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## Fuinki: The Air Around Her

Article and Photographs by Diane Bergstrom

"Here is the real meaning of occupation," offered the young woman as she squatted at the gate of the chicken

yard, seeing eye to eye with a

domestic duck who returned her gaze, listening intently to her words. A young man sat in the farmyard, holding and petting a large white rabbit.

Another woman would later brush a llama who relaxed under her gentle touch. The Occupational Therapy graduates, Shoko Kanemori, Takuto Nakamura, and Kayo Nakamura, travelled halfway around the world to do these activities and meet the woman, a Fellows Honors recipient in Occupational Therapy, whose pioneer Sensory



Integration work is well known in Sensory Integration circles, from the United States to South Africa to Scotland to Japan. Her very nature encircles animals and challenged children, folding them together into a nurturing therapeutic embrace in her preferred clinical setting, the family farm in Lyons, Colorado.

Takahiro Ishii, an Occupational Therapy professor specializing in Sensory Integration in the Department of



Occupational Therapy at Teikyo University of Science in Yamanashi, arranged the journey for his former students to experience in Colorado what they could not find in Japan, Lois Hickman, MS OTR FAOTA. Specifically, or rather abstractly, her

"fuinki." Professor Ishii explained that translated, fuinki means the air around a person or their presence. He explained, "It is very important (to see) for example voice tone and to listen to what she says and feel her presence—see how she speaks and see how she is...and how she acts around animals and other people. You can't explain that in a lecture. You can only learn that by coming here, being here, meeting her, watching and listening to her voice."

Lois' therapy includes music, animals and play and she can give every academic reason to support why a sitting hen

can be the most useful tool to help a child with ADD control his impulses.

Professor Ishii, in addition to expanding his university's animal populations, operates his own hippotherapy (horse) center in the Fukushima Prefecture (district), where he and his clinicians use horses to help treat adults and children with various diagnoses from Downs Syndrome to Autism to stroke survivors. Fukushima was devastated by the tsunami caused by an earthquake in March, 2011, and was evacuated when the damaged nuclear reactors began to meltdown in the Fukushima Daiichi Nuclear Plant. The Japanese National Police have confirmed that 15,854 people have died, 26,992 people were injured, and 3,155 are still missing. High radiation

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levels in the area continue to threaten the health of people, children and animals.

Radioactive rubble is piled throughout the area. The government has warned that the environment will not be healthy for 40-50 years, but Professor Ishii has his doubts, "Lots of problems continue in Chernobyl (April, 1986). I think this will be Japan."

Children of the Fukushima Prefecture are being kept inside to minimize their exposure to radiation. This will pose development problems for an entire generation that will grow up indoors, unattached to the natural world.

Professor Ishii brings



45 Occupational Therapists, with carloads of toys and musical instruments, into the area four times a year to do intensive weekends of play therapy with the local children. He dreams of having a camper to act as a portable clinic to reach even more



children.

Professor Ishii first visited Colorado in 2001 after learning, from Reiko Tsutida of the Japanese Sensory Integration Association, about Lois' work marrying the natural world with the foundational precepts of Occupational Therapy. He wrote to Lois, introduced himself, and arrived during a Jen-Lo Camp where he observed an Occupational Therapist, Speech

*(Continued on next page.)*



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## Highlander Animals

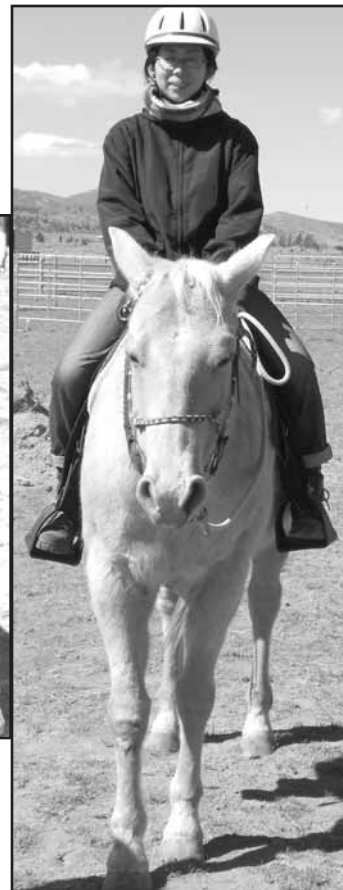
Therapist, Music Therapist and Animal-Assisted Therapist, work outdoors with children with special needs, using all of their specialties in tandem with

plants, animals, and instruments. Very moved, he watched children sway and sing in rhythm to their beet harvesting. "In Japan, almost all Occupational or Sensory Integration therapies are held indoors at hospitals or facilities," Professor Ishii said, "Lois's camp is indoors and outdoors with animals. I was very surprised at a child brushing a llama, one holding a rabbit, one holding a chicken-and calm! They're happy and smiling! They need sensory stimulation from animals!"

Lois' therapy intention, as she explained, is "to make the activity so interesting that children won't realize they're in a therapy space." Professor Ishii's graduates observed Lois and Julie Abrams, OTR (julieabram



sot. com), do therapy at Lois' farm with: dogs, chickens, cats, ducks, goats, rabbits, a pig, piano, organ, drums, swings, and lots of feed. Speech Therapist Kathy Nunemaker (k.nunemaker@yahoo.com), explained how to use horses in therapy and NARHA certified riding instructor Julie Cody lead a riding lesson in finding



balance while moving with the horses' natural gait (hands-onhorses.com). At Cook Rodgers' north Boulder home, Wildflower Nature Center, (303-444-7757), they groomed a llama while learning strategies to help children with tactile defensiveness. Cook, a Child Development Specialist, showed them how to raise worms for healthy gardens. She explained how to incorporate smell with

simple play on a small hill, planted with aromatic herbs so children rolling down the hill will gather a noseful of sensory bouquet. Ross Wells Rodgers showed them bee boxes he's installed to attract and protect bees. He has studied colony collapse disorder and now offers agricultural consultation and education. (LivingSeedLibrary.net) Cec Girz, independent documentarian and retired NOAA meteorologist, guided them on a much needed peaceful, restorative tour of Rocky Mountain National Park.

The world becomes a much smaller place, and the sense of community grows much larger, as people like Professor Ishii and Lois reach across the planet to share information, help challenged children and adults, and

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value the role animals can play in that conversation. They both have an intimate understanding of the benefits that animals, nature and play have on mental, physical and social development. During our increasingly technology-driven daily lives, they remind us all to stop, hold a duck, walk on the grass, sing a song, plant a pumpkin seed, pet a llama, and take in the sweet smell of crushed lemon balm. My best wishes to the graduates as they go into the therapeutic world to make a difference!

Lois and Cook will be holding one day outdoor seminars, for teachers, therapists and parents who are interested in incorporating nature into their practices and the lives of their children. Contact them at [LoisEHickman@gmail.com](mailto:LoisEHickman@gmail.com). To learn more about Lois, her fuinki, and cross-cultural work, view a clip of *Earth Sense* at [ArmyArmstrongFilms.com](http://ArmyArmstrongFilms.com) and click on FILMS. Lois and Rebecca Hutchins' book, *Eye Games*, is

available on Amazon.



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## Boulder Walking Tours

Boulder Walking Tours now offers Wildflower and Nature Hikes, Chautauqua and Boulder Farmers Market Tours

boulderwalkingtours.com "Best of Downtown Boulder" tour has been Trip Advisor's "#1 Walking Tour" for two years. This summer, owner Lori Hunter is adding a few special wildflower hikes and all summer long, weekly guided explorations of Boulder's legendary Chautauqua, award-winning Farmers' Market, and guided nature hikes of Boulder's open space, led by trained naturalists.

"Boulder has a real intrigue about it - even locals want to dig beneath the surface to learn more about what makes this place tick," said Hunter. "Our tours are a unique and fun way to hear how Boulder has grown and changed over the past century or so. Plus, for the locals, it's fascinating to find out how many things you didn't know you didn't know."

Boulder Walking Tours offers several tours each week through the fall-spring. Starting June 2, through September 16, they offer a tour every day of the week Wednesdays-

Sundays. Public tours are purposefully kept small (no more than 12 people.) They also offer private tours for groups such as reunions, conferences, workshops and weddings.

The well-known and well-loved Downtown Tour a casual, 1.5 mile, 90 minute stroll around the city's core, weaving together stories of the history, people and policies that make Boulder a unique community.

Theodore Roosevelt called chautauquas "the most American thing in America." Boulder's Chautauqua is the oldest continuously operating chautauqua west of the Mississippi. The Chautauqua Tour boulderwalkingtours.com/details-about-the-tour/living-history-boulders-chautauqua places it in historical context by exploring the nationwide movement beginning in the late 1800s. This tour covers approximately 1 mile in about 90 minutes.

"Meet the Farmers: Boulder's Farmers' Market tour gives participants the opportunity to meet local farmers and learn about the market's place in the local food economy, and its links to open space and agriculture. Customers receive \$5 in "Market Bucks" to spend at the market. Tour covers eight long blocks, in about 1 hour.

"Get Out In It: Exploring Boulder's Open Space is a 2-3 mile, 2-hour hike. Trained naturalists explore local geology, flora and fauna, and discuss connections between Boulder's lifestyle and the city's open space.

"People tend to think walking tours are boring," said Hunter. "We make sure ours are fun, and interesting. And from reading our customer's comment cards and online comments, they seem to agree. We just got a comment the other day that said: "When my family heard "walking tour," there were moans and groans... That is, until we returned two hours later. The moans had become exclamations of delight - "Who knew?" "So interesting!" "The very best way to see Boulder!" "Tour guide was so fun, and full of interesting facts - what a gem!" Boulder Walking Tours are unique guided explorations of Boulder's best places. The company also offers private tours, perfect for workshops, reunions, or any special group. For more information, visit [www.BoulderWalkingTours.com](http://www.BoulderWalkingTours.com)

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# Boulder County Commission Candidate

My name is Garry Sanfaçon (pronounced San-fa-sawn) and I'm a Democratic candidate for Boulder County Commissioner, District 1. I've been an active member of the Boulder County community for over two decades, working to protect the environment, support human services and enhance our quality of life.

For more than 40 years, Boulder County citizens have demonstrated their commitment to the environment, sustainability, human services, and thriving local economies. We owe our special quality of life to Boulder County's rich history of visionary thinkers. You and I are the stewards of that legacy.

Today, Boulder County is under pressure to conform to the status quo with the issues of expansion of Gross Reservoir, fracking and GMOs on open space. I say we must transform, claiming our right to local self-determination and charting a course to a sustainable future.

I support the County's critique of the draft EIS for the Gross Reservoir expansion project and we should continue to aggressively identify shortcomings and alternatives throughout the review process. I do not support the project on a number of grounds: significant adverse impacts to wildlife, recreation and neighbors, 5 years of non-stop construction activity including thousands of truck trips, blasting and an onsite concrete plant, air quality, noise, further depletion of the Upper Colorado River, etc.

In addition, I don't believe Denver Water has proven that its customers, both city/county of Denver and the other cities it sells water to, have implemented modern water conservation management methodologies that could eliminate the need for expanding the dam.

