and water conditions — possibly a wet suit or even a dry suit if conditions dictate.

What to bring on board - Signaling devices — visual and sound. Examples would be a whistle and a small mirror. They are one of the minimum Coast Guard required safety items to carry. Fire extinguisher is the other required safety item, A basic first aid kit, A small anchor, A length of mooring line in case of needing to tie off to another

machine for a tow, preferably a floating line so if dropped it doesn't sink

If the machine is going to be used at night or in low light conditions then Navigation lights would be required, A dry bag to store important items, such as papers and cell phones, Ignition safety lanyard must be worn so if you are thrown from the machine the engine is disabled and stops, Depending on the area where the machine is operated — a compass, A small paddle or oar, Depending on the waterway — possibly charts for navigation

Few things are as exhilarating as summertime water sports. But whether you're operating a personal watercraft (PWC) or being towed behind one, make safety your number one priority with these suggestions. All-around safety rules for water sports: Participate in a water or boater safety course. Wear a Coast Guard-approved life jacket. Always let someone know where you're going before you head out. Boat only during fair weather. Don't participate in high-speed sports in low-light or after dark.

Water skiing safety - Inspect your equipment. If you aren't familiar with the body of water, ask someone who is about areas to avoid. Avoid skiing in shallow water or on small or busy lakes. Review hand signals. Typically, an extended right or left hand indicates the direction to turn, a thumbs up or down directs drivers to adjust speed and a raised palm means stop.

Make sure a spotter is on board with the driver. Release the towrope as soon as you fall. When you're down, hold up a ski to make yourself visible. Don't approach or board the boat until the engine is off.

Jet skiing safety. Keep the ignition safety switch lanyard on your wrist or hooked to your life jacket. This cuts power to the engine if you fall off. Be sure you meet your state's minimum operating age and education requirements.

Follow basic boating rules and practice proper boating etiquette. Before leaving, check the PWC to be sure it's in working order and that you have the necessary equipment on board. Avoid dangerous maneuvers like using another watercraft's wake as a ramp.

When pulling a person, your PWC should be able to seat you, a spotter and the person being towed. Keep your feet inside the PWC, and maintain a firm grip on the handlebars or the strap on a 3-seat jet ski.

Ride defensively. Scan for boats and objects in your path, and drive at responsible speeds. Remember, most PWCs don't have a braking system, and you'll lose steering capability when the power is off. It is only fun if no one gets hurt.

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Tips & Tricks For Successful Telecommuting

By Alice Calin from Hubgets

Remote work is a dream come true for all the introverts of our generation. It brings countless benefits for both employees and employers: higher productivity, lower costs, no time lost in traffic, no need to socialize on every break and no annoying mandatory meetings. You set your own schedule and only interact with a bunch of people without even seeing their faces, unless you plan it virtually or even hearing their voices. Can it get any better than that?

However, anyone who's been working remotely even for a day knows that it comes with its own set of challenges. From time management to team collaboration, telecommuters need to find solutions to perform from the comfort of their homes or a she shed, man cave, a dedicated place far from the old office that is as free from distractions as possible. Even a room with a lock on the door can suffice if you use the lock.

If you are new to telecommuting, here is our list of advice that should help you overcome the challenges and make the best out of your working time.

1. Set realistic goals

Even when working from the comfort of your living room, it doesn't mean that you won't have difficulties in getting things done. Your dog needs to go outside, your cat decides she wants some snuggles, your kids need to be fed, and your mother expects you to pick up the phone every time she calls.

Sometimes, these can even happen all at once and the only way to get around it without affecting your job is to leave room for interruptions in your schedule right from the beginning. Don't assume you will be working during 100% of your scheduled hours. Include hourly short breaks in your schedule and don't be disappointed if you're not getting everything done right on time.

2. Avoid boredom and loneliness

Telecommuting can sometimes seem boring or lonely at first, especially for young freelancers living all by

themselves. Luckily, remotely doesn't necessarily mean from home. If coffee shops and restaurants are open and amenable to loitering they can be an option for a nice change of view and now that summer is here – out on the deck is a refreshing change of scenery.

You can always get online virtually and be seen or see others with so many Apps available: Skype, Zoom, Loopup, Q4, the list is endless... there are so many choices now. Being online for face time with other people doing the same thing as you can be a quite a motivator too, especially if you are more prone to procrastination.

3. Show your face on those days you fix your hair and put on a nice top/shirt

Networking is an important part of anyone's professional life. Remote workers can have a hard time meeting other professionals in their own field.

As a remote worker, it is important to put some effort into networking by actively seeking opportunities. Join discussion forums, connect with people on LinkedIn and other dedicated social media platforms.

