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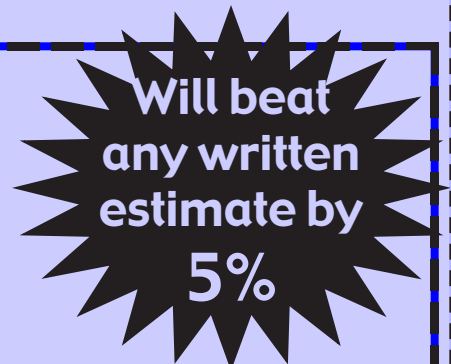
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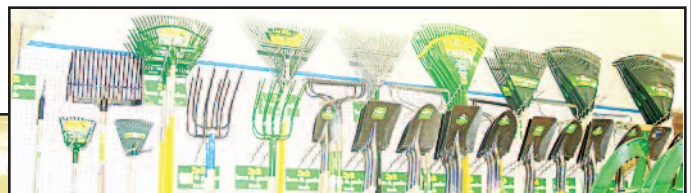
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About the Cover:
Ruby throated
broad-tail hummingbird
by Bettyann Appleton.



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A Bird's Song Adds Wonder To The World

Melissa Hart- High Country News

The song of the Swainson's thrush defies description — three low notes followed by an upward burble in a cautionary key, like a sound you might hear in space, as if R2D2 sang a piece by Mozart. While the females forage in the forest for insects and berries, males mount song battles to establish territory. Across the trees, they trade tunes, growing louder and more resonant. It's America's Got Talent of the genteel sort.

I first heard the thrush in the mist outside a coastal cabin where I'd gone for two days to retreat from the news — budget threats to the arts, the cries for border walls, impending climate travesties. The liquid trill rang out among the spruces, shaking me out of despair and into the world unfurled. Though I scanned the prickly branches, squinting through binoculars, I couldn't spot its source. I dashed across the road to my neighbor's house. "What's that bird?" I demanded. "What bird?" the man asked. After so many years, the song had become mere background noise to him. Familiarity, the enemy of awe, overtakes us all. "It sounds like this." I attempted to replicate the melody, but choked on my warble.

"You've lost me," my neighbor said, so I returned to my cabin and threw open the windows and shivered in a symphony of unseen, nameless singers.

Hans Norelius

The Swainson's thrush, like other birds, possesses a two-sided voice box — a syrinx — that allows it to switch rapidly between pitches, even to sing two at once. Two centuries ago, British naturalist Thomas Nuttall traveled to the mouth of the Columbia River and discovered the vocal acrobatics emanating from the syrinx of the thrush. He documented it accordingly, then relegated the bird to the role of specimen. How his pulse must've quickened beneath his high starched collar when he first heard the song, how his heart must've ached at the sight of the little chorister dead in its box, eastward bound for some museum.

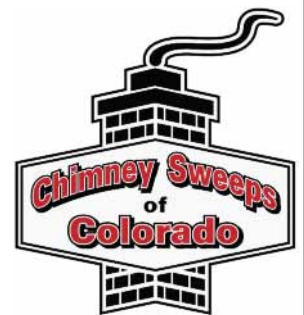
Naturalists then were a generous sort; they named their discoveries after one another in a gesture of homage. Nuttall — who shared his surname with a woodpecker, a magpie and a violet — named the thrush after British naturalist William Swainson. Sadly, Swainson never got to see or hear his bird; he'd relocated to New Zealand, to the bloodcurdling shriek of the kiwi.

I learned all this in my mother-in-law's home, her Audubon CD echoing through the hallways dawn to dusk



as company for her caged songbirds. The Swainson's call, fragile exuberance in the midst of parakeet screech, rang out from her study. I raced across the house to investigate. "What is that?" I yelled to the (Continued on next page.)

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trio of budgies, who lacked in voice what they made up for in pastel plumage. What a thing to possess both substance and style; alas, the thrush in my field guide is a drab little creature with a brown and buff body which it fills unglamorously with insects and earthworms. But, oh, that memorable musical motif. ...

**If
a song
defines
a place,
what does
it mean
to lose it?**

Two centuries after Nuttall's discovery, we can listen to almost anything we desire, whenever we desire. But to hear birdsong in its natural environment — that is a gift. A wild creature calls when it wants to, how it wants and where.

I assumed, leaving the cabin on the coast, that I'd not hear the song of the thrush again in real time until I returned.

Miraculously (I've learned to take my miracles where I can), I was wrong. Pruning blueberries and fuming over politics in my backyard a hundred-plus miles southeast of the spruce forest one day, I heard the thrush among the firs. I froze and called for my husband. "The Swainson's!" I whispered. "It's here."

I shouldn't have been surprised. Swainson's thrushes migrate, flying eight hours a night without food or water, from Canada to Central America and back again. Still, this was the first time I'd heard one in my yard. I bowed my head under the benediction of the bird, its song reminding me to breathe and to listen, to feel the ripening blueberries under my fingertips.

My thrush was a soloist, staying but a day. But he left me this: If a song can define a place — and I think that it can — what does it mean when we can no longer hear it? When the anthem has vanished, when the symphony shuts down and the concert falters, when we retreat behind walls, we become inured to a different background noise: the creak and shriek and gears of our destruction.

We'd do better to throw open our windows and launch song battles ourselves, tournaments of melody, adding wonder to the world instead of terror. Then no one, not even the smallest and drabest among us, would be mute. We'd all of us sing our names through the trees as proof of our existence and worth, our voices echoing generously for centuries.

*Melissa Hart is the author of the forthcoming
Better with Books: Diverse Fiction to Open Minds
and Ignite Empathy and Compassion in Children
(Sasquatch, 2019).*

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because
we know*



*and soar-
perhaps
when we fall in love
or
when a child is born
or
when we are doing
something
-whatever it is-
and suddenly know
beyond any doubt
that this
is exactly
what we were born for!*

*that they can fly
even though
they have never done so
in their cages*

*so, when we
let them go
they will swim
and walk
but not yet fly*

*and I can only imagine
(and often do)
that magic moment
when they realize
what those wings are for
that they have been flapping
and preening
for weeks-*

*The moment
when they take off
from the water
and become
airbourne*

*It must be
beyond exhilarating
to feel
one's entire body
lifting and soaring
under its own power
and I guess
we humans
earthbound creatures
that we are
can only experience
something like this*

Photo of Mallard chicks by Alexa Boyes.

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Gross Reservoir Update - RE: FERC

Editor's Note: Here are two Letters from the Federal Energy Regulatory Comm. to Denver Water in the last two months that were on the FERC website, PUBLIC Property.

One is about problems for Denver Water regarding their report submitted to FERC last spring about site precipitation and inflow design flood study. Here FERC makes recommendations to Denver Water that might be the reason we are hearing about the Dam height being changed to be even taller. It is also probably why FERC has not yet agreed to Denver Water amending the existing hydroelectric permit. One of the last hurdles for this proposed project. The other is about drilling....

