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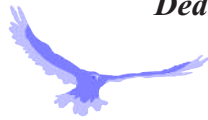
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**CONTENTS** **Pages**

**Wildlife -** Fox At A Glance 5, 6  
 Fat Bears 7, 8, 9

**Issues-** The White Sands Discovery 10, 11

**History -** Ancient Mysteries...Today's Adventure 12, 13

**Remembrance -** Day of the Dead 14,15,16

**Tips -** Winter driving & preparations 20, 21

**Ecology -** Behind the wire with Fence Ecologist 22, 23

**Issues -** The Hidden Fires 24, 25

**Poetry -** Sunshine After The Storm 26

**Wildlife -** Update BuffaloFieldCampaign.org 27

**E-Talk -** Forest Fiber - Evolving - Atlantic Whales 28,29,30

**Guest Opinion -** Societal Exhaustion 32, 33

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**REGULAR FEATURES**

<b>Animals &amp; Their Companions</b>	18, 19
<b>Ad Index &amp; Telephone #'s</b>	34

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# Fox At A Glance

## CO Dept. of Wildlife

The red fox is a member of the canid family, which also includes wolves, coyotes, and domestic dogs. They have a very keen sense of smell, excellent hearing, and good vision. Red fox can run at speeds of 30 mph and are good swimmers. Did you know black foxes like the cover one are actually red foxes with a rare genetic flaw?

In captivity, red fox live roughly 12 years; however, three to four years is the average life expectancy for wild foxes. Adult red fox have very few natural enemies. Predators include coyotes, eagles, great-horned owls, bobcats, and mountain lions. Hunting, motor vehicle fatalities, and diseases such as rabies, mange, and canine distemper also contribute to their mortality. Red fox are beautiful animals and can make for an enjoyable watchable wildlife experience.

**Physical Appearance** - Red fox are similar in appearance to a small, slender dog. Adults weigh 8-15 pounds and are 3-4 feet long including the tail. They have an elongated muzzle and pointed ears that are typically held erect. Despite the name, red fox are not always red. There are genetic variations resulting in four recognized color phases: red, cross, silver and black. The red color phase is the most common observed in wild red fox, with all other phases being fairly rare. In all color phases, red fox have a

characteristic white-tipped tail.

**Tell-tale Signs** - Sightings are the most obvious way to know that fox are in the area, but the presence of scat, tracks, and hair are also good clues. Red fox have chevron-shaped heel pads that distinguish them from other canids. Unlike most other canine species, red fox grow large amounts of fur between their toes. Occasionally their feet are covered with so much fur that individual toe pads in tracks can be completely obscured!

Red fox have a musk gland located near the base of their tail. This gland contributes to their strong musty urine odor, which can sometimes be detected in areas where fox activity is high.


**Vocalizations** - Red fox are very vocal, especially during the breeding season. The most commonly misinterpreted sounds produced by red fox are screeching yowls that are often reported as a domestic cat fight or a mountain lion screaming. Barking and yipping are also common, especially if pups are present. Although fox do howl, the sound is quite different from coyote and wolf howling.

**Habitat** - Red fox can be found in most habitats in Colorado. They are common in open woodlands, pasturelands, riparian areas, and agricultural lands. Red fox can also be successful urban dwellers and often do well on the margins of urbanized areas even in mountainous housing


*(Continued on next page.)*


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subdivisions.

**Behavior** - A typical home range for a red fox is five to ten square miles depending on food availability. Males tend to travel farther than females, but juveniles dispersing from their parents will often travel the farthest. Adult red fox will typically stay within a mile of their den while they are raising pups. Red fox may be active any time, day, or night, but are most active at dawn and dusk.

**Hunting and Feeding Habits** - Red fox are opportunistic omnivores and are skilled predators and scavengers. They will kill and eat: Ground nesting birds and their eggs, small mammals, insects, amphibians, fish, crawdads, earth-worms, fruits, berries and nuts, carrion and garbage.

**Mating And Breeding** - Sexual maturity is reached at approximately 10 months of age, and both males and females will breed as juveniles. In Colorado, most mating occurs in mid to late winter with most young born in early spring after a gestation period of 53 days. Red fox often have a number of den sites available for their use throughout the breeding and rearing seasons; however, a primary den, called a natal den, is typically established in late winter. Natal den sites may be used year after year.

Although red fox will excavate their own dens, they seem to prefer using dens that were constructed by other animals. Depressions under buildings are also favored den sites. Throughout most of the year, red fox are observed in pairs or in family groups. While it is believed red fox mate for life, pairs may separate for a few months, rejoining during the breeding season.

**Birth To Maturity** - Red fox have a single annual litter. Litter size may vary, with litters in excess of 15 young documented. Most litters average 4 to 5 pups, also known as kits. Pups weigh about three or four ounces at birth. They are born blind and helpless, but mature quickly. By the time they are 9 days old, their eyes are completely open. Weaning begins when the pups are 4 to 5 weeks old.

Pups will stay within the den for the first month of their lives. Red fox may move their pups once or more throughout the early months of life, particularly if the existing den is disturbed. Once the pups reach 4 to 5 weeks of age, they will start emerging from the den, often playing near the den entrance. When the pups are approximately 8 to 12 weeks old, they begin to accompany the adults on hunting forays. By time the pups are 16-20 weeks old, they start fending for themselves. Typically pups will remain relatively close to the den for the first several weeks of independence, with most juveniles dispersing in the fall.

**What To Do If You Live in Red Fox Country** - People and wildlife can coexist. Most dangerous encounters occur because people fail to leave wildlife alone. Red fox are not pets, and they should not be approached, fed, harassed, captured, or domesticated.

Store all garbage in wildlife-proof containers. Fruit trees: Clean up any fallen fruit to avoid luring red fox or

other wildlife to your yard. **Composting:** Use an enclosed composting system, and avoid placing meat or fruit scraps onto your mulch or compost pile.

**Pets:** Red fox will occasionally prey on small pets. Don't allow your pets to roam. Make sure your yard is properly fenced, and when possible, keep your pets indoors. Avoid feeding your pets outdoors and keep your pets on a leash when walking them.

**Deterrence Techniques** - **Visual deterrents:** The installation of bright strobe lights can be helpful. However, red fox are highly adaptable and may not be deterred for long by this technique.

**Noise deterrents:** Red fox can be scared off with loud noises, including shouting or banging pots and pans. However, foxes that are habituated to living in an urban environment can adapt to human-related noises.

**Repellants:** Some companies manufacture repellents for deterring foxes. Ammonia is a non-commercial repellent. Using repellants is most successful in small, isolated areas.

**Traps and Snares:** **In most cases, the use of snares and other trapping devices is not legal in Colorado.** In many places, live traps are legal and can be useful in urban areas. Individuals wishing to use live traps should be aware of local and state laws. Wildlife regulations prohibit the trapping and relocation of red foxes.

**Don't Feed Wildlife** - Feeding wildlife may be well intended, but it is harmful to the animal and can be dangerous for humans. In many parts of Colorado the intentional feeding of red fox is also illegal and should be reported.

**Diseases** - If a red fox acts aggressively, it may be an indication that it is sick or injured. Red fox can carry a number of diseases; however, healthy foxes pose virtually no human health risk. The best way to prevent exposure to any wildlife diseases is to avoid approaching and handling wild animals. Pets should also be kept away from wildlife and should be vaccinated against rabies. Any red fox that appears to be sick or that is acting strangely or aggressively should be reported to the nearest Division of Wildlife office and the local animal control agency.

**Rabies:** Rabies is a virus that attacks the central nervous system of mammals. The virus is shed in the saliva of an infected animal and is transmitted mainly through bites. Red fox with rabies may lose their natural wariness of people and become extremely aggressive, display lack of muscle coordination, and/or show signs of paralysis. Although rabies has been detected in Colorado, cases are relatively rare.

**Mange:**

Sarcoptic mange is an infestation of the skin by mites, which causes hair loss and severe irritation of the skin. Serious cases can cause blindness, hearing loss, difficulty eating, and sometimes even death to the fox. Mange is found in Colorado.

# Fat Bears

By Kylie Mohr High Country News Sept. 29, 2021

Brown bears are fattening up for winter hibernation in Alaska's Katmai National Park and Preserve. And starting end of September, thousands of viewers from around the world will tune in for *Fat Bear Week* to watch the bears gobble fish from the Brooks River, estimate how well they're packing on the pounds, and then vote for the portliest in a single elimination bracket.

But just how fat are those fat bears? A winner was crowned October 5th, but webcam viewers — almost 650,000 cast votes last year — and actual visitors — 15,000 came to Brooks Falls to see the bears in 2019 — are just guesstimating. But there's hope for achieving greater accuracy: GIS specialist Joel Cusick is pioneering a new technique for calculating the bears' weight that has broader implications for noninvasive wildlife research.

