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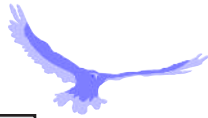
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# Voting Rights In The United States

*From Wikipedia*

Eligibility to vote in the United States is established both through the federal constitution and by state law. Several constitutional amendments (the 15th, 19th, and 26th specifically) require that voting rights cannot be abridged on account of race, color, previous condition of servitude, sex, or age for those above 18; the constitution as originally written did not establish any such rights during 1787–1870.

Beyond qualifications for suffrage, rules and regulations concerning voting (such as the poll tax) have been contested since the advent of Jim Crow laws and related provisions that indirectly disenfranchised racial minorities. Since the Voting Rights Act of 1965, the 24th Amendment to the Constitution, and related laws, voting rights have been legally considered an issue related to election systems. The Supreme Court ruled in 1964 that both houses of all state legislatures had to be based on election districts that were relatively equal in population size, under the “one man, one vote” principle. In 1972, the Court ruled that state legislatures had to redistrict every ten years based on census results; at that point, many had not redistricted for decades, often leading to a rural bias.

In other cases, particularly for county or municipal elections, at-large voting has been repeatedly challenged when found to dilute the voting power of significant minorities in violation of the Voting Rights Act. In the early 20th century, numerous cities established small commission forms of government in the belief that “better government” could result from the suppression of ward politics.

The District of Columbia and five major territories of the United States have one non-voting member each (in the U.S. House of Representatives) and no representation in the U.S. Senate. People in the U.S. territories cannot vote for president of the United States. People in the District of Columbia can vote for the president because of the 23rd Amendment.

The United States Constitution did not originally define who was eligible to vote, allowing each state to determine who was eligible. In the early history of the U.S., most states allowed only white male adult property owners to vote. Freed slaves could vote in four states. Women were largely prohibited from voting, as were men without property. Women could vote

in New Jersey until 1807 (provided they could meet the property requirement) and in some local jurisdictions in other northern states. Non-white Americans could also vote in these jurisdictions, provided they could meet the property requirement. By 1856, white men were allowed to vote in all states regardless of property ownership, although requirements for paying tax remained in five states.

Four of the fifteen post-Civil War constitutional amendments were ratified to extend voting rights to different groups of citizens. These extensions state that voting rights cannot be denied or abridged based on the following: “Race, color, or previous condition of servitude” (15th Amendment, 1870) “On account of sex” (19th Amendment, 1920) “By reason of failure to pay any poll tax or other tax” for federal elections (24th Amendment, 1964), “Who are eighteen years of age or older, to vote, shall not be denied or abridged by the United States or by any state on account of age” (26th Amendment, 1971).

Following the Reconstruction Era until the culmination of the Civil Rights Movement, Jim Crow laws such as literacy tests, poll taxes, and religious tests were some of the state and local laws used in various parts of the United States to deny immigrants (including legal ones and newly naturalized citizens), non-white citizens, Native Americans, and any other locally “undesirable” groups from exercising voting rights granted under the constitution. Because of such state and local discriminatory practices, over time, the federal role in elections has increased, through amendments to the Constitution and enacted legislation. These

*(Continued on next page.)*



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## Highlander History

reforms in the 19th and 20th centuries extended the franchise to non-whites, those who do not own property, women, and those 18–21 years old.

Since the “right to vote” is not explicitly stated in the U.S. Constitution except in the referenced amendments, the “right to vote” is perhaps better understood, in layman’s terms, as only prohibiting certain forms of legal discrimination in establishing qualifications for suffrage. States may deny the “right to vote” for other reasons. For example, many states require eligible citizens to register to vote a set number of days prior to the election in order to vote. More controversial restrictions include those laws that prohibit convicted felons from voting, even those who have served their sentences. Another example, seen in *Bush v. Gore*, are disputes as to what rules should apply in counting or recounting ballots.

The Constitution, in Article VI, clause (paragraph) 3, does state that “no religious Test shall ever be required as a Qualification to any Office or public Trust under the United States.”

Milestones : Timeline of voting rights in the United States

1789: The Constitution grants the states the power to set voting requirements. Generally, states limited this right to property-owning or tax-paying white males (about 6% of the population). 1790: The Naturalization Act of 1790 allows white men born outside of the United States to become citizens with the right to vote. 1792-1838: Free black males lose the right to vote in several Northern states including in Pennsylvania and in New Jersey.

1856: Abolition of property qualifications for white men, from 1792 (Kentucky) to 1856 (North Carolina) during the periods of Jeffersonian and Jacksonian democracy.

1868: Citizenship is guaranteed to all persons born or naturalized in the United States by the Fourteenth

Amendment to the U.S. Constitution, setting the stage for future expansions to voting rights. 1870: Non-white men and freed male slaves are guaranteed the right to vote by the Fifteenth Amendment to the U.S. Constitution. During this period, the Supreme Court generally upheld state efforts to discriminate against racial minorities; only later in the 20th century were these laws ruled unconstitutional. Black males in the Northern states could vote, but the majority of African Americans lived in the South.

1887: Citizenship is granted to Native Americans who are willing to disassociate themselves from their tribe by the Dawes Act, making the men technically eligible to vote. 1913: Direct election of Senators, established by the Seventeenth Amendment to the U.S. Constitution, gave voters rather than state legislatures the right to elect senators. 1920: Women are guaranteed the right to vote by the Nineteenth Amendment to the U.S. Constitution. In practice, the same restrictions that hindered the ability of poor or non-white men to vote now also applied to poor or non-white women. 1924: All Native Americans are granted citizenship and the right to vote, regardless of tribal affiliation. By this point, approximately two thirds of Native Americans were already citizens.

1943: Chinese immigrants given the right to citizenship and the right to vote by the Magnuson Act. 1961: Residents of Washington, D.C. are granted the right to vote in U.S. Presidential Elections by the Twenty-third Amendment to the U.S. Constitution. 1964: Poll Tax payment prohibited from being used as a condition for voting in federal elections by the Twenty-fourth Amendment to the United States Constitution. 1965: Protection of voter registration and voting for racial minorities, later applied to language minorities, is established by the Voting Rights Act of 1965. This has also been applied to correcting

discriminatory election systems and districting. 1966: Tax payment and wealth requirements for voting in state elections are prohibited by the Supreme Court in *Harper v. Virginia Board of Elections*. 1971: Adults aged 18 through 21 are granted the right to vote by the Twenty-sixth Amendment to the U.S. Constitution. This was enacted in response to Vietnam War protests, which argued that soldiers who were old enough to fight for their country should be granted the right to vote. 1986: U.S. Military and Uniformed Services, Merchant Marine, other citizens overseas, living on bases in the United States, abroad, or aboard ship are granted the right to vote by the Uniformed and Overseas Citizens Absentee Voting Act.

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# Time To Bring Out The Horse Blankets?

By Dr. David Marlin

As the overnight temperatures dip to 23°F we are pulling out the fleeces and sweats from our winter clothes closets! Should we do the same for our horses? If they are fit, healthy, unclipped and in good body condition then maybe not! We should not necessarily judge what “clothing” our horses need based on how we feel for two very good reasons. The first is of course that the horse has a fur coat. The second is that due to its size the horse does not lose heat as rapidly as we do. So at the same temperature the horse will actually feel warmer than we do!

Horses are incredibly adaptable when it comes to climate and are found in both some of the hottest and the coldest places on earth ranging from -40°F to 140°F. Being warm-blooded the horse tries to keep its central (core) temperature as close to 101°F as possible. However, in very cold climates the extremities of the body such as the feet may fall as low as 23-50°F or reach as high as 140°F when standing on hot sand.

What determines how cold a horse feels? In simple terms the horse will feel cold or hot when the air temperature falls below 32°F (the lower critical temperature) or rises above 77°F (the upper critical temperature). This is known as the horses’ thermo neutral zone – within this range it’s easy for the horse to control its body temperature by simply opening and closing blood vessels in the skin to lose or retain heat “carried” in the blood. Outside these temperatures the horse must use other means to keep warm or cool. At temperatures above 77°F the horse may increase its heart rate to circulate more blood to the skin, more blood vessels in the skin may open, the horse may also start to increase its respiratory rate and it may start to sweat. In addition, the horse may also change its behavior, for example seeking shade or walking into water. When the temperature drops below 32°F the horse needs to keep heat in. It may do this by increasing its metabolic rate (effectively turning up its central heating and using more fuel), seeking shelter from wind and or rain, letting its limbs drop to a lower temperature by reducing how much blood flows through them and if it gets really cold, by shivering. However, this range changes between summer and winter and horses may have a lower range in winter once they become used to cold weather or cold acclimatized.

In contrast, for an unclothed person, the lower critical temperature is around 77°F. So a horse’s body temperature is a balance between how much heat is being produced and how much is being lost. If it’s cold, then the horse loses heat more rapidly and must increase its heat production and or decrease its heat loss (by letting its extremities get colder) to prevent its temperature falling.

What determines how much heat is lost and how much energy a horse needs to use to keep warm?

## Weather

The colder the air temperature the bigger the difference between the horse’s surface (skin or coat) temperature and the air and the faster heat moves from hot to cold. This is known as convective heat loss. Add in wind and the heat is lost even faster by the process of forced convection or what we refer to as the “wind-chill” factor. Add in rain or snow and it will feel even colder. Even in winter we gain some heat from the sun. This is easy to feel on a winter’s day when then sun goes behind clouds. So the coldest conditions are low air temperature, strong winds and rain.