FEDERAL ENERGY REGULATORY COMMISSION
Office of Energy Projects Division of Dam Safety and Inspections – San Francisco Regional Office 100 First Street, Suite 2300 San Francisco, CA 94105-3084 (415) 369-3300 Office

July 31, 2018 In reply refer to: Project No. 2035-CO NATDAM No. CO01275

Mr. Robert Mahoney Director of Engineering Denver Water 1600 West 12th Avenue Denver, CO 80204-3412

Re: Gross Dam Site-Specific Probable Maximum Precipitation and Inflow Design Flood Study

Dear Mr. Mahoney:

This is in response to your letter dated April 24, 2017 that submitted the Gross Dam Site Specific Probable Maximum Precipitation and Inflow Design Flood Study (report) for Gross Dam, FERC No. 2035. The report results estimated a PMF inflow of 40,400 cfs and PMF outflow of 36,711 cfs with an associated peak reservoir elevation of 3370.7 feet. We have reviewed the report and find it to be acceptable;

however, we have the following comments:

1. Develop a plan and schedule to install additional precipitation and streamflow gauging stations to increase the available data for large rainfall and runoff events. The continuous, accurate, and robust measurements of precipitation, river flow and reservoir stage should be included in your proposed plan. As discussed in the Board of Consultants meetings, the inflow/outflow records at Gross Dam are not sufficient for calibration purposes and 15-minute reading intervals may be more appropriate for all instrumentation readings during large discharge events.
2. Perform a wind-generated wave run-up analysis for the reservoir during a PMF event. Consider the results of the estimated wave heights in the design of the proposed raised dam if the raise is authorized.
3. The following items should be completed as part of the design for the proposed raised dam if the raise is authorized:
 - a. A comprehensive geological and geotechnical site characterization should be conducted in order to address any overtopping Potential Failure Modes related to rock erodibility of the abutment walls and valley floor.
 - b. The PMF analysis should be reviewed to ensure the results remain valid for the final design of the proposed raised dam and spillway section. The PMF analysis should be updated, as necessary.
4. Currently, the State of Colorado and New Mexico are sponsoring a State Wide Site Specific PMP study being performed by Applied Weather Associates (AWA). This SSPMP study is nearing completion and is expected to be issued in 2018. Denver Waters should review the CO/NM

SSPMP final report for any comments or recommendations that could apply to the Gross Dam SSPMP study. Upon completion of your review, and **no later than 60 days from the date of issuance of the CO/NM SSPMP report**, Denver Water should schedule a meeting with this office to discuss the results of the review.

5. The current practice for determining Site Specific Probable Maximum Precipitation (SSPMP) estimates are based on recorded extreme storm events. Any new, significant storm event represents an opportunity to add to the available dataset used to develop PMP values. They also provide an opportunity to evaluate the robustness of the methods and results of existing PMP analyses.

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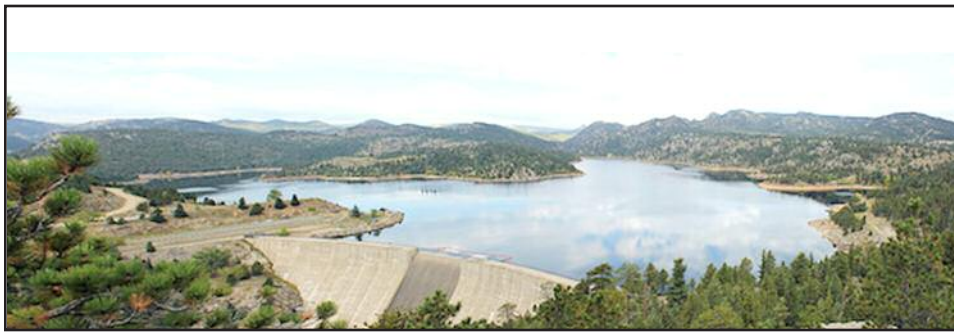
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storm data is to avoid the situation of the outdated of hydrometeorological and hydrologic studies. It is considered

was performed for the storm search region (available from the SSPMP study report). This would generally be a storm that makes national headlines due to extreme rainfall or widespread flooding.
b. Compare the maximum point rainfall value and duration of this new storm event to NOAA Atlas 14 Precipitation Frequency data at the location of the maximum point rainfall. Determine if the maximum point rainfall of the storm exceeds the 500 to 1000-year recurrence interval from NOAA Atlas



prudent to maintain these studies, including the new Gross Dam SSPMP/ SSPMF by including the review and evaluation of new storm data and comparing it to existing studies. We believe this can be accomplished within the Part 12 process by applying a phased approach, beginning with a basic screening phase through a more detailed and rigorous last phase. We recommend the following, three phase approach be used to maintain your SSPMP/ SSPMF study: **Phase I:** Qualifying a storm event-Point Precipitation Analysis a. As part of the Part 12D Independent Consultant (IC) project review, the IC should review the project's SSPMP/PMF study and identify any significant storm and/or flooding event(s) that occurred since the last SSPMP study or a subsequent Part 12 review

14. In addition, determine the storms precipitation depth and compare it to the precipitation depth of the controlling storm of the existing SSPMP study.
c. The IC should provide this screening analysis in support of any conclusions the IC develops. If this analysis shows that a significant storm has occurred that would impact the existing SSPMP depths, further study would be necessary as described in Phase II. d. If no new storms are identified, no additional analyses are required.

Phase II: Qualifying a storm event: Depth-Area-Analysis
e. Identify publicly available depth-area-duration (DAD) values or produce analyzed DAD values for the identified (Phase I) storm event for all durations and critical area sizes.
f. The DAD values that would (Continued on next page.)

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Highlander Issues

be determined through these means would become the observed DAD values.

g. Multiply the observed DAD values by the maximum storm adjustment factor of 1.5, as suggested in the HMR's or the total adjustment factor (TAF) used in the existing SSPMP study if it is larger than 1.5.

h. The adjusted DAD values should not exceed the existing SSPMP study DAD values at any duration or critical area size. If the adjusted storm DAD values are larger than the SSPMP values, additional analysis would be necessary as described in Stage 3 below. If not, the adjusted DAD values would support the SSPMP study results and no further analysis would be necessary. The IC should include a discussion of the analysis performed and how the results impact the SSPMP information.

Phase III: New Investigation of a New Storm's Impact on the existing SSPMP study

i. If the Phase I and Phase II efforts show that the new storms observed precipitation depths exceed the existing SSPMP depths, a much more detailed analysis of the storm event would be required. The IC's may perform the analysis if qualified to do so or provide a recommendation for an analysis to be performed. Any revisions to the existing SSPMP study should be performed by a qualified meteorologists and reviewed and approved by a Board of Consultants and Commission D2SI staff, similar to the existing SSPMP study.

j. Contact this office to set up a meeting to discuss your consultant's findings prior to initiating the Phase III analysis.

6. We recommend the design of the proposed dam raise consider the uncertainty involved in developing any flood estimate, particularly an estimate of an extreme event such as a SSPMP/ SSPMF. This may prevent the necessity of a future spillway modification if the inflow design flood increases.

Please provide a plan and schedule for addressing our comments within 60 days from the date of this letter.

We appreciate your continued efforts in this aspect of the Commission's dam safety program. If you have any questions, please contact Mr. Michael Vail at (415) 369-3346. Sincerely, Frank L. Blackett, P.E.