(Continued on next page.)



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4. Keep yourself updated

If you are working for a company that offers training programs for employees, make sure you attend as many online seminars as you can. However, if you are a contractor, it is up to you to find online resources and courses that will keep your skills relevant and competitive. Be proactive about learning new skills and don't miss out on any opportunity to update your knowledge base.

5. Stay in the loop

Staying connected to your colleagues can be a bit challenging while telecommuting. Luckily, with smart team communication apps like Hubgets and others, you can get the full social experience of an office environment and settle down your FOMO (fear of missing out). Besides work-related discussion topics, you can always use the Team Board and stay engaged to the company's social life. Share funny memes and GIFs or an interesting link, post a picture, or just talk a bit about your day.

6. Be a team player

Being part of a team that doesn't gather around the same desk every day can give you the feeling that you are on your own. But even if you work independently, the success of your project depends on everyone who takes part in it. Sharing your work with teammates and collaborating to improve your end results is an essential part of a successful

project. So be a team player and don't hold onto information just to prove to your managers that you are the best. A good manager will notice your contribution to the team's efforts and will praise your merits anyhow.

7. Keep your motivation up

One of the greatest perks of telecommuting is that there is no one behind your office chair to make you close YouTube and get to work. But at the same time, that is also one of the biggest challenges. It means that you have to make the decision all by yourself, without anyone pushing you from behind. And a decision that you need to make every day. If you struggle with finding the right motivation, pen down all the reasons why you love your job and what would your life look like if you would lose it.

8. Avoid multitasking

You might have heard this before but it's so true that it's worth repeating: multitasking is a myth. There is absolutely no way for an average person to do two things at the same time and excel in both. As soon as you choose quantity, quality will have to suffer.



If you can't accomplish two very simple tasks at the same time flawlessly, what are the chances with more complicated things that require even more focus? All in all, you're in charge.

Working remotely might be challenging but all those challenges can be overcome with careful planning and responsibility. In the end, for things to work out, it all comes down to you and the choices you make. Your managers can only guide you so far when you are totally out of their sight.

Therefore, it is totally up to you to make your telecommuting experience one that brings value to your company, your career, and your life in general. Building your own routines and then following them until they are good habits makes anything easier and more predictable.

Following our advice will hopefully make it a bit easier for you to make that happen. Plus, money saved on gas, eating out and wardrobe can be better spent on your next vacation.

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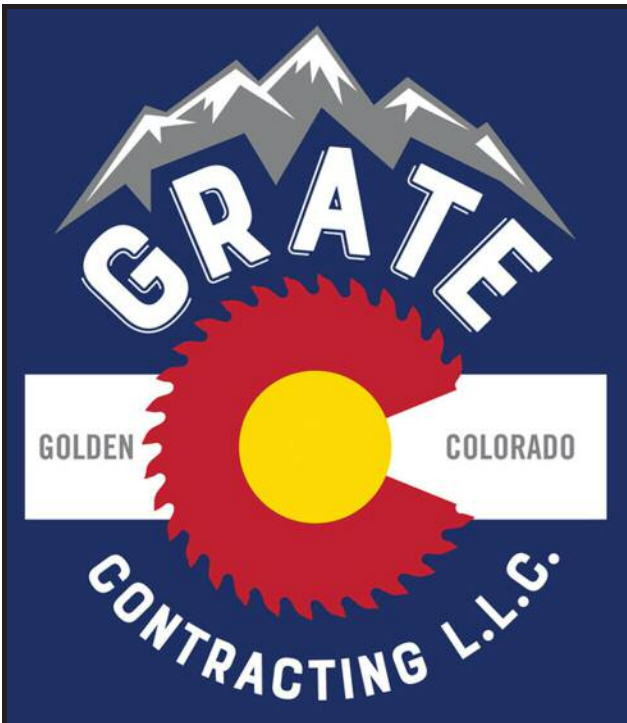
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Congratulations, Class Of 2020!

By Valerie Wedel

On Friday, May 15, 2020, my oldest child, my son, graduated college! CONGRATULTIONS! Congratulations to all our 2020 graduates!

How are you, Dear Graduate, celebrating? What are your plans going forward? Please write letters to the editor with your story. I would love to hear from you! If you would like to write in care of the Highlander Monthly, I will answer.

Here is my family's story: My son's commencement was live streamed by the university he attended, University of Arizona in Tucson,. He graduated with a Bachelor of Science in Applied Mathematics, and a minor in Military Science. He plans to enter the U.S. Air Force, as my own father did.