**Size** - It’s easy to lose heat if you are small and hard to lose heat if you are big. Large animals usually have the advantage in cold climates whilst small animals are better off in hot climates. As already said, the horse is unusual in that it can survive and even thrive in extremes of climate. And some breed’s cope better with cold than others, but in general larger horses retain heat better than smaller ones.

**Age** - As with people, young and old horses and ponies are less likely to cope well with the cold. Young horses are smaller and often have less body (Continued on next page.)



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## Highlander Horse

fat and will lose heat more rapidly. Older horses have a reduced ability to control their body temperature, may have lower body fat, may have health problems, reduced digestive efficiency and be less active which can all contribute to them being more at risk in cold weather.

**Diet** - Heat production is greater on high fiber diets compared with high starch and or high oil based diets. Horses and ponies living out in very cold climates such as in Canada in winter are able to maintain body condition if they have unlimited access to good quality forage. Increased addition of energy to the diet should only really be necessary when the average temperature drops below 32°F for several weeks or for young horses and ponies or for older horses or ponies or those in poor condition.

**Breed** - The “rounder” or more “compact” shape of some breeds may help them to retain heat in cold weather, for example cobs would have an advantage over “finer” breeds such as Arabs.

**Coat** - The horse’s coat keeps it warm by trapping air between the hairs. When the coat gets wet the hairs collapse and less air is trapped leading to faster heat loss. Clearly whether or not a horse has a thick winter coat, has not yet grown one (a good reason to not blanket too soon) or has been clipped will have a big effect on the ability to retain heat. We have always considered that changes from summer to winter coat occur as a result of both day length and temperature. A recent study in Poland found evidence that air temperature rather than daylight appeared to have the strongest influence on development of winter coat.

**Shelter** - Again, studies have shown that even in severely cold weather, some shelter and good quality unlimited forage was provided then mature horses in good condition

could maintain their body condition. One interesting consideration with respect to shelter and stables is that stone shelters or stables will “draw” heat from horses by a process known as radiation so whilst a horse may not need a blanket in a wooden stable the radiant heat loss in a stone stable may mean that the same horse would benefit from a blanket. This is not any easy concept but in the same way that the Sun radiates heat to us on Earth, in the stable the horse becomes the equivalent of the Sun and radiates (loses) heat to colder surfaces.


**Individual** - Just like humans, some horses cope better with cold than others. So whilst there are general rules, it’s still important to observe the individual horse.

### Why do we use blankets?

There are several main reasons why we use blankets on our horses at any time of year: to keep them warm; to keep them dry; to keep them clean. If they get wet they lose more heat. If we keep them blanketed we can clip them, which reduces the risk of over-heating during training or competition and makes them easier to clean and for them to dry off after being worked.

**How does the horse lose heat from its body?** 1) Heat lost in breath 2) Heat lost in feces and urine 3) Heat lost from the skin/coat surface 4) Heat lost by contact with colder surfaces, such as the ground 5) Heat lost by radiation to colder surfaces 6) Heat lost by sweating

Is how warm or cold we feel a good guide to whether we should blanket our horses? No, we lose heat more rapidly than horses. We will feel cold when horses still feel comfortable. Our thermo neutral zone (when naked) is 77-86°F – much higher and much narrower than that of the horse (32-77°F).



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**Risks of blanketing or over-blanketing?**

1) Rubbing, especially if causing a horse to sweat. Sweating causes the skin to become hyper-hydrated (the effect you get when you stay in the bath too long) and more prone to damage and infection. 2) Blankets and stabling prevent sunlight reaching the skin which is necessary for generation of Vitamin D.

Vitamin D is involved in the regulation of calcium and phosphorus in bone and deficiency can lead to decreased bone strength. Sufficient sunlight penetrates through the coat to generate Vitamin D but not through winter blankets.

3) The horse uses a considerable amount of energy to keep warm. If the horse is too heavily blanketed then less energy is lost and will be deposited as fat leading to weight gain. Conversely, horses with short coats and little body fat on borderline energy intake will lose weight in colder weather.

**How to decide when to blanket?**

Don't blanket horses based on how cold you feel! - Older horses, young horses, thin horses and clipped horses will need to be blanketed first. -For most horses (unless clipped and living out 24/7) blankets should not be considered before temperatures overnight begin dipping towards 40°F. -Ideally start with lighter blankets and move to thicker ones, as it gets colder.

-After a month of cold weather your horse may be able to swap back to a thinner blanket once it's acclimatized.

-Try to avoid having blankets on all day when turned out to allow for some Vitamin D formation – an hour a day exposure without a blanket should be sufficient.

-Feeling your horses' legs, face or ears is a poor indicator of how warm it is. Placing your hand under the rug behind the withers is a good spot. If it feels cold then you may

want to consider a thicker blanket. If it feels damp then you may want to consider removing the blanket, as it's likely your horse is too warm.

-Horses without access to field shelters will need thicker blankets as the temperature drops.

-Remember that wind, cold and rain or wet snow will induce the greatest heat loss.

**Editor's Note:**

Mountain conditions can add other factors in the question to blanket or not and when. Letting a horse get cold in early winter will encourage hair growth especially if they are not wet. Blanketing for an hour to let a wet coat dry and then removing it for the day allows the natural coat to come in as it is meant to do.

Over many years it has come to the attention of CSU's Veterinary Hospital that drastic changes in barometric pressure can also affect a horse's ability to stay warm and well hydrated. If a storm is approaching many horse owner's check to make sure their equine is drinking enough water: pinching the skin, checking for moisture in the mouth, levels of water in the trough are all ways to determine if your horse is adequately hydrated.

Some vets recommend adding salt to a wet mash to encourage the horse to drink even when it is cold. Always having access to unfrozen water is necessary for all horses kept in corrals or pastures without running water. Since colic is the biggest danger for horses, prevention is the key. If a horse isn't hungry at feeding time that is cause for alarm: don't wait until morning – it could be a life and death sign. Healthy, heavy coated horses can have snow accumulate on their backs and not be cold, but once it starts to melt they may get wet and cold. **Colic Chart page 33.**


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# Two New Ballot Return Boxes

## Two new Boulder County 24-Hour Mail Ballot Return Boxes Installed

Just in time for this General Election, in partnership with the Town of Lyons and the Town of Nederland, Boulder County Elections Division installed two new 24-hour secure, videotaped mail ballot return boxes. The locations of the new 24-hour mail ballot boxes that are open NOW:

**Lyons Town Hall – 432 5th Avenue**  
**Nederland Community Center – 750 North Highway 72**  
**Town of Lyons 24-Hour Mail Ballot Box**


### Nederland 24-Hour Mail Ballot Box

Elections in Colorado are conducted by mail with Voter Service and Polling Centers available for those who would like additional assistance with voting or who prefer to vote in person. All active registered voters have been automatically mailed a ballot to the address on their voter registration record beginning Monday, October 15.



Monday was also when all 24-hour ballot boxes open. The mailed ballot packets include a detailed list of ballot drop-off locations including the additional twelve 24-hour ballot drop-boxes available throughout Boulder County. The mail ballot packet also includes a list of Voter Service and Polling Centers that will be open to the public.

Whether voting by mail or voting in-person, voters are encouraged to complete their ballot as soon as they have decided how they are going to vote. Voting early helps reduce political campaign phone calls for the public and assists the county in being able to process ballots throughout the election period, not just on one night.

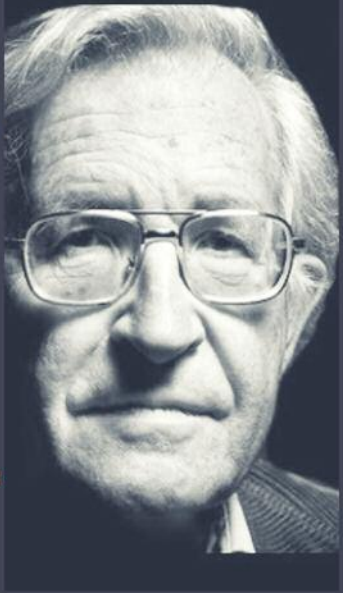
Boulder County voters can visit [www.BoulderCountyVotes.org](http://www.BoulderCountyVotes.org) to register to vote, check and update their voter registration, and view ballot content. They can also call 303-413-7740 for more information or visit one of three Boulder County Clerk & Recorder’s office branches: 1750 33rd St. in Boulder; 529 Coffman St. in Longmont; or 1376 Miners Drive in Lafayette. Office hours are 8 a.m. to 4:30 p.m. Monday through Friday.