Regional Engineer cc: Mark Perry Colorado Division of Water Resources 310 E. Abriendo Avenue, Suite B Pueblo, CO 81004 Jeremy Frantz Colorado Div of Water Resources 1313 Sherman Street, Ste. 821 Denver, CO 80203

From FERC July 10, 2018

In reply refer to: Project No. 2035-CO NATDAM No. CO01275 Mr. Robert Mahoney Director of Engineering Denver Water 1600 West 12th Avenue Denver, CO 80204
Re: Revised Drilling Program Plan for Gross Reservoir Expansion Project

Dear Mr. Mahoney: This is in response to your **June 14, 2018 letter** that submitted a revised Drilling Program Plan (DPP) for the Gross Reservoir Expansion Project, FERC No. 2035. Based upon our review, the revised DPP adequately addresses our previous review comments, which were transmitted to you in our May 25, 2018 letter. Denver Water is authorized to excavate the proposed test pits and to begin the proposed drilling work in the vicinity of the dam, which was not authorized by our May 25, 2018 letter. **Our authorization to begin work is contingent on Denver Water obtaining all necessary federal, state, and local permits prior to beginning the work**, and fulfilling the following additional requirements: 1. Before and during the proposed drilling, please ensure that no existing cultural resources will be disturbed or otherwise impacted by the work. Notify this office if any unanticipated resources are encountered. 2. If any additional field personnel will be used to observe or perform the drilling, coring, or excavating work besides those individuals listed in the revised DPP, you must submit their résumés for our review and approval prior to them beginning work on site. 3. As a reminder, any potentially serious conditions observed during the drilling work which could affect the safety of the dam must result in a complete stop of the work and be reported immediately to the Regional Engineer. 4. In the EAP Notification Flowcharts, Tables 8.1A and 8.1B, FERC Contacts, please correct the office phone number for John Onderdonk to (415) 369-3339. We appreciate your continued cooperation in this aspect of the Commission's dam safety program. If you have questions, please contact Mr. Michael Vail

Editor's Note: So, I guess the big question is where are the Boulder County Commissioners on this issue? FERC tells Denver Water they MUST get local permits and that is Boulder County, so why are our Commissioners missing in action or maybe it should be missing with inaction.

Shouldn't they be requiring Denver Water to ask for the local permit to start the largest construction project Boulder County has ever seen? It is apparent why Representative Polis has bought the CO Water Plan, he must fear losing his bid for Governor in November if he had a real public opinion on this probable environmental disaster.

STOP THE GROSS DAM EXPANSION.

Horses Need Our Help

By Hilde and Michael Baughman

A horse is the projection of peoples' dreams about themselves — strong, powerful, beautiful — and it has the capability of giving us escape from our mundane existence. — Pam Brown

Every morning at breakfast time, through our dining room window, down the hill and across the road, in fog or rain or snow or sunshine, we watch while six horses are turned out of their barn. Immediately after crowding through a narrow gate, they race across a tree-lined pasture, and it seems clear that these animals are well aware of their strength and power, perhaps even of their beauty, and that, once set free, they gallop joyfully simply because they can. Pam Brown, quoted above, is correct when she says that horses have qualities many humans envy, and that their mere presence can somehow offer us an escape from our everyday lives.

For decades, we have run and hiked along southern Oregon's rural roads and seen ample evidence supporting Brown's assertion. A remarkable number of the 21st century Americans who live in pastoral settings and can afford to build fences keep horses, often for no readily apparent reason.

Even though the iron horse began displacing the four-legged kind long ago and mounted cowboys have virtually disappeared, and despite the fact that industrialization has made working animals nearly obsolete, a lot of people still want to own their own horses. Unfortunately, too many of those horse owners end up neglecting their responsibilities, resulting in the abuse and neglect of tens of thousands of strong, powerful, beautiful animals.

The half-dozen horses we love to watch from our breakfast table, along with dozens more, reside at the **Equamore Horse Sanctuary**, a nonprofit a few miles east of Ashland, Oregon. Equamore, which is funded by donations, has a mission "to provide a safety net for unwanted, abused, abandoned, neglected and aged horses who are without alternatives for their care, while fostering compassion and responsibility for horses through education, outreach and intervention."

In 2016, the county sheriff was called to a notorious southern Oregon property, where horses were kept in poorly fenced enclosures with no shelter, and often without food and water. The owner was

persuaded to relinquish a horse named Arlo to Equamore. Arlo was near death when he arrived at the sanctuary, at least 300 pounds underweight, with a concave rump, a visible spine and a coat falling out in patches.

But he survived to become what the Equamore newsletter, NeighSaver, described as "a magnificent black thoroughbred gelding with a regal bearing and a sweet personality." Since 2016, four of the six horses that remained on the infamous southern Oregon property have died, and as yet the owner has suffered no consequences for his neglect.

Another horse, Gandalf, was named after the powerful wizard in *The Lord of the Rings*. As a young stallion, he joined an untrained and unmanageable herd of stallions and mares on private property in Northern California. By the time his owner agreed to turn him over to Equamore, Gandalf had lived his entire life doing his best to defend himself from the herd's dominant *(Continued on next page.)*



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Highlander Horse

stallion. Once he was safe at the sanctuary and the severe wounds inflicted by the domineering stallion had healed, Gandalf was gelded, and became a healthy, happy animal.

The day we called to arrange a meeting with Linda Davis and Ruth Kennedy, Equamore's executive director and president, they had just put down a horse named Sara. "She was literally starving when we took her in," Davis said. "It's always heartbreaking to see them go, they're all like family, but we were glad to be able to give her 10 good years."

"We have 56 horses here now," Kennedy explained. "We used to adopt some of our horses out, but the success rate was too low." More often than not, he explained, "they ended up with owners at least as irresponsible as the ones they came from. The estimate is there are about 170,000 horses mistreated or neglected in America. Law enforcement agencies rarely offer much help. They have tight budgets and other priorities. One big problem is that horses are classified as livestock. Dogs and cats are so-called companion



animals, so they get far more protection by the law.

"There's no easy solution," Davis added. "Our need to raise money is relentless. But we've been doing what we can here for 27 years."

We took a slow walk through the barn before leaving for home. It was feeding time, and the only sound was satisfied horses chewing alfalfa hay.

(Pictured here: Finn, now in great shape. But photos of him upon first rescued are too heartbreaking to show.)

Hilde and Michael Baughman are contributors to Writers on the Range, the opinion service of High Country News (hcn.org). They live in Ashland, Oregon.



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Mixed-Ancestry Wolves Could Help Them Survive

By Rebecca Heisman - High Country News

This article is from *Hakai Magazine*, an online publication about science and society in coastal ecosystems.

Wolves were wiped out in Washington state in the early 20th century — the victims of bounty hunting as ranching and farming expanded in the state. Over the past two decades, however, under the protection of state and federal wildlife authorities, wolves have been reclaiming their former turf. But as new research shows, the wolves now living and hunting in Washington’s forests are different from those that lived there more than a century ago. These new wolves are hybrids — crossbreeds of inland wolves from the interior United States and a unique, beach-loving subspecies from as far north as Southeast Alaska.