The idea came to Cusick, who works for the National Park Service in Alaska, in 2018, while he was working on mapping and surveying at Katmai. A terrestrial lidar scanner, which uses lasers to determine distance and other measurements, was on hand to measure buildings. That's the device traditional civil engineers use, but when Cusick

wandered down to Brooks Falls and stood on a viewing platform 300 feet away from the bears, inspiration hit. He thought: Why not use the scanner to measure a bear's surface volume instead?

"I got a laser return from the butt of Otis, one of the more famous brown bears up there," Cusick said. "I thought, 'Wow, this just might work.'"

Lidar, which stands for "light detection and ranging," emits beams of light to measure three-dimensional objects or areas. When light waves hit an object, they bounce off and return to the sensor. Computers then use the speed of light to calculate the distance between the sensor and all the points. That figure is then processed using software that can model a three-dimensional object. Scanners have become standard technology that is deployed from the ground, the sky and satellites to measure vegetation growth. Now, they're being used to measure bears' length, height and girth.

And bears like Otis, a legendary past champion of Fat Bear Week, are actually a pretty good fit for lidar scanning. Bears in Katmai are generally weighed in the spring, when they're lighter, using a pulley system. The process is resource-intensive, however; it (Continued on next page.)

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usually involves a helicopter and requires tranquilizing the bear. The 4.1 million acre park in southwestern Alaska (home to more than 2,000 bears) is already remote and mostly accessible only by plane.

The devices only need from 3 to 11 seconds to pass over the animal; since the bears are currently preoccupied — fishing for salmon swimming upstream to return to spawning grounds — they stay relatively still as they wait. “I didn’t expect them to be as still as they were,” Cusick said, who described them as “standing like statues.” It initially seemed like their thick fur might prevent the laser from penetrating enough to be accurate, but the wet environment and mist mats it down enough to get a good reading. If they’re partially submerged, however, it becomes a challenge; the laser cannot scan through water. Besides, Cusick needs to get a good recording of the bears’ bellies, which are plump with fish, berries and other foods. “If we can get their belly just swinging right above the water, that’s the largest percentage of their volume and that’s what we hope for,” he said. “It’s a lot of patience, standing there like a photographer, waiting for a perfect shot. We’re doing the same with lasers.”

“In the fall, it’s always been a great mystery how heavy these bears get, because they just can’t weigh them.” Inspired by his success, Cusick returned in 2019 and 2020 with a more precise and faster scanner. His work confirmed that people did indeed vote for the fattest bear last year: Bear 747. (The bears are numbered by the park for research purposes.) The winner’s volume was 22.6 cubic feet or 1,416 pounds, compared to the runners-up, who trailed the aptly named 747 at 1,250 pounds — Bear 32, or “Chunk” — and 1,212-pound Bear 151, or “Walker.” The internet sensation began humbly in 2015 as a National Park Service

effort to educate the public about the bears, who can gain up to four pounds of weight a day preparing for winter, and their surrounding ecosystem.

There’s still work to be done regarding the accurate conversion of volume to mass. “The trick to getting the mass of the bear is knowing the density in pounds per square inch,” Cusick said. “That is the part of the equation that is still not determined.” He used a rough estimate to calculate weight, figuring that bears are 60% water and 40% fat.

The fat bears aren’t being scanned this year due to COVID-19 and staffing constraints; Cusick is always accompanied by a “bear monitor” who knows the bears. (The voting process remains the same this year, however.) But other researchers are eager to continue the work in their own areas of expertise. “I’m trying to get all the ‘ologists’ I work with to step into the 3D world that is possible with this sort of on-the-ground terrestrial laser scanning,” Cusick said. “It’s a fast-growing technology.”

And the “ologists,” as he calls them — mostly bear biologists so far — are interested. “I’m really excited about his work,” said Lindsey Mangipane, a polar bear biologist with the U.S. Fish and Wildlife Service. “It shows a lot of promise.”

A recent study shows that polar bear mass is an accurate metric for evaluating the links between what the bears eat and how the population is doing. As sea ice melts, bears are spending more time on land, where they lack access to their traditional prey, such as ringed and bearded seals.

Mangipane and others are working on a study using captive polar bears in zoos, which are trained to step on scales and already have a known weight, to gauge the scanning method’s accuracy. Scanning would be done

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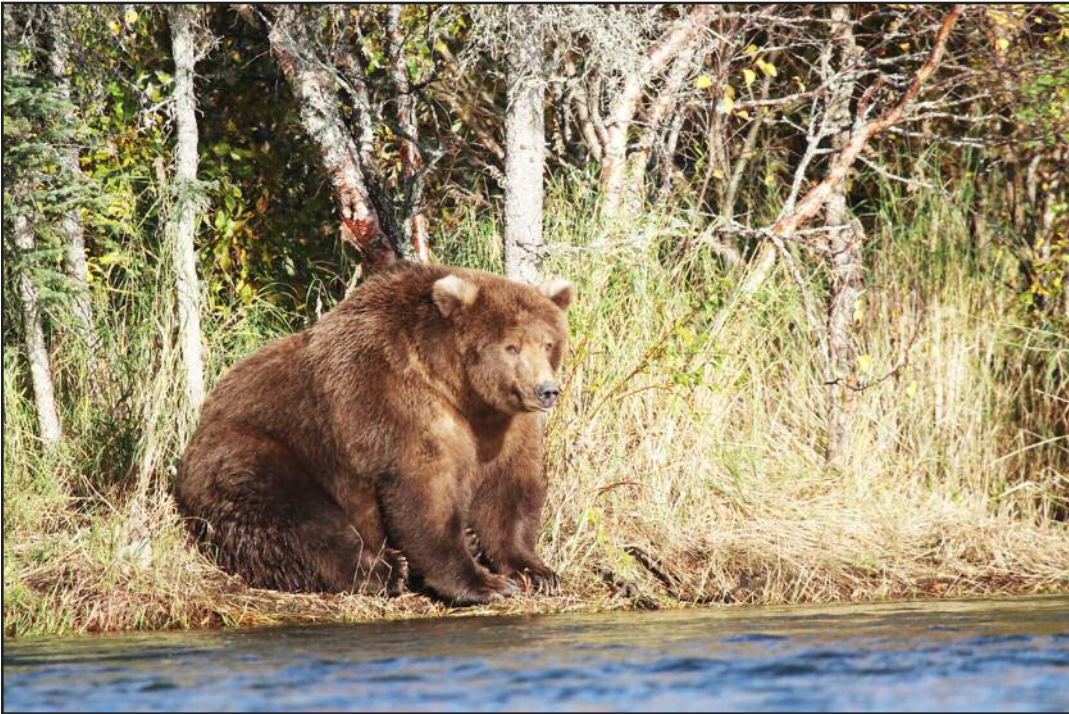


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management decisions.”

Bear 409, “Beadnose,” a sow that won Fat Bear Week in 2018.

GIS specialist Joel Cusick is pioneering a new technique for calculating the bears’ weight that doesn’t require pulley systems and tranquilization.

A. Ramos/National Park Service

Kylie Mohr is an editorial intern for High Country News writing from Montana.

throughout the year to make sure that the bears’ shape — how fat or skinny they are — isn’t throwing off the results. Tests could start within the year.

If the lidar scanning proves accurate for captive polar bears, scientists hope to use it as a non-invasive tool in the wild. Less-reliable sea ice means that the biologists’ job has become more dangerous than it used to be. “We used to go out and catch polar bears on the ice,” Mangipane said. “The last few years, the ice wasn’t good enough for us to go out. It’s important, moving forward, that we have new methods to get the data we need to make more informed



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# The White Sands Discovery

By Nick Martin High Country News Sept. 24, 2021

“We have been here since time immemorial.” There might be no phrase more ubiquitous in Indian Country than this. The meaning of the phrase is clear: Indigenous peoples have existed on and stewarded these lands for far longer than modern conceptions of time or human history have ever acknowledged. This truth — this fact — is enshrined through our stories, through our bodies, and through our natural relatives. So why is it that Indigenous findings and voices continue to be ignored, even when they are proved correct?

The New York Times covered a study published in *Science*, which found evidence of a set of preserved footprints in White Sands National Park in New Mexico dating back 23,000 years. This novel discovery, as it is framed in the Times, officially extends the confirmed appearance of human activity on the North American continent a full 10,000 years beyond the previous mark enshrined by the purported experts in the field of archaeology.

“This is probably the biggest discovery about the peopling of America in a hundred years,” Ciprian Ardelean, an archaeologist at Autonomous University of Zacatecas, told the Times. This story, and this quote in particular, have been shared over thousands of times by

now. People across America — the majority of whom only arrived in the last five centuries — will likely raise their eyebrows and consider the news revelatory only in the sense that it deepens a history that matters very little to them. After all, archaeologists and biologists aside, what is the difference between 10,000 years and 23,000 years of Indigenous land management if the systems and structures of the present moment are designed to trap us — and our sovereignty — in the depths of this cavernous past?