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# Feelings & Emotions In Horses

From [www.harmonyhorseworks.com](http://www.harmonyhorseworks.com)


Do horses have an ego? Do they have emotions? We wonder how they feel themselves in the world and how they process information. David M. Hawkins, M.D., Ph.D., who has calibrated the consciousness levels of every living creature from an amoeba to Koko (RIP) the hand-signing gorilla, has calibrated the level of consciousness of the horse species to be 235-245. Farm horses tend to calibrate at 235 and racehorses at 245. He says horses who spend quality time with compassionate people automatically raise their own calibration, too. Note that the human species calibrates at 204-207 overall, so the equine species calibrates higher than mankind! That is not a hard concept for us horse-lovers to grasp. (**Power vs. Force, Truth vs. Falsehood**, et al.). Hawkins also says that any living species calibrating above the level of 200, the level where integrity begins, has an individuated consciousness, not a group awareness such as a school of fish or a flock of birds. This means they have an individual sense of who they are as a separate being. They know. What differentiates them from an evolved human at a level beyond the low 200s is that humans know that they know. They are aware that they are aware. Horses are simply aware.

As far as emotions go, horses experience pleasure and pain – and all the emotions between – just as we do. Their physical suffering is no different than yours or mine. Their enjoyment of a snooze in the sun equals ours in a hammock on a summer afternoon. Their playful behavior reflects ours when we have fun. Their bonding to their young is the same as the love we feel for our little ones. We are the same in brain evolution up to the point of the frontal cortex. We have the same reptilian brain stem that horses have and, at the other end, we have the most highly developed frontal and pre-frontal cortex in the animal kingdom. (Whether we do or don't use that extra gray matter seems highly individual to each human being). What we have that horses do not have is expansive verbal language and an advanced ability to think abstractly. Horses use body language and their choices are made simply on what makes them feel safest. There are exceptions to this with some horses having demonstrated uncanny abilities to make decisions that involve complex choices not involving cues given to them by humans.

With a horse, the “what you see is what you get” factor works in a big way. That's not to say they won't play with your mind and challenge you – that's their job as a herd animal – to test the leader. Your (Continued on next page.)

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## Highlander Horse

leadership needs to be deserved in their eyes and not bestowed simply by the fact that you are human and more “highly evolved” than they are. They have no concept of that higher evolution and simply go on how safe you make them feel. Remember, they calibrate higher than your own species on the Map of Consciousness.” (David R. Hawkins, M.D., Ph.D., *Truth vs. Falsehood and Power vs. Force*, Veritas Publishing). What they have is a highly-activated automatic startle response as a herd/flight animal that is not as volatile in humans who have a logic/reason overlay. But a good therapist will tell you that most people live in some sort of fear all the time, it is simply repressed.

Horses don’t repress. They react to the moment. The main difference in the ways horses and humans process information is that horses think in slide format and humans think in video format. We can rewind and fast forward in

our minds, going back in time and we can imagine different future outcomes. We can live in three time zones – past, present, and future and even run several tapes at one time. Horses live in the present and compare what comes up to a reaction they store in memory: like a file in a filing cabinet, pull it out, compare it to the current situation and then react – fight or flight, stay and play or run away. They cannot imagine a different outcome to a situation while they are in that situation – unless their fear cycle is effectively interrupted. Then, they don’t imagine another outcome, they just settle. Their brains, however, can be reprocessed so that the next time a similar situation comes up, the old memory has been replaced with a new one with the neural reprocessing generated by Equine Stress Control Therapy (ESCT). It works the same way in horses that Eye Movement Desensitization and Reprocessing (EMDR) works in humans by interrupting the fear cycle, breaking up the old neural network in the brain, and laying down the traces of a new one that replaces the old one. Interrupting the fear cycle is key here. It is the simple interrupt signal that starts reprocessing of the old response into a new one.

I do not know of any studies that have tested EMDR on animals, but I have been working with horses and ESCT since 2002 and know it works. I have also used the therapy on dogs and found it to be very helpful. It is called Canine Stress Control Therapy (CSCT). EMDR therapists have called me and said they had considered doing this on their animal but simply had not figured out how to modify the human protocol for animals. EMDR uses bilateral body tapping, eye movement, bilateral sound and tracking lights.

The method that works best on horses is using the automatic ESCT pulser that emits gentle bilateral and rhythmic vibrations (not shock). The pulser is attached to the headstall of the horse and the on/off switch, speed and intensity levels are the controls used by the human to administer ESCT to the horse. The protocol needs to be learned and adhered to. Letting the pulser run on and on is forbidden. That creates nothing beneficial for the horses and is never used that way on humans. There is no point to “dumbing down” a horse or human unless your intent is to inflict torture!

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# In The Realm Of All Notes

By Omayra Acevedo

At the end of September, I attended the Autumn Gold Festival in Estes Park. I met new people and reconnected with some familiar faces. I took the Peak-To-Peak Highway to get there. It was the perfect drive at seven in the morning. Autumn was in full bloom and the morning was so still, everything I drove past or towards looked like a painting. If I could, I would have lived in those moments forever. The beauty Colorado has to offer is endless – and not just in sight.

It continued as I got into the town of Estes Park. The town also stood still against the backdrop that is Rocky Mountain National Park. The streets were quiet and only a handful of shops were open. Mostly cafes and coffee shops. It was rather pleasant. By ten in the morning the crowds began to roll in and I was headed to Bond Park where the festivities were set to take place. Tents were up, strangers buzzed with the excitement of preparing for the crowds. The smell and sounds of popcorn, roasted almonds, nachos, hot dogs, beer and chatter filled the air. With book in hand, camera around my neck and a friendly

smile upon my face, I approached the music venue.

There, setting up, was the first band of musicians. ‘Last Men on Earth’ (LMOE), a local band specializing in Classic Rock. Being a journalist, it is in my nature to ask questions, but not just to people. I tend to turn to nature as well and ask questions when I’m seeking direction. I’ve always been that way. It’s no wonder I became a journalist. One of the many questions I asked the musicians was: If there was something you wanted your fans to know that they don’t already know, what would that be? The answers I received were much like the answers I get when I’m reaching out to the stars for guidance. Genuine.

Mike, from LMOE, said he wanted his fans to know that they’re enjoyment matters to him. That he appreciates that they care enough to come out and see them play. Greg, also from the LMOE band, stated that whatever they are experiencing, they (the fans) make it easy to connect with them. Boy! Did this hit home for me. This is exactly how I feel when I am out in the wilderness. It’s like whatever energy the trees put out, I can feel, and it makes my hikes that much more enticing. I’m (Continued on next page.)

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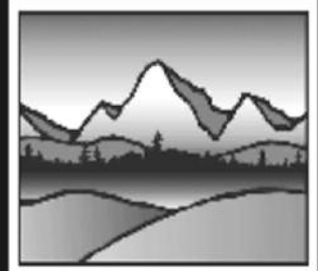
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## Highlander Observations

always grateful to feel that the earth cares enough to keep me company.

The next band, The Long Run, Colorado's Tribute to the Eagles, slowly trickled in, and this is where it got very interesting for me. While the music played, I found myself reflecting in moments of my time in the great outdoors. A verse from a song would bring me back to one of many occasions I have spent out in the wild. The thing is, the lyrics didn't just remind me of my time out in the woods, but the exact emotion I was feeling during each moment. It was as if for the first time, I was hearing music for what it is truly worth. I felt alive, welcomed and a part of something magical. I felt something I seldom get to feel. I felt every note and everything in between. I became part of a realm that's non-existent to so many. I was beyond humbled and moved.

Grateful, The Great Adventure, lucky, desire, committed and always practicing to get better, were some of the answers I received to the question: If there was one word, phrase or perhaps even one song that could sum up your life as a musician, what would that be? These all would have been part of my answer should I have been asked what it is I get out of being in the middle of nowhere surrounded by nothing but the sound of silence. Just as much as a musician wanting to learn the next big hit or trying to write the next set of inspiring lyrics. It is the sum of all these beautiful and positive things that keep me craving nature.

Every lyric in every verse in every song led me to recall a memory I think I might have forgotten otherwise. I guess you can say music does that to us. Us, the people who are

perhaps hypersensitive to our senses and everything that crosses our path. Paths that we may take on a dirt road, a professional opportunity, in words or spiritual in nature. Those of us that are willing to receive guidance in every way possible, learn that inspiration can be the spark that ignites the fire of will. A spark that can be found in something as simple yet complex as music.

I received so many uplifting responses to my inquiries, I would need to write a second and third article to give them all true value. Some, however, stood out like the sight of a Catamount in the middle of the forest. I spent a few moments with Steven, from The Long Run, and something he said will live within me forever. "They are not my fans. Their familiar faces have become my friends." The trees, wildlife, the sky, the sun, moon, stars and I have spent so much time together, we are without doubt more than familiar with each other; we too have become friends.

We all have a song or artist we turn to, that helps us connect to our own lives and see the world for how massive and delicate it truly is. Music and lyrics can inspire us to feel some of the strongest emotions known to mankind. As much as a guitar, a set of drums, a harp or keyboard becomes part of a musician, the music of nature is very much a part of me. Whether it'd be on the radio, online, from a CD, a live band, the ruffle of leaves or the rivers running, music is everywhere.

It doesn't matter if we hear with our ears or our hearts, our spirit or our souls. The point being that music surrounds us, ready to inspire and guide us.

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# In Defense Of Animals & A Beloved Poem

**In Defense of Animals** is a non-profit advocating for the rights of all animals, not just horses. It was founded by Elliot Katz. Their website is [www.ida.org](http://www.ida.org). The credo is copied here.

