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# I Am...

By Omayra Acevedo  
Nature and Wildlife Photojournalist

Like an antelope, I ran at speeds over 53 miles per hour. My only focus: forward. My only mission: survival. Like a goat, my legs work in cooperative unison, leading the way, helping me push forward on the terrain. At one point, I must have leaped 20 feet in the air while running. Barely out of breath, I came to an abrupt halt, leaving you in the dust. The need to run for my life has been immensely intensified. It's as if I was being chased by something wild also trying to survive. Today, yet again, I escaped the never-ending threat of your hands.

I am an exceptional distance runner, though running is my last line of defense. I have weapons I can use to attack. Weapons made of the strongest keratin and bone that can painfully tear through your skin. Instead, I will continue to run for my survival. Nonetheless, I can't help but wonder how much longer I will run until you finally catch up. I can see you coming from four miles away during the day and night. This should help, but only for a while. If you startle me, I will raise the bright white hair on my rump.

Hair so vibrant it can be seen from great distances. Please don't misconstrue this as a welcome. It is a warning that I am uncomfortable and perhaps you should consider giving me my space to live. Space that on average will only last ten years. I have enough on my plate without having to worry about you also. By late August or early September I will be engaging in a fight that will determine my family's reproductive success. I believe some of you call this survival of the fittest.

If I am fortunate, I will give birth by May or June. My offspring will be that of miracles; born almost odorless and with the ability to out run you just four days after it is born. For safe keeping, I will hide them in deep grass for several days. The last thing I want to do is to attract you to my child. Still, if you come across this tiny innocent youngster who seems abandoned, please leave it be. It has not been deserted. It is not defenseless. It is born a fighter, it is simply preparing for its biggest challenge in life... existence.

An existence that includes a 300-mile hike the following Spring. A trek which your roads, fences and gas-related developments have made more *(Continued next page.)*



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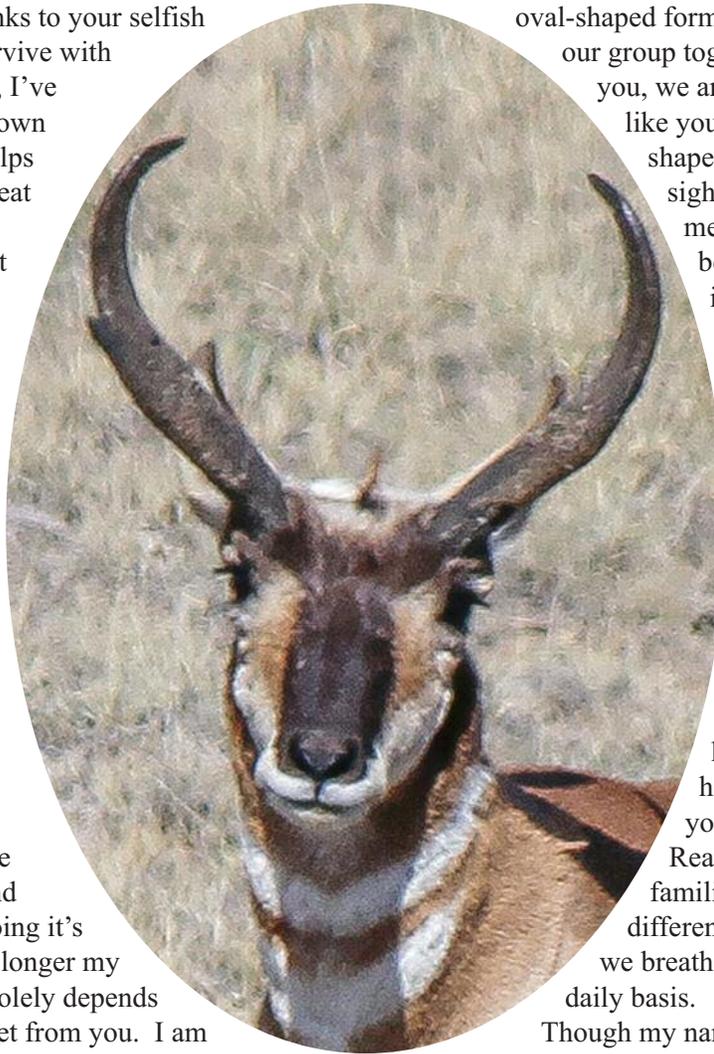




## Highlander Wildlife

difficult than it already is. Thanks to your selfish acts, we find less and less to survive with during our journey. Thankfully, I've adapted the ability to chew my own partially digested food. This helps keep me fed. But what am I to eat once you have destroyed everything I call home? All that grass you claim to be in your way, well, it's how my family and I remain alive. You believe that we will adapt to anything you throw at us. Yes, at one point we were on the verge of extinction and we fought back. Not many can repeat those words. What you fail to acknowledge, however, is that we are nature; a part of nature that was not built to adjust to toxic chemicals or counterfeit elements.

We thrive in open land. Meadows and fields which you have chosen to bulldoze to make way for cookie-cutter houses and factories. At the pace you're going it's difficult to ascertain how much longer my family has to live. I guess this solely depends on how much compassion we get from you. I am an inspiring animal of elegance. When I run with my family, we run like a flock of birds fly, in an



oval-shaped formation. We do this to keep our group together and safe. Just like you, we are creatures of the earth, and like you, we deserve to be here. My shape, colors and patterns are a sight to see. When you look at me you might see something of beauty, or perhaps you see an inconvenience. I may never know. What I do know is when I look at you, I see two things. The first thing I see is the cause of my demise; the second and most important thing I see when I look at you, is my last hope. I am the only living member of my kind in the world. My ancestry goes as far back as a million years. That's a lot longer than you have been here. All I ask is that when you see me, you respect me. Realize that you and I, our families, are truly not very different from one another. We eat, we breathe, we strive to survive on a daily basis.

Though my name begs to differ, I am neither goat nor antelope. I am hope. I am beauty. I am the Pronghorn Antelope.



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# Women's March In Denver

Article by Valerie Wedel

Photos by Carole Cardon

Homecoming. Coming home to sisters, mothers, daughters, and brothers to a tribe. Deep peace in the soul. On 21 January 2017, women, men and children walked through downtown Denver. Carrying signs and singing, we walked. We are not alone! Millions of people marched in cities all over our country. Even all over the world. These marches were a response to the inauguration of Donald Trump as 45th president of the United States.

It was announced at the beginning of speeches just after the march, that attendance had been calculated at 200,000 people walking, in Denver alone. Subsequent news reports suggested lower estimates for Denver, ranging from 100,000 – 150,000.

Here in Denver the signs, slogans and activists were peaceful. “Love trumps hate” was a common theme. The police who lined the marching route leaned relaxed against buildings, their bicycles lined up in rows. They smiled, nibbled nuts or protein bars, and sipped from water bottles that ride clipped to their black mountain bike frames. No riot gear, no fear. Just... peace.

When helicopters buzzed overhead, the crowd swelled to a roar, laughing, cheering, and singing. There were so many of us along the 18-block route that groups of marchers had to be released in waves. Signs held high, laughing, many people wearing pink hats with cat ears, we marched together. A river of love.

Why did so many turn out, not only in Denver, but all over the country, and internationally? Never, in the history of our country, has a protest like this been seen in response to a presidential inauguration. Normally we all band together behind a new president, no matter who we voted for. Why is this election different? Riding in to the march on the Denver light rail, I spoke with several people. These questions kept coming up:

What does citizenship mean? Have folks attending ever done activism before? What moved people to march?

Waiting in line at the Jefferson County Court House light rail station were Vanessa, from Columbia, and her husband Bart from Poland. Both immigrated to the United States and won their citizenship during the time President Obama was in office. Bart's grandparents, still in Poland,



remember World War II and the rise of Hitler. Bart and his extended family in Europe, apparently along with many other Europeans, believe Donald Trump represents the rise of the next Hitler. This is because of Trump's behavior, his bullying rhetoric, the people he wants to appoint to key government positions, and the white supremacist and nationalistic rhetoric of Trump's (Continued next page.)



loudest supporters. I was told many Europeans see this

behavior of Mr. Trump and his extreme right wing

supporters as identical to the build up of fascism and fear in Nazi Germany prior to World War II. As Vanessa and Bart said, they have to march. They cherish and seek to protect the democracy for which they came to the United States. To them both, citizenship means participation.