The academy’s interest in pinpointing the precise time and year that humans first set foot on these lands has drawn an immense amount of funding for digs and field sites, published studies and mainstream news stories, all while failing to even feign the slightest interest or concern for Indigenous people and what we might have to say or think about the ivory tower’s confirmation of our ancestors’ existence. Anyone who read only mainstream coverage would walk away without a clue that this is actually an Indigenous story, not merely a triumphant discovery of capital-s Science. Not a single Indigenous citizen, historian, elder, story-holder, biologist, geneticist or archaeologist was quoted in the piece, nor did the word “Indigenous” or “Native” appear once. This discovery and the knowledge accompanying it, you see, is entirely owned

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and framed by people who, in the grand scheme of history, have only known this land for a blink of time. Apparently, they can't help but regard the footprints they discovered, not as Indigenous, but merely as evidence. Anyone who reads only main-stream coverage would walk away without a clue that this is actually an Indigenous story, not merely a triumphant discovery of capital-s Science.

This is made all the more frustrating by the fact that Indigenous experts like Paulette Steeves, a Cree-Métis archaeologist and author of *The Indigenous Paleolithic of the Western Hemisphere*, have worked tirelessly within the colonial structures of the academy to enter indisputable claims of Indigenous life and culture that extend far beyond the 23,000-year mark set by the team of 15 researchers on the White Sands footprints study. And just as verbal claims of Indigenous existence since time immemorial are met with eyerolls by non-Indigenous visitors, academic attempts to Indigenize starkly colonial fields like archaeology are met with the same response.

In a profile of Steeves published in the Vancouver Sun in 2016, for example, she describes how archaeology's subservience to the "Clovis first" hypothesis has acted as a firewall against Indigenous archaeologists. "Clovis first" holds that Indigenous North Americans arrived only within the last 16,000 years. "The bias against pre-Clovis is so strong that many archaeologists who found older sites and reported on them were academically destroyed," Steeves said. Immediately after she concluded her presentation of her work — which, again, exists within the same academic structure as the "Clovis" theory — the Sun brought in Stuart Fiedel, an archaeologist with the consulting firm Louis Berger Group. Fiedel proceeded to label Steeves' claims as "absurd," dismissed Indigenous oral history as nonscientific, and — with the smugness only a white man on Native lands can muster — stated as undeniable fact that "the ancestors of Native Americans arrived no more than 15,000 to 16,000 years ago from populations in Eurasia."

While it gives me great pleasure that Fiedel and his ilk have now been proven wrong by their own cherished institutions, it remains an indictment of those same institutions that this Indigenous truth was ignored by non-Indigenous archaeologists for so long. The White Sands discovery's biggest accomplishment lies less in its scientific merits than in the way the fallout to the news highlights the lengths to which colonialist institutions — the academy, the scientific journal, the mainstream newspaper — will go to avoid conceding that their grand



discovery is merely a physical acknowledgement of something Indigenous people have been saying all along. Few media outlets bothered to pick up the phone and speak with an Indigenous citizen, and even then, their perspective has been relatively minimized: "(It) just gives us goose-bumps," Kim Charlie, an advisory board member of the Pueblo of Acoma's Historic Preservation Office, told National Geographic.

The Times and the Euro-centric university system have chosen to believe only what their systems of validation — which were built to exclude Indigenous knowledge — tell them. And so these "discoveries" of ancient Indigenous life will likely continue, one surpassing the other, for the foreseeable future.

*This undated photo made available by the National Park Service in September 2021 shows fossilized human footprints at the White Sands National Park in New Mexico. National Park Service via AP*

*Nick Martin is an associate editor for HCN's Indigenous Affairs desk and a member of the Sappony Tribe of North Carolina.*

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# Ancient Mysteries... Today's Adventure

Article & Artwork by Valerie Wedel

Imagine a map, handed to you by a military officer. The map shows all of Antarctica and it's coastline. Today, Antarctica is the coldest place on earth, continuously buried under ice for all of our recorded history. And yet this map shows the coast line without any ice... and it was drawn hundreds of years ago! Imagine that you are a scholar, who studies and draws maps. The military officer says to you: "We need to know where this map came from."

Now, imagine the Sphinx of Egypt – who lay partially buried in sand in the deserts of Egypt, for thousands upon thousands of years. Now look closely, and see how the stone that the sphinx is carved from is weathered and worn... and a scientist tells you that only massive, torrential rainstorms, over a period of centuries and even millenia, could cause this kind of weathering.

Imagine the Amazons (to borrow a Greek name). Tribes of women thundering across the Eurasian steppes, their horse's manes and tails blowing in the wind. Women warriors, wielding swords and bows, alongside men of their

tribes. Women, priestesses, queens and scholars, leading their societies.

The mysteries of our world are many and amazing. All these imaginings are true. Modern science is helping us gather information we never could, for the last 2000 years. This new knowledge is slowly but surely reshaping our picture of history. There is controversy. Scholars love to argue with each other about their ideas and research.

The story of the map mentioned here is told by Charles Hapgood in his book from 1966. Not only were there maps of Antarctica, there were also maps of the Americas, and Europe, in the form of sea charts. Hapgood believes, based on many years of his and his graduate students' research, that these maps were drawn by a vanished people, and then copied by later European civilizations, such as the Minoans and the Phoenicians. The ancient people who first created the maps lived long before our recorded history begins on this planet. Hapgood believes these vanished people enjoyed a global civilization during the last ice age (1). Some also say that the footprints of some of these ancient people have been found right here in North America.

The tale of the Sphinx has been changing, in part thanks to a relatively new field of research called Archeoastronomy. Scholars can also now read many of the ancient Egyptian texts. The ancient Egyptian writings are supported by modern archeoastronomy.

Author Glenn Kreisberg has compiled a survey work of this and many other mysteries of our world (2). Some scholars now believe that the sphinx was carved during the astronomical Age of Leo, so that her eyes gazed at the horizon at dawn, just as the sun rose on the spring Equinox, in the astronomical house of Leo. The last Age of Leo was 12,000 years ago! (The signs of our zodiac represent 2000 year ages as our world moves through space in relation to other planets.)

From 10,001 BC – 8,000 BC, the most recent Age of Leo corresponds to the last Glacial Age. During this time, Egypt was green, lush, and very wet with torrential seasonal rains. While much of our planet was locked under ice, Egypt was green and warm, with enough heavy rains to weather a sphinx.

Who were the Amazons, really? For centuries European scholars denied the idea of women warriors. Persistent and numerous pictures on ancient vases, and legends in ancient history books, were dismissed as fantasy.

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Then came archeogenetics. It is now possible to test the DNA of people who are mummies, dead for thousands of years. This science has revealed that the Golden Prince of the Steppes, buried with amazing wealth and horses and harness, is in fact, the Golden Princess.

The amazing Amazon story grows from there! Adrienne Mayor (3) has written an excellent book on the lives and legends of these warrior women. Also, thanks to the Internet, the scholarly works of Russian archeologists are now available to us in the west. Science now confirms our warrior women were very real, and in fact rode, hunted and fought their way across the ancient Steppes of Eurasia, shoulder to shoulder with their men.



This winter, what will you discover? What will science bring us next? All it takes is a single question: I wonder...

*References and Additional Reading:*

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2. Kreisberg, Glenn, Ed. *Lost Knowledge of the Ancients. Bear and Co., 2010. ISBN 978-1-59143-117-6*
3. Mayor, Adrienne. *The Amazons. Princeton University Press, 2014. ISBN 978-0-691-14720-8 Ancient Mysteries...*



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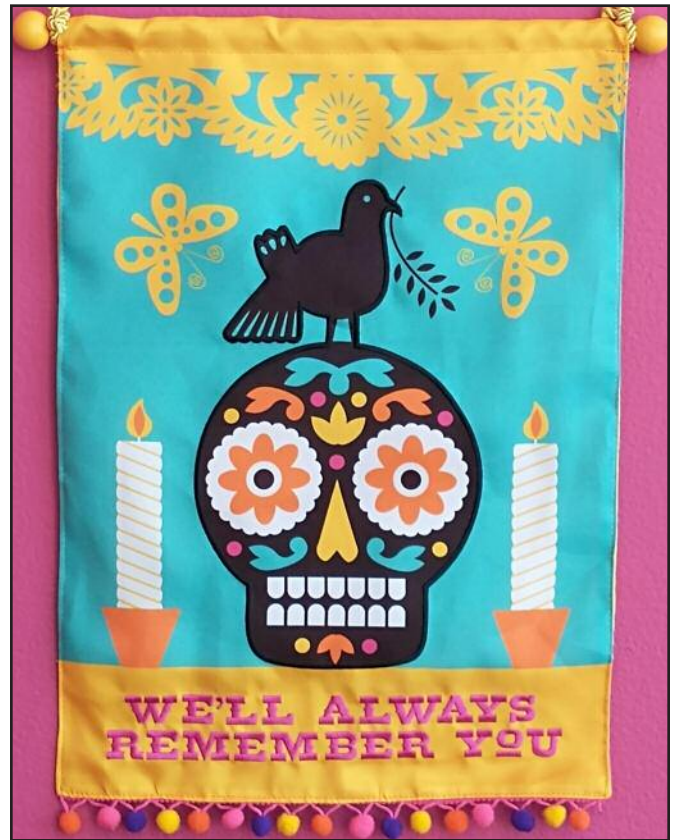
# Day Of The Dead: Dia De Los Muertos