Animals are not our property, we are not their owners. We believe:

- that all life springs from the same source and that we are all part of a whole.
- that because we are all part of this whole, we must widen our circle of justice and compassion beyond the human species to include other animals
- that we must oppose cruelty and injustice towards animals, no matter how deeply rooted in habit, custom or tradition, and do all that is in our power to make their world a more just, compassionate and peaceful place
- that it is our duty to formulate legal codes and responsible public policy that include the needs and interests of animals affected by our way of life
- that since other animals, whether domesticated or wild, are living beings, they ought not to have owners, only guardians, friends, caretakers, protectors, family or respectful observers
- that animals are not objects or things, they should be referred to as we refer to ourselves or to our fellow humans: never as "it" - but by name, or as "he" or "she," as appropriate
- that we have a responsibility as guardians of our animal companions to ensure their physical and emotional needs are met, and that our commitment to them is a commitment for life
- that since our fellow animals should never be considered as property, commodities, objects or things, they should not be bought and sold, but instead be adopted, rescued, or re-homed as family whenever possible, or left in their natural state with compassionate and thoughtful assistance
- that we should respect and protect the boundaries, needs, and stable futures of "wild" animals and the habitats in which they live, as we expect our own homes and property to be respected and preserved
- that we will not allow today's imperfections to discourage us from continually working to reach our Guardian ideals



## When I am an Old Horsewoman

When I am an old horsewoman  
 I shall wear turquoise and diamonds,  
 And a straw hat that doesn't suit me  
 And I shall spend my social security on  
 white wine and carrots,  
 And sit in my alleyway of my barn  
 And listen to my horses breathe.  
 I will sneak out in the middle of a  
 summer night  
 And ride the old bay gelding,  
 Across the moonstruck meadow  
 If my old bones will allow  
 And when people come to call, I will  
 smile and nod

As I walk past the gardens to the barn  
 and show instead the flowers growing  
 inside stalls fresh-lined with straw.

I will shovel and sweat and wear hay in my hair  
 as if it were a jewel

And I will be an embarrassment to all  
 Who will not yet have found the peace in being free  
 to have a horse as a best friend  
 A friend who waits at midnight hour  
 With muzzle and nicker and patient eyes  
 For the kind of woman I will be  
 When I am old.

-By Patty Barnhart

*Originally published in The Arabian Horse World  
 magazine in 1992*

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## Colorado River Water

By Paige Blankenbuehler - High Country News

Recently, the Bureau of Reclamation released the draft Colorado River Drought Contingency Plan, drawn up by the states within the river's watershed.

The seven states that rely on Colorado River water are nearing completion of an ambitious two-part plan to protect water in the West, as the already over-allocated Colorado River faces further shrinking due to drought and climate change. The draft plan could spread the burden of exceptionally dry years across all communities that draw from the overtaxed river — if only warring factions inside Arizona could finalize their own portion of the agreement. The plan aims to conserve more water and store it in Lake Powell so that the Colorado River system, which supports the water needs of more than 40 million people, doesn't collapse. Seven states plus Mexico need to agree to the plan. Documents released recently lay out two drought-contingency plan proposals. One is from the Upper Basin states — Colorado, New Mexico, Utah and Wyoming— which has already been signed. The second part of the agreement is the proposal from the Lower Basin states: Arizona, Nevada and California. Those states still need to finish hammering out an agreement.

While the release of the draft plan signifies a step toward a final agreement, Arizona remains mired in within-state negotiations. The plan requires cutbacks in water use, and Arizona water managers are still negotiating to determine how cities, farming districts and tribes could spread around the impacts of the deal. The most difficult hurdle the state has yet to clear is the fate of a relatively small group of farmers in central Arizona, who share some of the lowest priority water rights in the Lower Colorado River Basin. In 2004, Pinal County farmers signed an agreement that gave up permanent contracts for Colorado River water in return for temporary access at a steep discount. As a result, they stand to lose their water if there is a shortage, which could be declared as soon as 2020. Now, those farmers hope to negotiate for stipulations in the final agreement that will prevent them from losing their water supplies all together.

Despite the delay, local water managers who have been meeting regularly to hash out plan details feel optimistic that by January, Arizona will be able to sign off on the agreement. Tom Buschatzke, the director of the state Department of Water Resources, told the Arizona Republic that the idea is to reach a compromise that “more equitably spreads around the pain and the benefits” of the proposed Drought Contingency Plan. “I think the vast majority of people are trying to find ways to make this happen,” Buschatzke said.

*Paige Blankenbuehler is an assistant editor for High Country News.*



**By Maya L. Kapoor – HCN**

If water were priced according to demand, many Westerners would be smelly and thirsty. But water is a necessity, and demand-based pricing would be unethical. Instead, many cities rely on block pricing for residential use, charging different amounts for essential water and for additional water.

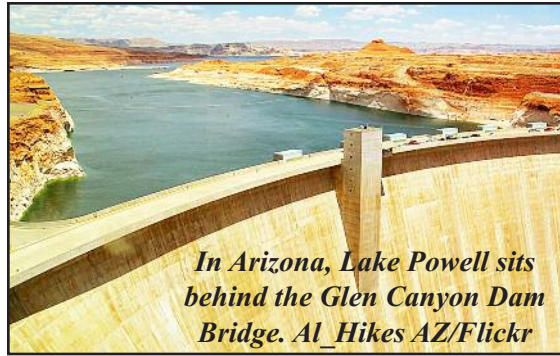
Done right, block pricing should encourage conservation while still letting everyone meet their needs: The cost of essential water, used for basics such as clothes washing, staying hydrated, bathing or cooking, is low, while additional water — say, for growing a lush lawn in the desert — costs more. But according to new research, that’s not the reality across the West.

Economists and a public policy expert at the University of Minnesota who looked into block pricing for water in the nation’s largest urban areas, including 11 Western cities, discovered a pattern they conclude is neither sustainable nor just: Many of the driest cities have the cheapest water prices. What’s more, for households across the West, the average price of water goes down as use goes up. In many Western cities, using under 6,000 gallons of water a month has a higher price tag for households than the next nonessential 6,000 to 12,000 gallons they might use.

The researchers used the Natural Resources Defense Council’s 2010 Water Sustainability Index rankings — which combine factors such as climate change projections, drought vulnerability and future demand — to predict water scarcity for the biggest cities in the nation’s 35 most populous metropolitan areas. They used approximately 6,000 gallons as a “generous” estimate of how much water a family of four in one home needs each month for basics. (Across the nation, Americans in this category actually use, on average, almost 9,000 gallons each month.)

Phoenix, a region facing extreme risk for water scarcity, charges \$27 for the first 6,000 gallons per month, the lowest price for essential residential water. Meanwhile, the most expensive water prices are in some of the West’s wettest cities, including Seattle, which charges about \$150 for the same amount. In Sacramento, California, the cost of nonessential water use, like for lawn care, is less than a quarter the price of what is considered essential water.

As alarming as it may be for water to cost so little in a desert city with an



average rainfall of just eight inches a year, Phoenix’s water management policy is arguably more just, because necessary water is cheap, while additional water is more expensive. Phoenix charges 55% more for additional water use, more than any other Western city, and per capita water use has fallen in recent decades even as the city has grown. Still, the West overall has catching

up to do: The greatest charge for additional water use nationally is in Miami, where nonessential water costs 73% more than essential water.

Indeed, in almost all of the Western cities studied, water costs less on average when used more. For example, in Sacramento, a northern California city with an extreme water scarcity risk, nonessential water costs 75% less to use than essential water. Regulations can create a hurdle for Western cities hoping to use block pricing to make water access both sustainable and fair. In California, for example, state law Proposition 218 outlaws water prices that are higher than the cost of providing water. That rule effectively stops block pricing from being a sustainability tool, because high prices on nonessential water can’t be used to encourage conservation or to keep the price of essential water low. Meanwhile, as Western cities struggle to solve their water pricing dilemma, it’s only getting worse: Climate change is making water shortages ever more likely in the West’s most populous places, but with current policies, future water shortages will be difficult to meet in a way that’s fair. *Maya L. Kapoor is an associate editor at High Country News.*

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Top Right: Jazz's new pup.  
Left: Girls pet new foal (by Sara Monroe).  
Right: Stall mates reunion.

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*Top - Sparty mad at Doc about new snowfall.  
Above: Kris Wallace photo of pony jumping.  
Top Right: Horse with cap from Julia Ayling  
Bottom Right: Phoenix & Ayla.*

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Be prepared for your exits, make lane changes early so you're in the correct turning lane, and listen to traffic reports to be prepared for situations that could cause delays.

## Wear appropriate footwear

Your shoes could affect your ability to control your car in some situations. Open-heel shoes can slip off and wedge under pedals, while high heels can catch on floor mats, delaying acceleration or braking. Wear sneakers or low-heeled shoes while driving—and slip on your work shoes once you've arrived.

## Drive distraction-free

Avoid anything that takes your hands off the wheel, your eyes off the road, and your mind off driving. This includes using your cell phone (even hands-free devices), grooming, changing radio stations, and other common distractions.

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Mornings can sometimes be stressful. Add a busy roadway, and that can compound. Curb your road rage and avoid becoming the target of an aggressive driver.