The ancestors of the wolves now recolonizing the Pacific Northwest include a coastal subspecies. The researchers who made this discovery think the hybrid wolves’ DNA could help them thrive in a changing landscape.


Conventional wisdom holds that the wolf packs slowly recolonizing not only Washington but Oregon and California are the descendants of animals that migrated west from the interior — from the mountains, plains, and forests of Montana and Idaho. But when researchers analyzed DNA samples from wolves throughout the Pacific Northwest, the results told a different story. Sarah Hendricks — now a computational biology doctoral candidate at the University of Idaho — was a research assistant at the University of California, Los Angeles when she and her

colleagues amassed genetic samples from the region’s wolves. A recent analysis shows (Continued on next page.)


Photos by Chris Darimont / raincoast.org

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Highlander Wildlife

that some of the wolves have unique genetic markers that could have only come from the distinct coastal wolves of British Columbia and Southeast Alaska.

Coastal wolves differ from their interior cousins in a number of important ways. Unlike interior wolves, which stalk large mammals such as elk through forests and fields, coastal wolves spend much of their time on beaches, hunting salmon and marine mammals such as seals. Coastal wolves also look different — they're smaller and their fur has a red-brown tinge.

So far, the hybrid wolves are sticking to the lifestyle of their ancestors from the east. "As of right now, the wolf packs are mostly in the habitat that's suitable for interior wolves, but we think over time they'll begin to establish in habitat that's more suitable for coastal wolves," says Hendricks. As the climate continues to change, Hendricks suspects the hybrid wolves' genetic diversity will allow them to adapt better than if they just had genes from interior wolves.

Even without the benefits of genetic mixing, wolves are generally quite adaptable animals, says Jay Shepherd, who leads the wolf program for the nonprofit organization

Conservation Northwest. In Yellowstone Park, for instance, wolves hunt bison. These wolves are much larger than those in surrounding regions, but their size is the consequence of a diet driven by learned behavior rather than genetics. Still, he agrees that hybrids could have an



advantage in areas with a mix of habitats.

The coastal wolves of British Columbia and Southeast Alaska are a distinctive subpopulation with red-brown fur and a hunting style adapted to coastal life.

The finding also offers a life preserver of a sort to the coastal wolves of British Columbia and Alaska, whose populations are dwindling in many parts of their range. For example, Hendricks points to a population in Southeast Alaska that is declining quite drastically. The hybrids may serve as a genetic reservoir, protecting some of the coastal wolves' distinctive traits.

But while the hybrid wolf population may act as a reservoir, there could be complications if the Alaskan coastal wolves became protected under the United States Endangered Species Act. In that case, wildlife managers in the Pacific Northwest would find themselves charged with managing wolves that share genetic traits with federally protected animals. "The problem is that the Endangered Species Act doesn't have a lot of language regarding how to deal with hybridization," says Hendricks.

Hendricks hopes her findings will inspire biologists and policymakers to focus on sorting out the unanswered legal question of what should be done when the ancestor of a hybrid animal is an endangered species, whether these mixed-lineage descendants should be protected as well or left vulnerable to hunting and habitat loss. Either way, she thinks the hybrid wolves' mixed heritage will be an asset as they continue to reclaim their species' old haunts across the Pacific Northwest.

Read more stories about science, society, and the environment from a coastal perspective at *Hakai Magazine*.

Rebecca Heisman is a writer, educator and naturalist based in Walla Walla, Washington.

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Lead In Ammo & Fishing Gear Poisons

By Jesse Alston – High Country News

Hunters and anglers put tens of thousands of tons of lead in our environment annually, and it is estimated that between 10 and 20 million birds and other animals — representing more than 130 species — die each year from lead poisoning. What's almost worse is that we could get the lead out, if we wanted to.

When it comes to some of my fondest outdoor memories, lead has played a leading role. When I reeled in my first bluegill, a lead split-shot hung between my hook and bobber. When I killed my first deer, 120 grains of lead brought it down. And when I caught my biggest fish to date, a four-ounce lead sinker weight held my bait deep enough for that big red grouper to find it.

But those days are over for me. These days, I think our constant use of lead in the outdoors must end. Every time we field-dress an elk or snag a lure on an unseen stump, we leave behind traces of lead that almost invariably end up in some animal's digestive tract. And the scientific evidence is unequivocal: Ingesting lead greatly harms wildlife.

Birds of prey are particularly hard-hit. Ninety percent of

the bald eagles the University of Minnesota raptor rehab center admits have elevated levels of lead in their blood. A quarter of these birds suffer from full-blown lead poisoning that usually leads to death. Seventy-five percent



A golden eagle near Princeton, Oregon. When raptors and other wildlife scavenge the remains of animals shot with lead ammunition, they're exposed to dangerous levels of the metal. Jon Nelson / CC Flickr

of all bald and golden eagles in or near Yellowstone National Park have elevated blood lead levels, with around 14% exhibiting levels high enough to cause lead poisoning. And as anyone who has ever followed the issue is aware, lead poisoning is the primary threat to the continuing existence of California condors. Most of these giant birds must repeatedly undergo treatment for lead poisoning just to keep the population afloat.

Beyond raptors, lead poisoning from fishing tackle has been identified as a large factor in the decline of New Hampshire's loons. Among game birds, 8% of chukars tested in Utah had elevated blood lead levels from ingestion of lead shot, and 2.5% of doves in a nationwide study were found to have lead pellets in their gizzards. Waterfowl still have problems with lead ingestion, and scavenging mammals like raccoons have been known to develop lead poisoning, too.

If wildlife conservation is not (Continued on page 17.)

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reason enough to reduce lead use in sporting gear, we also know that lead is equally bad for human health. Nearly every box of ammo and fishing tackle carries a warning label for a reason. Even at sub-lethal levels, lead damages organs, compromises immune systems, and triggers neurological damage and high blood pressure.

My fellow hunters should be aware that if we hunt with lead ammo, we're almost certainly feeding it to our families. Lead bullets fragment on impact, and many of those fragments remain in the meat no matter how carefully we process it. A study conducted by the North Dakota Department of Health found that 59% of ground venison provided to food pantries contained lead fragments. Another study found that about a third of the venison from a sample of rifle-killed deer was contaminated. Wild game is a great source of lean protein, but it's also, unfortunately, a great source of lead when we don't use nontoxic ammunition.

These days, it's not hard to cut back on lead in our sporting gear. Nontoxic ammunition and fishing tackle are now readily available at most outdoor retailers, and they perform comparably to lead equivalents — often even better. It's also not much more expensive, especially considering that it ensures the health of both wildlife and the folks around our dinner tables.

When the United States banned lead shot for hunting waterfowl under the first President Bush, hunting and angling groups worked successfully to reduce the amount of lead used in our outdoor pastimes. I like to think we'd have gone further had we realized the extent of the problem back then. Now, however, we do know, so we face a crossroads: Do we move forward and follow the lead of past conservationists, or do we keep buying lead-based sporting gear because it's marginally cheaper and easier?