Light rail cars traveling east into Denver were completely full, standing room only. The good news was people were packed in so thoroughly no one could fall. We held each other up. Wedged next to me were Bridgid and Bill. Bridgid came to the United States as a World War II refugee, as a young girl. To her Trump represents Hitler, for the same reasons as Vanessa and Bart. She remembers a deep fear from that time, and will do everything she can to keep the United States from

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going further down a road she believes is dangerous and harmful to our country and people. Her husband Bill is a veteran who makes a point of saying he enlisted. He carries a small United States flag tucked in the pocket of his faded army jacket. Bill deeply loves our country and feels this protest march is part of his service to our democracy and freedom, just as his service in the United States armed forces was.

Bridgid speaks of fear. She is afraid of being singled out and attacked or retaliated against, because of protesting at the march. As Bridgid voices her fear, several middle aged white women around us join the conversation. Woman after woman voices the same fear - a dread of being attacked by violent Trump supporters, either during or after the march. A deep fear of reprisals. They feel deep dread to speak up and be seen. And yet, they each say with pale faces and determined eyes, the importance of making their voice heard gives them courage to march. For most of these women, this is their first ever protest action.

Arriving downtown, the sheer volume of people is stunning. The streets look like a river of humanity, packed solidly with bright clothing, determined faces, and bobbing signs. Over it all a deep sense of love. I am unprepared for this love. Having engaged in protest actions in the past, this is different. Love and joy are overpowering. A slow

moving river of people are singing, smiling, and supporting each other. Overcoming their fear of speaking out. People supporting peace, the environment and hard won civil rights.

Chris walks next to me for a time. He carries a rainbow sign, a beautiful work of art. Chris marches to stand against hateful rhetoric, and to stand in solidarity for all our people. He emigrated here from Central America, and he is gay. He also speaks of fear, a dread of being singled out and retaliated against by violent Trump supporters. Then he holds his sign high. Chris believes citizenship means power of the people. Carla, who walks with us for a time, says she believes our strength is our diversity – that is what makes America great.

Over and over again I hear people say it is a relief to be part of this march. A relief to know they are not alone. Carol, a 60-something white woman, says it is an accident of birth that she happens to be a US citizen, having been born in this country. She believes each of us have to do what we can to make the world a better place, wherever we happen to live. She marches to protect peace, civil rights, and democratic values.

Two young women serving as marshals for the march say they are volunteering to make right the fact they did not vote. The two young marshals feel *(Continued next page.)*

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## Highlander Issues

their generation of young people, some of whom boycotted the election because Bernie Sanders was not on the ticket, made a tragic mistake. These two young ladies feel they

make amends to our country now, and by their activism going forward.

Following the march, the massive crowd assembled peacefully to continue supporting each other, and hear various speakers. There were many calls to action. A common thread was to resist

hate-filled rhetoric and violent hate crime behavior - these must not become normal in this country. Also to stand together in solidarity, and to call out abuse where we see it. In the words of Sarah Tyson, Assistant Professor of Philosophy at Denver University, "Together we can and must resist a culture in which violence and sexism are

normalized." And from Lauren Castille, "...We're here to talk about solutions... I urge you to listen to every diverse voice..."



*About the writer: Valerie Wedel has lived in Coal Creek Canyon for 16 years. She is a mom, and home schooled her children. She holds a BS in biology and worked in research. Subsequently winning her masters in architecture and she is a designer. She explores sacred and ancient music with Celtic harp, for love of the music.*

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# Clarifications To Bobcat Article

**Hello Editor,**

I enjoyed reading the February 2017 Highlander article "We Need the Bobcat" written by Kathy Milacek. Although I personally prefer to observe these beautiful creatures rather than hunt or trap them, I think it is important to correct some factual errors that were reported in the article pertaining to illegality of hunting these animals.

It was noted that "It is illegal to trap, poison or hunt these small mammals, especially in subdivisions/ bedroom community habitats." Also, in the second to the last sentence in the article (in bold print), the author suggests that a person should "always report to local law enforcement anyone trying to hurt or hunt wildlife on private property." Both of these statements need clarification.

As per Colorado Parks and Wildlife Commission Regulations (Chapter 3), it is legal to hunt or trap bobcats in Colorado. Bobcats can be hunted in most areas of the state unless otherwise prohibited by law. In most cases, a person needs a license, which are unlimited in number, to hunt or trap a bobcat. However, as per Colorado Revised Statute, there are times when a person does not need a license to hunt or kill a bobcat, specifically "when such wildlife is causing damage to crops, real or personal property, or livestock."

Also, it is perfectly legal for a landowner to hunt on his/her own property, and it is perfectly legal for anyone to hunt on private property with the permission of the landowner. It would be an absolute waste of time and resources for citizens to report to local law enforcement someone who is merely hunting on private property unless there is a crime or a suspected crime.

Gary Berlin (Retired Wildlife Officer)

**Mr. Berlin,**

Thanks for writing to clarify some details in the Bobcat article. While hunting permits are issued for this wild cat, the time period is limited to three months - Dec. through February - in Colorado. While permission to hunt on private property must be obtained by a license/ permit holder it is a safety issue to hunt in bedroom communities.

From the CO Parks & Wildlife: all bobcats or their pelts must be personally presented by the hunter for inspection and sealing by CPW within 30 days after take or within five days after the season closes, whichever is sooner. Any bobcat hide/pelt without a seal within five days after the season closes is illegal and becomes the property of the state. Seals will be placed

only on bobcats taken legally in Colorado. It is illegal to buy, sell, trade or barter an untanned bobcat hide/pelt without a seal. One seal per hide/pelt. Contact a nearby CPW office for details.

CPW has released Canada lynx in southwest Colorado, which may be found elsewhere in the state. If you see one, please report it to a CPW office. Bobcat hunters should make sure they don't shoot a lynx. Lynx differ from bobcats in several ways: **THE TIP OF A LYNX TAIL** is black all around. On a bobcat, the underside of the tip of its tail is white. **THE EAR TUFTS** of lynx are more than one inch long. **THE BELLY FUR** on a lynx is tawny colored. On a bobcat, it is white. **LYNX TRACKS** are 3 1/2 to 4 1/2 inches wide. Bobcat tracks are smaller than 2 1/2 inches wide. Colorado Parks & Wildlife suggest calling State Patrol and asking for a Wildlife Officer if you are concerned for your safety should anyone be trying to shoot a bobcat in your area, 303.239.4501. Editor



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# By Challenging Myths... Find Their Native Voice

Michelle Garcia HCN January 23rd, 2017

Alone inside a teepee one night, I stoked the embers of a dying fire, my mind searching for a common thread through the moments that had defined my time at the Standing Rock camps. Quietly, a man with military service in his past and American Indian heritage settled onto a nearby chair, and then, as if sensing my thoughts, asked me if I knew how to beat a warrior. I stared at the fire and shook my head. He said, "Come to him in peace."

With those words, he had captured the quiet war underway on the plains of North Dakota. It was an unannounced battle, waged by some of the men who had traveled to the camp — warriors — publicly and within the spirit, as they confronted the legacy of the American frontier battles and genocides that had cast the mold of the American man and charted the course of the nation.

The most evident sign of such battles occurred two days earlier, on Dec. 5, when Wes Clark Jr. and a dozen other veterans announced themselves as the "conscience of the nation" before a group of Sioux spiritual leaders. Clark, the son and namesake of U.S. Army Gen. Wesley Clark, the former supreme allied commander of NATO, had donned a hat and jacket, deep blue with gold braid, the uniform of George Custer's 7th Cavalry, which fought the Sioux in the 19th century. On bended knee, Clark removed his hat and bowed his head before Leonard Crow Dog, a Lakota medicine man. And then he begged for forgiveness for the atrocities committed by the U.S. military and the nation, for the theft of Native American land and children, the desecration of sacred sites and the destruction of Native American languages.

The forgiveness ceremony seemed fitting within the massive and historic opposition to the Dakota Access Pipeline, which had been rerouted from the mostly white city of Bismarck, and now threatened the water source and sacred sites of the Standing Rock Sioux. With the pipeline project, American Indian tribes and their supporters reckon with forces much like those that were behind the creation of the modern American West — banks, corporations, the government and troops representing their interests —

working in concert to extract and exploit in the name of prosperity.

With those forces came cultural messages about men in the West, messages that seemingly confronted Sonny Ironclad, a 25-year-old member of the Standing Rock Sioux, when he and other young Native American men on horseback rode from camp to a nearby bridge, the front line, where law enforcement constructed a barricade. The police become visibly nervous, he told me. "They think we're dangerous; we're just on horses. We don't have weapons. They have weapons." Ironclad stroked his mare and chuckled.