I will use the full powers of the County regulatory powers, including 1041, to stop this project or at the very least ensure the myriad impacts are mitigated to the maximum extent.

I am the only candidate who supports a ban on fracking and has a plan to make it happen. The costs to our air, water, roads, farmland, open space, property values and our quality of life are too high not to take bold action. We CAN do this. We just need to have the courage and determination to come together as a community and assert our rights and

protect the unique quality of life we have worked so hard and invested so much to build.

My opposition to GMOs on open space has been unwavering since I took a public stand on the issue in 2004. Therefore, on the first day in office I will amend the Cropland Policy to ban GMOs on open space. After participating in the County's 18-month Cropland Policy process, I am impressed and excited by the large number of community members actively engaged in discussing the future of our food and agriculture system. Transforming our local food and agriculture system is vital to a self-reliant and sustainable way of life.

We need to bring this same courage and determination to other important issues such as: eliminating poverty, closing the achievement gap, fast-tracking energy efficiency and renewable energy, creating sustainable wage jobs, providing affordable housing, improving transportation options and building a truly inclusive community where everyone feels welcome.

I've worked with all sectors and geographic areas of the county - as the Fourmile Fire Recovery Manager; Vice-Chair, Boulder County Planning Commission; volunteer with the Boulder County Democratic Party, from Precinct Leader to Vice Chair; Executive Director of the Peak to Peak Healthy Communities Project; business owner; and community organizer.

During my work, I have developed strong relationships with leaders throughout the county, in the public, private and non-profit sectors, which will enable me to hit the ground running. The bottomline is: I know Boulder County.

The County Commissioners cannot shoulder these challenges alone. It's going to take all of us as a community to chart a course to a truly sustainable future in which we are in control of our own destiny, not the State and not corporations.

I would be honored to earn your vote so together we can continue Boulder County's rich history of visionary leadership and leave a legacy of our own, a truly self-reliant, sustainable, livable and inclusive community for everyone.



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## Update - Buffalo Field Campaign

Judge Orders Halt to Helicopter Hazing - We've been seeing a lot of grizzly bear sign this spring. A few patrols have seen actual grizzlies. Buffalo Field Campaign's documentation of the presence of the protected bears has helped secure a Temporary Restraining Order in U.S. District Court to ground the helicopter. Attorney Rebecca Smith, representing the Alliance for the Wild Rockies, successfully argued in court on Monday, May 14 to prohibit the use of helicopters for hazing buffalo in threatened grizzly bear habitat. The Order, issued by Judge Charles C. Lovell, prevents the Interagency Bison Management Plan

agencies "from conducting further bison helicopter hazing operations... pending further order of this Court." Buffalo Field Campaign's expert assistance and video and photographic evidence played a central role in the case. The grounding of the helicopter is a major and immediate victory that is already being felt on the ground.

For the first time in at least fifteen springs we needn't fear the chopper's overwhelming noise and vibrations or squint our eyes to the powerful dust-stirring gusts of the rotor wash. We don't have to see the buffalo frantic with terror or watch grizzly bears, moose, elk, eagles, swans, and herons—and so many other precious species—flee from the deafening noise. We don't have to watch newborn calves run on broken or dislocated legs as the chopper hovers and lunges from overhead. Spring is blooming along the Yellowstone boundary and, for at least the time being, the hell of the 'copter is over.

The landscape on the western edge of Yellowstone is the buffalo's home. The south-facing, grass-growing slopes of the Horse Butte Peninsula are birthing grounds; pregnant mothers gather here to gain strength and nourishment after the long and cold winter; newborn calves, reddish-orange and brimming with life, draw their firsts breaths and take their first steps here. The meadows, bluffs, banks, and forests that envelop the Madison River on its westward course from Yellowstone National Park comprise a rare and precious patch of Earth still blessed with wild buffalo, grizzly bears, wolves, and wolverines. This is



one of the very last places in America where wild buffalo still leave hoof prints, tufts of hair, and pie shaped droppings. (Pictured here: newborn & mom flee from truck.)

The Montana Department of Livestock, helicopter or not, refuses to tolerate buffalo on this landscape. Since Monday we have documented one hazing operation after another as a host of horse-mounted agents, from the Department of Livestock, Montana Fish, Wildlife and Parks, and the National Park Service, do everything in their power—and some things beyond their rightful power—to clear the land of the buffalo who belong here. Trespassing, chasing buffalo past the point of exhaustion, depriving thirsty animals of water, and separating newborn calves from their mothers are not too much for these livestock agents, game wardens, and park rangers.

The Galanis family thought they could help the buffalo when they bought land on Horse Butte and designated it as

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a preserve where buffalo and other wildlife would be safe and protected. They alerted the Department of Livestock to the fact that the buffalo are welcome on the preserve and that the agents, buffalo hazing, and harassment are not. On Tuesday morning, three horse-mounted agents of the Montana Department of Livestock willfully disregarded the rights and wishes of the Galanis family and entered their land without permission to chase away the buffalo. We were there at the Galanis' invitation to greet the agents at the property line, remind them that they were trespassing, to tell them that the buffalo are welcome, and to document their illegal entry. The agents ignored our warnings, charging their horses at the buffalo and chasing them toward the back of the property. Justine and I got on our bikes and followed, videotaping and shooting photos as the frightened buffalo fled the horsemen.

Even without the helicopter, hazing is intolerable. The agents ran the buffalo at top speed up and over the crest of Horse Butte. We left our bikes with our patrol partners and sprinted after the haze with our cameras. The things we witnessed then and since are things no one should have to see or endure: calves separated from their herds by the strong current of the Madison River, their mothers emitting plaintive bellows; the pronounced limp of a newborn calf as it flees the horsemen, the umbilical cord still trailing from its mom; collapsed and panting calves being prodded from the ground to run; protective mothers turning to face the riders, "back off, already!"

This is what the lives of wild buffalo are like along Yellowstone's western boundary. Buffalo, members of America's last wild population, are being chased as you read this. With the grounding of the helicopter we achieved a major victory that will benefit the entire landscape and all its inhabitants. The helicopter will

probably not be back this spring. But to mistake this victory for the end of the struggle would be dangerous and dishonest. Hazing buffalo, by whatever means, must stop. Buffalo Field Campaign will continue to fight for the buffalo in the field, in the courts, and in the policy arena. We will be here to document every last action against the buffalo and to do everything we can to further their protection. Please support us in this crucial work. For the Buffalo, Dan Brister Executive Director, Buffalo Field Campaign

**TAKE ACTION** - Your Voice Holds Power! On our web site click on the Take Action button to make your voice heard, again and again. Decision-makers need to keep hearing from you. As Brock Evans, one of the authors of the Endangered Species Act says, "It takes endless pressure endlessly applied."

**Buffalo Field Campaign,**  
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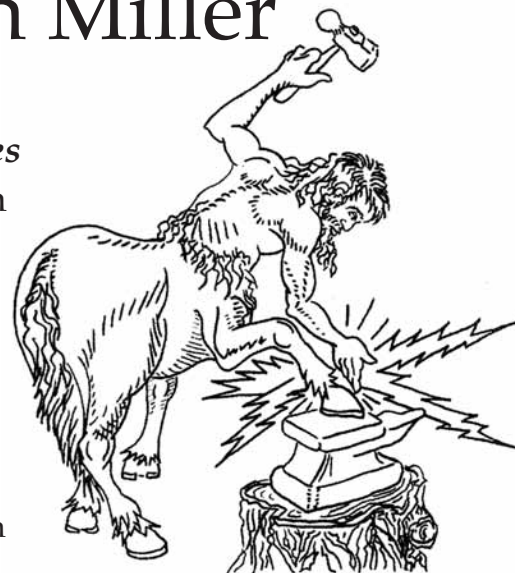
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## *I Don't Love My Dog*

By Laura Pritchett/High Country News

There's a dead fawn outside my front door. The sweet young body is completely covered in tall grass, which means this is a mountain lion kill, which means that the mountain lion responsible is going to come back for the next few mornings and nights to finish eating. I must admit that, although I'm reflexively sorry about the fawn, I'm exceedingly impressed: The lion has done a fabulous job of piling grass all over the creature. I would never have noticed it, except that my dog was sniffing and whining and making an urgent noise that sounds exactly like something Chewbacca would say.

When I called Colorado Parks and Wildlife to report the dead fawn, braced with the sure knowledge that they would come out and remove it, the man told me to let it be. It was better for the mountain lion to eat the rest of the fawn, he explained, than kill someone's cow. "Um," I said. "But it's right outside my door. I have young children. I have a dog." I paused and waited for him to change his mind.

Instead, he just sighed. Then he clarified his response:

"Well, I'm sure you've warned your kids about mountain lions, and I assume you've trained and fenced your dog." Indeed, I had. Or at least, I thought so.

It is my belief that passion nearly always trumps rules. That is why people fall in love in ways that make no sense. That is why kids ditch school. That is why I end up hiking rather than working. And that is why dogs contort their bodies to scramble out of a well-fortified fence to go roll in dead deer carcasses whenever possible. After the first good roll, I told my dog, "We're going to get through this together." I lathered her up with dish soap and sprayed her with the hose, all the while hanging on to her collar despite the ripping of tendons in my shoulder socket - though she's still young, she already weighs about as much as I do.

I murmured to her, as a dog-whisperer might, about cause and effect. Roll in dead deer; get a bath in cold water. See the connection? She did not see the connection. Despite the fact that I fixed the fence, and despite the fact that she

hates baths, she was out 10 minutes later, rolling in dead deer. Then she showed up at my door, smiling, wagging, oblivious, a fawn leg dangling from her mouth, wanting to be let in. And no wonder: It was starting to snow.

So out we went again, back outside to the hose, both of us freezing. Then I felt bad and brought her in, and while she was safely inside, I threw the fawn leg as far as I could into the willows lining the ditch bank. I gave her another towel dry, a bone, and another conversation about staying in the yard. In return, I got a sore back and frozen shoes. These last few nights, the mountain lion has indeed returned to feast. In the morning, I check the progress: more deer gone, scattered in various directions. Hurry it up, I

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mutter. Eat your damn dinner. I make sure my kids and dog are inside before dusk and after dawn, and even in daylight, I watch them from the windows.

My dog has received 12 baths in the last four days - one for every time she has callously pushed over my children, jumped very high fences, and clawed her way through wire for the distinct privilege of chewing on fawn stomach. My shoes are permanently wet and yet have simultaneously frozen into a strange and uncomfortable shape resembling prehistoric croissants. I have given her baths inside, I have given her baths outside, and I have truly and sincerely done everything I can to keep her in our yard. And yet, the dog's hide is scratched and bloody from wire; one nail is broken and bleeding from digging.

Until the 13th bath, which was today, I still loved my dog. I had the door propped open because it was unseasonably warm. The dog was happy about this, because she likes to sit on the threshold of the house. Every nook and cranny in the fence had been attended to, and I felt confident that my sweet-smelling dog would remain sweet smelling and obedient. I got up from typing at my computer, and what did I see? The dog sitting in her spot, tail thumping happily, chewing on a remnant of deer.