## Shield against harsh sunlight

Morning and evening commutes sometimes coincide with sunrise or sunset. In addition to using the car's sun visor, wear a pair of polarized sunglasses and keep your windshield clean to maximize visibility. Also reduce your speed, leave extra space between you and the car ahead of you, and turn your headlights on so other drivers can see you better. **Texting while driving is one of the most dangerous driver distractions, but it's not the only one.**

## Here are seven other unsafe habits to avoid:

- 1. Grooming:** Pressed for time, some people conduct grooming activities in the car, such as putting on makeup or using an electric shaver. Do yourself and other drivers a favor by completing your morning routine at home.
- 2. Eating and drinking:** Your steaming cup of coffee spills or ingredients slip out of your sandwich—any number of distractions can arise when you drive and dine. Stay safer by saving the refreshments until you're parked.
- 3. Monitoring passengers:** In a recent State Farm® Distracted Driving survey, 40% of drivers indicated that attending to children in the backseat was very distracting, while 53% of drivers said the same thing about having a pet in their lap while driving. Passenger distractions are particularly important for teen drivers to avoid: The Children's Hospital of Philadelphia and State Farm teamed up to analyze a sample of 677 teen drivers involved in serious crashes. The study found that drivers who had peer passengers were more likely to be distracted before a crash as compared to teens in accidents while driving solo.
- 4. Rubbernecking:** Slowing down to look at a traffic accident could cause an accident of your own. The same thing goes for lengthy looks at billboards, a street address or a great mountain view.
- 5. Listening to music and infotainment systems:** Playing your radio at a high volume or wearing headphones take your focus away from the road. These distractions reduce the likelihood you'll hear car horns, emergency vehicles or other key noises.
- 6. Daydreaming:** If you've ever realized you just missed an exit because you weren't paying attention, you've experienced a common distraction: daydreaming. Resist the urge to lose your focus in a daydream while driving, and keep your attention on the road.
- 7. Nodding off:** According to a poll by the National Sleep Foundation®, an estimated 60% of Americans have admitted to driving while drowsy, and 37% have nodded off behind the wheel. If you feel sleepy, pull over. Walk around to rouse yourself, switch drivers or find a safe place to nap before you resume driving.



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# Stay With Me

By Valerie Wedel

“Remember when the kids used to play in the sandbox at Trident? Isn’t it amazing how toddlers can be happy for hours, just playing in the sand, with a dump truck and a shovel and a few sticks...”

Two women, two mothers, old friends. Breast to breast, belly to belly... Two hearts, a pair of wild birds in a fluttering tree of grief... We hold each other.

Beyond the windows in Hope’s living room, a late summer garden blooms. In the distance, the Flatirons are golden. The charmed view is framed by gently swaying tree branches, heavy with green leaves. The day feels cold. We wrap our hands around mugs of home made decaf mocha lattes, with a dash of caramel.

Hope is huddled in a thick, white, terry cloth bath robe. She is scrunched deep into the couch facing the windows, a blanket covering her legs and slippers. Hope has not bothered to dress. Her waist-length mane of lustrous dark hair is turning white.

Hope talks, I listen. Her son Andrew had been at college for two weeks. He left home happy, bubbling with enthusiasm for new friends he looked forward to meeting.

Two weeks into the semester, Hope had a bad feeling. She went to bed worried. She slept badly, and woke up more worried. In the morning she drove to campus to check on her son.

Andrew wrestled with being on the Autism spectrum. Like a savante, Andrew could recite the most astonishing facts about chemistry, which he loved. But he couldn’t go into an ice cream store and choose a flavor. The stress and anxiety around making such a decision was crippling. Likewise, reaching out for social interaction was overwhelmingly terrifying.

Yet Andrew had high hopes for college life. At his high school graduation, the last time I saw him, he seemed upbeat and happy. As he told his mom more than once, “I just need one friend! Just one friend will make everything all right.”

On that morning, now exactly one month ago, Andrew did not answer his phone or texts. When Andrew did not answer his door, Hope had the RA get a master key, and open her son’s room. Hope found her son. He was dead by suicide. Exactly one month ago.

Hope has support. She has a network of friends who love her. She spoke of the irony of her son wanting just one friend.


People at the university set up a “go fund me” page to help with funeral expenses. One of the families who contributed to the site reached out with their own story. Their son suicided – just two weeks before he was scheduled to graduate with a bachelor’s degree.

As the holidays approach, many of us feel joy and hope for the coming of a sacred midwinter season of renewal. And some of us who feel grief and even despair. Some of us are more isolated than we want to be. Perhaps through divorce, or loss of loved ones, or even through unemployment. Difficult times in life can be hard to navigate.

If you or someone you know is struggling with isolation and depression, researchers at Adventist Healthcare suggest action to prevent and overcome depression during difficult times:

- Strong connections to family
- Community support
- Fellowship with cultural or religious groups
- Clinical care & support for both mental & physical health

Not all of us have family we are close to. We may not have close friends we can reach out to in a given moment. If you are completely *(Continued on page 23.)*



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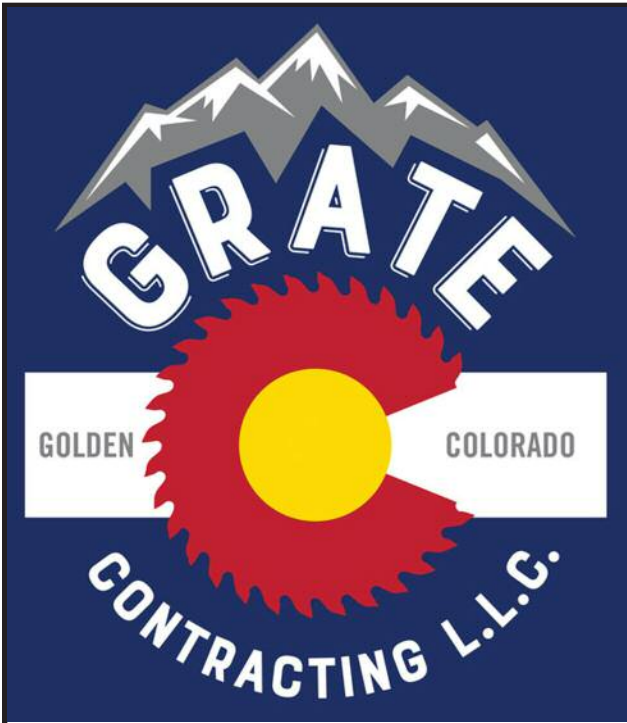
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alone, help is still, always, available.

Day or night, call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**. Calls are confidential and free. You'll be helped by a skilled, trained crisis worker who will listen to your problems, and tell you about mental health services in your area.

More information about suicide prevention is available from the National Institute of Mental Health (NIMH) and the Center for Disease Control.

Do you suspect someone you know or love may be at risk of self harm? Signs of depression include: Not sleeping well (insomnia), sudden mood and behavior changes, major appetite changes such as binge eating or not eating, and loss of interest in things that had been pleasurable. It can be hard to tell if this is all temporary, due to a difficult time, or deeper and longer lasting.

As Andrew and his surviving family found, depression can lead to suicide. According to webmd.com, signs of suicidal depression may include:

A sudden switch from sadness to extreme calmness, or appearing to be happy.

Always talking or thinking about death.

Clinical depression (deep sadness, loss of interest, trouble sleeping and eating) that gets worse as time passes.

Taking risks that could lead to death, such as driving through red lights.

Making comments about being hopeless, helpless, or worthless.

Putting affairs in order, like tying up loose ends or changing a will.

Saying things like "It would be better if I weren't here" or "I want out."

Talking about suicide.

Visiting or calling close friends and loved ones, with a sense of farewell.

If you feel or experience any of these warning signs,

call your local suicide hotline. Contact a mental health professional right away. Go to the emergency room. You are not alone! If it is someone you know, take action. Call them, try to visit. Call the suicide prevention hotline. Call 911 and ask for help.

Young people in Colorado are at risk. Our beautiful state ranks near the bottom of all the states in our nation, in supporting our young people's mental health. Suicide is now the leading cause of death among our young people. The good news: According to a CBS 4 Denver news broadcast on October 16, 2018, our state just received a three million dollar grant to support mental health access for our youth.

High school students at Thunder Ridge High School recently started a program called Oasis. They created Oasis in response to the recent suicide of one of their classmates. They just won a \$10,000 grant to help fund their program, which offers a safe place and support for fellow students who struggle with isolation, and other mental health issues. What can you do at your school? Where ever your community is, what can you do?

Hope knew in her gut her son was in trouble. We all have a radar inside us, if we just listen. We do our best for ourselves and each other. And at the end of the day, we own only our own actions.

Andrew had as much help over the years as Hope could provide – counseling, medical support, supportive school programming. There was community that loved him, even if he did not realize or feel it. We fight for each other, as Andrew's mom fought for him. Sometimes we lose.

Through the worst that life throws down, we can still hold each other. Sometimes that is all there is. Feel the pain - it is through this that healing comes.

Hold on.

Be here. Stay with me.

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# Mining Bans Near Yellowstone & Grand Canyon

By Carl Segerstrom – High Country News

On Oct. 8, Interior Secretary Ryan Zinke announced a 20-year ban on new hardrock mining exploration north of Yellowstone. His decision, which follows a similar recommendation from the Forest Service, puts 30,000 acres in the Paradise Valley and Gardiner Basin off-limits to new mining claims.