In the Western myth, men conquer and exploit. At Standing Rock, men spoke of finding family. "Everybody treated us differently off the reservation," Ironclad said, greeting new friends walking by. The camp had drawn representatives of 300 American Indian tribes. It had grown with the arrival of whites, African-Americans, Latinos and Asian Americans. "I have found another part of my family I have never known," he said. In the spirit of a Lakota tradition of Hunka, he embraced tribal members from all over the world as family. And, he said, after his former co-worker, a white man, visited him at the camp, he was no longer just a best friend, he was a brother.

At daybreak, as the sky turned silvery blue, men found a place of prayer in the water ceremony celebrated by women. At the ceremonial fire in the center of camp, women distributed water in small cups, tiny reminders of material life. The crowd then moved through the camp and down to the snow-covered banks of the Cannonball River. We pinched off some tobacco and, one by one, approached the iced-over river with our offerings. Before us, standing shoulder to shoulder, the men lined the rocky, icy stairs, each with his hands outstretched, giving of himself as support, as part of the prayer. The men asked for nothing, not gratitude or even acknowledgment. Some said, "Good morning." Later, I overheard a man express wonder and joy at supporting women simply by being present. It was not their physical strength that was valued, or their help, but their presence — an act of giving by being. From the river,

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I climbed the snowy bank, returning to the camp to the sound of “The Star-Spangled Banner” played on a bugle.

With Standing Rock comes a response and another chapter to the 19th century formation of the nation, when the “Indian wars” became symbolic of the United States’ greatness, morally and economically, and of a promised future. In *The Fatal Environment: The Myth of the Frontier in the Age of Industrialization*, Richard Slotkin writes that Custer’s march into the Great Plains was saddled with the pressing political and social needs of the time. Custer’s “triumph over the savages of the plains would not only end the Indian wars, it would point a stern lesson to the other forces within the Metropolis — disorderly ‘tramps,’ immigrant laborers, recalcitrant blacks about the will and capacity of the republic to punish its enemies and vindicate its moral and political authority.” Custer’s defeat, however, did nothing to diminish the nation’s intent to impose order on the unruly and marginalized.

Standing Rock summoned warriors who detected that legacy in law enforcement’s use of water cannons and attack dogs. “The way they were treating people was horrible,” said 33-year-old Issac Segura, as he gazed from a snowy embankment not far from where the clashes took place. Segura and his friend, Eric Flores, battle brothers from Iraq, had watched the videos of the clashes back in Chicago; both men called the images tragic. Flores organized a team and rounded up supplies, and the men set off for Standing Rock.

As always, there are cowards among men, men who replicate the frontier ideology that produced the pipeline they traveled to oppose. I found one such man at the medic tent, pouring hot tea into his thermos. I asked him where I could find toe warmers, which work better than the foot warmers I packed. He pointed to the door of a yurt, then, as he prepared to leave, added: “You were supposed to bring your own.”

“And who are you?” I retorted. “Someone who brought his own,” the man said, as he walked away with someone else’s tea. In him, I observed his forefathers, men who built their fortunes by seizing the riches of others.

From Standing Rock emerges a redefinition of the

warrior. Chris Hardeen, a 27-year-old Navajo and veteran of the Marines, joined the military searching for the road to becoming a warrior. But it had been a false start. He had become a “warrior for the government,” he said. Soon after a deployment, questions rushed at him, and the absence of purpose became clear. He had set aside himself, his identity, to fulfill a false warrior ideal, and was left with a sense of what he described as “longing.”

But through prayer and speaking with elders, he said, he had learned that “it is the true warrior that’s within us that’s starting to come out.” His warrior life is now spiritual, blessed.

On the day I prepared to leave, inside the enormous Dome at the camp, Candi Brings Plenty, an Oglala Lakota tribal member, urged departing visitors to support the Standing Rock struggle by looking within themselves. She asked visitors to do something that American culture has discouraged since the “Indian wars,” to shift the gaze from the external boundaries to the internal, as a true warrior would. “You get to a place and it’s unknown,” she said. “You can choose to be brave, you can choose the unknown.”

In Standing Rock, I confronted the split image of the world I knew and the one I was taught. In the images of unarmed Sioux men on horseback riding up to the front line, I was reminded of men I have *(Continued next page.)*

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## Highlander Issues

loved and respected, men who measure their worth by serving their communities and families. In them, the warrior becomes life-giver. But in the United States, there is no escaping a shared frontier mythology that brands non-white men as natural-born threats. And that message is embedded in the genetic code of this nation.

Standing Rock represented a challenge to the collective belief, my personal belief, that the code is inalterable. I had come to understand that the peace my friend in the tepee referred to wasn't the absence of violence. It is the journey, the home that Ironclad mentioned, that Hardeen seeks, the one that Brings Plenty asks us all to take. When Clark apologized to the Sioux, Crow Dog's response carried the weight and wisdom of this understanding. "Let me say a few words of accepting forgiveness," he said. "World. Peace."

*Michelle Garciá reports from New York, Mexico and points*



*Riders from the Standing Rock, Rosebud and Lower Brule Lakota reservations came together on horseback in August to face off with a police line that had formed between protesters and the entrance to the Dakota Access Pipeline construction site. Photo courtesy Daniella Zalzman.*

*between. She is working on a narrative nonfiction book about the West, Texas, masculinity and myth.*

### **Army Corps drops further DAPL environmental review**

**By Elizabeth Shogren DC - HCN  
Feb. 8, 2017**

**The reversal was expected following Trump's executive order.**

The Army reversed course and decided to grant an easement necessary to finish constructing the Dakota Access Pipeline without additional environmental review or consultation with the Standing Rock Sioux Tribe. The announcement responds to an executive action by President Donald Trump last month and contradicts a decision by the Army Corps in December to conduct a more thorough environmental review of the project and further consult with the Standing Rock Sioux Tribe and their supporters.

In a letter to Raul Grijalva, D-Ariz., top Democrat in the House Resources Committee, on Tuesday the Army also announced it would waive its normal requirement to wait 14 days after alerting Congress of its decision before granting the easement. The easement opens the way for the pipeline to go under Lake Oahe, an important water source for the reservation. The tribe vows to continue to challenge the easement, and its lawyers are poised to ask the court to block construction. Grijalva said the Army's reversal ignores the rights of Standing Rock Sioux and the thousands of protestors who camped out for months to stand up for those rights. "In his first few weeks in office, our new President has built a résumé of discrimination, falsehoods, and sloppy work, and now the decision to trample the sovereignty of our First Americans is the latest entry on a growing list of

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shameful actions,” Grijalva said.

Correspondent Elizabeth Shogren writes HCN's DC Dispatches from Washington. Follow @ShogrenE.

**Standing Rock denounces Army easement announcement, vows court challenge**

Posted on February 7, 2017.

**Cannon Ball, N.D. — The Standing Rock Sioux Tribe said it is undaunted in its commitment to challenge an easement announcement by the U.S. Dept. of the Army for the Dakota Access Pipeline.**

“The drinking water of millions of Americans is now at risk. We are a sovereign nation and we will fight to protect our water and sacred places from the brazen private interests trying to push this pipeline through to benefit a few wealthy Americans with financial ties to the Trump administration,” said Dave Archambault II, chairman of the Standing Rock Sioux Tribe. “Americans have come together in support of the Tribe asking for a fair, balanced and lawful pipeline process. The environmental impact statement was wrongfully terminated. This pipeline was unfairly rerouted across our treaty lands. The Trump administration – yet again – is poised to set a precedent that defies the law and the will of Americans and our allies around the world.”

Attorneys for the Tribe emphasize that the easement cannot be granted legally at this time. “The Obama administration correctly found that the Tribe’s treaty rights needed to be acknowledged and protected, and that the easement should not be granted without further review and consideration of alternative crossing locations,” said Jan Hasselman, lead attorney for the Tribe. “Trump’s reversal of that decision continues a historic pattern of broken promises to Indian Tribes and unlawful violation of Treaty rights. They will be held accountable in court.”

**Next steps for Tribe and allies**

The Tribe will challenge any easement decision on the grounds that the EIS was wrongfully terminated. The Tribe will demand a fair, accurate and lawful environmental impact statement to identify true risks to its treaty rights, including its water supply and sacred places. The Tribe has asked the court for DAPL to disclose its oil spill and risk assessment records for full transparency and review by the public.