A noise - yes, much like Chewbacca - issued forth from somewhere deep inside me. I startled the dog, which dropped the fawn part, and jumped on me to check that I

was OK. Unsurprisingly, she smelled like rotten deer flesh; she had bits of fascia in her teeth. And that is when I discovered a very old fact, but one that is new to me: Temporary madness can allow for all kinds of normally impossible feats. I rushed out of the house, hollering. I threw every rotting half-chewed chunk of deer I could find, piece by disgusting piece, big and small, intestinal and bone, identifiable and not, over the ditch and over a fence and into a nearby horse pasture, which is not owned by me.

Deer parts are heavy, and there are many of them. I was gasping at the end, my arm was sore, and I was literally speaking what sounded like Chewbacca, although English words occasionally emerged - something about stupid mountain lion, fish-and-game, fawn, nature, dog, me, universe, I hate you all. Then I came inside, washed my hands, and made myself a nice cup of hot tea.

The dog, freshly bathed, is sleeping now at my feet, head resting on one foot so I cannot get up. It's possible that I still like my dog, now that I've had a breather. That doesn't mean I love her, not yet. I do like the fact that she believes that rules are meant to be acknowledged, and then ignored. Her tail wags in her sleep, she wakes, and she rolls so that her tummy is facing me. She wants a tummy rub. I scowl at her, but I lean over and scratch. *Laura Pritchett's newest book, Great Colorado Bear Stories, was due out in April. This essay originally appeared in an issue of High County News (hcn.org).*





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## Don't Waste That Lemon Peel

From Barbara Holub

Good info on using the whole lemon vs. only the juice...Lemon productions became more and more abundant around the world because of its nutritious contents. Lemons are used in many different ways in lemon industries and factories, but not among households. How do you eat or taste lemon in your house? Probably, you do not know how to apply lemon the right way. Do you just squish a few drips to your whisky, vegetable salad, bread, ice cream, roasted meat, cake, baked chicken, fruit drinks, or to your other favorable dishes? If so, what a waste! Here, I'll tell you the real use of lemon.

I'm sure you know how nutritious a lemon is. But you may only know how to use it as a simple seasoning, as most people do, and not as a side dish. You think that only the squished juice from lemon is used, while the lemon peel is thrown away. Yes, you think that you only need that sour, citrus taste of the lemon's juice, is that right? However, we found out that many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste?

Simple..after **washing the entire lemon thoroughly with soap and hot water**, place the lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods. Sprinkle it to your whisky, wine, vegetable salad, ice cream, vegetable soup, chicken soup, curry soup, noodles, spaghetti sauce, rice, sushi, meat loaf, sausage, fish dishes, and ramen.

It doesn't matter whether it's Chinese, Italian, French, African, Indian, Japanese, Korean, or Latin American dish. All of these foods will unexpectedly have wonderful taste, something that you may have never tasted before in your life. You don't believe me? Just try it and you will agree with me. Everything will certainly taste great!

Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles. What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting.

But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier.

The lemon peel is good in making you slim if you are a fat person, or makes you healthy fat if you are skinny. It is very good that the PYRO-ENERGEN is also for the taste of all people. It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body. So place your lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret!

Better late than NEVER! The surprising benefits of lemon!

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# Liven Up Your Grill Menu With Fruits & Veggies

By Shirley Perryman - CSU

Want to add some adventure and nutrition to your grilled meals? Grill vegetables and fruits. According to the recently released Colorado Health Report Card, less than one-quarter of Colorado adults eat the recommended five servings of fruits and vegetables a day. Here are some great facts and tips to motivate you to try grilled veggies and fruits:

Fruits and veggies are nutrient dense, low in calories and high in fiber, antioxidants and phytochemicals and also may reduce our risk of a heart attack or stroke. An added bonus is that potentially dangerous carcinogens don't form when grilling fruits and veggies, which can happen when grilling meat. The bonus of an early spring is that farmers' markets, which offer an option to buy local and support the economy, may open early.

Grilling vegetables isn't an exact science: veggies don't all cook for the same length of time. Watch them closely so they don't overcook or burn. Experiment with settings on your grill, but veggies and fruits generally cook at a lower temp than you would use to grill meat. Size matters; smaller pieces will cook more quickly than larger ones. When grilling vegetables avoid cross contamination with raw meat. Use separate tongs and plates and temper the grill surface to medium to medium-high heat before adding raw produce.

Drizzle low-water content veggies like baby or whole carrots, mushrooms, asparagus and summer squash with oil so they won't stick before laying them directly on the grill. If you're cooking smaller chunks, use a grilling tray or thread a colorful combo on skewers.

Try veggies you normally don't like. If eggplant, pepper or zucchini aren't favorites, for example, grilling them may change their taste enough that you enjoy them. Drizzle these fresh grilled veggies with balsamic vinegar. It tastes great with the smoky flavor from the grill.

Marinades can offer a nice flavor change to veggies, but remember that marinades with added sugar will cause the veggies to blacken. Combine corn on the cob cut into 2-inch chunks, sweet potato slices and onion wedges brushed with oil on a perforated grilling pan and grill until the veggies are tender. Or use the grill to steam white or sweet potatoes in thick slices sprinkled with olive oil, your favorite herbs and a dash of salt in foil packets. Flip the packets half way through cooking.

The grill temperature and thickness of the potatoes will determine how long to cook them, but a good rule of thumb is to check them after 30 minutes. Lightly score the cap of

portabella mushrooms in the shape of an "x" to permit some of the moisture to escape. Drizzle the underside with a little olive oil and herbs and then grill them cap side down on foil for about 10 minutes. Sprinkle them with cheese to add protein and flavor and eat as a sandwich or part of a meal. Use leftover grilled veggies, which keep well for up to 3 days when wrapped and refrigerated, in sandwiches, over cooked rice or couscous, or mixed into a salad or pasta salad.

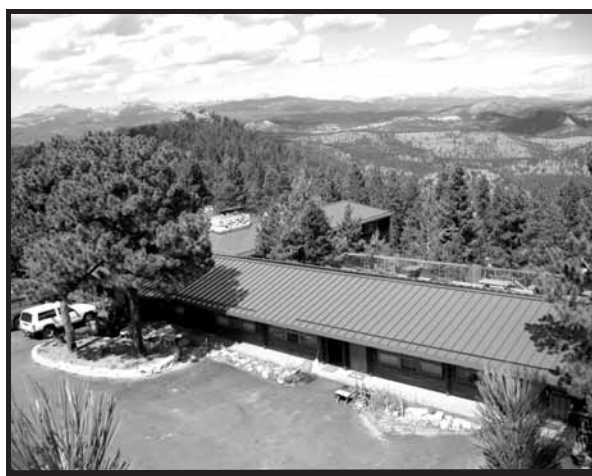
Desserts are easy on the grill. The grill caramelizes sugar in fruit and releases juices. Firm fruits like apples, pineapple and pears require less monitoring than softer fruits such as nectarines, peaches and bananas, which cook quickly. Cut stone and seeded fruits in half and then remove the pit or core and brush them with oil so they won't stick to the grill. Grill them until they are heated through and a golden color. After grilling fruits, sprinkle them with cinnamon or add a touch of whipped cream or low fat ice cream or yogurt. You can also use grilled fruit to make fruit salsas or serve fruit as a side dish to meats.



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# Happy Anniversary 'Silent Spring' ~ 50 Years Ago

By Carol Carson

As a child of the 1950s, I remember hot summer nights that were only relieved when a truck came by spraying a cool mist that would kill mosquitoes. We kids ran after that mist like it was the ice cream truck. Several years later, with the publication of Rachel Carson's *Silent Spring* in 1962, parents like mine learned that their children had been showering in toxic DDT, which would later show up in human fat cells.

*Silent Spring* broke like a tsunami across America, galvanizing an environmental movement to stop the poisoning of our air, land, and water. But multinational chemical companies and even congressional members lambasted Carson, who had been a scientist with the U.S. Fish and Wildlife Service. She was called a "communist," a "hysterical woman" and worse. In her book, she described how DDT not only killed insects but also entered the food chain, so that even though DDT did not harm brown pelicans directly, the birds were becoming extinct because the toxin caused their shells to thin. Whenever they tried to nest, their eggs shattered beneath them. Scientists

discovered that for decades, chemical companies had been discharging DDT into waterways, where it was readily absorbed by fish that were eventually eaten by pelicans and other birds. This caused some colonies of pelicans in California to shrink by more than 90%.

Fortunately, pelicans are no longer on the endangered species list, and today, I can watch squadrons of them silently soar above me on the Santa Cruz shores close to my home. Battling both her critics and a cancer diagnosis, Carson found some sanctuary in her cabin in the Maine woods. Meanwhile, her book and its shocking scientific revelations attracted powerful champions. They included President John Kennedy and two sons of the West, Interior Secretary Stewart Udall, from Arizona, and David Brower, executive director of the Sierra Club, and a Californian.

*Silent Spring* became the impetus for the Environmental Protection Agency, the Clean Water Act, the Clean Air Act and other landmark legislation. Carson was, as Udall put it, the "fountainhead of the environmental movement." I recently watched the inspiring program *A Sense of Wonder* on public television again. The title was taken from Carson's book of the same name, which offers





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suggestions about how to involve children in nature. At the end, the actress playing the dying author says there are a few things left that she wants to do, and one of them is to see a redwood.

I live among the giant redwoods, where a thin line of arboreal life hugs the northern Pacific Coast. And I wondered: Had Carson been able to make the journey West? She had. In October 1963, the author flew to California, writing later that, "My mind is still filled with vivid pictures of that dream-like drift across the continents - what a privilege we have to see it that way." She noted flying over the snow-capped mountains of Denver and seeing Lake Tahoe and Yosemite below. "I guess one should drive across it several times to get to know it. But I have been impressed, thinking about water in relation to the landscape - or especially the lack of it!" The words of a very wise woman.

She had come to California for a conference, and despite her terminal cancer, she intended to work, said David Brower in his book, *Let the Mountains Talk, Let the Rivers Run*. But she also let Brower drive her to the shores of what is now the Golden Gate National Recreation Area. "In the lagoon just inland were perhaps 50 brown pelicans having a hell of a good time, perhaps celebrating the beginning of their recovery with a pelican ballet, on that

sunny day," Brower recalled.

When she returned home, Carson wrote to a friend about her experiences out West. Echoing the sentiments of those of us who find solace in nature, she said "I longed to wander off, alone, into the heart of the woods, where I could really get the feeling of the place, instead of being surrounded by people! And confined to a wheel chair! I was so grateful to the Browsers for taking me. ... but the one thing that would have made my enjoyment complete I couldn't have." Six months later Rachel Carson died of breast cancer.

Her legacy, however, lives on. She challenged corporate power with courage, backed up her charges with incontrovertible science and she shared with us her gift of appreciating the outdoors. Here's one of her suggestions: "One way to open your eyes is to ask yourself," "What if I had never seen this before? What if I knew I would never see it again?"