“There are places where it is appropriate to mine and places where it is not,” said Zinke in a statement to The Hill. “Paradise Valley is one of the areas it’s not.” The withdrawal was greeted with cheers from some conservation groups and tourism interests. Others, however, criticized what they see as Zinke’s penchant for favoring protections close to home.

The Yellowstone Gateway Business Coalition, which has the support of more than 400 area businesses, applauded Zinke’s decision. “My husband has worked in the mining industry for over 27 years and we support the mining industry, but the Paradise Valley which serves as the northern gateway to Yellowstone National Park is not the right location for any new mining activity,” said Tracy Raich, who co-founded the local business organization.

“Thank you, Secretary Ryan Zinke, for listening to us and for understanding what’s at stake.”

Some national environmental groups also praised the Forest Service and Interior Department for moving to limit new mining in the area. “National Parks Conservation Association commends Agriculture Secretary Perdue and Interior Secretary Zinke for defending Yellowstone’s doorstep from industrial gold mining,” said a statement from NPCA’s President Theresa Pierno.

But some skeptics chalked the decision up to political ambitions and local favoritism. “While Zinke rushes to open up places like Bears Ears, Grand Staircase-Escalante, and the Boundary Waters to copper, uranium, and coal mining, only Montana’s natural treasures get the protection they deserve,” wrote Aaron Weiss, the media director for the conservation advocacy group Center for Western Priorities. “It’s now clear Ryan Zinke will only do the right thing when his political future is on the line.”

The Trump administration, supported by the Congressional Western Caucus, attempted to reverse a similar moratorium on uranium mining near the Grand Canyon. Zinke’s Interior Department also let a mineral withdrawal on Oregon’s Chetco River expire this summer. The 20-year ban is the longest time period Zinke can sign off on without congressional approval. The Forest Service manages nearly all the land covered by Zinke’s decision; the Interior Department manages the below-ground minerals on public lands. Only Congress or the president can permanently protect the area.

*Carl Segerstrom is an editorial fellow at High Country News.*

**Editor’s Note:** The Supreme Court also upheld a 20-year ban on new uranium mining near the Grand Canyon in October. People in that area are concerned any uranium mining could contaminate the Colorado River running through the Grand Canyon and that this administration might take executive action to dismantle the ban.

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# Buffalo Field Campaign-[buffalofieldcamgaign.org](http://buffalofieldcamgaign.org)

## Emergency Action to Protect Central Herd: End West Side Hunting, Harassment & Stop Yellowstone's Slaughter Plans

Yellowstone's Central buffalo herd has declined by nearly half since last year. When Yellowstone released their report on the status of the Yellowstone bison, there were only 847 buffalo remaining. Now that hunting has commenced, fewer than 800 remain. This subpopulation of the last continuously wild, migratory buffalo has been in seriously dire straights and is continuing to decline at a rapid pace due to the nefarious actions of the State of Montana and Yellowstone National Park. In a little more than a decade, government capture, slaughter, harassment, and hunting, has reduced the Central Interior herd to less than one-fourth its size.

The status of the Central herd is so dire that Yellowstone bison biologists are recommending that state and tribal hunting cease in the Hebgen Basin, west of Yellowstone National Park, where the Central herd exclusively migrates. This hunting closure suggestion will likely be met with resistance by hunters and hunt managers, so it is imperative that we raise our voices and be heard for the herd! But, Yellowstone cannot place the conservation burden on hunters alone.

The Central herd migrates both west into the Hebgen Basin and also north into the Gardiner Basin, where Yellowstone's Stephens Creek buffalo trap is. It is irresponsible and unjust for Yellowstone biologists to suggest hunters cease to kill, when they intend to capture-for-slaughter or removal, hundreds of wild buffalo this winter, knowing that many of these buffalo will be from the Central herd. Aside from a few radio collared females, they will not know which buffalo are from which



herd. Yellowstone's capture operations kill hundreds more buffalo than hunters do on the west and north side, combined. If Yellowstone moves forward with capture-for-slaughter operations, they will be neglecting their responsibility to the buffalo, ignoring the tragic shift that they recognize and have directly caused, and will be placing the bulk of the conservation burden on hunters.

Finally, for the few survivors remaining in the spring, Montana must also cease hazing or harassing buffalo and let them roam in peace. **Go to our website to TAKE ACTION - it is just a click away & could save them.**



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# Judge Slams Wildlife Slaughter In Ruling

From PredatorDefense.org

June 2018 - This incredibly good news simply must be shared! A federal court has ruled that Wildlife Services' barbaric wildlife-killing program in Idaho ignores science and fails to properly analyze how killing thousands of coyotes and other predators each year could impact the environment.

A judge ripped this federal agency's justification for killing thousands of wild animals - Washington Post, June 25, 2018 - We are plaintiffs in this precedent-setting case, which delivers a powerful rebuke to Wildlife Services. One of our favorite statements in the judge's decision is: "The lack of reliable data infects all the agency's conclusions." He also found they ignored or dismissed essentially unanimous critical comments from conservationists and their own sister organizations.

The irony of Wildlife Services' methods is profound: "Indiscriminately killing native carnivores does not achieve any of Wildlife Services' stated goals," said Bethany Cotton, wildlife program director for another plaintiff, WildEarth Guardians. "Instead, it increases the likelihood of conflict and undermines ecosystem functions."

We were represented in this extremely important case by Advocates for the West and Western Watersheds Project. It will now proceed to the remedy phase, where the judge will consider solutions to the problems identified in the ruling.

By Darryl Fears, June 25, 2018

A federal agency's justification for killing thousands of animals in Idaho was faulted by a U.S. District Court as "not convincing and objective" because it failed to take "the required 'hard look' at concerns" raised by others, including sister government agencies such as the U.S. Fish and Wildlife Service, regarding the potential harm to the environment.

The decision by Chief District Judge B. Lynn Winmill could have a broader impact on the federal Wildlife Services, a division of the Agriculture Department that removes and kills millions of animals each year. Coyotes, wolves, grizzly bears, beavers, blackbirds, mountain lions, foxes and a wide range of others identified as nuisance animals are slain on behalf of ranchers, farmers, homeowners and airport operators — actions that are routinely challenged by environmentalists.

Winmill agreed with a suit brought by the Western Watersheds Project, the Center for Biological Diversity, WildEarth Guardians and Predator Defense, which argued that Wildlife Services gave itself broad authority to destroy native predators in Idaho without conducting a scientific review of how such kills would affect the ecosystem. The court said officials dismissed concerns even when other agencies charged with environmental conservation — the Fish and Wildlife Service, Forest Service, Bureau of Land Management and Idaho Department of Fish and Game — said the rationale given "was not an objective analysis of the environmental impacts."

"The criticisms ... make this a unique case," Winmill said. "It is rare for the court to encounter such unanimity of critical comments from other agencies."

Under federal law, "an agency may use a convincing and objective analysis to reject criticisms and refuse to prepare a full environmental impact statement," he said. "But that was not done here."

As a result, Winmill found "Wildlife Services acted in an arbitrary and capricious manner." Instead of issuing a final judgment, he ordered the division to work with the



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plaintiffs to establish a method for determining the impact of its animal control. The court will oversee that future negotiation.

“Wildlife Services will now have to fairly evaluate how killing thousands of coyotes in southern Idaho each year affects the environment,” Talasi Brooks, a staff attorney for Advocates for the West, which represented the groups, said in a statement Monday. “The opinion is a win for wildlife and a win for management based on modern science.”

Bethany Cotton, wildlife program director for WildEarth Guardians, said in the statement:

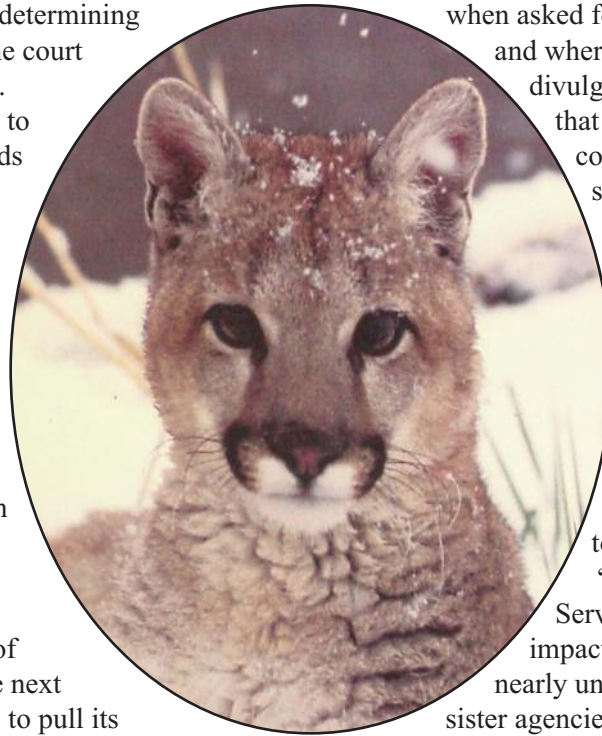
“Indiscriminately killing native carnivores does not achieve any of Wildlife Services’ stated goals. The next logical step is for Wildlife Services to pull its proverbial head out of the sand, accept the best available science and adopt a nonlethal coexistence mandate.”