Article and photographs by Diane Bergstrom

The Day of the Dead, November 1st (2), is traditionally a festive celebration to honor loved ones who have passed, keeping their memories alive and inviting them to visit. It is a Mexican and Guatemalan holiday with roots in Aztec and Spanish-Catholic traditions, coinciding with All Souls Day and All Saints Day. One day is designated to honor children and the other is to honor adults, as they are considered to still be a part of the community. Altars are put up in homes, and sometimes businesses, with photos, mementos, and symbolic objects reflecting the departed person's favorite foods, hobbies, and jobs, to tell the story of their lives. The Longmont Museum will continue their free display of community altars (ofrendas), work of local artist Mario Olvera, and educational posters until Nov. 7th. Ann Macca, Curator of Education and this exhibit, explained that it is meant to feel like a happy yearly reunion that keeps beloveds close and reminds us of their favorite things, who they were, what they stood for, and what they meant to us. She expounded that Halloween costumes traditionally were worn to scare ghouls and spirits away, while Dias de los Muertos was an invitation for the departed to visit. The altar, food and drink were there to draw them in. Even favorite toiletries are displayed; she added, to acknowledge the long journey they made to visit you and to make their stay comfortable, much like preparing your guest room for anticipated honored guests. A bottle of Avon Skin So Soft on an altar

was a testament to that. The relics help welcome them home and relay you are happy to see them.

A friend who lived in Tuxtla, Chiapas, and Mexico City observed the family-centered, community-recognized



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events locally for 10 years. She explained the bakeries all offered pan de los muertos, or bread of the dead, which was put on altars and eaten during the celebration. Abundant marigolds are used as the flower of the dead on altars and displays. She also warned to not include them in bouquets offered at other times of the year to those who honor this tradition. Small brightly decorated sugar skulls, representing the souls, are commonly used to decorate the altars. She commented that the altars were universal while the prevalent socio/economical class divisions celebrated in different ways. Families packed picnics including their departed's favorite foods and drink and went to the cemeteries. As we observed each altar in the museum,



she noted the photos commemorated important times in the person's life and what and who was important to them. As we stood in front of an altar honoring pets, she noted how the tradition has morphed by different experiences in different places and countries. She mentioned the Disney Pixar movie, *Coco*, released in 2017, and how that animated family film offered a good initial insight of the importance of the holiday and the emphasis on ancestors, memories and familia. It is a heart-warming favorite of mine.

When Ann reflected on the importance of observance this year, she said, "People every year need to connect with and

*(Continued on next page.)*




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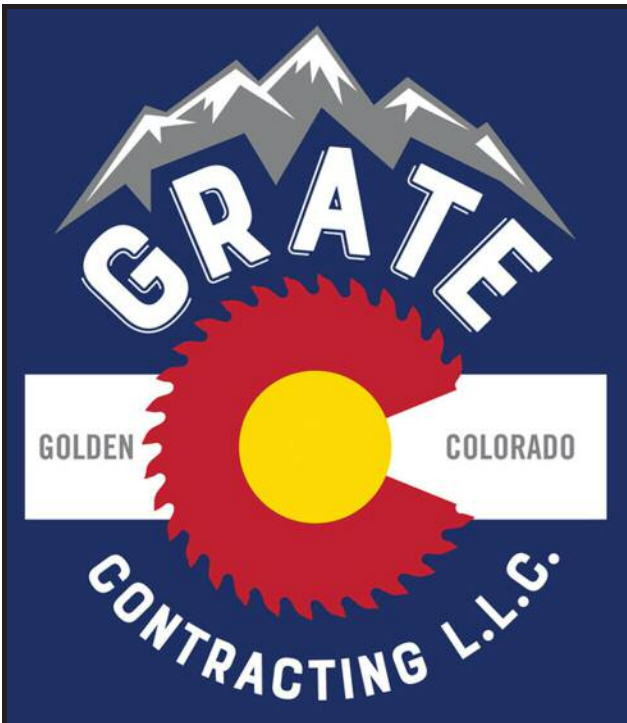
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remember family and friends. Many people have experienced loss in a tragic way and haven't been able to be together so we need this." I felt a sense of peace going through the exhibit, and relief with permission to grieve. So many have experienced so much loss over the last couple of years. Multiple losses create "layered loss" which complicates and prolongs the grieving process, as each loss cannot be fully grieved before the next arrives. As I write this, a stack of unsigned sympathy cards waits for my attention. After three family deaths, and awareness of 13 deaths affecting those close to me, I am feeling numb. I know many of you are too. My culture in general isn't comfortable addressing death and the grief processing. Friends have been more comfortable asking about my car problems than my grieving, but mundane issues of life are easier to discuss. The exhibit felt like a hug of acceptance exactly where I am, and I am reminded of the importance of healing through listening to each other, creating our own expression, and being gentle with self and others. Grief takes time. An exhibit poster summarizing the Day of the Dead read, "Death is not final or feared, but acknowledged as a part of life. No matter our diverse backgrounds, our different religions, or our cultural upbringing we can all share a collective identity in honoring and paying respect to our loved ones who have passed away."

To create your own altar, you can incorporate all the aspects previously mentioned and representations of the four elements of nature: bread or corn to represent earth, paper banner to represent air, candle to represent fire, and a glass or bowl of water. You can add toys, clothing, instruments, religious symbols, etc. The Aztec altars included a small dog statue as they were thought to guide the dead. An action or an altar can also be simple. A dear friend hung her father's coat on the back of her dining room chair for a year and it was a great source of comfort for her. A couple honor their departed by displaying a photo of them at their healthiest and happiest, alongside fresh flowers and a flameless tea light. Ann reflected that each personal experience and cultural experience is different and yet there are similarities too, so determine what is meaningful to you.

Exiting the exhibit, I walk under an arch of paper marigolds, titled the "Arco de Compasion," arch of compassion. Index cards are available for us to write messages to our loved ones and attach them to the arch. I think for a moment of what gratitude I have for my loved ones who left this year, and write a simple message to Bob, Mindy and Lorraine—With love and gratitude for your presence in my life and blessings on your journey! I trust that they received my message. May you write your own and know your messages were received.





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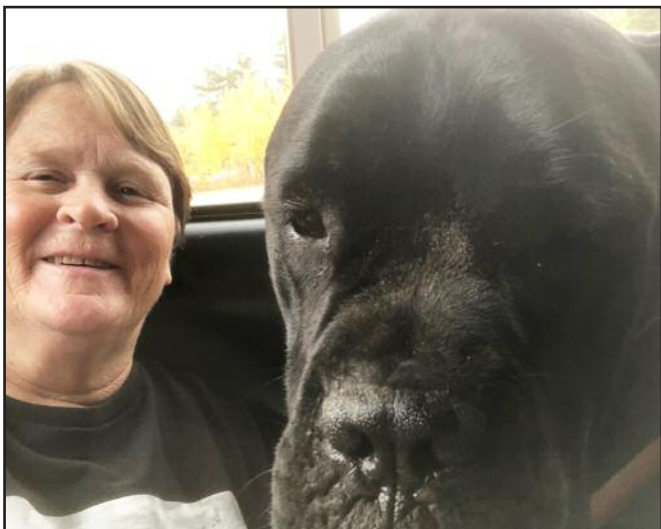
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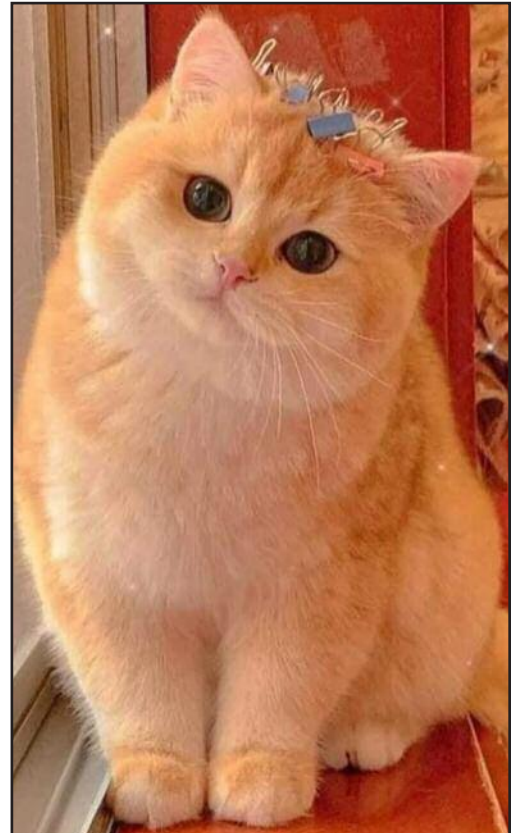
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Previous page top left: *Greeter at Roy's.*  
Top right: *Savannah Cat from Sam.*  
Middle left: *Furry kittens from Adolf.*  
Bottom: *One week old Goliath from Bonnie.*  
This page top left: *Mooch sunbathing.*  
Top right: *Murphy from Pam.*  
Bottom left: *Lily from Michael.*  
Bottom right: *Babe.*

# Winter Driving & Preparations

From Jim Plane – State Farm Insurance

**Prepare your car for winter with a few simple tips. Winter driving conditions can turn treacherous in an instant. Here are some tips to help you prepare your vehicle.**

Road conditions can become very hazardous during winter weather. Over 116,800 people are injured, and 24% of yearly weather-related crashes occur on snowy, slushy or icy pavement. These things, along with poor visibility, and extreme cold can disable your vehicle or make roads impassable.