*Carol Carson is a contributor to Writers on the Range, a service of High Country News (hcn.org). She is a naturalist and writer in the redwood forests of the Santa Cruz Mountains in California.*

Editor's Note:

***Silent Spring** was my inspiration to study ecology and environmental conservation, bless Rachel Carson!*

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## Reverse 911-Keep It Rural-New TEG Pres.-Slash

Dear Editor,

Just want to thank you for all your great articles every month regarding animals and the environment. Yours is the only one, in our mountain communities, speaking out and educating folks. Keep up the good work! Lisa Nelson

Dear Readers,

To make sure in this high fire danger season that you will get notified of a fire or a reverse 911 call from your county it helps to do the following: In Boulder County go to their web site, [bouldercounty.org](http://bouldercounty.org) and you'll see Emergency Preparedness on that first page. Click on the emergency status page, click on OEM Home at the top of the next page and then sign up for Emergency Messages which takes you to the **Everbridge** site.

Once at Everbridge you can create your own profile, making sure dispatchers have your cell, text and/or work telephone numbers so you can rest assured you will be

notified even during working hours or when only your cell phone will reach you.

Your profile can be edited should you change phone numbers, just make note of your password, etc. so you can go back months or years from now to change things.

For other county's check on their web sites or call the non-emergency numbers to find out what their procedures are for alerting you of fire and making sure you get the reverse 911 call should you need to. If you do not have computer access ask what they recommend you do to ensure your information is accurate and up to date. Editor

Dear Editor,

**URGENT KEEP IT RURAL** - In response to the recent rezoning request by Keller Farms, we need you to help us with our effort to **KEEP IT RURAL**. A few minutes of your time now, can help insure a better community for future generations and us.

The clock is ticking; we only have a short time ( just one month) to get as many signatures as possible on our petition to the Jeffco Commissioners. Please take a few minutes to help us keep the Scenic Foothills Highway Corridor (Highway 93) in its current rural and natural character.

1. Go to our web site [www.FriendsoftheFoothills.com](http://www.FriendsoftheFoothills.com) 2. Watch the 2-minute film about this issue

3. Sign the petition - there is a link on our web site, or go directly to [http://www.petitions24.com/keep\\_it\\_rural](http://www.petitions24.com/keep_it_rural) 4. Forward this information to as many others as possible

5. LIKE us on Facebook and SHARE the video/petition on your own wall: <http://www.facebook.com/FriendsOfTheFoothills>

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big threat to the Mountain Backdrop and foreground in the Highway 93 corridor from Golden to the Boulder County line. **The Jefferson County Board of County Commissioners has scheduled a hearing on Tuesday, June 26th at 8:00 AM** to make a decision on the Keller Farms application for a zoning change for urban sprawl type development. If granted, urban zoning would be given for over one thousand acres of land in area 30, west of SH 93 from 56th Ave. north to approx. 68th Ave. Tom Hoffman

**Dear Mountain Residents,**

At least twice in as many days I have been driving in Coal Creek Canyon and on the Peak to Peak Highway and come across a **lit cigarette butt lying smoking on the pavement**. In this extreme Fire Danger season I think that anyone flicking lit cigarette butts out a vehicle window should be hauled off to jail.

Besides the fact that you are littering whenever you throw anything out a vehicle window, you could also be the cause of a massive forest fire that takes lives, homes and our way of life. It could also take your own home. **KEEP YOUR BUTTS IN YOUR ASHTRAY**, and remember only YOU can prevent forest fires. Editor

**Dear Canyon Neighbors,**

It is my pleasure to inform you that I have just been

elected president of TEG (The Environmental Group). The previous president, Liz Morgan, wrote these kinds words in support of my nomination: "Chris is a long time environmental activist and brings a big heart full of commitment to environmental issues and to protecting our canyon community. Working with Chris on Gross Dam over the last year, I have been really impressed with his ability to reach out and connect with people from around the community and to get a handle on all kinds of complex issues."

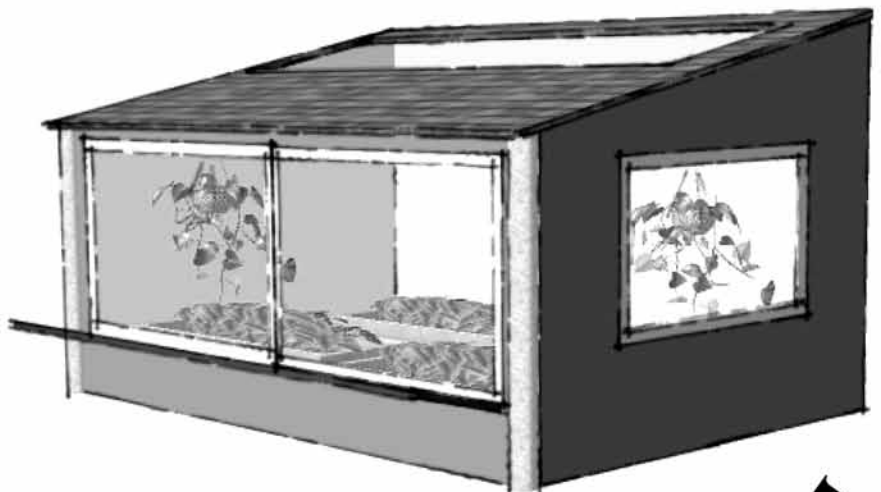
I believe that our exquisite quality of life here in the canyon is the result of a combined effort between the community of folks who enjoy living up here and the counties in which our homes reside. We "highlanders" appreciate the natural surroundings, outdoor activities, fresh air, and peace and quiet that living up here affords us. The counties have ensured that land parcels have not been overly subdivided and that Open Space areas exist and are maintained.

Looking at what we have now it is easy to see our collective vision for this place and our lives here. But, unfortunately, our mountain vision is gravely threatened by unnecessary expansion projects planned for this area. Right now, more than ever, we need to come together and articulate our vision so that it holds legal ground. Then we need to work with our counties to (Continued on next page.)

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## Highlander Letters

ensure that the reasons we love to live here remain intact. We must be stewards of the land we so much enjoy.

As president of TEG, I look forward to providing the framework in which our community can clearly articulate our vision and I look forward to delivering that vision to our county officials. For more information and to take your first step as a citizen defending this wonderful area, visit [tegcoalcreekcanyon.org](http://tegcoalcreekcanyon.org) Respectfully, Chris Garre

**Dear Coal Creek Canyon Neighbors,**

**IMPORTANT CORRECTION to last month's letter.** The Slash Days scheduled for June 23rd and 24th have relocated to Coal Creek Canyon Fire Station #2. This fire station is the one near the intersection of Highway 72 and Camp Eden road. Material will NOT be accepted at Camp Eden itself. Please be sure to take advantage of this very efficient and nearby means to get that forest debris off your property!

This is a great opportunity to do wildfire mitigation by trimming up low hanging branches, clearing out beetle-infested trees and removing those slash piles. Especially in light of **open burn bans in both Jefferson and Boulder counties**, we know it would be best to remove this extra fuel from our forests. We help our community, our forests and our firefighters by getting the slash out!

Every little bit counts, so whatever you can get done helps our forests be healthy. We currently don't have any other slash weekend scheduled for our area this year. We are working on more, but can't count on them happening. Please take advantage of this important opportunity by bringing your small trees, branches, limbs, treetops and pine needles. Collected slash is fuel for a fire, and green slash is a happy home for the Ips bark beetle.

**Slash will be collected from 8:30 am - 3:30 pm on both Saturday and Sunday.** We will accept slash, limbs, tree debris, and pine needles. Limbs and trunks must be smaller than 8 feet in length and 6 inches in diameter. We will NOT accept tree stumps. Also, please ensure that all metal is removed as it damages the chipper.

There will be a fee for drop-off to help pay for the chipper and chipping. The fees range from \$5 - \$25 depending on the size of the vehicle (details can be found on the Jefferson County website detailed here.)

If you have any questions or if you need any help please feel free to give me a call. Thank you. Jody Dickson - 303.642.3568 TEG

Resources for slash collection: We recommend that you contact remote slash collection locations for hours, acceptable materials, residency requirements and fees before you bring materials to them. *Jefferson County Remote Slash Collection: (details about our local slash collection) [http://jeffco.us/sheriff/sheriff\\_T62\\_R247.htm](http://jeffco.us/sheriff/sheriff_T62_R247.htm) Boulder County Sort Yards- (Nederland yard has special hours the first two weekends in June, then will reopen in*

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#### Letter to the Editor,

The Coal Creek Canyon K-8 School's Synthetic Turf Field Groundbreaking Ceremony was held Monday, May 14, 2012 at 8:45 a.m. at the school at 11719 Ranch Elsie Road, Golden, CO 80403. The 135 students and teachers were there along with parents, Coal Creek Canyon Park & Recreation District, Coal Creek Canyon K-8 PTSA Members, Silver Eagle Excavation, Sculpted Earth Landscape Design, Coal Creek Canyon Improvement Association and Jefferson County School District officials.



A video of the groundbreaking ceremony can be viewed on YouTube (search on Coal Creek Canyon Turf Groundbreaking). The project involves upgrading the existing gravel soccer field to a synthetic turf-grass field that will be used for community activities that include youth soccer practices and games, adult soccer in short-sided games and other athletic activities.

The field dimensions will be 117 x 215 feet; about 2/3rds the size of a football field yet conforming to youth soccer requirements. The artificial turf will include white boundary and midfield lines. Dirt will be added to set the field on a 2% grade, draining to the SE side. A retaining wall will be built to raise the NE end of the field. Crushed stone will be placed on top of the fill dirt to aid in field drainage. Additional drainage swells will be built to keep water from entering from the adjacent baseball field. The fence along the SE side will be relocated back and extended toward this end to accommodate the larger field dimensions. Additional fence will be added to completely enclose the field. The artificial turf shall be installed, cured and ready for use by the beginning of the 2012-2013 school year. Tim Reid



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*Top Left: Sweet Sammy.*



*Top Right: At Medicine Horse Program, 8778 Arapahoe Rd., Boulder- [medicinehorse.org](http://medicinehorse.org)*



*Bottom: Internet photo of newborn fawn with horses.*



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*Top: Bogey leads Harley*

*Left: Patio Pooch Dining at Roy's Last Shot Restaurant*

*Right: Velvet*



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**Wednesday, July 4th 2012**

## Event Schedule

Pancake Breakfast	7:00-10:30 am
5K & 12K Run Registration	7:00 am
Scar Top 12K Run Start	8:00 am
Spruce Canyon 5K Start	8:05 am
Booths Open	9:00 am
Parade Line-up	9:30 am
Parade Steps Off	10:00 am
Lunch Begins	11:00 am
National Anthem and Flag Ceremony	11:15 am
Entertainment Begins	11:30 am
Kids Games Behind CCCIA Hall	12:00 pm
Event Ends & Cleanup Begins	3:00 pm

*Events take place at the CCCIA Hall except for the races and parade. The Hall is located at 31528 Highway 72 in Coal Creek Canyon.*

*Guests with special access needs may be dropped off at the Hall entry. There is no parking at The Hall during this event.*

**The 61st Annual Canyon 4th Fest is presented by the Coal Creek Canyon Improvement Association**

**The CCCIA is a non-profit community organization. Canyon 4th Fest is open to everyone: member or non-member alike.**

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## What Are We So Afraid Of?