If DAPL is successful in constructing and operating the pipeline, the Tribe will seek to shut the pipeline operations down. **A Native Nations march on Washington: scheduled for March 10.** The Standing Rock Sioux Tribe and tribes across the country invite allies in America and from around the world to

join the march. “We ask that our allies join us in demanding that Congress demand a fair and accurate process,” Archambault II said. “Our fight is no longer at the North Dakota site itself. Our fight is with Congress and the Trump administration. **Meet us in Washington on March 10.**”

Archambault II said he knows the Standing Rock movement has inspired people around the world to shape their world at home and abroad. “As Native peoples, we have been knocked down again, but we will get back up, we will rise above the greed and corruption that has plagued our peoples since first contact. We call on the Native Nations of the United States to stand together, unite and fight back. Under this administration, all of our rights, everything that makes us who we are is at risk. Please respect our people and do not come to Standing Rock and instead exercise your First Amendment rights and take this fight to your respective state capitols, to your members of Congress, and to Washington, DC.” *Chelsea Hawkins*

*chawkins@pyramidcommunications.com*

*Sue Evans sevans@pyramidcommunications.com*



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# Bedrooms For Burrowing Owls

By Leigh Calvez - HCN

Lugging two heavy buckets of rocks, David Johnson trudged across northeast Oregon's sunburnt shrub-steppe in the hot mid-May sun. Before him lay the U.S. Army's Umatilla Chemical Depot, where rows of concrete igloos once held stockpiled chemical weapons. Now, the virtually deserted Depot provides thousands of acres of prime burrowing owl habitat. Johnson, head of the Global Owl Project, dumped the rocks around the man-made owl home he'd recently installed, to coyote-proof it.

Burrowing owls, nine inches tall with white Groucho Marx eyebrows and long skinny legs, are farmers' friends — a single owl family can gobble over 1,000 crop-chewing rodents per year. Once found from Minnesota to California, their populations have plummeted as development encroaches on their habitat — treeless grasslands and deserts — and on the burrow-diggers they rely on, like badgers and prairie dogs.

*A burrowing owl known as Groucho perches on a wire. Jadine Cook/Global Owl Project*

The owls are considered "birds of conservation concern" federally, as well as in eight Western states. The burrowing owls on the Umatilla Chemical Depot provide a case study in unintended consequences. An unsuccessful attempt to breed pronghorn inadvertently caused the owl population to crash. The Global Owl Project has helped the bird to recover, but now it faces a new threat, a proposed solar farm. "This is how a species becomes endangered in the first place," says Johnson. When habitat protection and economic development become mutually exclusive, he says, "No one wins."

Since 1941, the 17,000-acre Depot has been protected from development and agricultural expansion. That's allowed wildlife to thrive, including long-billed curlews, loggerhead shrikes, black-throated sparrows, coyotes, red-tailed hawks and burrowing owls. Then, in 1969, the Oregon Department of Fish and Wildlife decided to relocate pronghorn here, hoping to breed animals that could be released in other parts of the state. The herd grew to about 350, then declined, most likely from overgrazing and inbreeding. Wildlife officials, though, blamed coyotes and set out to exterminate them by trapping. In the process, they killed most of the Depot's badgers. But burrowing owls need badger dens for nesting and raising their young, and as the now-abandoned burrows caved in, so did the population of owls. By 2008, they had almost disappeared, dropping to an all-time low of four nesting pairs.

So Johnson and some volunteers began installing artificial burrows.

Every nest site has two or three buried chambers, each made from half of a 55-gallon barrel with a 10-foot-long entrance tunnel of flexible drainage pipe. The owls moved in, and by 2009, there were nine nesting pairs. Over the next eight years, Johnson installed 183 artificial burrows. In 2016, 64 nesting pairs raised 182 chicks. "If you know what you need to put back into the system, intensive effort can work and work really well," says Dave Oleyar, senior scientist for Hawkwatch International, who encountered similar "housing" issues with tree-cavity-nesting flammulated owls. Johnson hopes the Depot's owls will eventually spread around Oregon and Washington, part of this unique Northwest subpopulation's historic range.



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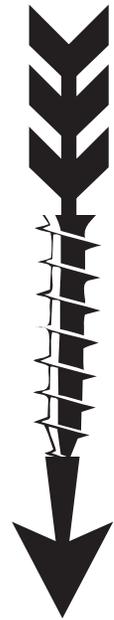
*Volunteer Julie Conley of Yakima, Washington, flattens the soil over an artificial burrow at the Umatilla Chemical Depot in Oregon. Kathy Aney/East Oregonian*

But now the owls face a new hurdle: the potential intrusion of construction equipment followed by solar panels. When the U.S. Army decided to close the Depot, a federal task force came up with a plan in 2010 for its land, including an area for National Guard training and a 5,678-acre wildlife refuge. To pay for removing base infrastructure, restoring native species, and managing the refuge, the plan also called for a small solar farm, up to 200 acres. After the U.S. Fish and Wildlife Service declined to run the refuge, the Columbia Development Authority, a consortium of public and private business organizations, offered to take over. It also proposed a much larger solar farm — 2,000 acres that could generate \$1 million worth of electricity annually. “We want to find a balance to protect habitat and economic development,” says Oregon State Rep. Greg Smith, executive director of the authority. However, the solar farm would be built squarely on the “best remaining owl and curlew habitat,” says Johnson, “in direct opposition to why the wildlife refuge was designed and zoned to start with.” Johnson is working on an alternative that would place the solar array along the edges of the refuge, where no owls nest and where it can act as a fire break.

He’s also seeking a wildlife-focused group, such as a land trust, to take title to the refuge land. The Depot handover could happen as early as spring 2017. Johnson also hopes to help restore balance by relocating nuisance badgers to the refuge from around Oregon. The mustelids would rein in the exploding population of pocket gophers, which eat native plants like big sagebrush and bunchgrasses, allowing non-natives such as cheatgrass and Russian thistle to invade. And more importantly, they’d once again dig homes for burrowing owls. Says Johnson, “I’d like to get out of the burrow business altogether.”

*Leigh Calvez is the author of the bestselling book **The Hidden Lives of Owls**, published by Sasquatch Books. She lives near Seattle, Washington.*

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*Top: Jake sleeps with Meow on the saddle.*

*Left: Tucker visits his sleeping cousins.*

*Bottom Right: Prince.*



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*Left: Chanel with Mooch.*

*Right: Mooch drinks out of horse tank.*

*Bottom: Mooch poses for his closeup.*

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Simple Bee

# Pursuing Peace In The Park

Article and Photographs by Diane Bergstrom

*The winds will blow their own freshness into you while  
cares will drop off like autumn leaves.*

John Muir

Dr. Daphne Miller, a physician, author, hiker and professor, writes nature prescriptions to her San Francisco patients to utilize local parks for “ubiquitous, low-cost health therapy.” (National Parks Conservation Association magazine article, Spring 2014). Her nature RX include: Drug: exercise in *(fill in the blank)*; Dose: 45 minutes of walking or running; Directions: *(specific days and time)*; Refill: *(unlimited.)* In the article, she covered previously reported health benefits of lessening stress, lower body mass index, improved blood pressure, decreased depressive symptoms, children diagnosed with ADHD are better able to focus in a natural setting than indoor ones, and living close to nature has been linked to greater longevity. She wrote, “It takes one nature lover to inspire another; the fact

that about 50% of U.S. doctors and nurses are overweight and 40% never exercise suggests we have no more familiarity with nature than the rest of the population.” She wants her colleagues and herself to add “nature champions” to their list of qualifications, and to promote our collective open spaces to help with chronic diseases



too. By helping people understand that conservation can connect to personal health, she believes we could preserve wetlands, better utilize even tiny city parks, and protect our natural resources to help everyone from an elder’s health to a child’s school performance.

March is a great time to visit Rocky Mountain National Park as the park never closes, except for fires, floods and government shutdowns, and free activities are offered throughout the month *(park entrance fees are listed at the end of this article)*. Lately the weather has been unseasonably warm so you will want to check on some events before you go, such as the ranger-led snowshoe ecology walks (two hours – no experience needed) offered on Sundays, Wednesdays and Saturdays until March 19th. Bring your own snowshoes, or rent them in Estes Park for the day, and call no more than seven days in advance to reserve your spot, (970)586-1223. Sleds, tubes and saucers can be used inside the park at Hidden Valley, which was historically a skiing venue.