Since the Hoover administration in the 1930s, Wildlife Services has entered into agreements with ranchers, farmers, private industry and states, which pay the majority of the agency’s costs of removing animals viewed as a threat. The agency has responded to past criticism by saying it works to strategically resolve human and wildlife conflicts and its activities have increased because those conflicts have.

In 2016, the agency pointed to a USDA inspector-general audit to defend its methods. Investigators said an audit “did not reveal problems with wildlife damage management activities, or with WS’ system for tracking controlled materials. WS’ actions in these areas complied with all applicable Federal and State laws and regulations.”

But at least two members of Congress have complained about the agency’s failure to provide information about its justifications and methods for killing animals.

Some conservation groups readily acknowledge that Wildlife Services has a role in wildlife management. Yet



when asked for data, the amount of poison used and where, the agency has declined to divulge information. Watchdog groups that wanted to evaluate how the agency conducted aerial hunts of animals such as wolves were stonewalled.

Conservationists have pressed Wildlife Services to better study how eliminating predators harms the environment. Without apex predators to take down big game such as moose, deer and elk, herds grow and linger in small areas, trampling and chewing flora that a wide variety of other animals need to live.

“The court pointed out that Wildlife Services ignored key science on the impacts of wildlife-killing, as well as nearly unanimous critical comments from sister agencies,” Kristin Ruether, senior attorney for the Western Watersheds Project, said in the statement. “We’re going to keep fighting to stop Wildlife Services from killing our native wildlife in Idaho and across the West.”

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# Childhood Memories

As a child growing up on a farm in Eastern Kansas I learned to play by myself outdoors and to appreciate nature. My family lived on a large acreage in an old farmhouse. Dad milked cows by hand in the early mornings and grew many crops. I remember a few beehives near the alfalfa fields and my mother kept chickens for their eggs and to harvest for the freezer. Dad raised beef and pork for our freezer too. It was a nearly charmed early childhood due to the distance from any towns and many experiences with animals.

Eastern Kansas is different from what most folks think of as vast flat stretches of wheat fields. It has many rivers with rolling hills and bluffs with walnut, pecan, maple, cottonwood trees – just to name a few. Outside in our front yard were very tall Cedar trees that only had branches towards the top of the trees that were taller than our

two-story frame house. I used to play in the dirt under those evergreen trees because nothing grew in the shade made from them. I had a multitude of playmates that were all animals of my imagination. I could spend hours entertaining myself with my furry friends until I got called in for meals or at dark.

Most days in summer were hot, but under the evergreens it was cool and breezy and the solitude was a welcome change from the torment of my older brother or the crying of my little sister. Time got lost and imagination got loose in those hours as even being a child my memory is clear and crystalline about the pretend creatures I created to entertain me.

There was always a day towards the end of summer when we children were warned to stay inside the house. No one ever told us why; it was just a dictate that we were to follow without question. The house had running water except to the toilet so an outhouse was situated a distance from any buildings. I had to use the facilities that day and thought nothing of just running out the kitchen door around the front yard with the outhouse as my goal. It wasn't until I headed back to the house that out of my peripheral vision I saw a scene that will always live in my mind.

There was an unfamiliar vehicle in the driveway next to the garage: a truck with a funny looking flatbed rear end. The flatbed was tilted at an angle with one side high in the air and the bottom side was near the ground. On this angled surface hung my favorite calf now almost grown into an

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adult steer and its neck was dripping blood into a bucket on the ground. I distinctly remember slowing my run back to the house to gawk at this strange and violent scene. My feet were scuffing dirt into my shoes until I realized my Dad had seen me in the distance and I slowly became aware that he was yelling at me but I didn't hear his voice.

It was sort of a slow motion feeling that I felt and I couldn't make my feet go any faster even though I knew I was in trouble. What seemed like a long time later I reached the kitchen door and went straight to my bedroom upstairs. Time seemed to stop until I noticed I was sitting on the floor with my back up against my bed and my face was wet with tears and no realization that I was crying silently for the loss of my dear calf friend.

Most children on a farm know that chickens and pigs get to a certain age and they end up in the freezer and then get cooked in the kitchen to be eaten for food. The ways and means of that process are kept from them during their early years until they can handle and manage the ramifications of growing live food. I suppose that day I was too young and having broken the rules added to my shame and guilt about learning something before I was old enough scarred me in a way that I feel to this day. I don't recall my parents explaining anything to me as I suppose they felt I had gotten my punishment already or they were hoping I was young enough to not know what was really happening on that flatbed truck.

The event didn't scar me at the time as children are resilient and forget important things in the moment usually, but I can think back and bring the look of the slaughter to my mind very easily. Movies from Hollywood do that for city kids with Bambi's mother, the Lion King, Old Yeller... losses that teach life and death lessons without the reality of blood, guts and gore. I never looked at food the same way again or bonded with our farm animals as I had with the calf. It was a life lesson learned by accident and with a clarity I hope most kids never have to endure until they are old enough and have an adult to help them process the thinking behind it. I finally realized later in life that any guilt I felt about ignoring my parent's rule that day was just an accident as it was supposed to protect my innocence.

Life on the farm was normally a gift and I enjoyed the natural beauty of farm life along with the glaring reality of eating what you grew in the garden or helped grow up in the field or chicken coop. I think the true gift was being grateful for what we had and how much we had to work for all our necessities instead of just going to the store and buying already processed meats and vegetables. There is a satisfaction that comes from the effort put out and the inevitable knowledge of the source and what food actually takes to be put on the table.

My least favorite chore by far was weeding the garden my mother kept. In Kansas the bugs can get as big as rats and I hated having to deal with them whether when weeding or picking the ripe vegetables when it was time. I did love picking tomatoes and eating them just like apples, so good, sweet and juicy.

We also had a sweet corn field and since I was too little to reach the ripe corn I only remember running through the rows chasing our pigs when they would get out of their pen. We had a little terrier dog named Cindy and her job was to rid the chicken coop of rats and she was very good at it. All the neighborhood cats came to the barn when my Dad was milking the cows because he gave them any milk that got dirty, so we had many stray cats but only in the early mornings.

*By A.M. Wilks*



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# People You Hang With, Define You

By Frosty Wooldridge

In high school, I played three sports. I hung with the football jocks, basketball hoopsters and in the spring, track runners. Later in college, I played tennis, racquetball and learned how to scuba dive.

Each sport featured different kinds of mindsets. In football, on offence, I learned blocking techniques and pass routes. I liked the strategy, but I didn't like the bumps, bruises and pain that came with hits. On defense, guys that loved violence raged all over the playing field to knock the block off any runner carrying the ball. Everyone spoke about kicking someone's rear-end.

Basketball featured quickness and shooting accuracy. No violence, but plenty of speed, shooting and intricate playmaking. No talking on court.

In track, no strategy, no game plan, no court. You competed with your only talent: speed and heaving lungs.

I discovered that different "characters" liked different sports. In college, tennis created one-on-one battles with no talking. Racquetball created the same with a 140 M.P.H. rubber ball flying all over the place. In scuba diving, no words, no speed, just the wonder of the world under the surface.

In classrooms, I discovered intelligent people who loafed, average people who studied hard to earn top grades and

those who played cards to do as little academic work as possible.

Each "type" of person hung with the same persons that satisfied his or her style. Academic geeks hung with their own kind, talked their own language and lived their own lifestyles.

During that journey through college, I learned a lesson: you define your life and your success by the people you gather around you.

You may cultivate three special people in your life at all times if you want to deepen your life's journey.

Foster a friendship with someone older and successful in the work you enjoy.

Cultivate friendship with an equal who can exchange ideas with you.

Enrich your life with someone not as fortunate as you.

For example: Aristotle, Leonardo de Vinci and Galileo challenged themselves with mentors that taught them. Later, they stood on the mentors' shoulders to create profound works of reason, art and science.

Aristotle created the "Academy" to learn from equals and teach tyros, one such being a young boy named Alexander, who later became "Alexander the Great."

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## Highlander Inner View

One key factor in hanging with friends who pull the best from you: you challenge them and they challenge you intellectually, physical and spiritually. It's not a race of fame, money or status. Rather, you "nudge" each other to

faces his or her daily tasks. Famous mountaineer John Muir said, "Camp out among the grass and gentians of glacier meadows, in craggy garden nooks full of Nature's darlings. Climb the mountains and get their good tidings. Nature's

peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

How do you know if you're on the right path and traveling in the right direction in comparison? Simple: visit a corner bar to listen to the locals as they tip brew after brew. Visit a pool hall for a peak into their worldview.

Along your journey, travel, eat and play with the same people who plan, work hard, speak well, think and maintain optimal perseverance.

*(Al Wilson, stopping for a moment, on his hut to hut ski adventure where he climbed a 13,000 foot mountain in, Homestake Peak, Colorado.)  
Photography by Frosty Wooldridge*



yours and their best efforts. It's called, "The power of two."

Along the journey, follow a veteran climber to reach the summit of a 14,000-foot peak. Train with a seasoned triathlete to garner a spot on the starting line. Follow a veteran backpacker into the wilderness until you get the hang of it. Learn a language or push a brush onto the canvas from a master.