By Melissa E. Johnson

*Fear is the cheapest room in the house.*

*I would like to see you living in better conditions.~ Hafiz*

A few weeks ago, while working my volunteer shift at Children's Hospital Colorado, I received a special request to sit with a little girl in one of the 9th floor rooms. Her parents were working and couldn't be there with her and she had been alone for most of the day.

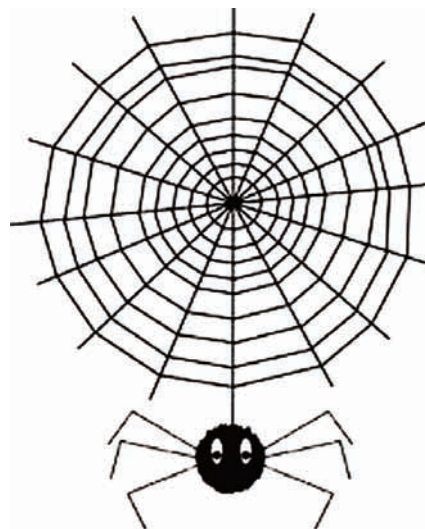
From the minute I sat down in that rocking chair, she curled her little body into mine and looked up at me with those big eyes that seemed to say, "what now?" I suppose it didn't matter because she already had what she most wanted in that moment-human touch can heal in ways that medicine can't-and so I searched my repertoire for anything that might entertain and amuse.

I sang a few songs (amusing); recited some limericks (entertaining), and then I came upon Little Miss Muffet floating around up there in my memory bank.

Remember that old nursery rhyme?

*Little Miss Muffet Sat on a tuffet,  
Eating her curds and whey; Along came a spider,  
Who sat down beside her  
And frightened Miss Muffet away  
~ Songs for the Nursery (1805)*

I've known this rhyme for years, but as the words formed on my lips, for the first time, I thought about the implications. The spider merely sat down beside her, yet it frightened her away. Really? Arachnophobia aside, are we that easily scared by possibilities?



It made me think about the way we all carry fear in our hearts-real or imagined-for things that may never come to fruition, yet in everyday ways we let those fears direct our course. Like when we withhold our opinions for fear of rocking the boat; or stick with something or someone who may not be best for our lives because we're afraid of change; or when we choose not to try something new because we're afraid we won't like it. But what if we loved it? What if it changed our lives in

amazing and unforeseen ways? What if that spider became Miss Muffet's best friend and side-kick?

I once read somewhere that lurking behind every fear was an all-pervasive thought of "I can't handle it." Yet we're so much stronger than we think-WE CAN HANDLE IT-and sometimes by facing into our fears instead of running from them or avoiding, we learn more about ourselves and what we're capable of doing, creating or becoming than we ever could by choosing the path that seems safe and comfortable. Now ask yourself:

What are you so afraid of?

*Melissa is a writer, photographer, artist and lawyer. Read more on her blog at [www.HeartLaw.blogspot.com](http://www.HeartLaw.blogspot.com), or visit her website at [www.MelissaEJohnson.com](http://www.MelissaEJohnson.com).*



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# Thanking America's Armed Forces

## Active Duty U.S. Military Offered Free Entrance to National Wildlife Refuges

To show appreciation for those who serve in the U.S. Military, on May 19 - Armed Forces Day - the U.S. Fish and Wildlife Service began issuing an annual pass offering free entrance for active duty military members and their dependents to national wildlife refuges, as well as national parks and other public lands.

"Through the years, military members, especially those far from home in times of conflict, have found inspiration and rejuvenation in America's wild landscapes. Their dedication enables all Americans to enjoy these special places in safety and security," said Fish and Wildlife Service Director Dan Ashe. "This new pass gives us a way to thank members of the Armed Forces and their families for their service and their sacrifices."

Active duty members of the U.S. Military and their dependents can pick up their pass at the refuge: Rocky Mountain Arsenal National Wildlife Refuge, 6550 Gateway Road, Commerce City, CO. Please call (303)-289-0930 for pass pickup details. They must show a current, valid military identification card to obtain their pass. More information is available at <http://store.usgs.gov/pass/index.html>.

Currently, 35 units of the National Wildlife Refuge System charge entrance fees. This military version of the

America the Beautiful National Parks and Federal Recreational Lands Pass also permits free entrance to all of them, as well as to sites managed by the National Park Service, the Bureau of Land Management, the Bureau of Reclamation, and the U.S. Forest Service that charge entrance fees. The pass is also available through these Federal agencies.

"We're proud to open our refuge to the men and women of the Armed Forces and their families," said Refuge Manager Steve Berendzen.

The Service's National Wildlife Refuge System and the military have strong ties. More than 200,000 acres of the Refuge System are former military lands, and nearly 50 of the 556 units in the Refuge System include lands transferred from the military to the Service. Following World War I and all subsequent conflicts in our nation's history, returning veterans took advantage of hunting, fishing and other outdoor recreational opportunities on refuge lands - and thousands continue to enjoy these activities. Today, the Service employs some 1,400 veterans in full-time and temporary positions, equal to nearly 20% of the agency's workforce.

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# U.S. In Denial About Overpopulation

By Craig Gurian - [RemappingDebate.org](http://RemappingDebate.org)

Of all the fantasies indulged in by a society speeding toward self-destruction, none is as consequential as the idea that continuing growth - both in population and size of our economy - has a happy-ever-after ending. Yet, when overpopulation is discussed at all, it is discussed as a problem limited to the developing world. Indeed, a growing chorus of "pro-natalist" or population growth ideologues insists that, in the U.S. and other parts of the developed world, population stability or decline represents a demographic crisis that needs to be reversed.

The pro-natalist concern, in truth, is not that there won't be sufficient young people to do the work, or that "there are just some jobs that Americans won't do." Rather, it is that with labor in greater demand, the work won't be able to be had cheaply.

In order to ignore the patently obvious fact that unlimited population growth is neither environmentally or socially sustainable, one would have to be prepared to explain how a resource-gobbling U.S. of 500 million or 700 million people would work. (If you're not prepared to do so, you've already accepted the reality that some limits exist and that the only question is what those limits should be.)

If, though, you really believe that predictions of overpopulation-induced catastrophe have been overblown, there are still two critical questions to be addressed, both of which are currently verboten as a matter of public debate. First, even if ever-increasing population were survivable, is it really desirable? Second, are we really so inflexible that we can't figure out any adaptations (beyond permanent crowding and permanent austerity for most citizens, that is) to enable a society that is becoming older to be economically and socially robust? In fact, more isn't better, and there are both market-driven and state-driven alternatives to be pursued.

Smaller has its advantages - In a well-reported and chilling article on Nigeria's population explosion several weeks ago, Elisabeth Rosenthal quoted a Nigerian demographer: "If you don't take care of population, schools can't cope, hospitals can't cope, there's not enough housing - there's nothing you can do to have economic development."

U.S. society doesn't face imminent collapse, but aren't many similar considerations at play? Despite the glut of unsold homes, we are still under-housed, and competition for housing in the most desirable housing markets has made life increasingly unaffordable.

Demands on infrastructure - transportation, water, schools - have already reached or passed a breaking point in some parts of the U.S. (just ask any suburban school district whether it is sanguine about the prospect of increased enrollment).

As anyone who is old enough to recall the 1960s or 1970s can attest, there just aren't spots available like there used to be. Spots in schools that used to be merely competitive are now virtually impossible to get into. Spots in secure, well-paying jobs are no longer available except to an increasingly small minority.

The population of the U.S. - currently estimated at 313 million - was 179 million in 1960 and 203 million in 1970. Does anyone think those were periods when the country was "too small" or economically weak?

Adapting to the demographic shift - Most of the secular hysteria that is generated against consideration of the

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advantages of stable or falling populations concerns the phenomenon of aging populations. As people live longer, a greater percentage of the population is older, and there are, relatively speaking, fewer young “productive workers” to support everyone else. Just last month, the cries of alarm have included one op-ed piece asserting that, “Population decline poses a danger to the developed world,” and another describing Japan’s declining population as creating “grim consequences for an already-stagnant economy and an already-strained safety net.”

(Japan, by the way, is the poster child for those who want to sell the idea that only a growing country can be prosperous. Conveniently left out of the picture is Germany, whose economy is currently the envy of Europe, and whose demographics, my colleague Michelle Mayer has confirmed with the Federal Statistical Office of Germany, include a fertility rate of 1.4 children per mother, one of the lowest in the world; a death rate that, since the 1970s has continuously exceeded the birth rate; and a population projected to shrink to 65 or 70 million from the current 82 million.)

If one steps back from the panic, what comes most clearly into focus is the fact that the pro-natalists’ assumptions proceed from the basic premise that all economies and all societies always need to be organized in the same way. Once one begins to imagine alternatives, a future where fewer people are forced to engage in fierce, dog-eat-dog competition becomes very desirable indeed.

The pro-natalist concern, in truth, is not that there won’t be sufficient young people to do the work, or that “there are just some jobs that Americans won’t do.” Rather, it is that with labor in greater demand, the work won’t be able to be had cheaply. There is nothing “natural” about someone in a parasitic profession (like much of investment banking) earning a lot of money and someone doing necessary but menial work (like garbage collection) earning much less.

Where a society is really forced to “incentivize” the latter, the market will dictate a lower-than-current value for the derivatives trader and a higher-than-current value for the sanitation worker. That revaluation may make some people uneasy, but their complaint isn’t really that such a change in unworkable; it is that they find the prospect of different people than usual having to adapt outrageous.

The nature of work, too, would likely be reorganized. Once, six-day work weeks were routine, as were 10 to 12 hour work days. Pressure from labor caused the developed world to adapt. If, by the middle or latter part of this century, workers who perform hard manual labor can only be secured by offering shorter-than-eight-hour

days, we’ll have to adapt again. Jobs designed in lockstep at a time when households most typically had one, full-time (male) wage earner might have to become more flexible (something that is already overdue) to facilitate the part-time participation of older workers in the labor market not as an act of desperation but rather in a way that, consistent with any age-based constraints, facilitates participation in productive activity.

And, yes, it would cost more as a society to support those who are not working. (News bulletin: it will cost more in any scenario, even if we insist on punishing more older people with decades of life not much better than subsistence level). The question will be the old one, and one that should be easy to answer for a society that, unlike most others, remains remarkably wealthy: is maintaining massive inequality of wealth on an individual level more important than trying to maximize the quality of life for most citizens?

Better now than later - For a long time, India, whose population now exceeds 1.2 billion people, did not act. Its population is estimated to grow to somewhere between 1.5 billion and 1.9 billion people in coming decades. As an article on more recent Indian attempts to control its birthrate pointed out, “Indian leaders recognize that [those massive growth scenarios] must be avoided.” The article quoted a demographer who said, “It’s already late...It’s definitely high time for India to act.”