Recovering from that which shall not be named, here in Colorado I sat, all alone but for my little cat. My son was far away, all the way down in Arizona. A festive,

light-weight dress, planned for Arizona heat, hung forlornly in my closet. Sweats and a wool sweater were the attire of the moment. (It was rather chilly in Colorado at 8500 ft elevation, even in mid-May.)

Meanwhile, on the campus in Tucson, it was sunny, very warm, and essentially deserted. The president of the University spoke movingly... from the middle of an empty stadium. This graphic and stark reminder of the challenges we are meeting as a people now was challenging. There was a tremendous grief, that deserves to be acknowledged. Life pitched a curve ball this winter and spring.

There is also tremendous triumph! You, our new graduates, have persevered. You have accomplished something very important. The resilience, creativity and determination you have used to finish your studies this spring, makes each and every one of you a winner. Enjoy this moment, and celebrate in what ways you can. You have earned it!

A keynote speaker at my son's graduation was

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Alison Levine, who graduated from University of Arizona in 1987. Ms Levine has built a career with spectacular adventures throughout the world. She entertains herself by breaking boundaries! In the process, she inspires many of us to achieve more than we may have thought we could.

Ms Levine appeared on camera wearing an Arizona baseball cap – with a tassel! She was in clothes a mountaineer might wear to relax – a comfortable, fuzzy sweater. Behind her were racks of mountain climbing and other outdoor gear.

Alison Levine is a record-setting mountaineer and explorer. She was team captain of the first ever American Women’s Everest Expedition. She climbed the highest peak on each continent. In 2008, she skied 600 miles to the South pole, dragging a 150 -lb supply sled tied to her waist. She also skied to the North pole. Apparently, fewer than 20 people on the planet have ever achieved all of these goals, called the Adventure Grand Slam. As if that weren’t amazing enough, she is said to have had multiple heart surgeries and to suffer from Raynaud’s Disease. This is a condition which causes hands and feet to be acutely sensitive to cold and at higher risk of frostbite.

In recent years Ms Levine taught leadership skills both in the private sector and for Westpoint. She is contributing author of: *Leadership in Dangerous Situations: A Handbook for the Armed Forces, Emergency Services and First Responders*. She also authored New York Times bestseller, *On the Edge: Leadership Lessons from Mount Everest and Other Extreme Environments*.

Ms Levine founded Climb High Foundation, a nonprofit that trains jobless women in western Uganda to be trekking guides and porters in local mountains. This allows them to earn a sustainable living wage through climbing-related tourism. To quote: “Prior to Levine’s work, the only avenue for women to earn money in that area of the country was through prostitution. Her efforts allowed the very first group of local women to climb Uganda’s highest peak – Mount Stanley. Her work to change the lives of

women in Africa is the subject of the PBS documentary **Living Courageously**. “ (1)

Ms Levine opened her talk with a sense of humor and mischief. She noted that she was not actually wearing robes... but she did have a cap! She told the story of her first attempt at Mt Everest. Her team was less than 300 feet from the summit when they had to turn back. Less than 300 feet! Oh, the frustration... We learned – those of us not already mountaineers – that such setbacks happen among mountain climbers. Her message is this: With every setback, you learn more, and become better prepared to succeed next time. She went on to say, with tremendous flair and energy, she puts her faith in you! You – our graduates who have learned resilience, and succeeded in your goals in the face of supreme challenges none of us expected. She believes you are the ones who can be the best among us. The qualities you have had to develop are what she seeks in her team members.

So go ahead – enjoy this moment! You have earned it. And also know this is one step on your own journey. We are all eager to see where your journey’s take you! To your health and adventures! *References:(1) If you would like to hear Ms Levine speak, she appears between 30 minutes – 40 minutes at the following link:*

<https://commencement.arizona.edu/>



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Update: BuffaloFieldCampaign.org

More Babies, More Hazing

As I write this, patrols in the field are informing us that the Montana Department of Livestock and Montana Fish, Wildlife & Parks, as well as a USDA Animal & Plant Health Inspection Service employee are gearing up for another haze. A group of nine buffalo — no calves, but some pregnant mothers-to-be — were spotted in the “forbidden” South Fork area. These lands — which are perfect habitat for wild buffalo — were excluded from the Interagency Bison Management Plan’s year-round habitat area.

The public land where the agents intended to haze the buffalo from never host any cattle. Even so, they are forbidden by Montana and federal agencies to occupy this area of their own homeland. As soon as the buffalo saw the riders, they took off deep into the thick forest. The riders spent quite a while searching for the buffalo, and unfortunately eventually caught up with them. In this corridor of the Madison River there is thick deadfall (fallen trees) that buffalo — as well as the agents’ horses — have a difficult time negotiating. Injuries are to be expected.