Notice how each speaks, how each acts and how each

*"To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one's self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived—this is to have succeeded."*

**Ralph Waldo Emerson**

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A silhouette of a person riding a horse, positioned in front of a large, leafless tree. The scene is set against a dark background, possibly representing a sunset or a night sky.

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# Crestone Drilling Proposal Postponed

Boulder County, Colo. (Oct. 4, 2018) - Today, the Colorado Oil and Gas Commission (COGCC) postponed its scheduled hearing on the Crestone Peak Resources Operating, LLC Comprehensive Drilling Plan (CDP) proposal in Boulder County.

The hearing is tabled indefinitely pending the outcome of Board of County Commissioners of Boulder County v. Crestone Peak Resources Operating, LLC, the case filed by Boulder County on Sept. 25, 2018 in Boulder District Court. The COGCC hearing is also tabled until all appeals that may result from the court case are completed. The COGCC planned originally to hold a hearing on the Crestone CDP on Oct. 29-30.

The CDP proposes drilling a 10-square-mile portion of eastern Boulder County with 140 horizontal wells from three large sites. Each of the proposed well sites – two with 56 wells and one with 28 wells – is on either open space land owned by the county – or on privately-owned land over which the county owns conservation easement rights to protect the land. The proposed 56-well pads would be the largest oil and gas facility in the state. Crestone claims the right under state law to use these locations for drilling despite their protected status.

“The CDP is a massive drilling project proposed in the heart of Boulder County farmland, which has been protected through the efforts and tax dollars of our residents,” said Boulder County Commissioner Elise Jones. “We are glad the COGCC is allowing the courts to consider the important legal issues raised by our lawsuit rather than prematurely reviewing the Crestone drilling proposal.”

Crestone had opposed the postponement of the COGCC hearing. However, with today’s decision, the COGCC granted the county’s request noting that “the Lawsuit seeks

judicial resolution of several lease and easement issues which are outside the Commission’s jurisdiction, but which could directly affect Crestone’s right to pursue the [CDP].” The order also stated that “the questions before the Boulder County District Court may affect the . . . manner in which Crestone may access the proposed surface locations.”

**Background** -Crestone proposed the CDP as a preliminary step toward oil and gas development that attempts to plan for a large area. If the CDP were approved by the COGCC, Crestone would need to obtain State drilling permits and then it would still need to seek local approval from Boulder County under the county’s new oil and gas regulations before drilling.

The county has vigorously participated in the CDP process run by the COGCC, providing lengthy comments to each draft of the CDP and contributing at numerous meetings and stakeholder gatherings.

At each step over the 17+ month process, the County has raised numerous concerns, including the proposed use of protected lands, the exceptional size of the proposed facilities, hazards posed by the Lower Boulder Creek floodway, and the foreseeable but unprecedented impacts on residents and the environment.

“We have an obligation to protect the lands and minerals purchased with open space tax dollars,” said Boulder County Commissioner Deb Gardner. “Our lawsuit enforces the rights that Boulder County purchased – or inherited with leases and easements – for the protection of the public’s property.”

The lawsuit asks the court to rule on whether certain oil and gas leases in the CDP area are still valid, whether terms of some leases limit the way Crestone can develop the large area, and whether the leases and conservation easements for the proposed well sites allow the type and size of development proposed.

The county requested that the COGCC postpone its hearing on the CDP until those lease and easement issues are sorted out in court so that efforts will not be duplicated or end in contradictory results.

“This is a sensible decision from the COGCC,” said Kate A. Burke, Senior Assistant Boulder County Attorney. “There is no reason to spend all the time and effort required for a complicated agency hearing when a court case is pending and so many issues identified from the start of the process remain unresolved.”

Crestone’s answer to the Boulder District Court complaint is due Oct. 19.



*May the Season bring you and yours  
Happiness & Good Health!*



# Colic Symptom Checklist for Horses

Is your horse showing signs of colic? Clinical signs of a horse with mild colic include restlessness, sweating, pawing, looking at his sides, and/or lying down and rolling frequently. A horse with more severe colic will roll and may become cast and lie on his back to relieve pressure. Use veterinarian Barb Crabbe's checklist to track your horse's symptoms during the initial stages of colic, or until your vet arrives.

Keep a copy of this chart posted in the barn or laminate it and place it in your colic first-aid kit. Call your veterinarian if your horse exhibits two or more symptoms of moderate or severe colic—or if mild colic symptoms persist for more than 30 minutes.

| VITAL SIGNS                                   | <u>MILD</u>  | <u>MODERATE</u>                                  | <u>SEVERE</u>   |
|---|--|--|---|
| <b>Heart rate</b><br>(beats per min.)         | 40 to 60   | 60 to 80   | over 80   |
| <b>Respiratory rate</b><br>(breaths per min.) | 20 to 30   | 30 to 40   | over 40   |
| <b>Temperature</b><br>(degrees Fahrenheit)    | 99 to 100.5  | 99 to 100.5                                      | under 99/over 100.5   |
| <b>Gum color</b>                              | pale pink  | pale pink  | bluish or purple  |
| <b>Capillary refill time</b>                  | 1 to 2 seconds   | 2 to 4 seconds                                   | over 5 seconds  |
| <b>Gut sound</b>                              | normal or increased  | decreased frequency                              | absent  |
| <b>Feces</b>                                  | normal   | small, hard fecal balls                          | none or profuse diarrhea  |
| <b>Passing gas</b>                            | yes  | no   | no  |
| <b>Pain level</b>                             | sweating, intermittent pawing/looking at belly/lifting hind leg/stretching | same as mild but continuous plus may try to roll | all other signs plus uncontrollable, continuous attempts to roll/thrash |

From **Horse&Rider** magazine; PDF version courtesy EquiSearch.com.

For more information on colic, visit [www.EquiSearch.com](http://www.EquiSearch.com)

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# Power Update

November  
2018

## Winter Weather May Cause Outages

Parts of United Power's service territory recently experienced its first snow of the season. With winter weather arriving, we want to make sure our members understand the potential for outages due to strong winds, heavy snow and ice. Tree limbs become a hazard during heavy snow because they can break and fall into lines. Heavy snow may also cause damage to cross arms and other electrical equipment along United Power's lines.

To help our members in the mountains, United Power's line crews are on alert around-the-clock. We utilize the most sophisticated tracking technology in our 24-hour dispatch center to monitor outages along our lines. You can also help when it comes to restoring power. Sometimes we may not know the extent of an outage or may not know about an isolated outage at the end of a line affecting only one or two homes. A simple call from our members gives us a clearer understanding of the extent of the outage.

If you (and/or your neighbor) lose power for more than a few minutes, please call United Power's Outage Line at 303-637-1350 or report your outage via the SmartHub online portal or mobile app. If the outage is widespread, your call will be answered by our Automated Outage Reporting System.

When reporting an outage, please provide any details you may have. If you heard a loud bang or your neighbors still have power, let us know. This will help us determine any unknown problems on our system.

Winter Weather  
Outages

Report Online at  
SmartHub  
or  
Call 303-637-1350

**UNITED POWER**  
Your Touchstone Energy® Cooperative

The graphic features a dark background with a white cloud, snowflakes, and the United Power logo at the bottom.



## We May Have Money For You

United Power is attempting to issue unclaimed capital credit refunds to members.

### How Can I Find Out If I Am Due a Refund?

To find out if you are due a refund, visit [www.unitedpower.com](http://www.unitedpower.com), click on 'Co-op & Community' and look for the 'Capital Credits' page to view the entire list of unclaimed capital credit accounts.

Lists will also be posted in the lobbies of our three offices at 500 Cooperative Way in Brighton; 1200 Dexter Street in Fort Lupton; and 5 Gross Dam Road in Golden (Coal Creek Canyon).

## Don't Fall for the Call

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

1. **United Power does NOT collect utility payments at homes or businesses.**
2. **United Power NEVER calls members in person to collect overdue payments.**
3. **United Power will NEVER require payment be made via prepaid debit.**

United Power will **NEVER** call you in person to demand payment.

**BE SCAM SMART**

**UNITED POWER**  
Your Touchstone Energy® Cooperative

The graphic shows a hand holding a red telephone receiver with a large red 'X' over it, indicating a warning against answering such calls.



Member Services: 303-637-1300

Coal Creek Office: 303-642-7921

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

# Thanksgiving Dinner

All Are Welcome - CCCIA Hall 31258 Hwy 72  
 Thurs. Nov. 22nd - 11:30 AM - 2:30 PM



**808 Copperdale Lane**  
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 2 BD/2 BA 2,443 sq.ft. 1.47 Ac. **\$369,000**



**606 Haul Road**  
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**249 Rudi Lane**  
 Custom Post & Beam 2.26 Acres  
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**11648 Overlook Road**  
 Custom Log Home 1.82 Acres  
 3 BD/ 2 BA 2,104 sq.ft. **\$388,000**



**386 Chute Road**  
 Perfect Horse Property 4.13 Acres  
 2 BD/ 1 BA 1,920 sq.ft. **\$395,000**



**25 Olde Carter Lake Road**  
 Log Sided Mtn Home w/ Garage  
 1 BD/ 1 BA 916 sq.ft. .32 Acre **\$286,000**



**266 Aspen Drive**  
 Remodeled Thruout, Engulfed in Aspens  
 3 BD/2 BA 2,036 sq.ft. .95 Ac **\$482,000**



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



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