The U.S. has the opportunity to be a lot more prescient, but we will have no chance to be unless we begin to discuss all of the consequences of being a country that continues to grow, and allow ourselves to imagine the potential benefits of alternative futures.

*This article originally appeared in Remapping Debate, and online public policy news journal, [remappingdebate.org](http://remappingdebate.org)*

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## Before The End, After The Beginning

By Jenny Shank/ High Country News

*Stroke of insight! Before the End, After the Beginning*

Dagoberto Gilb 194 pages, hardcover:

\$24. Grove Press, 2011.

*Before the End, After the Beginning*, Dagoberto Gilb's remarkable new fiction collection, begins with an arresting story written in lowercase letters, titled "please, thank you." The reason becomes clear when a nurse reminds the narrator that he's suffered a stroke, much as Gilb himself did in 2009, impairing the right side of his body and making capital letters difficult to type.

In Gilb's characteristically natural-sounding and yet eloquent voice, the narrator describes the disorienting and infantilizing experience of waking up in a hospital, having lost control of his body and life: "i am weak, and everyone is bigger, stronger, tougher than me. they take blood or pull my body around. ... what does it matter what i think or feel? nobody sees this work they do, and i am just meat, a carcass. if i kick them with

the one leg that can, will i be at least more wild tasting meat?"



Many of the stories in this thought-provoking collection feature a man who has lost status in life, either physically or financially. In "Willows Village," Guillermo, who goes by Billy because he "didn't want to sound like (he) just crossed," is a married father who leaves El Paso to stay with his fetching aunt Maggy in Santa Ana, Calif., while he looks for work. Like several other characters in the collection, Maggy, a Mexican-American, has married a rich white man who is usually away on business.

She and her equally attractive friend do little but sit around the house drinking wine in their bikinis, spending so freely that at one point, when Maggy opens her purse, "it explode(s) money like a jack-in-the-box." The combination of flaunted cash, booze and flirtation leads Billy toward

perdition. Money likewise combines with a subtle exploration of racial tension to ignite one of the strongest stories in the collection, "Cheap."

In *Before the End*, as in Gilb's other award-winning books, he captures the lives of the kind of people who are seldom depicted in fiction, Southwesterners who work with their hands and worry about whether the police will pull them over because of their appearance, people who agonize over how far each paycheck will stretch. Over and over again, mistakes or misfortune knock them down. And yet they carry on with dignity, facing an always-challenging world with wry and hard-won honesty.

*This book review originally appeared in an issue of High Country News (hcn.org).*

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# Just Dance The Steps

By Tracy Reseigh

*Just Dance The Steps*, written by former Denver Post journalist Giselle Massi, is a genuine love story about three sons with unconditional love for their father, and their quest to honor his dying wishes. Halton Bennett, II (Hal), a prominent Boston attorney recently passed away leaving a sizable estate to his three sons. A few months after his passing, Hal's sons received notebooks with a story from their father, and a final request for his sons to fulfill.

Hal's three sons respectively, received the notebooks and then went their separate ways to read them. What they began to see was a different side of their successful, well-known attorney father. Hal had written his children a story about Paula, his first true love. As the sons discovered, after Hal's wife had passed away, he had come in contact with Paula. Unfortunately, Hal had also discovered that the sad reality of the passing of a lifetime had left Paula with a crippling mental illness.

The three sons read the touching story of Hal's meeting Paula, leaving her, his love for their mother, and the pain that her death had caused Hal. The story is peppered with loving anecdotes about Paula and his deep feelings for her. The story is also filled with the love that Hal had for his wife, the mother of his three sons. Hal's love for his first wife and his family never wavered although Hal often thought about Paula, and what kind of a life she might have made for herself.

Hal's dying wish is for his sons to find Paula (through her caretaker sister), and convince them to let the boys get Paula the best mental health treatment that Hal's estate money could buy. The brothers, each with their own

strengths set out to do just that. They researched mental health treatment options, the fine line between "committing" somebody and getting them "treatment" all while not impeding their civil rights, and the most daunting task, explaining all of this to Paula's sister.

Hal's sons never once questioned their father's dying wish. They dove right into their separate tasks without ever asking each other why. Ironically, it was a lesson from their mother that gave them their motivation. She told them a story about a choreographer who told his student that "You do not have to or need to understand what you are doing. Just dance the steps." And that is what the boys did. They did not fully understand their father's request, however they danced the steps and through hard work, extensive research and resiliency, they honored their fathers dying wish.

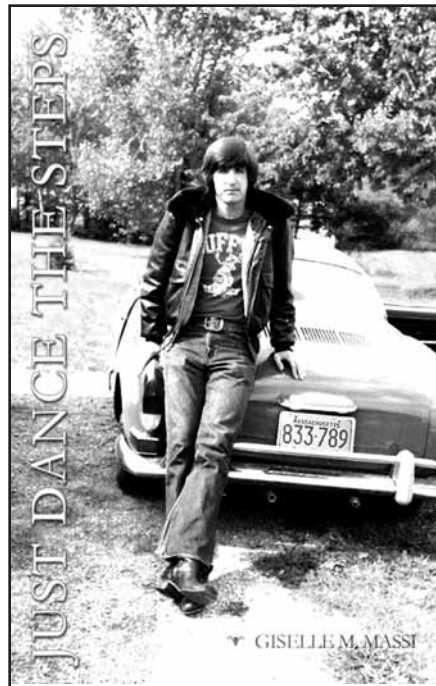
Ms. Massi reached out to the Highlander and offered us her book for review. I have to admit that this book


was "outside the box" for me. After reading the book however, I was moved.

I was struck by Hal's unequivocal love for his wife and his children yet all the while he still loved Paula. Not in a seedy love triangle kind of way, but in a way that as I read the book I felt that Hal's wife would have wanted her sons to honor Hal's wish as well. *Just Dance The Steps* is available as an e-book for \$2.99 at Massi's website,

[www.gisellemassi.com](http://www.gisellemassi.com)

She has also asked that we include her e-mail address if any Highlander readers have questions regarding spiritual life support, [gisellemassi@gmail.com](mailto:gisellemassi@gmail.com).





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# Pawnee Buttes Oversee A Changing Landscape

By Allen Best

You don't go to Pawnee Buttes in northeastern Colorado

by chance. Lonely and isolated, they stand several hundred feet above the rolling and sometimes choppy prairie. They're nearly an hour's drive away from an interstate highway, either I-80 or I-76, and it's nearly that far to the nearest gas station. It's a fine place for solitude. It's also a landscape that forces you to look within yourself as much as out. This is Colorado without mountains.

I grew up in that landscape. Every few years we would journey to the twin buttes, often with a picnic basket. Pawnee Buttes were wild and vertical, contrasting sharply with the orderly flatness of the sugar beet, corn and wheat fields of my home community. Aided by handholds and a short rope dangled by our father, we youngsters were able to climb one of the two buttes. On a clear day, you could see the peaks of Rocky Mountain National Park, 150 miles away. For us, this was high adventure.

In his book "Centennial," James Michener recreated these sandstone escarpments into "Rattlesnake Buttes." They were landmarks to the natives, first Pawnees and later the Sioux, and then guideposts to the settlers. His fictional name implies a place that demanded wariness. No rattlesnakes were evident when I returned to Pawnee Buttes on one of this year's first days of spring, but I did see changes. This once remote part of the Great Plains is now fully engaged in the new production of energy, both of fossil fuels and of renewable generation. The most flagrant injury has been to the darkness of night.

Oil reserves always existed in northeastern Colorado. In my youth, the greener pastures of my grandparents' neighborhoods had oil-well pumping jacks. Now, because of the evolving technologies and increased prices, drillers

have new reasons to bore holes into the Niobrara shale, one of the West's promising new hot spots. The result is small compounds of equipment and tanks, their existence marked in the night by the flickering orange of flaring methane gas. More conspicuous yet are the wind turbines, red and blinking into the deepening violet of dusk. These, too, have arrived within the last few years. The wind here is rich, raking the landscape with gusto. Like sentries standing guard, the turbines position themselves along the shelf of higher country along the Nebraska and Wyoming borders.

Walking along the trails, I was little disturbed by all of this energy development. Bright-green yucca stood out against the drought-dulled prairie.

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Clumps of buffalo grass glowed a resilient yellow in the late afternoon sun. Unlike the air of the city, which so often ripples with sour aromas, the air here smells neutrally clean. The buttes were, well, butte-i-ful. Pawnee Buttes has never been completely apart from forces of the broader world. Within 15 miles are the decaying remnants of towns created in the 1880s, when a railroad arrived to expedite development of the prairie into agricultural enterprises. Both cattle and plows left their marks, but the latter was the greater misadventure in a region too distant from snowmelt-fed rivers for irrigation and with just 14 to 17 inches of precipitation a year.

The town of Keota is a testament to this optimism. Its tower, still standing, once held water imported by rail, plus a bank, school, general store and other features of ambitions for permanence. More than a century later, the commercial miscalculation has become manifest in almost complete abandonment. The decaying brick and mortar is now bleeding into the prairie soil. Permanence was an illusion, as was the supposed wetter climate. Other towns - New Raymer, Grover and Stoneham - have had more staying power, though none sell gasoline. More ironic are the high fences and barbed wire that now house the silos of Minuteman missiles and a lot of weeds. Guarded by surveillance cameras, these nuclear missiles were installed

in the early 1960s to ensure that we could annihilate the Soviet Union just as completely as the Soviets could annihilate us. Mutual Assured Deterrence, it was called, or MAD, the perfect acronym.

My lesson upon returning home to the city is that isolation is never absolute. The Pawnee Buttes have seen the impulses of Manifest Destiny, the Dust Bowl that was a legacy of agricultural overreach, and then the chilling bunkers of the Cold War. This new energy transition is just the latest of changes. Perhaps only the rattlesnakes have stayed constant.

*Allen Best is a contributor to Writers on the Range, a service of High Country News (hcn.org). He writes about energy development in the Denver area.*





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## *Selling What's Priceless*

By Jeff Welsch

Of all the nutty ideas floating around the West of late - that Wyoming needs an aircraft carrier to prepare for the coming apocalypse, that Idaho residents should be allowed to lure wolves by using pets as bait, or that Yellowstone bison in Montana are "bio-terrorists" because they might cause brucellosis - none can match Utah's on the incredulity meter.

Some in the Beehive State are abuzz about the current effort to seize control of all public lands within its borders except for national parks, wilderness areas, military bases and Indian reservations. But unlike the seasonal silliness in Wyoming, Idaho and Montana, this Utah land grab has traction. The state Legislature passed a bill asserting eminent domain over public lands - our lands - and the governor has signed it, pledging a lawsuit if Utah doesn't receive nearly 30 million acres by 2015.

The U.S. Forest Service and Bureau of Land Management are shrugging off Utah's chest thumping as little more than election-year bluster. They view it as a revival of the failed Sagebrush Rebellion of the 1970s, and

are confident that any takeover effort will be laughed out of court. Yet the very idea should give us pause, and ranchers, outfitters, guides and other small-business owners whose livelihoods depend on economical access to our public lands should be on the alert because parallel conversations have taken place in other Western states. Some Arizona state legislators keep pushing to add 25 million acres of federal lands and similar drumbeats echo across New Mexico and Colorado.