California has taken the lead: Lead ammunition will be fully illegal there starting next year. Five Northeastern states have also banned or restricted lead fishing tackle. But the rest of the nation lags well behind. We've even reversed some progress, as when Interior Secretary Ryan Zinke made the decision last year to repeal a prohibition on using lead ammo on national wildlife refuges.

I'm not waiting around for government to take action. Personally, I've stopped using lead ammo on my hunts, and I'm sorting through my tackle box to get all the lead out of there, too. I hope more Westerners join me, and I encourage those who don't hunt and fish to take action as well. It's

going to take a lot of us working together on this issue to ensure the health and safety of the wildlife and people we love.

Jesse Alston is a contributor to Writers on the Range, the opinion service of High Country News. He writes on environmental and policy issues, and lives in Laramie, Wyoming, with his wife and dog.

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*This Page top: Chino poses...
Bottom: Kari's precious pets!
Right: Spotted Mini Donkey*

*Next Page Top: Sascha sniffs
Rebecca as Carter laughs,
Carter on Sascha.
Bottom: Mooch & Bogie.*



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Preparations For Winter

From Jim Plane - State Farm Insurance

Indoor Tasks - Heating system checkup

Be sure to change the air filter in your furnace and check its efficiency before the cold weather begins. Call in an HVAC contractor to test the heating output and give the system a tune-up. This technician can also check for and correct possibly hazardous carbon monoxide levels generated by your heating system. Stock up on several air filters for the winter, and change them every month. If you don't have a programmable thermostat, purchase one for the system to help lower your energy costs.

After your furnace has been tuned up to its maximum efficiency, take a moment to inspect your heating ducts and vents. Dust them off and clear away anything that may have gotten into them over the summer. Then check your windows for any leaks that may compromise your heating efficiency. If you feel cold air coming in, purchase a plastic sealing kit from the hardware store and place the plastic around the window to keep the heat from escaping. Be sure to check your doors as well, and fix their weather-stripping if needed.

Check the fireplace and chimney

Most chimney sweeps recommend an annual sweeping, but depending on how often you use the fireplace, you

might be able to wait on a full sweep. But if you will be using the fireplace often, call a chimney sweep for an inspection and sweep.

Hopefully you will have your older, seasoned firewood now ready for use after sitting for the spring and summer. It's recommended to keep the firewood at least 30 feet from the house and covered. Seasoned wood is best for fires, as it burns cleaner and longer.

Review home fire safety

The introduction of the heating season brings new potential for fire hazards, so take a moment to review fire safety in your home. Check and replace fire extinguishers if necessary, and change the batteries in your smoke detectors. Also go over the home fire evacuation plan with your family.

Outdoor Tasks - The gutters

It's best to inspect and clean the gutters a few times during the fall, especially if there are many leafy or pine needle trees around your house. If gutters remain clogged, water will spill over them and onto the ground next to the foundation, which may cause damage to the foundation. Gutters and downspouts should be kept clean and should direct water away from the foundation, as well as from walkways and driveways, so that they do not become slippery or icy. Leaving pine needles in your gutters is a fire hazard and can also cause ice dams than can damage your home.

Yard maintenance

When sweeping the pine needles or leaves off your patio, don't forget to clean, pack up, and store any patio furniture for the winter. Disconnect garden hoses and, if practical, use an indoor valve to shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the section of pipe just inside the house.

In the garage

It is recommended that you empty out unused fuel from any gas-powered equipment stored in the garage, such as a lawnmower, because sediment can build up and clog the fuel lines. Store gasoline in tanks out of children's reach and have it ready for use in your snowblower or emergency generator, if need be.

Test your emergency generator

It's a good idea to have an emergency generator if you live in an area that sees a lot of ice or snow storms, as these can be a major cause of blackouts during the winter. So if you have one, haul it out and give it a test run to see if it is in good working order. Make sure you never run the generator in any enclosed space - like your garage - as it will present a carbon monoxide hazard. If you are looking to purchase a generator, talk to your insurance agent about exclusive offers such as those offered on Generac generators by State Farm® for its customers.

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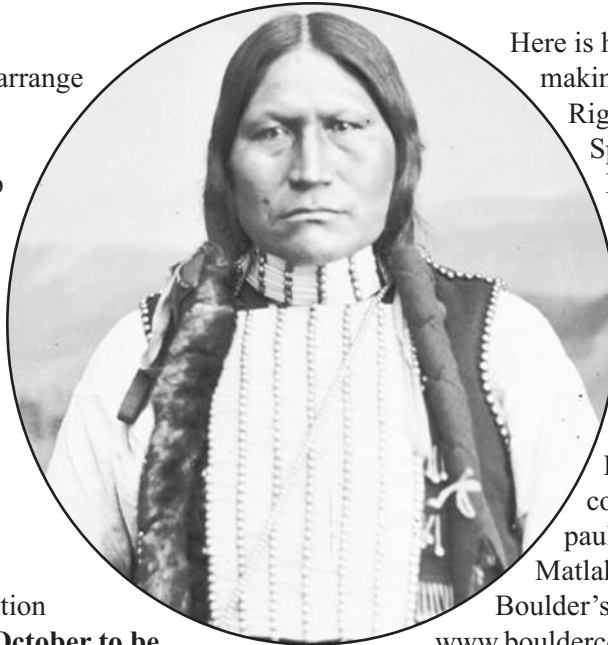
Arapahoe Homecoming

By Diane Bergstrom

Imagine you have one month to arrange food and lodging for 250 visiting relatives coming for four days and your local network who could help is unaware of the who, what, where, when, why, and the how's of your event? Leaves me a little anxious. But imagine this is the first time you've all gotten together and the heartfelt meaning of the reunion with both people and land goes deep. Generations deep. The odds were against any surviving generations. That would make you want to show up.

In 2016, Boulder passed a resolution declaring the **second Monday of October to be Indigenous Peoples' Day**, out of respect for the indigenous people nationwide but particularly in the Boulder area who endured cruelty, exploitation, genocide, land grabs, massacres, broken treaties, prejudice, discrimination and displacement. This year, City of Boulder along with **Right Relationship Boulder**, is planning three days of events, **October 6-8**. Possibly 200-250 Arapaho from Wyoming and Oklahoma will be coming back to the area, back to the land that is an ancestral relative, to participate and reunite. Right Relationship Boulder is a grassroots group of dynamic Native and non-Native Boulder area residents who have been reaching out to local government and organizations to rebuild healthy informed relationships, and help people understand the Native people who lived here historically, who live here now, and who would like to visit "home." RRB is hosting an Arapaho delegation and the guests will present cultural and educational programs that are free and open to the public. To learn more about their work, join them on Facebook@"Right Relationship Boulder."

Here are upcoming informative events Right Relationship Boulder is offering before Indigenous Day:
Friday, Sept. 28, 7-9 pm "Two Rivers" film/discussion/fund raiser for "Welcome the Arapaho People Home," 1000 West 15th Ave, Longmont 80501.
September 29, 3-5 pm: "Roots of Injustice, Seeds of Change: Toward Right Relationship with Native Peoples," workshop for high school students and adults at Louisville Center for the Arts, 801 Grant Ave. Facilitated by Jerilyn DeCoteau (Turtle Mountain Chippewa) and Paula Palmer.
 PLEASE RSVP TO paulaRpalmer@gmail.com.