The buffalo were pushed across the Madison River, to the north side, where they are allowed to be. All these arbitrary lines in the sand for a being who once covered the continent. These bullies conducted another haze of three bulls recently, moving them out of the same general area that this group was hazed from. Gone are the days of the industrial strength hazing operations where hundreds of wild buffalo would be chased out of every location in the Hebgen Basin by teams of

riders, law enforcement, and a helicopter, so these cowpokes will take every chance they can get to exercise their authority and relive their “glory days.” Abuse of our National Mammal paid for with our federal tax dollars.

Calving season is in full bloom here in the Hebgen Basin. Every day more calves arrive. It is such a gift and a blessing to see these little ones, born to the imperiled Central herd, who’s numbers continue to decline due to the mismanagement of the Interagency Bison Management Plan. Every calf born is a miracle. With the absence of the hazing operations we used to experience it has been so amazing to see how the mother buffalo take their time

before moving too far until their calves grow strong. Buffalo are moving around all over the place as the land is pretty much entirely free of snow and grass is everywhere, so the buffalo are enjoying the freedom of walking wherever they want. On Horse Butte more residents are putting out their Buffalo Safe Zone signs and other folks continue to request them. It fills our hearts with gratitude to see so many of these signs with buffalo out and about, safe and sound from the dangers of hazing.

As these buffalo have their

walkabouts, even though there is grass available to them everywhere, they still end up along the highways. There’s just something about the grass that grows there that the buffalo find very attractive. This time of year with the snow gone, during the daytime the highways aren’t quite as dangerous. But, when family groups come close to the road with their tiny new calves we become anxious with worry. We’d like to give a shout out to our local Department of Transportation workers who have changed some of the marquee signs which warn of buffalo on the road. They currently read, “**Beware! Animals on Roadway. Bison Calving Season.**” This is a great service to the buffalo and we sincerely appreciate this effort. And we of course appreciate each and every one of you who gives us the honor of being here with the last wild buffalo!

(Photo above by Cindy Rosin, BFC.)

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Top Six Perennials For Rocky Mountains

Colorado State University researchers recently revealed their top perennial picks – sure to act as natural stress relievers to gardeners this spring and summer.

Evaluating perennials in the Rocky Mountains

The purpose of the trial garden is to evaluate new perennial plant species and cultivars under the unique Rocky Mountain environmental conditions. Plants are evaluated for plant vigor, uniformity, floriferousness and tolerance to environmental and biotic stresses. The Perennial Trial program at Colorado State University is designed to test newer perennial cultivars that have been introduced in the past three years or less. Entries in this trial are grown for three summers and two winters before they are switched out for new entries.

About the Trial Garden

Colorado State Extension Master Gardeners play an essential role in planting and maintenance of the garden. The outcome of this research is valuable to the industry and home gardeners alike. That’s because the Rocky Mountain region has unique growing conditions, characterized by high altitude, intense solar radiation, drying winds, severe hailstorms, large fluctuations between day and night temperatures and a season-long need for irrigation.

The Perennial Trial Garden receives no direct state or public funding. It is funded primarily by fees from plant-breeding companies that submit entries to the trials. The garden also receives donations from industry associations, foundations, nurseries, plant producers and other companies in the green industry.

Performance evaluation

Photos and data on plants and flowers were collected on a bi-weekly basis from May to early October. Dead plants in the trial were not considered in the bi-weekly evaluation; thus, the ratings given only reflect the live plants. Members from the Perennial Trial subcommittee also evaluated and wrote comments for each plant variety in June, July, August and September. Plants and flowers were rated 0-5 using the following scale: 0 = Dead/No flowers
 1 = Poor: Plants are very sick or dying, extremely few flowers
 2 = Below Average: Plants are unattractive in some form, i.e. – leggy growth habit, chlorotic or low vigor, flowers are few and occurring sporadically
 3 = Average: Plant appearance with growth characteristics that would be expected for the time of season; flowers would be few but uniform across the plants
 4 = Good: Plants look attractive (foliage, growth habit, etc.); flowers are blooming strong and showy
 5 = Excellent: Plants are very healthy and uniform; flowering is impressive

Selection of “Top Performers”

On November 21, 2019, a conference call was convened with CSU staff and the Perennial Trial Garden Subcommittee. Pictures of entries from the 2017 planting were posted to the Perennial Trial website for review. Data from the growing season was compiled and emailed to each evaluator prior to the conference call for review. After discussion and looking at the pictures taken throughout the season, each plant was voted on by each member of the committee as to whether it

(Continued on next page.)