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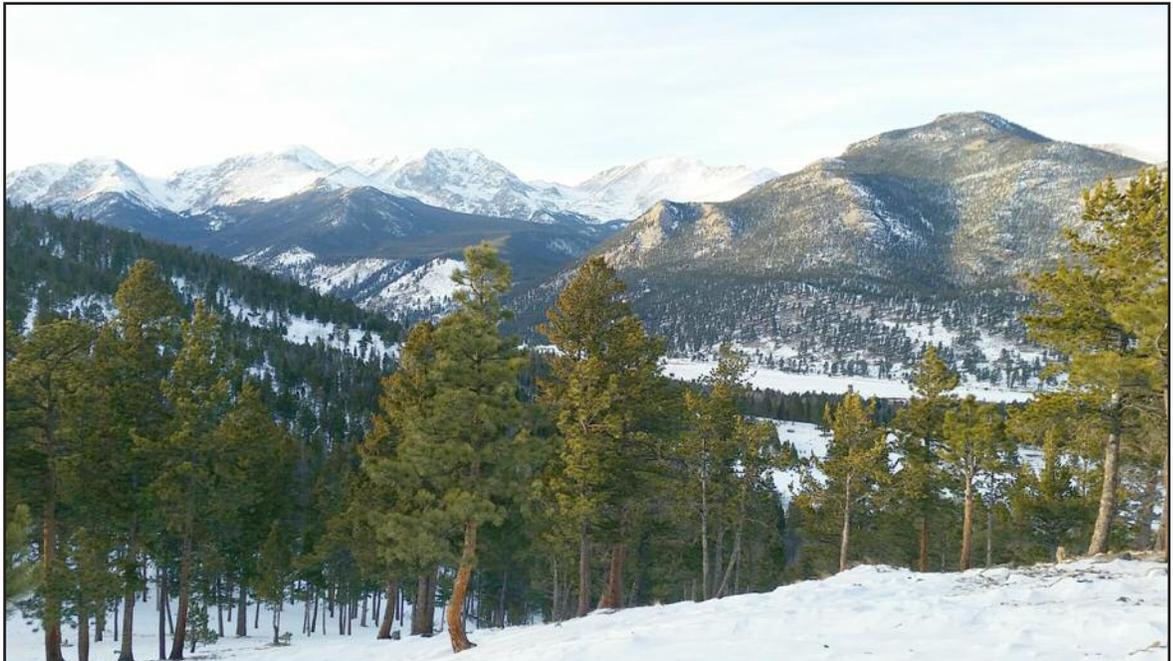
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BYOS/T/S or rent them in Estes. ~ If you have a fourth grader, go to [www.everykidinapark.gov](http://www.everykidinapark.gov) to get a free pass for the family to use for the next seven or eight months.

Your child needs to fill out eight easy screens, then print the final voucher and bring it to a park entrance station to receive a pass. This program is in its third year with over two million participants. I wouldn't wait on taking advantage of this great opportunity. There will be a ranger-led full moon walk on March 12th; call (970)586-1223 for time, location, and to



make reservations. Free entrance days at National Park Service sites this year are: April 15-16, 22-23, weekends of National Park week; August 25, National Park birthday; September 30, National Public Lands Day; and November 11-12, Veterans Day weekend. If you have a group looking for a volunteer project this summer, go to [www.nps.gov/romo/getinvolved/supportyourpark/upload/2017groupcatalog-FINAL.pdf](http://www.nps.gov/romo/getinvolved/supportyourpark/upload/2017groupcatalog-FINAL.pdf). If you'd like to individually volunteer, Rocky has over 2,000 volunteers, go to [www.volunteer.gov](http://www.volunteer.gov) and enter ROMO for the park code. Check back periodically for new listings as their needs expand in the summer.

Spring weather in Colorado is varied and a bit unpredictable, with warmer temperatures already causing early ice and snow melts so prepare accordingly and use precaution when hiking. Last year, in early March, we could snowshoe across Bear, Nymph, Dream and Emerald Lakes. This year, I would check with a volunteer "Polar

Bear" at the Bear Lake kiosk (staffed on the weekends from 9-3, weather permitting) before wandering on to any ice. Streams, rivers and lakes will be moving quickly with

early run-off of snow melt so be cautious and be safe. If you're a backcountry enthusiast, check with [www.avalanche.state.co.us](http://www.avalanche.state.co.us) for current avalanche potential before you go. Know and carry the necessary gear. Wherever you go, spring conditions in the park could include sun, wind, snow, rain, cold or mild temperatures *(Continued next page.)*

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## Highlander Nature

- all on the same day. Be prepared for anything and dress in layers, wearing or carrying a water-proof layer too. Bring water, energy snacks, hat, gloves, extra socks, sunscreen and sunglasses. You can check park road conditions with the Information Office, open Monday-Saturday, 8 am to 4:30 pm, (970)586-1206.

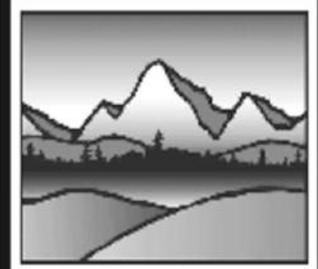
Some entrance fees have changed this year. A one day automobile pass is \$20, \$30 for seven days. An annual pass is now \$60. An interagency "American the Beautiful" pass is \$80 and well-worth it if you are travelling to different national sites. The senior lifetime pass is now \$80, and Access and Active Military passes continue to be free. As far as wildlife viewing, elk can be found in the meadows and forested areas on warmer, sunny days, along with mule deer searching for new



fresh grass. Big horn sheep might be sighted along Hwy 34/Fall River Road corridor.

Coyotes, weasels, rabbits, magpies, Steller's jays, and Clark's nutcrackers are among the year-round inhabitants. Migratory birds, including the Mountain Bluebirds, will start arriving this month to nest and raise their next generation in Rocky Mountain National Park. It's a quieter time of year to visit the park, no traffic, no crowds, no (at least not yet) record breaking visitor numbers (4.5 million visitors in 2016), so speaking from one nature lover trying to inspire another, now is a great time to go. Turn off the news, computer, cell phone, tablet, and take a nature break for your soul, body and psyche. You'll be glad you did. And as I always advise, leave your dog, drones and Marijuana at home.

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# Summer Jobs With Boulder County

Teens and adults can now apply for  
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Boulder County Youth Corps

Deadline to submit youth applications  
is Fri., Mar. 31

Boulder County residents ages 14-17 can now apply for summer jobs with the Boulder County Youth Corps. Boulder County is also hiring adults to be team leaders. Boulder County is especially in need of female Corps members and leaders.

## Other positions are open until filled.

The Youth Corps will hire 160 teenagers to work 30 hours per week. The teens will work Monday through Thursday, from June 12 to Aug. 2 on a variety of community service projects. Team leaders overseeing the projects will be employed from May 31 to Aug. 4 to work up to 40 hours per week, Monday through Friday.

Team leaders start at \$17.67/hour and assistant team leaders start at \$15.67/hour.

The Youth Corps offers one of the best first-job opportunities available for teens in Boulder County. Projects will include activities such as trail construction and maintenance, historic preservation, forest thinning, construction and repair of fencing, landscaping, and removal of Russian olive trees and noxious weeds. Youth Corps teams will work in unincorporated Boulder County as well as within cities and towns in Boulder County.

Applications, salary information, and a full list of qualifications are available at:

[www.BoulderCounty.org/youthcorps](http://www.BoulderCounty.org/youthcorps).

Physical applications can also be picked up at counseling offices in Boulder Valley and St. Vrain Valley schools; city and town personnel offices; most local recreation and youth centers, and libraries; as well as at the Boulder County Human Resources Department, 2025 14th St., Boulder.

For more information or to ask questions, please call the Youth Corps office at 303-678-6104 or email [jwolfe@bouldercounty.org](mailto:jwolfe@bouldercounty.org).

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# Standing Dead Trees In Colorado

Over the last seven years, the number of dead standing trees in Colorado forests increased almost 30%, to an estimated 834 million trees – or nearly one in every 14 standing trees. And this trend of increasing tree mortality – which is most observable in spruce-fir and lodgepole pine forests impacted by bark beetles – may result in forests conducive to large, intense wildfires like the 2016 Beaver Creek Fire that burned through beetle-kill timber northwest of Walden.

The 2016 Report on the Health of Colorado’s Forests, distributed recently by the Colorado State Forest Service at the annual Joint Agriculture and Natural Resources Committee Hearing at the State Capitol, highlighted this and other observed forest trends for the state. The theme of this year’s report is “Fire and Water,” focusing on how wildfires and unhealthy forest conditions impact human populations, water supplies and forested environments.

“When so many trees die and large wildfires follow, our forests quickly turn from a carbon sink into a carbon source,” said Mike Lester, State Forester and Director of the CSFS. “Beyond the implications for our atmosphere, forests in poor health have implications for our water supplies, public safety, wildlife and recreation opportunities.”

Highlights from this year’s report include:

Colorado’s decades-long mountain pine beetle epidemic resulted in almost 3.4 million acres with some degree of tree mortality; an ongoing spruce beetle epidemic has thus far resulted in 1.7 million impacted acres.