Here is how you can help! Contribute by making a tax-deductible donation to Right Relationship Boulder's Fiscal Sponsor, 501c3 Philanthropiece Foundation. Visit www.philanthropiece.org/donate. Send a check to "Philanthropiece Foundation" and on the memo line, write: Right Relationship Boulder. Mail to: Philanthropiece, 6105 Monarch Road, Longmont, CO, 80503. If you have any questions, please contact Paula Palmer, paulapalmer@gmail.com, or Jake Matlak, jake@philanthropiece.org. Boulder's schedule of events can be found at www.bouldercolorado.gov/indigenouspeoplesday.

Please plan to participate in history being honored, relationships being repaired, reconnections made with the land, and a healthier history being written.

(Photo: Arapahoe Chief Black Coal by John K. Hillers.)



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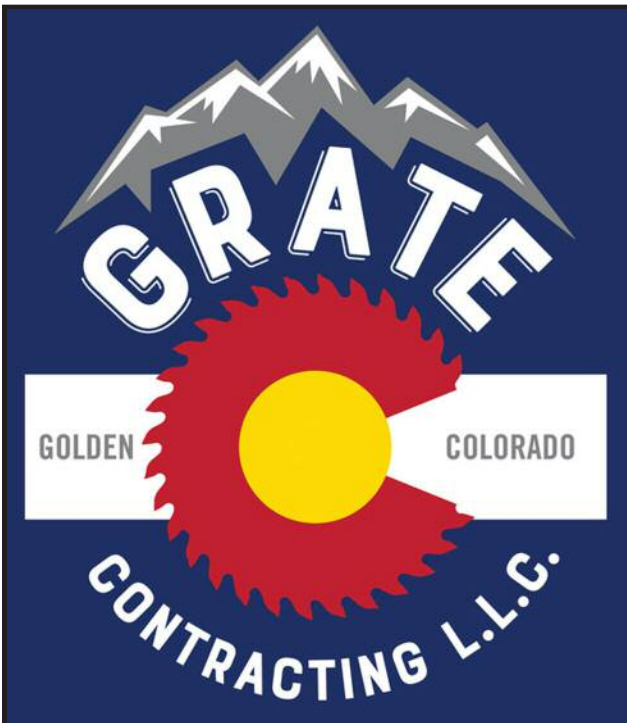
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Truama Is...

By Valerie Wedel

Our own Colorado flood. The first rainstorm after the flood, I found myself unable to sleep, pacing from door to window to door to window, peering out anxiously. I was checking for rising floodwaters. My head knew it was just a normal rainstorm, but my body knew a different reality, one that was more powerful. Those feelings were probably strengthened by the fact I was at that moment a flood refugee with two kids, in a motel that had already been partially destroyed by mudslides... And so I paced instead of sleeping.

Being in a car crash. Has anyone been hit by a car? And then become afraid to drive? Cars crashes and The Flood are a kind of trauma that makes sense – you know something big just happened. You notice you feel differently, in a way that makes life less good. Trauma is also part of PTSD (post traumatic stress disorder). PTSD includes a fear that cripples and does not go away on its own, with time. Now you have a choice – accept fear and learn to live a more limited life, hiding from the fear - or heal.

Trauma is part of life. In small doses it makes us stronger. We learn resilience, creativity, and dedication to overcome. We learn good things in part through facing adversity and overcoming frightening events. But sometimes, an event overwhelms us.

Trauma can be very sneaky. It can slip in silently, like pollen season in Colorado. Abuse creates trauma. Physical abuse is often noticed. Psychological abuse may creep in when you don't notice, and begin to change who you are, little by little. Such trauma can be invisible, and yet utterly, profoundly affect one's life.

Mothers, fathers and their children-seeking asylum from life or death situations, but instead of finding asylum being ripped apart, terrified, lost. Children in cages. Not knowing if they will live or die or ever see each other again, when they had hoped and prayed for sanctuary instead... this attacks our deepest sense of self. Like being a prisoner of

war.

Prisoners of war, tortured, never knowing if they will live or die, may become utterly dependent on their keepers. They actually bond to their torturers. Women, men and children abused in their homes, walking on eggshells, wondering when the person they live with will explode in rage, can also become totally dependent on that abusive person. This is called “trauma bonding,” and it has been known of for decades.

“Trauma bonding” describes a person (or group) becoming completely bonded to and dependent on their abuser. This is real, and there are complicated psychological reasons behind it. This is why victims of domestic violence often return to an abuser over and over again.

For those of us who watched or read Lord of the Rings, the character Wormtongue is an example of someone trauma bonded to his abuser, the evil wizard Saruman. Wormtongue did tremendous harm to other people also. Hurt people hurt people. Abuse actually acts like a highly addictive drug on a person's brain.

Sometimes trauma can be invisible. Abused people can actually collude in their own abuse. A victim may hide abuse from the outside world, *(Continued on next page.)*



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and even appear to be completely supportive of their abuser. A victim may assume responsibility for their abuser's actions. This does not seem to any make sense.

Scientists and doctors now know that our feelings – our limbic system - is in many ways more powerful than our thinking brain. Trauma and happy feelings – love, joy pleasure – all live in our limbic system. To heal trauma, and the PTSD that goes with it, a person can work with their feelings, as well as their mind.

Feelings are stored in our bodies, forever. The body remembers what the mind forgets. With the help of our brain, our courage, and a little community support, we can evolve our feelings into a beautiful road map. Following this amazing, built-in road map leads one toward wholeness.

That Flood – to release my new fear of rain I had to remember details of the flood and the rising waters, to bring it all up into conscious memory. I had to fully feel the fear, feel where it lived in my body, to release it. In the case of the flood, a single session with a trauma therapist was enough to take the sting away from the memories. Rain returned to being just rain – and a lovely, peaceful lullaby!

Various ways of healing trauma have been discovered and refined in the last 25 years. One is EMDR (Eye Movement Desensitization and Reprocessing). EMDR has been empirically supported as one of the leading treatments for PTSD, utilizing bilateral stimulation. The theory behind bilateral stimulation involves an activation of both left and right hemispheres of the brain, creating a new neural

network to support the integration between traumatic material stored in the right brain and the capacity for meaning making in the left brain.

Another is called “brain spotting.” This involves listening to special sounds, often nature sounds, on headphones, while remembering and describing the traumatic event. Something about these healing techniques changes how our body holds a memory. A traumatic event becomes just another memory.

Deeper, sneakier trauma, such as that linked to psychological abuse, can be debilitating. As one counselor put it, a lot of little traumas can add up to Big Trauma. If you find yourself unable to work, unable to function at a high level, there may be memories your body is holding, even if your mind has forgotten.

Again, this seems not to make any sense. Our brain knows better! Yet emotions, held in the body where our conscious mind does not see them, can block a person's true potential. Scientists have discovered a field called Epigenetics. This describes how our genetic codes are turned on and off, and how trauma can leap from one generation to another, even for no obvious reason. In other words, one generation's fear may become another generation's fear, even after the war has ended.

Now for the great part. Our emotions also propel us forward to great success and joy. When a person takes on a project for the love of it, success often follows.