In Montana, Rep. Denny Rehberg, who apparently feels that 32,000 miles of roads on our Forest Service lands aren't nearly enough, supports releasing the nation's few remaining non-wilderness, roadless areas for development. This has flabbergasted a broad range of constituents who view open space as essential to their livelihoods and the Montana way of life. Let's be clear about motives: These politicians want our lands so their financial backers can mine, drill, pave and otherwise develop without having to deal with such pesky matters as clean air, clean water and other health safeguards.

Special interests in Utah want to drill for oil and gas right next to national parks, and their counterparts in Arizona are

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itching for a uranium mine on the fringes of Grand Canyon National Park. Not stopping at his own state's borders, Florida Rep. Cliff Stearns has floated the idea of selling some of our national parks to private interests. Just think of the possibilities: Utah's Arches National Park could be renamed Golden Arches National Park and leveled for a McDonald's theme park.

In California, John Muir's favorite spot on the planet could be sold to Warner Bros. and renamed Yosemite Sam National Park. When in North Carolina, we could view the R.J. Reynolds Great Smoking Mountain National Park from the comfort of our cars on a new highway dubbed Tobacco Road. Lest we forget, public lands provide us with clean water, clean air and essential wildlife habitat. These are the places where millions of Americans go to hunt, fish, hike, camp, ride, run, ski, pedal, photograph, explore or simply find solitude in a rapidly shrinking and increasingly noisy world.

These lands provide hundreds of thousands of jobs and billions of dollars that benefit the economies of small rural communities. Above all, public lands are the embodiment of American freedom and individualism - places where anyone can go regardless of race, creed, color or stock portfolio. Our 750 million acres of public lands, much of it established more than a century ago by forefathers with

wisdom and vision, sets our nation apart.

If anyone thinks wilderness locks up land, wait until all of us in the West get met by miles of fences, gates, padlocks, corporate signage and corner posts spray painted in bright orange. If you think government programs are Europeanizing this nation, wait until you have to pay a premium to hunt or fish on lands your grandparents once freely traversed. Do the simple math: More people plus less public land equals less access and more crowds on the few equal-opportunity landscapes we have left. All of which leads to more rules, regulations and expense for the average American.

Most of us recognize the economic, ecological and spiritual value of our public lands. A whopping 93% of Colorado voters recently polled sees them as essential to the state's overall health. Sell our public lands? Seriously? For anyone who thinks that nutty idea will sit well on Main Street America, I've got an aircraft carrier on Yellowstone Lake to sell you.

*Jeff Welsch is a contributor to Writers on the Range, a service of High Country News (hcn.org) He is communications director for the Greater Yellowstone Coalition in Bozeman, Montana.*

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# Trees Absorb Less Carbon Than Earlier Thought

## Leaf Activity Drops During Summer

On the first day of summer - the longest day of the year - tree leaves are lush and green, luminous in the June sunlight. Yet just a day after the summer solstice, length of daylight begins to incrementally decrease; tree leaves begin to shut down, and the activity of photosynthesis declines. As the season progresses, this drop in photosynthetic activity means trees absorb less carbon dioxide than they had on the longest day of the year and ultimately sequester far less carbon on a global scale than earlier thought, a team of scientists has found. Photoperiod, rather than temperature, is a primary driver of leaf activity, according to research findings published May 14 in the Proceedings of the National Academy of Sciences.

In fact, photosynthetic activity wanes long before autumn's chill, the study shows. Correctly accounting for the impact of photoperiod on tree leaf activity adjusts global estimates of carbon sequestration downward by more than 3%, according to the study, titled "Photoperiodic regulation of the seasonal pattern of photosynthetic capacity and the implications for carbon cycling." The result: Net primary production - the amount of carbon

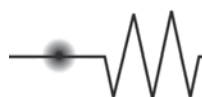
dioxide the Earth's vegetation absorbs during photosynthesis, minus that released in plant respiration - drops from 58.7 petagrams of carbon per year to 56.7 petagrams of carbon per year, according to the study in PNAS. That's a downward correction of 3.4% (1 petagram equals 1 billion metric tons).

Tree leaves, responding to shorter days, simply do not fix the planet's fast-rising carbon dioxide levels to the extent that scientists earlier assumed, the nine researchers write. That is true even when warm temperatures delay signs of aging in tree leaves. "These values are substantial when considering the amount of global atmospheric carbon," said William L. Bauerle, an ecophysiologicalist at CSU and the study's lead author. "As carbon levels rise and temperatures warm, trees can only do so much to protect the planet from the effects of climate change."

Ram Oren, Nicholas Professor of Earth System Science at Duke University's Nicholas School of the Environment, said the research discoveries are significant in the context of climate change. Until now, Oren said, scientists assumed that as the climate warms, growing seasons would lengthen and forests would absorb more carbon dioxide from the atmosphere. "Our findings mean that lengthening growing



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seasons with global warming will not increase photosynthesis, because day length will not change,” Oren said.

Scientists know from earlier studies that leaves generally are developing earlier in the spring and staying green longer in the autumn, noted Danielle Way, a collaborator who studies global change ecology at Duke University. “Our work shows that leaves can remain green in the late summer and autumn, while photosynthetic capacity drops off, since photosynthesis is strongly controlled by day length,” Way said. “Leaves may stay



green in a warmer climate, but that doesn’t mean trees will take up as much carbon dioxide from the atmosphere as we assumed.”

The findings will help refine global models of atmospheric carbon cycling and predictions about the impact of climate change, according to the study. Likewise, new insights about the impact of photoperiod on tree leaves will improve estimates of current carbon uptake based on vegetation greenness sensed with space-based technologies, the authors write. “In this study, we demonstrate how to scale from the leaf to the global level,” said Bauerle, a faculty member in CSU’s Department of Horticulture and Landscape Architecture.

The research team’s findings are based on measurements of tree leaf photosynthesis rates over five growing seasons. The scientists used portable steady-state gas exchange systems to monitor photosynthetic activity in the leaves of 11 tree species, including red maple, green ash, honey locust, white oak and birch. The team, representing research institutions in the United States, Canada and Sweden, also used previously published data from an additional 12 species.

Their leaf-level measurements controlled for factors including light, temperature and humidity to analyze photosynthetic response. The researchers found that photosynthetic activity begins to decline many weeks before the leaves of deciduous trees change color and drop to the ground during fall. “Even in the early fall, tree leaves are lush and green, but our study found that their physiological activity is much less than we’d expect based on appearance. Because of that, we have been overestimating the amount of carbon they are fixing,” Bauerle said.

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## Rio Earth Summit ~ Arctic Offshore Drilling

Dear EarthTalk: I understand there is to be another Earth Summit in Rio de Janeiro, Brazil in June 2012, 20 years

since the last one was held in the same city. What's on the agenda this time? — Janet Grayson, Albuquerque, NM

According to the United Nations, the so-called "Rio+20 Conference"—officially the UN Conference on Sustainable Development—is a new attempt in a new millennium to “lay the foundations of a world of prosperity, peace and sustainability.” The event will take place June 20-22, the 20th anniversary of 1992's United Nations Conference on Sustainable Development (UNCSD)—the “Rio Earth Summit”—and the 10th anniversary of the 2002 World Summit on Sustainable Development in Johannesburg.

The main agenda items will be reviewing the progress and difficulties associated with moving towards sustainability, assessing responses to the newly emerging challenges faced by our societies, and strengthening political commitments to sustainable development. Underlying themes include finding ways to leverage the green economy to foster sustainable development and poverty eradication, and setting up an effective institutional framework for future global sustainable development initiatives. Delegates from the 200+ nations and thousands of private and nonprofit sector attendees will focus on sustainable cities, decent jobs, food security and sustainable agriculture, energy, oceans, and disaster readiness.

To the World Resources Institute (WRI), a Washington, DC-based think tank devoted to sustainability issues, Rio+20 is important as it forces the world's nations to “review progress on and reaffirm a global commitment to the policies designed to foster economic growth that is both

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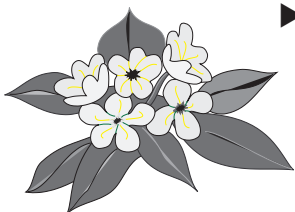
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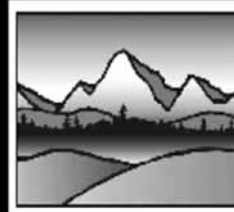
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*(Pictured here: Rio de Janeiro, Brazil.)*

inclusive and respects the planet's limited carrying capacity." WRI adds that amid a global recession, a widening gap between rich and poor and heightened competition for energy, food and other natural resources, the conference couldn't be timelier but "unfortunately, no clear vision for Rio+20 has emerged, and expectations... remain low."

But conference participants are busy preparing. The Stakeholder Forum for a Sustainable Future (SFSF), a network of non-governmental participants, is busy developing the Global Transition 2012 Initiative, which will lay out specific recommendations culled from organizations and thought leaders around the world.

"A goal of the initiative is to achieve an outcome from Rio+20 that catalyses a 'Global Transition' to an economy that maximizes well-being, operates within environmental limits and is capable of coping and adapting to global environmental change," reports the SFSF. "The Global Transition 2012 initiative will propose focused and accessible goals, targets and policy interventions that will chart a clear route towards the greening of the global

economy, and the achievement of social and economic justice."

Rio+20 participants hope this event will be remembered as an historic occasion when nations of the world aligned behind the cause of staving off global environmental catastrophe. But the more likely outcome is a few non-binding agreements that will soon be forgotten by constituents, the media and even many of the participating countries. Not since 1987's Montreal Protocol to phase out ozone-depleting chemicals have nations of the world been able to come together in a significant way to address specific environmental ills. And without any binding agreements already on the table, Rio+20 doesn't look to dazzle either. *UNCSD*, [www.uncsd2012.org](http://www.uncsd2012.org); *SFSF*, [www.stakeholderforum.org](http://www.stakeholderforum.org); *WRI*, [www.wri.org](http://www.wri.org). [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).

Dear EarthTalk: The oil industry is planning what some call a dangerous strategy of drilling for oil on the Outer Continental Shelf in the Arctic Ocean. What's going on?

—Vera Bailey, New Hope, PA

In November 2011 the Obama administration began lifting the moratorium on off-shore drilling that had been imposed in the wake of the Deepwater Horizon disaster. Interior Secretary Ken Salazar announced a five year plan including 15 leases for oil development on Alaska's Outer Continental Shelf and in the Gulf of Mexico. For now the East and West coasts of the continental U.S. have been spared from drilling, but environmentalists are particularly worried about opening up the fragile Alaskan Arctic to off-shore rigs.

"This five-year program will make available for development more than

*(Continued on next page.)*

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three-quarters of undiscovered oil and gas resources estimated on the [Outer Continental Shelf], including frontier areas such as the Arctic, where we must proceed cautiously, safely and based on the best science available,” Salazar told reporters.