Approximately 80 percent of the state’s population relies on forested watersheds for municipal water supplies.

Risks ranging from severe wildfires and insect infestations to long-term droughts are likely to be amplified in the future, as climate model projections predict statewide warming between 2.5 F and 6.5 F by 2050.

“With increasing changes in our forests, now is the time for determining how we will manage for projected future conditions,” said Lester. He says that actions the CSFS is taking now to address these threats include forest management efforts focused on watershed protection and reducing wildfire risk; providing seedling trees for restoration efforts; wood utilization and marketing; and insect and disease detection, surveys and response.

Much of what the CSFS accomplishes is through key partnerships with other agencies and organizations, including those with the U.S. Forest Service, Denver Water, the Northern Water Conservancy District and Colorado Springs Utilities. The agency also offers or assists with many programs and resources for communities working to become fire-adapted, including Community Wildfire

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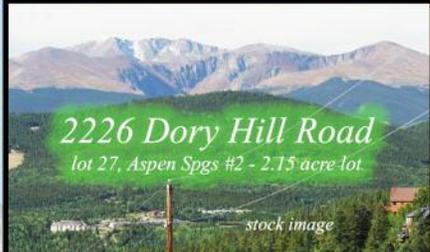
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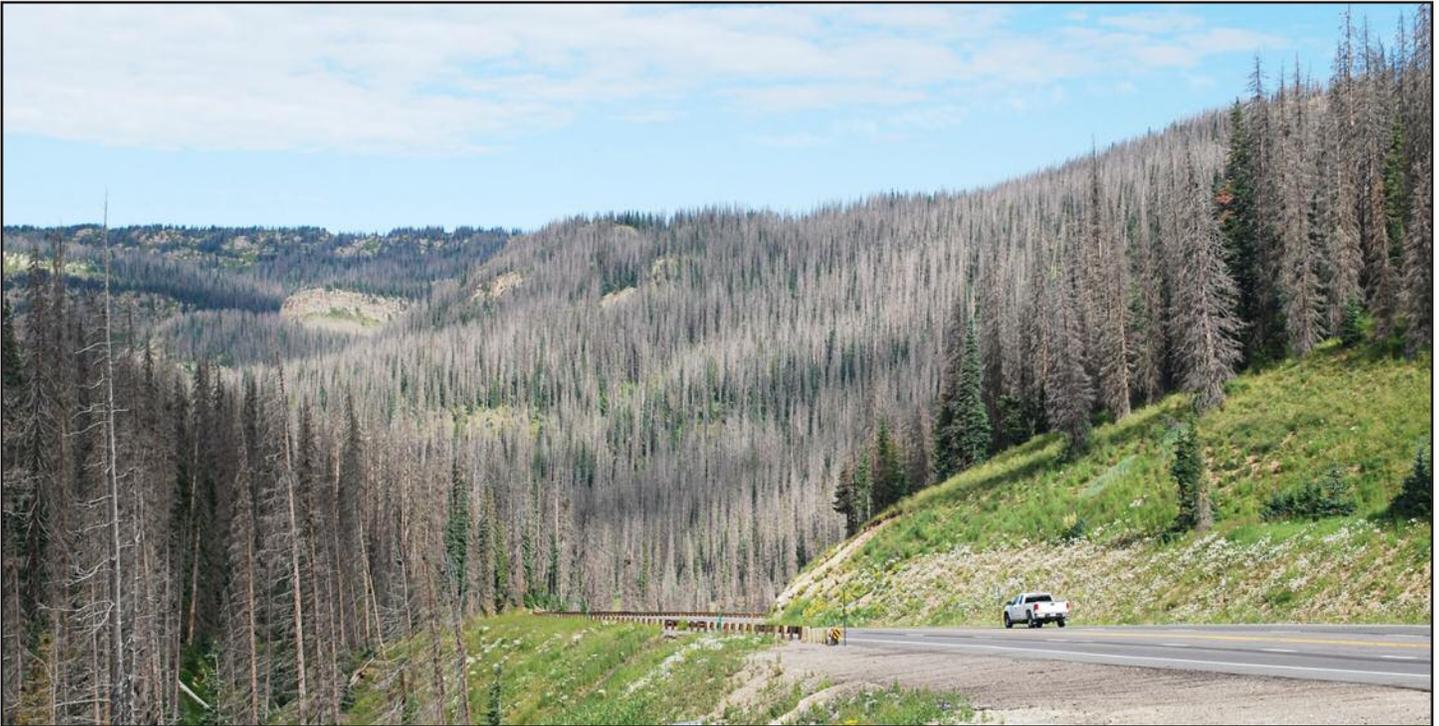
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Each year, forest health reports provide information to the Colorado General Assembly and residents of Colorado about the health and condition of forests across the state, including recent data, figures and maps. Information for the reports is derived from an annual aerial forest health survey by the CSFS and the Rocky Mountain Region of the U.S. Forest Service, as well as field inspections, CSFS contacts with forest landowners and special surveys.

Copies of the 2016 report are available at all CSFS district offices and at

[www.csfs.colostate.edu](http://www.csfs.colostate.edu).

*The Colorado State Forest Service (CSFS) provides technical forestry assistance, wildfire mitigation expertise and outreach and education to help landowners and communities achieve their forest management goals. The CSFS is a service and outreach agency of the Warner*

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# Helpful Tips For Those New To Fitness

From Jim Plane - State Farm Insurance

A long time ago in a galaxy far, far away, I was a young, naive, and baby-faced college kid who was eagerly getting involved with fitness. Instead of focusing on Marketing 101, my focus was on passing fitness 101.

With an obsession toward chasing my dream body, I wasted years of potential experiences and missed out on valuable relationships.

Being a beginner to fitness can be overwhelming.

It's easy to find yourself traveling down a rabbit hole of endless information. Before you know it, your brain is fried and you haven't made it to the gym nor eaten your first healthy meal. But before you get sucked into the vortex of information overload, use these seven principles here to establish a rock-solid fitness foundation.

## 1. The magic lies in your daily habits and behaviors

You might want to lose 15 pounds by a certain date, but one swing of the bat won't knock all your weight out of

the park. Often, we take actions hoping for the grand slam. We want to take one action and magically have our problems vanish.

What you do on a daily basis predicts your outcome as opposed to what you do occasionally. Losing 15 pounds might be the goal, but that won't become a reality unless you focus on executing the proper habits and behaviors on a daily basis. Your future becomes your reality when you stay present with your actions.

## 2. Adopt an 80/20 principle mindset

The Pareto principle ('80/20 rule'), in the business world, states 20% of your customers represent 80% of your sales. That is, 20% of your time leads to 80% of your results. With fitness, the '80/20 rule' is your best friend. Instead of trying to implement every tip you come across while turning your life upside down — only select the tips that deliver the biggest bang for the buck.

Think about what's the 20% in fitness that will give you the 80% of your results. This 20% comprises the basics (sleep, good food choices, etc.). The basics will stand the test of time. Your goal is to get the most value for your actions out of the least amount of effort put forth.

## 3. There are many different paths to healthy eating

At one point, I was stuffing my face daily with bland chicken breast while downing shots of olive oil like it was Tequila. Did I enjoy this?

No, but I didn't know any better since I saw the pros and hardcore lifters doing this. Just as there are many modes of transportation that can get you from point A to point B— your nutrition operates in a similar fashion. There isn't a one size fits all nutrition template for everyone to follow. No matter the diet, they all start with the same fundamental philosophies of eating less processed foods and more nutrient dense based foods.



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This general philosophy entails 90% of the equation. The remaining 10% is when all diets tend to unleash their weird rules and so forth. Focus on your 90% and let the 10% filter in however you deem appropriate. Obsess over your food choices (90%), not food timing (10%). Pleasing your palate and meshing with your lifestyle is the most important goal for any diet.

**4. Sleep is your greatest ally**

If the choice came down to either an extra workout or sleep—sleep takes the crown 100% of the time. Sleep is the silent dark horse that isn't given its much-deserved attention.

Lack of sleep has the ability to affect our hormones, moods, and hunger cravings—all of which leads to weight gain.

Before you plan an extensive workout program, make sure to plan and commit to a sleep schedule. Results and progress happen when you focus on rest and recovery. Try cutting off electronics 90-120 minutes before bed, read a book (not a backlit Kindle), make your room as dark as possible, have sex, or try meditating for as little as ten minutes to help with your sleep.

**5. Find a workout program that you enjoy and fits your specific goals**

Your friends may love Crossfit, circuit training, or power lifting, but if you find zero amounts of pleasure in those activities, then do something else. You're unlikely to stick with a regimen over the long haul if you absolutely dread taking part in it. Willpower is finite and eventually abandons you.