State and local agencies spend \$2.3 billion every year for snow removal and ice control, but even on a relatively short trip, you can find yourself stranded for several hours. It's important to plan ahead, like bundling up to stay warm, for the conditions and situations that can arise as winter conditions develop.

## Prepare your vehicle for winter

The best time to get ready for winter is before the first storm of the season. Some items to check and talk to your mechanic about include: Test the battery strength. Inspect the exhaust system and the air, fuel and emission filters. Check the cooling system, windshield wiper and antifreeze fluid levels and change the oil. Make sure hoses, fan belts and all components are working properly.

Consider changing the spark plugs. Check the tire pressure, tread life and consider installing winter tires. Locate the spare tire, jack and ice scraper. Inspect your wiper blades to make sure they're functional and in good condition.

If your vehicle runs on diesel, be wary about the fact that diesel fuel can gel in very cold temperatures. Winter fuel additives should be considered as a preventative. Also be

cautious that your fuel filter could potentially become blocked with gelled fuel, which would cause the vehicle to stall. Timing with an anti-gelling fuel additive would be a good preventative.

## Some simple winter driving tips

Winter driving has its own set of challenges from the moment you start your vehicle. Here are some useful winter driving suggestions: Clear frost, snow and ice thoroughly from all windows and exterior mirrors of your car. Brush snow away so it does not blow into your line of sight while driving.

Never warm up your vehicle in a closed garage. This could lead to carbon monoxide problems. Keep your gas tank at least half full to prevent gas line freeze-up. Make sure your exhaust pipe is not clogged with mud or snow.

Don't use cruise control on icy roads. Allow more time and space for braking when visibility is poor. Stay calm if you start to skid and be prepared for black ice. If your vehicle has anti-lock brakes, and most do, be familiar with how they operate so you are not surprised if your ABS brakes engage in slick driving conditions.

All drivers should use extra caution when driving in winter conditions. Slow down and allow additional time to get to your destination. You may need more distance to come to a complete stop so consider this when driving during inclement weather.

## Carry a winter driving kit

Winter weather could leave you stuck in the snow, but the following items in your winter driving kit might help you get back on the road and on your way: Small folding shovel, Tow and tire chains, Basic tool kit, Bag of road salt or cat litter, Flares, battery powered flashlights and extra batteries, Bright cloth to tie on your car, Whistle, Extra windshield wiper fluid and antifreeze, and Jumper cables or an external battery charger to start your car if your battery dies.



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### Pack a winter survival kit

In case you're marooned...keep an emergency kit and small winter survival kit on hand. Some useful items include: A first-aid kit, Cell phone charger, Ice scraper and brush, Medications, Blankets, warm clothing, hats and gloves, scarves, hand and foot warmers, wool socks and other cold weather gear to protect against hypothermia, and Insulated bottled drinking water, and high-energy nonperishable foods.

Snow safety tips if you become stranded in the winter - Few people like driving through a snow storm, and most heed warnings to stay off the roads when a storm is bearing down. But even the best-prepared and expert drivers can get stuck. If it happens to you, here are some important reminders:

#### Be prepared

While the best first step is prevention, some storms come on quickly. If you do get stranded, keeping a few essentials in your car, as noted here: Stay inside. If possible, pull off the highway and turn on your hazard lights or tie something bright to your car's antenna or door handle to signal that you need help. Then wait inside your car until help arrives to avoid exposure to frostbite and prevent hypothermia.

Call 911. If you have a charged phone and reception, call for help and describe your location as best you can.

Clear the tailpipe. Make sure there's no snow covering your tailpipe in order to prevent carbon monoxide

buildup inside the car. Check the tailpipe periodically to ensure that fresh snow isn't blocking it, always watching for oncoming traffic before exiting your vehicle.

Keep moving. Staying active inside your car will help you keep warm. Clap your hands and tap your toes to keep your circulation moving and prevent frostbite but avoid overexertion and sweating.

#### Drink fluids

Dehydration can make you more susceptible to the effects of cold. If there's no drinking water inside your car, melt some snow inside a bag or other makeshift cup to stay hydrated.

#### Conserve your vehicle's battery.

#### Use lights, heat, and radio sparingly.

Run your engine. Provided you have enough gas in your tank, run the engine for about 10 minutes every hour to keep the car warm. Turn on interior lights when your engine is on so you can be seen inside your car. Open a downwind window slightly for ventilation.

Don't overexert yourself. Cold weather puts your heart under added stress. If you're not used to exercise, shoveling snow or pushing a car could put you at risk of a heart attack.



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# Behind The Wire With A Fence Ecologist

By Michael Parks High Country News Sept. 28, 2021

Image credit: Kathy Lichtendahl

*How researchers are using science & data to help wildlife.*

One smoke-tinged July morning on Horse Prairie — a plateau of big sagebrush and dusty washes overlooking Horse Prairie Creek in southwestern Montana — a man sat at the helm of a skid-steer loader. Attached to its front was a spool-like contraption called a Dakota wire winder and post puller. Four volunteers threw up their thumbs —

Ready! — and the man flung a switch. The winder spun up, and a stretch of woven wire fence lying on the ground jerked into motion. Soon, a hundred-plus years of tangled Western history had become a tidy bale. Andrew Jakes joined the volunteers in a cheer. The group was the last in a two-week parade of helpers who had come out to Horse Prairie, and Jakes believed their hard work wrestling fences would be worth it.

Jakes is a biologist with the National Wildlife Federation and an expert on pronghorn antelope. In 2018, he and four colleagues published a paper calling for more research on

how fences affect ecosystems. They also coined a term: “fence ecology.” Today, the growing subdiscipline is not just revealing how fences can harm Western wildlife; it’s also informing solutions.



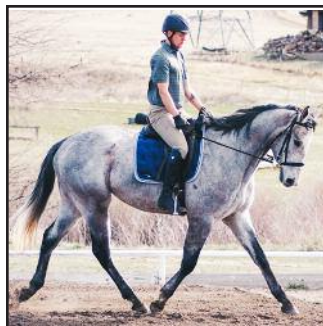
*Two pronghorn contemplate crossing a barbed wire fence blocking access to the rest of the herd near Clark, Wyoming.*

Fence ecology research shows that the West is a wiry place, containing enough fencing to circle the equator 25 times. Sage grouse, peregrine falcons and other birds collide with fences, and ungulates must navigate an endless obstacle course. A 2021 paper found that pronghorn in Wyoming encountered fences an average of 249 times in a single year and changed their behavior around the barriers nearly 40% of the

time. Fences often ensnare and kill large animals; woven wire with barbed wire on the top, like that on Horse Prairie, is particularly lethal. Fences also separate mothers from calves, exclude herds from prime habitat and exhaust and injure animals. “Probably a quarter to half of (pronghorn I’ve seen) have scarring at this point, from trying to get under,” Jakes said.

A number of nonprofits, land trusts, ranchers, tribal nations and government agencies have already removed or modified thousands of miles of harmful fences. But because fences are difficult to study, these projects haven’t had much science to guide them. There is no global fence map, as there is for roads; fences are hard to see on satellite imagery. And even as satellite-based mapping improves, researchers say it’s difficult to distinguish between an impassable woven-wire fence and, for example, a dilapidated or smooth-wire fence that’s more permeable to wildlife.

Recently, though, fence ecologists have begun to unravel some mysteries. Using models, they’ve estimated the locations of fences over large areas and painstakingly mapped them in a number of important habitats. And they’re studying the paths of



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GPS-collared animals: If a mule deer makes a 90-degree turn in a section of roadless rangeland, for example, it could be because of a problem fence.

calves of other ungulates, to slide under. (Jakes' research shows an 18-inch bottom wire is even better, but for now, he said, 16 inches is a major step forward.)

"Yesterday, we saw nine elk with one little calf," Buzzard

On Horse Prairie, one of Jakes' colleagues, Simon Buzzard, combined all three tools — modeling, mapping and GPS-collar data from a Montana Fish, Wildlife and Parks pronghorn study — to identify stretches of fencing that appeared to impede ungulate movement. "We had collars from 40 animals," Buzzard said. "Many of them stopped right here," at the 2.1-mile stretch that the volunteers took down in July.



A herd of elk heads west toward the mountains after crossing busy Highway 120 just north of Cody, Wyoming, in the spring of 2021.