Republicans were incensed that more acreage was not being made available for off-shore drilling, but environmentalists couldn't believe what they were hearing for different reasons: In June 2011 the U.S. Geological Survey (USGS) had released a 292-page report commissioned by Interior Secretary Salazar “to identify the gaps in scientific or technical knowledge about how drilling in the Beaufort and Chukchi seas north of Alaska would affect the region,” reports Jerry Bellinson in *Popular Mechanics*. The report, Bellinson says, “details several areas where those gaps exist, including oil-spill cleanup technologies, basic mapping of currents and the effects of underwater noise on sea mammals.” Despite the USGS's warnings, the Obama administration decided to proceed anyway.

“Drilling infrastructure permanently alters ocean floor habitats,” reports Defenders of Wildlife. “Drill rig footprints, undersea pipelines, dredging ship channels, and dumped drill cuttings-the rock material dug out of the oil or gas well-are often contaminated with drilling fluid used to lubricate and regulate the pressure in drilling operations.”

The group adds that contaminated sediments are carried long distances by currents and can kill important small bottom-dwelling creatures at the bottom of the marine food chain.

Defenders also argue that spills, leaks and occasional BP-like catastrophes are unavoidable with off-shore oil drilling, if history is any guide. “Even with safety protocols in place, leaks and spills are inevitable-each year U.S. drilling operations send an average of 880,000 gallons of oil into the ocean.”

As for wildlife, off-shore drilling can have devastating effects even with no spills or leaks. “Seismic surveys conducted during oil and gas exploration cause temporary or permanent hearing loss, induce behavioral changes, and even physically injure marine mammals such as whales, seals and dolphins,” reports Defenders. “Construction noise from new facilities and pipelines is also likely to interfere with foraging and communication behaviors of birds and mammals. Because they are at the top of the food chain, many marine mammals will be exposed to the dangers of bioaccumulation of organic pollutants and metals.” And off-shore drilling only adds insult to injury as far as Defenders is concerned: “In the face of the climate crisis, the U.S. needs to look for ways to decrease petroleum consumption, not...increase it.” *Defenders of Wildlife*, [www.defenders.org](http://www.defenders.org); *Popular Mechanics*.



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Foss Liquors, Miners Alley, Golden  
Golden City Hall, 911 10th St. Golden  
Golden Mill, 1012 Ford St., Golden  
Golden Public Library, 1019 10th Street, Golden  
Holly West Restaurant, Applewood Shopping Ctr, Wheat Ridge  
Golden Skillet, 807 13th St., Golden  
Meyer Hardware - 1103 Arapahoe St., Golden  
Miners Alley Playhouse, Above Foss Liquors, Golden  
Mutual of Omaha Bank - 770 Heritage Rd, Golden  
Roast & Toast Cafe, 1030 Johnson Road, Golden

**BOULDER LOCATIONS**

Boulder Broker Hotel, 30th & Baseline, Boulder  
Boulder Municipal Federal Credit Union, 2800 Arapahoe,  
Dark Horse Saloon, 2922 Baseline, Boulder  
Eads News & Smoke Shop - Canyon & 28th Street, Boulder  
Flatirons Health Club - Foothills Parkway, Boulder  
Holiday Inn Express Hotel, N. Broadway, Boulder  
modmarket, 1600 28th St., #1212, Boulder  
Moe's Bagels, N. Broadway, Boulder  
Mountain Sun Restaurant, East Pearl Street, Boulder  
Murphy's Restaurant - Table Mesa Shopping Ctr, Boulder  
Page Two Cafe, 6565 Gunpark Dr., Gunbarrel  
Play It Again Sports, Table Mesa Shopping Ctr, Boulder  
Spruce Confections, 4684 Broadway, Boulder

**NEDERLAND / PEAK TO PEAK LOCATIONS**

B & F Mountain Market, Village Shopping Ctr., Nederland  
Bales & Beers Country Store, 99 Dynamite Dr., Hwy 119  
Best Western Lodge at Nederland, 55 Lakeview Drive  
Dam Liquors, Village Shopping Center - Nederland  
Gilpin County Justice Ctr, Hwy 46, top of Golden Gate Canyon  
Gilpin County Recreation Center Lobby, Hwy 46, Golden Gate  
Dory Hills Campground, Hwy 46, Golden Gate Canyon  
Nederland Information Center, First Street & Hwy 119  
New Moon Bakery & Internet Cafe, 1 W. First St., Nederland  
Roy's Last Shot Restaurant, 17268 Hwy 119, Peak to Peak Hwy  
Mountain People's Coop, First Street, Nederland  
Rustic Moose, 26 E. First St., Nederland  
Sundance Cafe, Hwy 119 S, Nederland  
Taggerts, Hwy 119 at Colorado Sierra  
Thai Restaurant, 155 Hwy 119 East, Nederland  
The Savory Cafe, Village Shopping Center, Nederland  
Whistlers Cafe, First Street, Nederland

**ARVADA LOCATIONS**

3 Sons Italian Restaurant - 64th & Ward Road, Arvada  
Malones's Clubhouse Grill, 64th. & Indiana, Arvada  
Susan Duncan YMCA, 6350 Eldridge, Arvada  
Town Center Liquors, 14455 W. 64th Ave., Arvada  
West Bros. Feed & Tack Repair, N. Indiana St., Arvada

**COAL CREEK CANYON LOCATIONS**

Canyon Liquor, Hwy 72, Coal Creek Canyon  
CCCIA 31528 Hwy 72, Coal Creek Canyon  
Kwik Mart, Hwy 72, Coal Creek Canyon  
Westfalen Hof Restaurant, 32138 Hwy 72  
Wondervu Cafe, Wondervu, Coal Creek Canyon

**CENTRAL CITY / BLACK HAWK LOCATIONS**

Central City Information Center, Central City  
Central City Post Office Lobby, Central City  
Dostal Alley-Brewery & Casino, Central City  
Gilpin County Courthouse, Central City  
Mountain Family Health Center - Black Hawk

*Kathy gale CMT*  
*Coal Creek Massage*

303.619.4708

*Kathygcmt@gmail.com*  
*CoalCreekMassage.MassageTherapy.com*



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JUNE  
2012

# POWER UPDATE



## Save Trees with Paperless Billing

United Power members who no longer wish to receive a printed bill in the mail can now sign up for Paperless Billing.

To sign up for Paperless Billing, call our Customer Service department at 303-637-1300 or click on e-bill at the top of our homepage.

Once you are enrolled in Paperless Billing, a paper bill will no longer be mailed to you. You will receive an e-mail notification when your statement is available.

[www.unitedpower.com](http://www.unitedpower.com)



Your Touchstone Energy® Cooperative

## Calling Before You Dig is Easy—Dial 811 to Know What's Below

There is a national phone number that makes every digging project safer. Simply dial 811 a few days before you dig to have underground utilities located for free.

Whether you are planning to do it yourself or hire a professional, smart digging means calling 811 before each job.

Homeowners often make risky assumptions about whether or not they should get their utility lines marked, but every digging job requires a call — even small projects like planting trees and shrubs.

If you hit an underground utility line while digging, you can harm yourself or those around you, disrupt service to an entire neighborhood and potentially be responsible for fines and repair costs.

For more information about the new Call Before You Dig number, visit [www.call811.com](http://www.call811.com).



**Know what's below.  
Call before you dig.**



## Is Your Phone Number Accurate?

Occasionally, United Power will try to contact members via the phone to notify them of planned outages, emergencies, or most recently, to warn members of a scam attempt where an imposter was posing as a United Power employee and trying to collect money from member's homes. If the phone number on file with United Power is not up-to-date, United Power is not able to alert you to these events. Please verify that the phone number on your account is correct by calling Customer Service at 303-637-1300 or logging into your e-bill account at [www.unitedpower.com](http://www.unitedpower.com). You may be missing important information!

Customer Service: 303-637-1300

Coal Creek Office: 303-642-7921

[www.unitedpower.com](http://www.unitedpower.com)



# Green's Market Season Opening - June 16th

Open: Tuesdays - Saturdays 10am - 6pm  
At Highway 72 & Twin Spruce Road

**NEW LISTING!**



**11536 Coal Creek Heights**  
Amazing 300 Degree Views!  
3 BD/ 3 BA. **\$549,900**

**SOLD!**



**34106 Gap Road**  
Fabulous horse property!  
2 BD/ 2 BA **\$259,000**



**11970 Spruce Canyon**  
Desirable Crescent Park!  
4 BD/ 3 BA **\$288,900**



**99 Rocky Ridge Road**  
Stunning Mtn. Top Retreat!  
3 BD/ 4 BA **\$324,000**



**NEW LISTING!**

**1095 Rudi Lane**  
Lovely Custom with Views!  
3 BD/ 3 BA. **\$304,900**



**Under Contract!**

**34982 Pine Ridge Road**  
Views - Privacy - Tranquility  
3 BD/ 4 BA. **\$382,000**



**578 Meadowlake Drive**  
Backs to Golden Gate State Park!  
3 BD/ 2 BA **\$309,000**



**NEW PRICE!**

**11340 Shimley Road**  
Majestic Log Residence!  
4 BD/ 4 BA **\$477,900**



**105 Stone Cliff Circle**  
Beautifully Crafted - VIEWS!  
3 BD/ 3 BA. **\$599,900**



**96 Elliot Lane**  
Your Sanctuary is Here!  
3 BD/ 2 BA **\$324,900**



**34862 Pine Ridge**  
5 Ac! Beautiful Remodel!  
4 BD/ 3 BA **\$449,000**



**NEW LISTING!**

**Under Contract!**

**11835 Nob Way**  
Remodeled Throughout!  
3 BD/ 2 BA **\$294,000**



**33080 Janelle Circle**  
Panoramic Views Abound!  
3 BD/ 4 BA **\$349,000**



**NEW PRICE!**

**3072 Coal Creek Canyon**  
Top to Bottom Remodel!  
3 BD/ 1 BA **\$179,900**



**NEW PRICE!**

**426 Indian Peak Road**  
2.03 Ac Nicely Wooded Lot.  
3 BD/ 2 BA **\$229,000**



**SOLD!**

**13749 W. 61st Lane**  
Beautiful Townhome - Arvada  
3 BD/ 4 BA **\$322,500**



**SOLD!**

**6331 Cole Lane**  
Arvada's Wyndham Park!  
3BD/ 3BA **\$319,000**



**SOLD!**

**11468 Ranch Elsie Road**  
Amazing Remodel in 2012!  
3 BD/ 1 BA **\$239,000**



**11673 Hillcrest Road**  
Charming mountain cabin!  
1 BD **\$89,500**

## Vacant Land Listings

- 33966 Nadm Dr. \$75,000
- 11547 Shimley \$49,000
- 11883 Lillis Ln. \$164,900
- 595 Black Gulch Rd. \$184,900
- 4 Leon Ln. \$46,900
- 0 Moss Rock \$74,999
- 0 Coal Creek Canyon \$50,000



**Kathy Keating,**  
CRS, ABR, GRI  
EcoBroker,  
Broker Associate



For additional information and photos:  
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[kathykeating@mockrealty.com](mailto:kathykeating@mockrealty.com)  
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