Understanding the power of emotion in our lives, we are free now in a way we have not been in all of our recorded history. Some fears keep us alive. Some fears hold us back from living. We can choose to honor the reasonable fears that keep us alive (*note to self, do not walk in front of speeding train*). Now we can also heal those unreasonable fears holding us back. We teach our children, and remind each other, “If you see something, say something.” Now we also know there is great action to be taken, for which speech is the beginning. To health and freedom for us all !

Resources: Boulder Safehouse Progressive Alliance for Nonviolence (SPAN)

Online resource: Melanie Tonia Evans, Narcistic Abuse Recovery Program (NARP)

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Buffalo Field Campaign-buffalofieldcamgaign.org

FALL: This season brings the end of the rut (the rut is the buffalo mating season)! It is also when we prepare camp for the cold winter months to come. We have Woodcut Weekend in early October, when volunteers turn out to gather and cut a full winter's supply of firewood. Many thanks to past, present, and future volunteers for helping to keep us buffalo defenders protected and warm from the long cold season!

The Basics:

All volunteers are provided room, board, external cold/wet-weather gear, and appropriate training. We respect vegan and vegetarian diets, but not everyone on the team eats this way. We are located in a rustic log cabin by beautiful Hebgen Lake, just a few miles outside of West Yellowstone, Montana. If you are flying or taking a bus into Bozeman in winter or spring, and will need a ride to camp, please plan to arrive on a Thursday when we make our weekly supply runs. Travel logistics should be discussed directly with BFC's volunteer coordinator.

You must contact us before you make your plans to volunteer.

When you arrive, you will be greeted by our volunteer coordinator who will help get you settled in. There is a required orientation session and training period to familiarize you with camp and allow us to assess your abilities and determine how your skills can be used to most effectively help protect the buffalo. There are many jobs to be done: patrols, cabin projects, public education projects; we have a long list. Patrols are done from cars, skis, or snowshoes. If you do not know how to ski or snowshoe, do not fret. We will teach you.

ABOUT LIVING AT CAMP - CABIN LIFE

BFC volunteers live in the cabin here in West Yellowstone and are provided with meals. The log cabin is warm and cozy with plenty of sleeping lofts and floor space if it's really crowded. The view from any direction is incredible—to the front is Hebgen Lake and the Madison Range of the Rocky Mountains.

The cabin backs up to beautiful Gallatin National Forest, where ravens, elk, and coyotes (to name but a few of our neighbors) abound. It is a magnificent place to call home (and explore!).

Volunteers are encouraged to solicit food donations from their communities and to bring food to the Campaign. We provide vegetarian and vegan cooking, and wild game when available for meat eaters.

There are many activities besides going on patrol that make BFC run. There's always something to do that will fit your skills and talent. When you've got down time, there are plenty of books, decks of cards, and games...and



outdoors there are endless opportunities for wildlife watching, hiking, snowshoeing, and cross-country skiing.

A DAY-IN-THE-LIFE OF CAMP VOLUNTEERS

Camp life begins about an hour before sunrise to give volunteers time to wake up, get ready, and be in position in the field with the buffalo by first light. Morning patrol volunteers arise during the dark of the morning, enjoy breakfast and then head out to stand with the buffalo until mid-day. At that point, shift-change takes place, and afternoon patrols take over the posts standing watch over the buffalo. Afternoon patrols stay out until dark. When they get home, a hot yummy dinner awaits the entire camp. Once everyone is gathered together, we share a meal and have our nightly meeting. These meetings allow us to review the day's events and set up the next day's patrols.


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It's A Bird, It's A Plane, It's A Growler

By Gundars Rudzitis

Washington's Olympic National Park used to be one of the quietest places in the continental United States. Now it sounds like a war zone, reminding me of Vietnam.

While hiking and camping there and the Buckhorn Wilderness in the surrounding national forest, my partner and I were assaulted day and night by piercing noise overhead. It came from the appropriately named Boeing EA-18G "Growler jets," one of the loudest planes in the military arsenal.

After hours of ear-splitting noise one night, I ran out of our tent at 1 a.m., cursing and roaring with raised fists at the sky above us: "You're breaking the law!" But apparently there is no law that can stop these planes from groaning and shrieking above.

Is a little piece and quiet in a national park too much to ask for? I've often met others upset by the noise. Bev Stoll, who does trail maintenance, told me, "This spring at Kalaloch, working on trails, we got treated to the prolonged ear-splitting sound of the newest, loudest Growlers. Everyone stopped and covered their ears. I put in earplugs and now carry that as my 'eleventh essential' when I go to

the rainforest. Such a tragedy." A local hiker, Lynn Gifford added, "After experiencing the deafening noise, **I can't imagine what this is doing to wildlife.** These military aircraft are toxic."

We can blame the U.S. Forest Service for the simulated war-training zones on and over our public lands. The agency gave the Navy a permit for air training, and now its jets practice war exercises adjacent to Olympic, one of our most majestic national parks.

As part of the training exercises, the Forest Service has also allowed the Navy to send trucks outfitted with mobile emitters of electromagnetic radiation to 15 sites on Forest Service lands, just outside the park boundaries. The trucks drive around on remote roads as fighter jet pilots fly overhead 260 days a year, their mission to find and "disable" them.

National forests and parks were not originally set aside as places to practice wartime activities. The Forest Service was established to promote "wise" forest management and conservation. National parks were created to serve the dual purposes of preservation and the promotion of enjoyment and recreation. War games were never anticipated.

In addition, the stupendously loud Growlers appear to violate the Wilderness Act. The warplanes fly over five wilderness areas in the Olympic National Forest as well as the park itself, which is designated as 95% wilderness. The roar is especially hard on birds like spotted owls and other animals that are guided by their sense of sound.

Until recently, the Forest Service did not encourage the military's use of our public lands. Under agency regulations, military use of public lands was not allowed if there were other "suitable and available" lands. With over 440 bases in the United States and over 800 bases worldwide, plenty of military-controlled lands are available for war training activities.

In 2015, when the Navy prepared a supplement to its Northwest Training and Testing Final Environmental Impact Statement to justify Growler training above public lands, public reaction was heated, to put it mildly. The



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Highlander Issues



Consider what's at stake: Olympic National Park is a UNESCO World Heritage Site that receives over 3.4 million visitors a year. Olympic National Forest adds about another 800,000 visitors for a total of over 4.2 million visitors a year. It is a wonderful place in the Northwest, where visitors and wildlife hope to find solace and solitude.

Do we allow silence to disappear as we weaponize our public lands? If there is an essence of freedom in this country, it lies in our public lands, places where we can be self-sufficient while interacting with the natural world. Let's preserve our freedom to be close to nature and stop the militarization of our national forests and parks.

Forest Service received over 4,000 mostly negative public comments, which somehow failed to influence a final decision.

(Photo of a Growler Jet: Wikipedia.)

Unless there is an outcry both in the West and nationwide, the militarization of national forests, parks and wilderness areas will continue. Backers of the Navy flights say Growler jets are the "price of freedom," but what about the freedom taken away from people on the ground?

Gundars Rudzitis is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org).