The removal effort was the result of a cost-sharing agreement among the National Wildlife Federation and the landowners on either side of the fence: the Bureau of Land Management and two ranchers. The section that came out is the first of 10 miles of fence that Buzzard and Jakes hope to fix through a National Fish and Wildlife Foundation grant this year.

said to Jakes as they drove across the newly reopened range. "If that old fence had been up, would that calf have been able to cross under?"

Still, the sheer scale of fencing in the West presents a daunting challenge, and many questions remain unanswered. For example, how do fences affect the long-term health of wildlife populations? And how do different species learn about and use wildlife-friendly fences? "Until we have a large amount modified and recorded," said Wenjing Xu, a Ph.D. candidate at UC Berkeley who has led or co-authored several recent fence ecology papers, "we don't know how well or fast (animals) will respond."

Back on Horse Prairie, piles of fencing were stacked on a flatbed trailer by noon. The following week, a contractor would put up a four-strand barrier with a barbed top wire 42 inches off the ground — low enough for "jumpers" like elk, deer and moose to go over — and a smooth bottom wire 16 inches above the earth, high enough for pronghorn, as well as

Michael Parks is a San Francisco-based writer working on a book about the relationship between people and grasslands.

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# The Hidden Fires

By Joe Wilkins *High Country News* Oct. 14, 2021

Artwork: Michelle Urra / HCN

## Keeping honest about what we burn and why.

From dreams of a vast, water-dark hall filled with all the people of my life — those of my High Plains boyhood looking strange and magnificent in their boots and work jeans, those of my Oregon life now asking and asking me what it all means — my children wake me. They hand me my glasses. Tell me they've got it ready, that they're cold, that I need to hurry.

The sun hasn't yet lifted over Rattlesnake Ridge, and the long, drawn mountain dawn is windless and cool, a slight rain falling, a dense fog filling the canyon below. In the front room, I blink and gather my wits, see that my children have stuffed the Fisher woodstove with crumpled paper, sticks gathered only minutes ago in the rain-wet meadow, and one massive red madrone log the two of them somehow horsed in from the woodbox. Last night, with late summer rain on the way and the temperature dropping, I'd promised them a fire, the first of our time here in this off-the-grid cabin in the Klamath Mountains, and now, just past 6 in the morning, here they

are, sitting on their knees in front of the woodstove, ashes on their cheeks, eyes already wide and burning with anticipation.

When I was a boy, I'd ride two or three times a year with my grandfather up into the Bull Mountains of eastern Montana. We'd drive the dirt roads that led to the Klein



Creek Mine, where we'd buy a pickup load of greasy black bituminous coal. Home again, we shoveled it into the cellar, shoveled for better than an hour. Then an auger — which often had to be unstuck or set right or otherwise

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**HAULING & HARDSCAPES**



worried over — bore the coal lump by lump to our roaring, belching furnace. One of my jobs was to clean that ancient furnace, shovel the ash and lift the twisted clinkers out with a long black fork. I hated the job — the smoke, the stinging heat — but knew it had to be done if we were to stay warm through the long Montana winter. I knew where our garbage went, too, since I dumped it into the burn barrels and touched a match to it myself. I'm not saying I'd do it the same way now. I wouldn't. I haven't. But back then, at least, I knew what was burning. As I do now, here in the mountains, in our season off the grid.

We pull on our boots and coats and tromp out to the woodshed. In a canvas tote we gather slim Doug-fir kindling, a couple more logs of good red madrone, a few of stout Oregon oak. These are the very trees we know from hikes and picnics and afternoons lounging in the shade of the forest below the cabin. Now my son holds a length of kindling out at arm's length, as if to re-fit it, as if to remember.

We've hidden away our fires, and, unseen, the raging flames rise higher yet, threatening now to run away. Back in the cabin, we dislodge the wet sticks and carry them to the porch to dry. We'll burn those later, I tell them, thanking them for their help. Over the crumpled paper, up against the madrone log's ochre length, we lean four slender sticks of fir, one for each in our family. Then we lay out six or eight of the next size up on the bricks below the stove.

"Are you ready?" I ask. They nod, their faces serious, intent.

I touch a flame to the paper.

Fire is one of our first and most essential technologies. Culture began here, around the fire — in the meat cooked, the small ones kept warm against the bitter cold, the long stories unwound night after night, the animals drawn in charcoal across the walls, hands rubbed together above the flame. We are, always and ever, Prometheus' children. The first step to calling back the outsized flames gathering even now at the edges of our warming world is to know what's burning.

Yet so much has changed: We've hidden away our fires, and, unseen, the raging flames rise higher yet, threatening now to run away. Maybe traveling some rotten stretch of interstate you spy blackened stacks, raveling smoke and wonder, What's burning? We ought to ask the same each time we step into a comfortably warmed or cooled room, each time we click on a reading lamp or plug in a phone. Here in the Klamaths, living off the grid, my laptop is powered by a solar panel, but if the rain keeps up I'll have to fill the generator with gasoline and let it burn dinosaurs to charge. (The past few days of fog have been instructive, and a little scary: a loud, burning hour of the generator doesn't even give you all that much laptop charge.) It sounds simple, but it's true: The first step to calling back the outsized flames gathering even now at the edges of our warming world is to know what's burning. To be aware. And to care. Here on the mountain, my children lean toward the heat radiating from the stove. They call out colors, talk about the quality of the roaring, lay carefully the kindling sticks across the flames. "Look at that madrone log," my daughter says, her eyes bright in the fiery light. "Look — it's burning."

*Joe Wilkins was born and raised on the Big Dry of eastern Montana and now lives in the foothills of the Coast Range of Oregon.*

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# Sunshine After The Storm

By Rosemerry Wahtola Trommer

*From: If You Listen*

*This is the meaning of yes  
When the snow – oh! is sifting  
Through evergreen greens  
Shifting its shadows  
Warming this cheek  
Even as eastern winds  
Shock the same skin  
This it the meaning of yes  
When each secret snowflake  
Squeeze itself from the blue  
And brands my glove with sky  
I stand in present wonder*



*Sustained by yes, unconcerned with why*

**Ms. Trommer: Word Woman**

Published in 2000

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## Update: *BuffaloFieldCampaign.org*

Herds Adapt to Government Mismanagement BFC's 2020-2021 field season was unlike any other in our history. Due to the Covid pandemic, we maintained field patrols with reduced staff, and two volunteers watching along the western and northern boundaries of Yellowstone. During a winter when most people stayed home, wild buffalo continued their seasonal migration to National Forest habitat outside Yellowstone, as they have done for millennia.

These ancient herds are unique as their moves distinguish them as our last continuously wild, migratory population. They are the keepers of ancestral knowledge, inherited from the great herds of 30-60 million buffalo that once inhabited North America. BFC field patrols bear witness to this sacred migration, serving as watchdogs and advocates for these magnificent beings.

Yellowstone bison gather and mate in two distinct groups, the Central Herd and the Northern Herd. The Central herd are direct descendants of the 23 buffalo that survived extinction in the late 19th century. They migrate along the Madison River to the Hebgen Basin on National Forest habitat west of Yellowstone, and to the Gardiner Basin. The Northern Herd also migrates to the Gardiner Basin, habitat on the National Forest north of Yellowstone. To reach this habitat, buffalo must first run the gauntlet at Yellowstone's Stephens Creek, where the Park traps hundreds of buffalo and sends them to slaughter or quarantine. The annual trapping and slaughter teaches wise matriarch leaders of the Central and Northern Herds to avoid capture, slaughter, and harassment. Government actions are changing migration patterns and severely reducing the buffalo's range and habitat.

This year the Central Herd first appeared in Hebgen Basin late November, in small family groups of 30 or less.

The centuries-old range war over grass and who gets to graze is still imposed on buffalo. Wild buffalo face government threats including trapping-for-slaughter, migration and range restrictions, and domestication through quarantine and adverse livestock management tactics. The International Union for the Conservation of Nature has "red listed" wild buffalo as "threatened with near extinction." Montana classifies wild buffalo as "at risk" and "vulnerable to global extinction or extirpation in the state." Despite their biological status, wild buffalo aren't protected.

Yellowstone's trap has sent over 10,000 bison to slaughter. With Montana law failing to protect wild buffalo,



BFC petitions for the listing of these gentle giants as legally threatened.

We welcome you to join our efforts defending this sacred species! For months, the Yellowstone boundary area was quiet, where buffalo sightings were miles inside the Park, a marked shift from years ago, when they spent all winter in the Basin. The Central Herd was vigilant, and carefully remained within the Park's boundary, knowing it was safe.

Northern Herd buffalo didn't appear in the Gardiner basin until late February, an unusually late start to their migration. We opened our field camp in Gardiner hoping that last winter's loss of 900 wild buffalo would not repeat. A mild winter, and a growing awareness of

Yellowstone's trap prompted the herds to

stay at higher elevations miles within the Park. No more than 200 buffalo migrated into Gardiner Basin. There, several tribes with treaty hunting rights waited for the buffalo to migrate onto National Forest lands outside Yellowstone.