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Highlander Gardener

should be awarded the designation as a “Top Performer.”

“Top Performer” Perennials from the 2019

CSU Perennial Trial

Millenium Ornamental Onion from Eason Horticulture Resources and Stonehouse Nursery (**Allium hybrid ‘ALLMIG1’**) This was a definite “show stopper” plant that was described as having an “insane” amount of blooms. Flowers were a nice shade of pink and were a favorite of many bees and butterflies. The flowers combined well with



a nice compact plant with clean foliage and very uniform growth habit. Blooming lasted a long time and flowers did not

fade even with overhead irrigation. It has been reported to grow well even at 8,000’ in the mountains. Removal of spent blooms can result in some repeat blooming or can be left for winter interest. Judges were in unanimous agreement to designate it as a winner.

with overhead irrigation. It has been reported to grow well even at 8,000’ in the mountains. Removal of spent blooms can result in some repeat blooming or can be left for winter interest. Judges were in unanimous agreement to designate it as a winner.

Kahorie® Scarlet Border Pinks from Dudden Orange (Dianthus x hybrida Kahorie® ‘Scarlet’)

Very showy in the spring with a very vibrant color and attractive plants. Flower color was not a true scarlet but a beautiful shade of hot rose or cherry. Plants had superior winter hardiness that was consistent over three years and did not die out in the center as did many other Dianthus. Plants were attractive even when not in bloom with a nice tidy, compact growth habit.



SUMMERIFIC® Cherry Choco Latte Rose Mallow from Walters Gardens, Inc. (Hibiscus x hybrida ‘Cherry Choco Latte’PPAF)

Large, two tone blooms were captivating with a striking combination of pink and white. It makes a great choice for providing color late in the season. Plants were



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Vigor is excellent and makes a good spreader. Cold hardy and well suited for this area.

relatively low maintenance as the old blooms were self-cleaning. Foliage had shades of dark red that was maintained throughout the season. Plants also had a nice growth habit that did not lodge and the mid-size height made a good balance with the flower size.

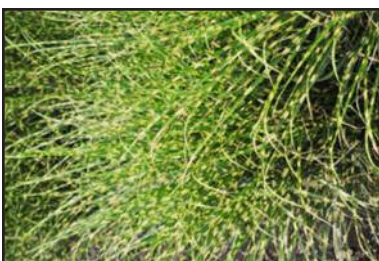
Lami™ Dark Purple Spotted Deadnettle from Danziger
(*Lamium maculatum* 'Dark Purple')



Dark purple flowers combined with dark green foliage and a very uniform growth habit to make a very impressive groundcover. This versatile plant did not burn in the sun and did well in the shade. It has also been reported to look great even at 8,000 feet elevation. Plants have superior vigor and provide a long period of bloom.

Bandwidth Maiden Grass from Darwin Perennials
(*Miscanthus sinensis* 'NCMS2B'PP29460)

This is a good selection for today's smaller gardens and landscapes as the plant maintains a nice uniform growth habit that is only 3-4' in height. Plants did not bloom but the foliage is very attractive with yellow stripes running across the blade. The variegated foliage did not revert and was impressive all three seasons. Flowers are not needed for interest as the yellow and green contrast in the leaves is very showy.



habit that is only 3-4' in height. Plants did not bloom but the foliage is very attractive with yellow stripes running across the blade. The variegated foliage did not revert and was impressive

all three seasons. Flowers are not needed for interest as the yellow and green contrast in the leaves is very showy.

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By Ingrid T. Winter

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One fish after another

Except

For one duckling

Who picks up a fish

Tosses it in the air

Catches it again

Only to drop it

Once more

She is healthy

And strong

And is gaining weight

Every day

Even though

She doesn't compete

With her siblings

For food

And spends more time

Playing

Than eating

We are concerned

About Shelby

And wonder

How she will survive

In the wild

With her lack of ambition

Her playfulness

Her low survival instinct

She is different

From the other ducklings!

After a while

She begins to bite off

The Heads

Of the fish she catches

Then flings the bodies

Up on the wall

Behind her

Where they leave

Patterns of

Spot & squiggles

Soon the wall

Begins to look

Like a big canvas

And Shelby

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 In the wild –
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 If nature
 Can support artists
 Like Shelby
 Or playful spirits
 Such as hers
 Or if they stand no chance
 In the struggle
 For survival
 All I know
 Is that this little duckling
 Was special
 And that she brought
 Smiles and joy
 Into our lives
 And today
 As I am scrubbing
 Her artwork
 From the cage wall
 I tell her
 That no matter
 What happens to her
 She will live on In my heart*

*For she has taught me
 That life Is not only
 About making a living
 But also
 About living a life!*



Photo by Alexa Boyes.