At the beginning, experiment with various forms of working out until you find something of enjoyment and simultaneously beneficial to your goals.

**6. It's OK (and even encouraged) to not strive for 100% complacency with your nutrition**

It's one thing to say 'no' to food temptations for the sake of staying committed, but it's another thing to never hang

out with friends due to feeling guilty about messing up your diet. Committing to fitness doesn't mean becoming a prisoner of your own diet.

In the grand scheme of things, a slice of cake or a couple of glasses of wine won't ruin a large body of work consisting of daily healthy habits.

We're humans with a pulse, not robots who occasionally need some WD-40.

**7. Your body doesn't determine your self-worth**

I used to compare myself to magazine covers, athletes, and fitness models. I told myself I wasn't good enough until I was on their level.

When comparing ourselves, we only see what the other has that we want, not what they're missing. Our self-worth isn't tied to the size of our biceps, six-pack, dress size, toned legs, or whatever other external metric that exists. A healthy look is valuable, but never hand your self-worth card over to anyone nor let any number determine your value.

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# Forest Service Relaxes Restrictions

By Anna V. Smith - HCN

In late August, Matt Leslie led nine high schoolers to the top of Sperry Peak in Washington state. Many had never been in the mountains before, much less on a backpacking trip. Leslie is a guide for Seattle's Boys Outdoor Leadership Development & Girls Outdoor Leadership Development (BOLD & GOLD), an outdoor adventure program run by the YMCA that includes kids from underrepresented backgrounds. But like many such groups, it's got a problem: a broken permitting system that often hampers access to nearby national forests.

That means more time and money is spent to get to places farther from home — places kids are less likely to revisit after the trip is over. "By not having to drive many, many hours, students can see, 'Wow, this is something I can do all on my own,'" Leslie says. Instead, the program

is forced to use a patchwork of national parks and state-owned Department of Natural Resources land where permitting is easier. Sperry Peak, for example, is an island of DNR land surrounded by U.S. Forest Service land.

Guided groups like BOLD & GOLD have long called for better access to national forests. In response, the Forest Service recently announced that it is modernizing and streamlining its recreation permit process. The agency says it wants to encourage groups to use its land, not restrict access. "There is a clear need to say yes more often, both to stay relevant as a public agency and to make sure that future generations stay connected to their public lands," says Mike Schlafmann, public services officer at Mount Baker-Snoqualmie National Forest in Washington.

Nationwide, the Forest Service manages 23,000 special use permits annually for guided trips. A temporary permit for 50 to 200 days can cost \$150 to \$600, and long-term permits cost more. In some cases, the permit process can take up to a year or longer, especially if an environmental study is required.

The current system favors casual users, allowing them access to forest lands without permits. But guided organizations, whether nonprofit or commercial, large or small, often have to apply for permits even if their activities don't have much impact. A 2004 policy change gave rangers more flexibility to waive permits if a group has nominal impacts, but the rule wasn't reflected in practice. In fact, Mount Baker-Snoqualmie National Forest issued no new permits for 27 years, a moratorium lifted only last year as part of the agency's shifting attitude.

Schlafmann says the moratorium continued largely because the agency lacked the staff to do an environmental study. "My sense is it became easier to maintain the moratorium in some people's minds than to undo it," Schlafmann says. The rapid growth of Seattle had also raised concerns about a recreation boom in nearby forests.

To address the collective frustration, in 2014, industry leaders formed the Outdoor Advocacy Working Group, made up of around forty volunteer groups, nonprofits and outfitters. The permitting process, they found, created a significant hurdle to public access. In Seattle, BOLD & GOLD taught kids to rock-climb in Canada instead of Washington; in Montana, a group couldn't take children to Bitterroot National Forest. "This permit system doesn't work well for anyone,

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including land managers,” says Katherine Hollis, conservation and advocacy director of the Washington-based Mountaineers and a member of the working group. She says arranging permits takes up a third or more of one Mountaineers employee’s time. “We had concerns about the next generation of conservationists because of these bureaucratic barriers.” Hollis sees the Forest Service’s commitment to improving access as a way of acknowledging that recreation is as important as other land uses, like mining and logging.

In September, agency representatives announced plans for a redesigned permit database, online applications and better ranger training for identifying low-impact activities, a big step forward in a long process. Seventeen national forests, all in the West, are testing the new system. That includes Mount Baker-Snoqualmie, where an environmental study on recreation concluded last year, opening up more permits. BOLD & GOLD will begin trial permits in summer 2017. Now, if a guided group wants to hike and camp in an area already used for recreation, the Forest Service encourages district rangers to consider the effects, and waive the special-use permit requirement when possible. Permits will continue to exist, but the agency is taking a more nuanced approach.

Although the Forest Service has earmarked \$5 million for the changes, guided groups worry about the agency’s tight budget: Over the past two decades, staffing has plunged, and wildfire costs consume 52 percent of the budget while recreation and wilderness funding has dropped 15 percent. All that detracts from permit capacity.

Nonetheless, the Forest Service’s recent actions are evidence of its changing attitude toward recreation, says

**Highlander Recreation**

Courtney Aber, national director of BOLD & GOLD. Once more kids get outside, close to home, she says, “they’ll understand why this is a place for them.”

*Anna V. Smith is an editorial fellow at High Country News.*



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## Yellowstone Buffalo Slaughter Begins: Our National Mammal Dead or Domesticated

In February, under the cover of darkness, the first fifteen of hundreds of Yellowstone buffalo — all young females and members of our country's only continuously wild, migratory herds — were crammed onto a slaughterhouse-bound livestock trailer by the agency entrusted with their protection: Yellowstone National Park. Many people were led to believe when American buffalo were honored with the designation as our country's National Mammal, that this celebrated sacred species would finally get their deserved protection. Unfortunately, they were wrong. Not even in Yellowstone National Park has National Mammal status sheltered the world's most beloved buffalo from harm.

This season's government-led slaughter is part of a deal struck between Yellowstone Superintendent Dan Wenk and Montana Governor Steve Bullock to either kill or domesticate forty buffalo held in confinement at Stephens Creek for the past year. The government deal calls for fifteen females to be slaughtered while twenty-four bulls — one bull suffered a broken leg and was killed — to be transported to Corwin Springs, just a few miles from where they were captured as wildlife inside Yellowstone. The buffalo will be confined behind fences and under quarantine at Corwin Springs until they are transported to another quarantine facility at Ft. Peck, to live out their lives behind fences like domestic livestock.

Another four hundred wild buffalo remain in Yellowstone's Stephens Creek buffalo trap. By the time you read this Update from the Field more livestock trailers will have carted more of our country's most important buffalo to slaughterhouses.

As winter weather and the instinct for survival drives them on, hundreds more wild buffalo are migrating into the Gardiner Basin. Most will be trapped and slaughtered. The government may let a few more pass the Stephen's Creek trap to be available for hunters along Yellowstone's boundary.

Having survived the Ice Ages and systematic human-driven extermination across North America, these wild

buffalo carry the wisdom of their ancestors and continue to outwit those who seek to stop them.

In 2011, all the government signatories to the Interagency Bison Management Plan agreed upon a "tool of tolerance" and built what we call the buffalo's "Berlin Wall": a huge fence at Yankee Jim Canyon to stop wild buffalo from migrating north beyond Gardiner Basin into Paradise Valley where livestock interests fear the gentle giants recovering their ancestral homelands. But the buffalo continue to teach the government that such walls can be negotiated by intelligent beings.



Recently the government learned that lesson again with at least fifty-five buffalo breaching the "Berlin Wall." Montana Department of Livestock agents were beside themselves in fury, threatening to kill them all, but couldn't because the agency didn't know how they had gotten through or where they had gone. These beautiful buffalo busted out — making their way to freedom to roam their ancestral land. But they were discovered and livestock inspectors hazed them into the Gardiner Basin the next morning.

These buffalo had found their own way. True restoration was in progress on the buffalo's terms, as it should be. One of these days the buffalo will find their way back again and their freedom to roam will be recognized. We hold those days in our hearts, keeping our vision strong, as we fight for it on all fronts with everything we have.

Let the buffalo lead the way!