The tribal hunt and the United States' obligation to honor the historical treaties forced Yellowstone National Park to shut down the Stephens Creek trap and abandon the slaughter quota of 500-700 buffalo. A year when none of the last wild buffalo were captured is cause for celebration, as the Central herd remains dangerously low from government slaughter.

In late April, the Central Herd migrated into the Hebgen Basin, returning to their birth place for calving season on the Horse Butte Peninsula. The area remains a permanent year-round habitat secured by local residents, BFC and our dedicated supporters for this unbroken lineage of wildness. New calves appeared on Horse Butte throughout May. Red calves frolicking in green meadows among human homes is a joyful sight—proof that coexistence is possible. These new calves are one reason why we stand with the buffalo.



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## Virgin Forest Fiber ~ Evolving ~ Atlantic Whales

**Dear EarthTalk:** What's the latest on efforts to force Procter & Gamble to stop using virgin forest fiber for its toilet paper products?

—P. Brody, Boulder, CO

Strolling down the toilet paper aisle, one is faced with a grave decision: 3-ply or ultra-plush? For consumers, factors like price, size and comfort always come to mind first while consuming this household product, yet why do we fail to prioritize the environmental impact of toilet paper? The average American household consumes an average of three rolls of toilet paper per week, or an annual average of 100 pounds of the stuff, according to the Natural Resources Defense Council (NRDC), a leading non-profit environmental group. Procter and Gamble (P&G), like other major companies have continued to employ traditional toilet paper production processes that devastate forests, earning the company an F grade for all its tissue brands according to a recent report from NRDC.

P&G sources northern bleached softwood kraft (NBSK), the primary softwood pulp in most U.S. tissue products, from Canada's boreal forest. An indispensable global carbon sink (a natural environment that absorbs carbon from the atmosphere), the boreal forest constitutes 25% of the planet's remaining intact forest and contains twice as much carbon as the world's oil reserves.

Although P&G promised in a 2020 resolution to begin eliminating deforestation from its supply chains, the company actually increased logging and production of NBSK from Canada's boreal forest in 2021. This excessive logging has prompted a continual collapse of this vital

ecosystem, where the forest now emits more carbon into the atmosphere than it absorbs.

In Canada, the logging industry alone accounts for more than 26 million metric tons of carbon emissions every year, substantially more than the total emissions from passenger cars and trucks. Rather than making a change to sourcing and production methods, P&G is busy deflecting the responsibility of sustainability upon consumers—as with other common products like cars or straws.

“As the climate crisis worsens, the tissue industry's continued reliance on a devastating ‘tree to toilet pipeline’ has become only more untenable,” said Shelley Vinyard, NRDC's boreal corporate campaign manager. “Major corporations like P&G must start responding to the pressure and accept their own, much larger, role in the climate catastrophe.”

Though consumers can certainly make a difference by selecting bamboo-based or recycled fiber toilet paper, the weight of the responsibility falls upon large corporations. Forests have no voice against the exploitations of the logging industry, so companies like P&G must stop taking half-measures and turn their resolutions into reality.

**Dear EarthTalk:** Is it true that some wildlife species are evolving much more rapidly in response to the warming climate?

—D. Gould, Hendersonville, NC

It's amazing to think that climate change is causing animals to evolve faster than they would otherwise, but the science speaks for itself. Researchers from Australia's

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Deakin University found evidence of so-called “shapeshifting” in recent years in direct response to warming temperatures across habitat ranges.

Dark-eyed juncos have evolved bigger bills in response to the larger temperature extremes they are experiencing throughout their range across North America thanks to human-induced climate change.

*Credit: DaPuglet, FlickrCC*

Indeed, several species of Australian parrots have four-to-10% bigger bills than their ancestors before the industrial revolution, correlating directly with rising temperatures due to human-induced global warming. Dark-eyed juncos in North America also evolved bigger bills as temperature extremes ramped up across their range. Mammalian shapeshifting also includes longer tails in wood mice and increased leg and tail sizes in masked shrews over the 150 years—all likely adaptations to warming habitats.

Another study found that climate change has sped up the rate of natural selection for mosquitos that lay their eggs inside carnivorous pitcher plants. Mosquito larvae that



hatch in the spring have adapted to an earlier spring by opening sooner than they did a quarter-century ago to feed on more dead insects.

While these types of adaptations may benefit the species under study, climate change is likely negatively affecting many more which cannot adapt fast enough to keep up. For example, Scotland’s feral sheep have become smaller due to warmer weather in the winter that no longer necessitates larger, thicker coats. And polar bears, which have evolved thick fur coats and layers and layers of fat to keep them warm out on the Arctic tundra and swimming

between ice floes, are likely another evolutionary loser in the age of climate change. As ice caps melt and ice floes become fewer and farther between, these majestic white guardians of the Arctic are *(Continued on next page.)*

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## Highlander Environmental

unlikely to adapt quickly enough to keep up with the fast-moving changes to their environment and are thus likely headed for extinction unless we can turn things around as soon as possible.

According to the Intergovernmental Panel on Climate Change, a quarter of all species may face extinction as a result of global warming, an estimate based on studies on the range of species and whether a species has adapted to new conditions of temperature, rainfall and more. Researchers then projected future ranges to determine whether the range will shift faster than a species can move and adapt. Species that fail to adapt quickly enough will be trapped in degrading habitat and as such are much more likely to go extinct.

While warming temperatures increased gene flow and evolution among some species during the Pleistocene era, the current reality of climate change paints a different picture. "The present human-caused climate change will not lead to similar extensive mixing and adaptation of populations," says Eeva Furman of the Finnish Environment Institute. "Partly because movements of most species are greatly hindered in human dominated

landscapes, and partly because the present climate warming is extremely rapid in comparison with Pleistocene climate fluctuations."



*Atlantic Right Whales On The Ropes: Is Lobstering The Problem? Lindsey Blomberg September 22, 2021  
Lobster and crab fishermen says new NOAA rules to protect Atlantic Right Whales go too far; environmentalists say they don't go far enough.  
Photo Credit: Lauren Packard, NOAA.*

**Dear EarthTalk:** Can the American lobster fishermen survive new restrictions on their activities thanks to the endangered species listing of the Atlantic Right Whale?

—A.N. Smith, Bourne, MA

For centuries, North Atlantic right whales were aggressively hunted for their meat and their oil, which was used to keep lamps lit and to make soap. These iconic 50-foot long dark blue and white whales were even named the "right" whale to hunt, as they were often found near the shore, can only swim slowly (six miles per hour), and float when killed. But by the early 1900s they had become a rare sight and in 1935 the League of Nations, a precursor to the United Nations, banned hunting them. But the population failed to rebound, and in 1970 the U.S. added the Northern right whale to its new Endangered Species List.

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Despite these protections, only 400 remain, and human interactions still present the greatest threat, with entanglement in fishing gear and vessel strikes the leading causes of mortality. Since 2017, the National Oceanic and Atmospheric Association (NOAA) has documented 34 dead whales (21 in Canada; 13 in the U.S.), and 16 whales with serious injuries from entanglements or vessel strikes.

In an attempt to conserve and rebuild the population, NOAA announced new regulations in August 2021 on the Maine lobster and Jonah crab industries, including the closure of large parts of the Gulf of Maine to lobstering between October and January and requiring more traps per trawl to reduce the overall number of lines in the water. Not surprisingly, the fishing industry isn't happy.

"This is incredulous," says Crystal Canney, executive director of Protect Maine's Fishing Heritage Foundation (PMFHF). "The whale deaths are not in Maine at the hands of Maine lobstermen...instead of saving right whales, what this decision has done is endanger not only the livelihoods of many of our lobstermen and women but also their lives," she adds.

The Maine Lobstermen's Association (MLA) is also

apprehensive about the new regulations. In a statement, the group maintains that a historic number of right whales have died in Canadian waters over the past five years and yet Canada has not implemented protections comparable to the U.S. Furthermore, the latest scientific evidence points to a change in right whale migration patterns, away from Maine waters and into Canada and other areas.

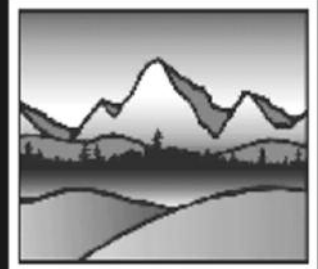
"According to NOAA Fisheries, the Maine lobster industry has not had a documented entanglement with a North Atlantic right whale in over 17 years and has never been known to kill or seriously injure a right whale," notes the MLA's Patrice McCarron.

She adds that NOAA's new regulations are "just the first round of economic impacts" and that "future restrictions will likely destroy Maine's iconic lobster fishery."

Meanwhile, environmental advocacy group Oceana says the new rules don't go far enough, stressing that potentially fatal entanglements are still likely, particularly for juveniles, the fastest growing segment of the right whale population.

*EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk.*

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# Societal Exhaustion

By Frosty Wooldridge

You live in a high speed, high stress society. Everything ramps you up to meet deadlines, reach class on time and excel at work. You face texting, emails and Smart Phone recordings. If you're a parent, you must take the kids to soccer practice, swim meets and sports contests.