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Coming Home To Nature

By Sarah Enelow-Snyder *High Country News* May 4, 2020

When I was a young girl in rural Texas, my mother tended a garden next to our reddish-brown, Southwestern-style house. Under the shade of a simple wooden canopy, she grew cilantro and tomatoes, watching the sun so they wouldn't fry to death. She showed me how to delicately pick a honeysuckle, bite off the end and suck out the flower's nectar. "Hey now, get away from there," she said to the deer snacking on the lower branches of our peach tree, gently waving them off. Then she helped me reach the upper branches to pick fruit for us to eat. We always had a dumb cane, or dieffenbachia, a houseplant that grew large, pointed green leaves. My great-grandmother gave that plant to my mother, who kept it alive for decades and eventually gave me a clipping.

These seeds of comfort with nature were planted deep within my Black family a very long time ago. In our family tree there were sharecroppers, who presumably had a close relationship to the humid wetlands and fertile cotton fields of the Mississippi Delta. Many grew food, tended plants and tracked the seasons, and could teach one another about these things.

That land was the only home that some of my ancestors

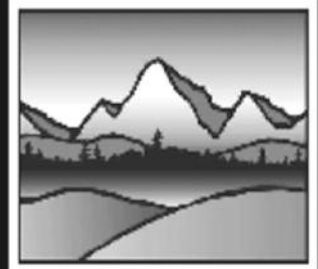
knew, but it could also be a source of terror. The wilderness of Jim Crow was a gut-wrenching place filled with strange fruit. One of my ancestors was lynched in 1883, according to records at the Equal Justice Initiative. Even if such events were too horrible for a family to discuss out loud, the painful memories quietly dripped down the branches of a family tree.

An estimated 71% of actively camping households are white, while only 9% are Black, according to a 2019 report from Kampgrounds of America. According to the National Park Service, park visitation was 78% white and 7% Black in the mid-2000s. But Black Americans have always maintained deep connections to nature and the outdoors.

Efforts to diversify outdoor recreation are sometimes framed as introducing Black America to nature for the very first time. The contemporary stereotype that Black people don't camp is sometimes accompanied by the suggestion that a lack of knowledge, or maybe low exposure, is at fault. Maybe if Black people simply prioritized getting outdoors, the thinking goes, there would not be a diversity problem.

My father, who is white, was an assistant scoutmaster for my older brother's Boy Scout troop, and I tagged along on

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their camping trips. My father once took me on a special camping trip to Big Bend National Park in Texas, just the two of us. We pitched our small tent on the cracked desert ground, pulled out a tiny propane stove, and heated up some bottom-shelf canned chili that somehow tasted fresh and spicy in that magical place where the sun sets below the cactus.

“Be careful where you set that bowl,” he said, time and again. “Watch the fire ants!” My father was raised in California and used to go backcountry hiking in the Sierras, and it was his father who showed him how to do that. But while I may have inherited my comfort with hiking from my father, knowing how to pitch a tent and all, the smell of wild sagebrush whisks me right back to my mother’s garden, where I learned to enjoy nature early on. By the time I was in my late 20s, I enjoyed planning my own trips with friends. I had no problem being the only person of color at the campsite up in the mountains of northern Wyoming, in Bighorn National Forest — the only one of my friends kneeling by a stream, trying to style my curly afro. I hiked alone into fields baked by an afternoon heat that belied the cold swooping in at night. And there was sagebrush everywhere, scenting the crisp summer air.

Conversely, my father never sat me down and said, “You are safe in the woods.” He just showed me by taking me camping as though it were perfectly routine.