**You can help the buffalo roam free again. Contact Montana legislators and Governor Bullock and urge them to repeal MCA 81-2-120 — the horrible law under which all of this madness and absurdity continues. Political leadership is needed to change the law in a manner that respects wild buffalo like wild elk in Montana.**

**Please continue to call Yellowstone National Park Superintendent Dan Wenk at 307-344-2002 and urge him to halt further capture operations and to release all buffalo trapped inside Yellowstone National Park. And please continue to apply endless pressure on Montana, urging the state to repeal MCA 81-2-120 and to respect wild buffalo like wild elk in Montana.**

# How To Handle Discouragement

By Frosty Wooldridge

At some moments in our lives, we feel depressed or “low” from something that happened to us. We might suffer a defeat on the sporting field. We may lose a friend or spouse. At some juncture, we may grieve our circumstance in a hopeless job or situation.

When the world contrives against us, our emotions may thrust us into emotional turmoil where “things” seem insurmountable. Depression drags us into a rut. Please understand this fact: no one possesses enough money, fame or power to overcome setbacks or failure at some juncture in his or her life. No matter what your station in life: a movie starlit, world leader or the richest person on the planet, a dark cloud may descend upon you at any moment in your life’s journey.

That moment may precipitate from: You suffered defeat on the sports field, missed the final shot.

You failed in your attempt at love with someone, you suffered rejection. You lost your job, missed a raise, got stuck in a bad position. Someone cheated, or betrayed you, or you failed at your highest calling.

Some people dwell on their loss. They feel stalled in a “funk” of melancholy that affects their daily living. They

may “groove” their unhappiness like a track on a CD until they find it difficult to pull out of the feeling. It can become as critical as suicide or as unhealthy as the angry person who lashes out against others such as loved ones or friends. Discouragement magnifies in numerous ways—most of them negative.

When something, someone or some condition discourages you, breathe-in that feeling. Then, breathe-out that energy in a conscious process to release it from your mind. Because that’s where discouragement lingers: in your mind, in your emotions and in your heart.

First of all, try to avoid amplifying a problem that causes your discouragement. Define it, understand where it’s coming from and finally, appreciate it. For example, one big movie star, in his screen debut discovered that the director cut him out of the movie. Yet, when he entered the director’s office, he thanked the man for the incredible experience he enjoyed acting in the movie in a bit part. The director, so impressed with Kevin Costner, wrote the young actor into the next movie, “Silverado,” where he became a huge star. Later, he acted in “Dances with Wolves,” which became a western classic.

You can accomplish the same *(Continued next page.)*

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## Highlander Inner View

success by how you handle your discouragement. Learn from it; release and grow. In the process, your gifts reveal themselves. Use any failure in your life as a stepping-stone to your own success.

Secondly, realize that life sustains those with a great sense of humor about themselves. They know the game of life offers many forks in the road. So, laugh often at the remarkable opportunities you enjoy during your stay on this planet for success, failure and choices.

Thirdly, in all discouragements, you must release the “feelings” and embrace your heart. Whether you can do this by talking to a friend or loved one, in the end, you must come to terms with yourself and love yourself. Your heart generates the current of self-acceptance and peace.

By engaging these three points, and allowing a little time for perspective, you grow out of despair into renewal. Engage the concept of honesty toward yourself. It calms your spirit. Shift toward enthusiasm. By taking that course, you cultivate your passionate fire within. Take a conscious mental effort to step off the “discouragement” track by jumping your mind



onto a new track or attitude. Replace fear with faith.

Finally, realize that you live on Earth to work, to play and to enjoy yourself like few other creatures—because you possess the will to live a creative life. You’re here to love, express and flow with the energies of life.

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### ***NEW EMAIL:***

**[highlandermo60@gmail.com](mailto:highlandermo60@gmail.com)**

All ads are rotated fairly: First time ads towards the front and on the right side, next month your ad runs it will appear in the first 20 pages and after that everyone takes their turn in fair rotation. We take pride in not placing competing businesses next to your ads.

We WON'T advertise for unethical individuals or poorly run companies or businesses. We also don't print or report false or mainly negative news as all sources have been checked.

### **ARVADA LOCATIONS**

3 Sons Italian Restaurant, 64th & Indiana  
Duncan YMCA, 6350 Eldridge, Arvada  
Malones's Clubhouse Grill, 64th. & Indiana, Arvada

### **COAL CREEK CANYON LOCATIONS**

Community Center, 31528 Hwy 72  
Sinclair Station-Crescent Branch Post Office, Hwy 72  
Pinecliffe Post Office - Hwy 72, Pinecliffe  
Westfalen Hof Restaurant, 32138 Hwy 72  
Wondervu Café, 33492 Hwy 72

### **CENTRAL CITY LOCATIONS**

Central City Post Office Lobby  
Central City Information Center, Main Street  
Dostal Alley-Brewery & Casino, Central City  
Gilpin County Courthouse, Central City

# Highlander Ad Index & Business Telephone Numbers

## ADVERTISING

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Highlander Monthly pg 6, 32 303.642.0362

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Angels w/Paws-Cat Rescue pg 31 303.274.2264  
Certified Communicator pg 12 303.447.0275  
Cheshire Cat - Catio 303.642.0362  
Hands, Hoofs & Paws pg 5 303.503.6068  
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## APPLIANCE

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## ATTORNEYS

JK & K, P.C. pg 15 720.943.1095

## AUTOMOBILE

Carl's Corner pg 18 303.642.7144  
Kysar's Place Inc. pg 16 303.582.3566  
Mountain Muffler pg 21 303.278.2043

## BUILDING/CONSTRUCTION

ACE Indian Peaks Hardware pg 27 303.258.3132  
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Peter Palombo, Surveyor-pg 28 720.849.7509  
RedPoint Construction pg 27 303.642.3691  
Steel Structures America ins cov 970.420.7100

## BUSINESS SERVICES

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## CHIMNEY SWEEPS

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## CLOTHING

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## REAL ESTATE

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Mock Realty-Kathy Keating -Back cov 303.642.1133  
Summit Up Property Mgt. pg 19 303.618.8266

## RESTAURANTS

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## STEEL STRUCTURES

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## TAXES

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Colorado Water Wizard pg 11 303.447.0789  
Doctor Water Well pg 23 303.438.6669

**MARCH  
2017**

# POWER UPDATE

## Meet the Candidates

For members who wish to hear from each candidate in person, United Power will hold a candidate forum. All United Power members are welcome to attend the Meet the Candidates forum to learn more about each director candidate, hear from your cooperative leadership and tell us how we're doing.

### Meet the Candidates

Tuesday, March 28, 2017  
7:30 a.m.  
Coal Creek Canyon Community  
Center, CCCIA Hall  
31528 Highway 72  
Golden, CO 80403

The Meet the Candidates event is free and light refreshments will be served. RSVPs are not required.



## Building Tomorrow's COOPERATIVE DIRECTOR ELECTION & ANNUAL MEETING

**TUESDAY  
April 18, 2017**

**4:30 p.m. Registration & Dinner  
6:30 p.m. Meeting & Prizes**

**ADAMS COUNTY FAIRGROUNDS  
9755 HENDERSON ROAD, BRIGHTON  
ENTER AT THE EXHIBIT HALL**

**[www.UnitedPower.com](http://www.UnitedPower.com)**

**UNITED  
POWER**

Your Touchstone Energy® Cooperative 

Customer Service: 303-637-1300

Coal Creek Office: 303-642-7921

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



# 9Health Fair coming to Coal Creek Canyon!

Now recruiting medical & non-medical volunteers  
to work the Coal Creek Canyon 9Health Fair.  
Sign up to volunteer at [9healthfair.org/volunteer](http://9healthfair.org/volunteer)

Basic Blood Chemistry  
Ask a Medical Question –  
Get a Referral

MARK YOUR CALENDAR!  
Saturday, April 29th  
7:00am to 12:00noon  
Coal Creek Canyon K-8 School  
11719 Ranch Elsie Rd, Golden, CO

Follow Coal Creek Canyon 9Health Fair on Facebook for updates!

Blood Pressure Screen  
Body Mass Index  
...and MORE!



**118 Gap Road**  
Fantastic Mountain Retreat  
5 BD/ 4 BA 2,670 sq.ft. **\$610,000**



**8300 Spirit Horse**  
Bring Your Dreams, Solar.  
11.43 Acres **\$145,900**



**11693 Hillcrest Road**  
Remodeled Raised Ranch on 1 Acre  
3 BD/ 3 BA 2,088 sq ft **\$379,000**



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



**3174 Coal Creek Canyon Drive**  
Cozy Home next to S. Boulder Creek  
2 BD/ 2 BA 1,770 sq.ft. **\$189,000**



**34060 Skyline Drive**  
Beautiful Mountain Home  
3 BD/ 3 BA 2,863 sq.ft. **\$499,000**



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



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



**Kathy Keating,**  
CRS, ABR, GRI  
EcoBroker,  
Broker Associate  
303.642.1133

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