You rush to work via gridlocked traffic, high-pressure bosses and a never-ending "to do" list awaiting you at work. Later you struggle to maintain your fitness in Zumba dance or spin classes. You feel like a gerbil on the running track where you try to read a Kindle book of your favorite author.

Smart phones today offer a quad-trillion "apps" in order to keep you staring into cyberspace for ten lifetimes, but you can never catch up. All television commercials urge you to buy the "fastest" Internet speed offered.

Nicholas Sparks made you cry your eyes out as you read *Safe Haven* or *Notebook* while pedaling a stationary bicycle. If you're a young or married student, you face papers, tests and pop quizzes.

Added to the speed of our society, you face an exceedingly complicated and specialized society. If someone fails to fulfill his or her job description, you must work overtime to carry the load. The more responsible you become, the more stress you must endure. People at work may bug you, which increases your stress levels beyond imagination.

Add it up. What do you see? How do you feel? Where can you escape? Any chance of solving your stress levels? How do you cope with your own enervation?

If you look around America today, you see "societal exhaustion" manifesting in ever-increasing magnitude.

You may try to engage a few techniques that work for me in my own 50 hours a week work schedule.

First of all, your mind enlightens your consciousness. You choose the rapidity of your life by your awareness that you cannot continue "speeding" through your life. Take a deep breath! Let go of things that bug you and turn away from people who sap your energy. Let go of trying to be perfect for yourself or others. Let go of grievances.

Second, think about activities that deepen your being. Yoga! It allows you breathing and centering. Meditation

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Third, volunteer your time to a worthy cause that satisfies your heart. You may teach kids art at a “free school.” You might help at an old folks home. Try teaching math, writing, language or other courses in your expertise to those less fortunate. Giving of yourself equates to love in action. Giving love makes another person feel good and you feel good.

Fourth, look forward to your transformation by imagining yourself into your highest and best. A new “you” may be birthed by stepping into your learned lessons supplied by life when you step out of the “box” that fails you at this time. Too much speed in your life may be changed to the “perfect speed.”

While the world spins out of control, you gather yourself toward becoming a happy, calm and tranquil “you.” While the great weights of the world bear down on all of us via the newspapers, radio and television—you maintain the singular ability to create your daily life.

Instead of “societal exhaustion” depleting you, turn toward your highest and best. Turn toward slow and steady. Change course from a Maserati lifestyle to the speed of a

canoe. You remain the captain of your body, mind and soul—your whole life through.

Set your course toward “HAPPINESS!”

*(Paddle your boat at your speed, your joy and your contentment your whole life through. If you find choppy waters, paddle toward calmer ones. If you like slow smooth glides, paddle toward a lagoon. If you like wild raging surf, paddle toward the ocean. At all times, you captain your boat.)* Photography by Frosty Wooldridge



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Mid-County Liquors pg 9 303.642.7686  
Underground Liquor pg 14 303.582.6034

## MUSIC LESSONS

Piano & Harp in CCC pg 15 303.642.8423

## PROPANE

Carl's Corner pg 8 303.642.7144

## REAL ESTATE

Byers-Sellers Mtn Properties pg 5 303.642.7951  
Mock Group-Kathy Keating -Back cov 303.642.1133

## RETAIL

ACE Indian Peaks Hardware pg 25 303.258.3132  
B & F Mountain Market pg 26 303.258.3105  
The Silver Horse - pg 12 303.279.6313  
The Rustic Moose - pg 12 303.258.3225

## REVERSE MORTGAGES

Universal Lending Corp. pg 29 303.791.4786

## ROOFING

Independence Roofing pg 3 720.399.0355  
Kape Roofing & Exteriors ins cov 303.922.7663

## STEEL STRUCTURES

Steel Structures America ins cov 970.420.7100

## TAXES

Karen Schwimmer, CPA pg 27 303.642.0628

## WATER & WELL

Arrow Drilling pg 16 303.421.8766  
Clarity Water Services pg 20 303.717.9110

# Power Update

November  
2021

## Winter Weather May Cause Outages

Small winter storms dropped snow over parts of the Front Range in October. 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.

Do not assume United Power is aware of your outage. If you (and/or your neighbor) lose power for an extended period of time, usually more than a few minutes, please report your outage online, through the United Power mobile app or call United Power's Outage Line at 303-637-1350. 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 Using Your Online Account  
or  
Call 303-637-1350

**UNITED POWER**  
Your Touchstone Energy® Cooperative



## Unclaimed Capital Credits

### 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 'My Cooperative' and look for the 'Capital Credits' page to view the entire list of unclaimed capital credit accounts.

### How Do I Claim My Refund?

If you find your name on the list of unclaimed capital credits on our website, download and complete the **Patronage Capital Refund Request form** and return it to United Power or call our Capital Credit information hot line at 303-637-1200, leave a message with your name and mailing address and we will mail you a Patronage Capital Refund Request form.

## Round Up Supports Coal Creek Nonprofits

United Power established Operation Round-Up more than 25 years ago as a way for members to help give back to the communities the cooperative serves. Participation is voluntary, but the small contributions provide a significant boost to nonprofits in the cooperative's service territory.

So far, more than 20,000 United Power members have elected to have their monthly billing statements "rounded up" to the nearest whole dollar. A board, made up of cooperative members from different parts of the territory, then directs those contributions to

local nonprofits helping meet the needs of families and individuals in local communities.

Donations average just \$.50 per billing statement, or just \$6/year. To show your support and sign up for Operation Round-Up, go to [www.unitedpower.com](http://www.unitedpower.com). To increase your contribution, please call our Member Services team at 303-637-1300.

**United Power Coal Creek Office**  
5 Gross Dam Road | Golden, CO 80403

**Member Services:** 303-637-1300  
**Coal Creek Office:** 303-642-7921



Payment Kiosk Location



EV Charging Site (CHAdeMO, CCS/SAE)



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





# Thanksgiving Feast

Community Invited (Free to All)

Thursday Nov. 25th, 11:30am - 2:30pm

CCCIA HALL - 31258 Hwy 72



**SOLD!**

**24 Ronnie Road**

Panoramic Divide & City Lights Views  
3 BD/ 3 BA 2,432 sq.ft. .95 Ac. **\$695,900**



**Under Contract**

**11017 Circle Drive**

Remodeled Home w/Greenhouse  
3 BD/ 2 BA 2,420 sq.ft. 1.7Ac. **\$639,000**



**Under Contract**

**122 Outlook Drive**

Impressive Remodel  
1 BD/ 2 BA 1,040 sq.ft. **\$525,000**



**SOLD!**

**2874 S. Beaver Creek Road**

Updated & Furnished 2 BD/ 1 BA  
+ sep 453 sq.ft. Bunk Hs. **\$370,000**



**SOLD!**

**105 Ponderosa Way**

Magical Storybook Home  
2 BD/ 1 BA 1,103 sq.ft. **\$602,000**



**SOLD!**

**1209 Camp Eden**

Remodeled Kitchen-Oversized Garage  
3 BD/ 3 BA 2,288 sq.ft. **\$571,500**



**SOLD!**

**Pinecliffe Subdivision**

**3497 Coal Creek Canyon #18**

Adorable Summer Cabin  
3 BD/ 1 BA 1,184 sq.ft. **\$215,000**



**SOLD!**

**126 Signal Rock**

Lovely Landscaping/Divide Views  
2 BD/ 3 BA 2,024 sq.ft. **\$600,000**



**Under Contract**

**2.73 Acres**

**2663 Lump Gulch Road**

VIEWS & Backing to National Forest  
4 BD/ 3 BA 3,749 sq.ft. **\$649,000**



**Under Contract**

**213 Rudi Lane**

Oversized 2 Car Garage + Shop  
2 BD/ 2 BA 1.15 Acres **\$449,000**



**New Price**

**154 Olde Carter Lake**

Magical Cottage in the Woods  
2 BD/ 1 BA 839 sq.ft. **\$359,000**



**Under Contract**

**Vacant Land**

**TBD Crescent Lake Road**

Flat Lot, Privacy & Possible Views  
1.43 Acres **\$125,000**



**SOLD!**

**968 Divide View**

Outstanding Views - 1.95 Acres  
2 BD/ 3 BA 2,400 sq.ft. **\$715,000**



**Under Contract**

**33858 Ave De Pines**

Breathtaking Views - 2.8 Acres  
3 BD/ 3 BA 2,345 sq.ft. **\$639,900**



**Under Contract**

**14251 W. 91st. Arvada**

Elegant Home w/Flatiron Views  
5 BD/ 3 BA 4,786 sq.ft. **\$894,000**

Compass is a licensed real estate broker in Colorado and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to accuracy of any description. All measurements and square footages are approximate. This is not intended to solicit property already listed. Nothing herein shall be construed as legal, accounting or other professional advice outside the realm of real estate brokerage.



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



**Janet Ingvaldsen**  
Broker Associate  
Realtor  
720.600.9006