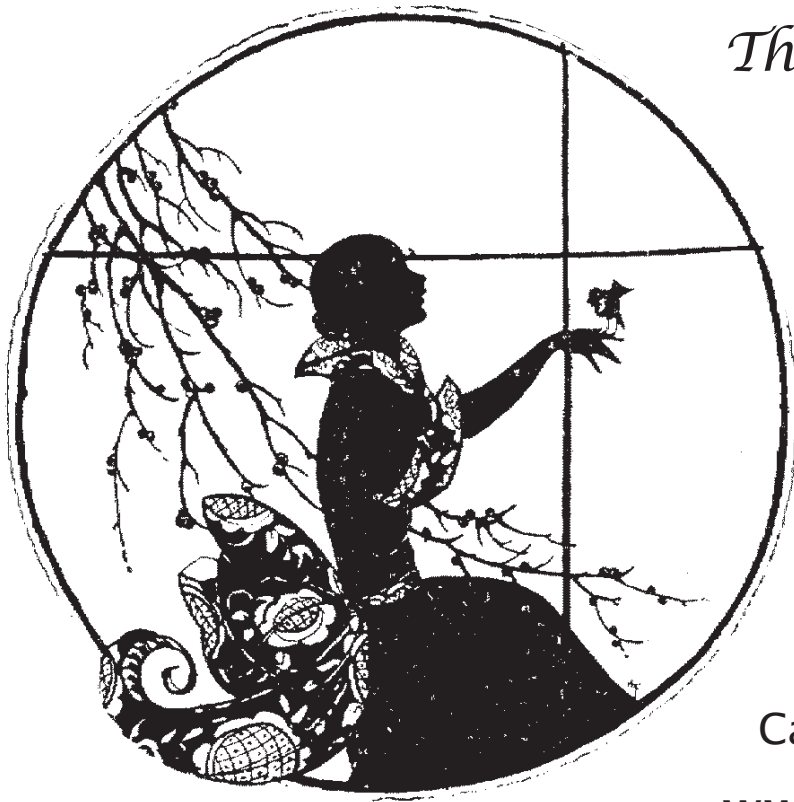
It’s been many years since I lived next to that peach tree

in Texas, and now I’m married with an infant son. Our New York City apartment has no backyard, no patio and no balcony, and has made trees feel like a foggy memory. The last piece of my great-grandmother’s dumb cane is on life support, and I’m struggling to accept that I won’t have a clipping to pass down. If she were alive today, she would tell me to go get a new plant and start fresh, the way she did when her tomatoes didn’t survive a Texas heat wave.

When my son gets a little older, I want to show him the West Texas desert, and I want to explain that he has more options to experience the outdoors than previous generations of Black Americans did. My son can start with a garden: a clipping of dumb cane from his mama, some jalapeños, or some red peppers. He can also rent a tiny house, or even get into van life, or whatever form that takes 20 years from now. He could book a mountain retreat through a Black-owned business like Encounter Camp, or join a healing hike with Outdoor Afro, an established non-profit that operates nationwide, encouraging Black Americans to reconnect with the outdoors. Oprah Winfrey recently did a healing hike with the organization’s founder in Oakland, giving incredible prominence to the idea that Black Americans are indeed going home to nature, not discovering something brand-new. In fact, it’s our heritage.

Sarah Enelow-Snyder is a freelance writer from Spicewood, Texas, based in Brooklyn, New York.

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Wondervu Consulting Serv. pg 32 303.642.0433

DRIVEWAYS/ GRADING SERVICES

B & H Asphalt Paving ins frt cov 303.810.0531
Benchmark Land Care pg 20 303.485.1001
Rock Creek Civil, LLC pg 14 720.583.4555

ELECTRIC

United Power - Inside back Cover 303.642.7921

ENTERTAINMENT

KGNU Radio 303.449.4885

ENVIRONMENTAL

TEG - tegcolorado.org pg 13

FARRIER

Forbes Farrier Service pg 29 303.642.7437

FIREWOOD & FOREST MANAGEMENT

CO Tree Specialists pg 31 303.835.7540
High Timber Mtn Tree Serv. pg 8 303.258.7942
Lumber Jacks - pg 5 720.212.1875
Pruius Pruning/Tree Care pg 27 303.653.7967
Rock Creek Civil, LLC pg 5 720.583.4555

GIFTS

The Silver Horse - pg 22 303.279.6313
The Rustic Moose - pg 22 303.258.3225
Nature Photography Notecards pg 26

GROCERIES

B & F Moutain Market pg 30 303.258.3105
Golden Farmer's Market pg 7
Nederland Farmer's Market pg 9

HEALTH & FITNESS

Hands, Hoofs & Paws pg 6 303.503.6068

HEATING

Agfinity pg 15 1.970.454.4081
Resolution Energy pg 10 303.887.2884

HOME IMPROVEMENT

ACE Indian Peaks Hardware pg 29 303.258.3132
B & H Asphalt Paving ins frt cov 303.810.0531
Benchmark Land Care pg 20 303.485.1001
Caribou Painting pg 27 303.641.7964
Colorado Water Wizard pg 10 303.447.0789
Grate Contracting pg 23 303.579.9519
Meyer Hardware pg 3 303.279.3393
Mountain Home CO pg 25 303.618.9619
Pruis Pruning/Tree Care pg 27 303.653.7967
Redpoint Construction pg 21 303.642.3691
Rock Creek Civil, LLC pg 14 720.583.4555

HORSE BOARDING

Rudolph Ranch, Inc. pg 22 303.582.5230

HORSE TRAINING

Timberline Sporthorses pg 13 720.999.7235

INSURANCE

Jim Plane-State Farm- pg 21 720.890.5916

LIQUOR

Foss Company pg 24 303.963.5693
Mid-County Liquors pg 14 303.642.7686
Underground Liquor pg 13 303.582.6034

MUSIC LESSONS

Piano & Harp in CCC pg 30 303.642.8423

PROPANE

Agfinity pg 15 1.970.454.4081
Carl's Corner pg 25 303.642.7144

REAL ESTATE

Byers-Sellers Mtn Properties pg 28 303.642.7951
Mock Realty-Kathy Keating -Back cov 303.642.1133
Mountain Home CO pg 25 303.618.9619

RETAIL

ACE Indian Peaks Hardware pg 29 303.258.3132
B & F Moutain Market pg 30 303.258.3105
Meyer Hardware pg 3 303.279.3393
The Silver Horse - pg 22 303.279.6313
The Rustic Moose - pg 22 303.258.3225

ROOFING

Independence Roofing pg 3 720.399.0355

STEEL STRUCTURES

Steel Structures America ins cov 970.420.7100

TAXES

Karen Schwimmer, CPA pg 11 303.642.0628

WATER & WELL

Arrow Drilling pg 17 303.421.8766
Colorado Water Wizard pg 10 303.447.0789

Power Update

June
2020

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.



Make Sure Your Contact Info is Up-to-Date

United Power has been using recorded phone messages to let members know when a preplanned outage has been scheduled in their area for maintenance work. As new software becomes available, the cooperative may have more options to send important communications to members electronically.

Electronic communications are tied to individual member accounts and use the phone numbers and/or email addresses the cooperative has on record. If the contact information on record isn't up-to-date or is entered incorrectly, you may be missing out on important notifications from United Power.

You can check your contact information and make necessary updates using the free online payment portal, SmartHub. To set up an online account, go to www.unitedpower.com and click on Online Account Services under My Account. Contact information can also be updated by calling the Member Services Team at 303-637-1300.

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.



Your Touchstone Energy® Cooperative 

Member Services: 303-637-1300

Coal Creek Office: 303-642-7921

www.unitedpower.com



To the Healthcare Personnel, First Responders, Critical Workers



And All Who Have Served **THANK YOU!!!**



6 Car Garage

Coal Creek Canyon

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



New Listing

5 Leon Lane

Touch of Mtn Charm- Updated -2.09 Acs
2 BD/ 2 BA 1,296 sq.ft. **\$449,900**



Horse Property

31448 Coal Creek Canyon

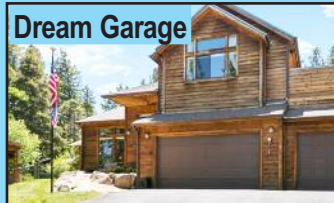
Slice of Heaven - Barn & Corral
3 BD/ 1 BA 11+ Acres **\$600,000**



New Listing

181 Hummingbird Lane

Nicely Updated - Theater Room
3 BD/ 2 BA 2,129 sq.ft. 1.29 Acres



Dream Garage

5 Ronnie Road

Fantastic Home - Dream Garage
4 BD/ 3 BA 3,358 sq.ft. **\$650,000**



Under Contract

133 Hummingbird Lane

Fabulous Remodel - Horse Prop. w/Corral
3 BD/1 BA 1,838 sq.ft. 1.53 Acres **\$439,000**



Extraordinary

Coal Creek Canyon

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



SOLD!

27036 Boulder Canyon Dr.

Views of Lake & Divide -14.89 Ac.
2 BD/ 1 BA 1,328 sq.ft. **\$586,500**



SOLD!

276 Sky View Drive North

Beautiful Mtn Remodel .82 Acres
3 BD/ 2 BA 1,929 sq.ft. **\$602,000**



New Listing

294 E. Dory Drive

Wonderful View Home 1.24 Acres
3 BD/ 3 BA 1,934 sq.ft. **\$469,900**



SOLD!

11150 Circle Drive

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



SOLD!

180 Rudi Lane West

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



SOLD!

1011 Rudi Lane

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



SOLD!

Coal Creek Canyon

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



SOLD!

85 Valley View Drive

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



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



Kathy Keating
CRS, ABR, GRI
EcoBroker
Broker Associate
303.642.1133

For additional information & photos:
www.kathykeating.com
kathykeating@mockrealty.com
Janet.LoveWhereYouLive@gmail.com



Janet Ingvaldsen
Broker Associate
Realtor
720.600.9006