He is a professor emeritus of geography, environmental science and philosophy at the University of Idaho, and writes in Port Townsend, Washington.


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How To: Enjoy Your Life More

How to manage personal stress? These days we are challenged even more than our parents and their parents due mainly to the 24x7 news coverage on all media available to most people. Not only are we capable of accessing local, state and national news but we also have coverage of world events happening in so many parts of our globe. It is too much. It can overwhelm even the most knowledgeable and intellectual, so it creates personal emotional havoc in an average human.

I know in the past I've personally encouraged readers to stay informed, mainly so we can all be up to date on what is happening in our region and politically for voting. This magazine endeavors to keep you abreast of happenings that you might not see in Associated Press releases or stories by bringing you original reporting about local or regional events, happenings and breaking news. While it is close to impossible for a monthly magazine to 'scoop' other news agencies – well we're known for doing just that thing many times.

What I'm about to suggest is for you to limit your news gathering/watching practices so you don't become a victim of 'news barrage' stress. Decide on no more than two times a week to gather 'what's going on' unless you're in a situation that warrants more frequent watching. Pick a couple of personal times you feel you can handle the stress of 'knowing what you need to know' and then don't turn on



the news (except for weather reports) in the off times.

The exception to this rule should be: local fires, criminals at large in our region, and traffic closures – well you can extrapolate what I'm getting at – especially Amber Alerts. But don't just let yourself be the target of 'non-stop' negative information. It will wear you down, cause you undue stress and depressive thinking that our psyche's



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struggle to handle. Limit your exposure...mute the TV until the weather comes on...or the sports. This is how you manage your daily stress. It is up to you and if you have little ones, well they may not know what all that 'stuff' means but hearing about 'killings and bombings' and such goes into their little computer brains and can have a long-term negative affect you will never see but might taint them for all their lives. This includes violent video games and Hollywood movies – limit the negative or cut it out altogether.

Another way to manage personal stress is to be picky about who you spend time with. Weed out the toxic people: make excuses until they quit bothering you to do things. Limit the necessary exposure to those folks if they are part of a group you are a member of by not making eye contact with them or engaging in conversations with them. It does not need to be overt, it can be subtle and that way when you get back home or in your vehicle you won't be tempted to replay their poison. Gossip is something we can all avoid. If you find yourself in a conversation with someone and the topic leans towards a particular person just go off on a tangent by making it about an idea or event instead of about one or two people.

I know nowadays it is all the rage to meditate, but face it not many people that really need to be mindful are interested in taking the time to learn how and then devote even a few minutes to 'no external input' and just tune out our thoughts. If you find yourself guilty of this then pick another way – read a book, go back to checking email and Facebook on a computer instead of your smart phone, listen to an audible book, learn to knit or crochet, sit on the floor and stretch to some soothing instrumental music. There are many choices so try a few until you find what works – you might be surprised how a couple of things will bring your thoughts to the present. Being in the moment instead of thinking about yesterday or two hours ago is so much less stressful. Avoid dwelling on tomorrow unless it is just to plan and prioritize activities or obligations and then do that and let it go.

Our animal companions are the best tools to stay in the moment. They need our attention and few folks actually

take the time to 'stop the carousel of life' and be quiet with your dog, cat or horse. Talking to them is good, but the human touch on your animal is healing for you and for them. It lets them know you are present, really there in their moment. Unhurried, undistracted quality time is so important. It can be good for your health and stress management and you'll build memories to last your lifetime, even after they are gone.

Last but not least is to give back to others. The old saying 'charity begins at home' is so true, but it need not be negative. Be on the lookout for someone in your neighborhood or the people you spend time with that may need a helping hand and are too proud or shy to ask for help. Listen to what they say during your interactions or conversations and identify a way to be of use to them. Be sensitive when giving so you're not stepping on their independence because giving too much makes the receiver feel indebted. Think of a way for them to be useful to you: it can be as simple as asking for advice and flattering to them if you take it. Or as little as just stopping by to listen to how someone's day went or let them share a story about old times or an event they enjoyed with loved ones no longer here. Use your imagination and you'll find that time well spent and you will benefit by lowering your stress level.
By A.M. Wilks



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Make Cubicle Poster Into Real Life

By Frosty Wooldridge

In this high-speed society we created for ourselves, Americans live in traffic-congested cities with skyscrapers erupting into the sky. On the ground floor, humans race to catch crowded busses, packed subways and Yellow Cabs.

With expressways gridlocked from dawn to dusk, people overflow sidewalks, and sirens slash through the air 24/7. The evening news reports robberies, accidents, homicides and a plethora of calamities too numerous for human emotions to endure.

But if you look at all the people living in cities, whether in their workplace or their office cubicle, what do you see on the partition wall?

You see posters of what they would rather be doing: windsurfing, skiing, sunbathing on a beach in the Caribbean, scuba diving, dancing, mountain climbing, camping, rafting, bicycling and a dozen other activities they would rather be living.

If you're one of those people "wishing" you lived a different life or wishing you could live your dreams, then why don't you go after it? Why not "live" your poster instead of wishing you were windsurfing across Lake Tahoe or sunning on the beach in Hawaii?

Did you ever wonder how those people you see traveling

around the world with a backpack or bicycle, or climbing mountains or taking a winter off to go "ski bumming" do it?

They defeat the "tyranny of resistance."

Henry David Thoreau said, "The mass of men and women live lives of quiet desperation."

In 2018 America, anyone at any station in life, at any age, can renew his or her life by choice, by intention and by action. Such individuals learn how to defeat the "tyranny of resistance."

First of all, what constitutes this modern day tyranny that locks people into "cubicle prisons" in cities or into humdrum jobs that provide zero meaning?

Such persons yield to an inner "resistance" to transform themselves because they feel afraid, don't know how to break their cubicle-bonds and, often times, none of their office mates know any better. It's easier to be safe with the constancy and comfort of a paycheck and friends.

Do you remember the TV sitcom "King of Queens" with heavy weight Kevin James and co-star Leah Remini, who also suffered obesity in the series, staged in New York City? They never showed any happiness, but mostly conflict. Their jobs sucked. They didn't know how to escape their relationship or their jobs.

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If you live such a scenario, how can you avoid a lifetime of regrets?

Find your gift of what turns you on to life. Discover your talent, your ability, your genius and your expertise. You can find it by examining what you do in your spare time. Pursue it, love it and live it.

Practice self-awareness. **Socrates said, "The unexamined life is not worth living."**

Instead of going through the motions, create your own wave and ride it.

Incorporate your independent will as a "course correction" on your way to your life's destination. **As Jack London said, "You can't wait for**

inspiration to change your life; you have to go after it with a club."

Discover your "True North" in the scheme of your life. That's your soul's "true knowing" and what you desire "most" about your life. It's your deepest truth.

Finally, you must engage your physical, emotional, mental and spiritual well-being.

Exercise daily to blow off excess energy in the body to release your mind to express itself. Eat healthy foods to maintain a lean frame. That, in turn, allows you emotional balance that originates with your relationship with friends,

families and co-workers. For your mental well-being, read books, take classes and express yourself through journaling, painting, sculpting or other art forms.



(Hut to hut mountaineering skiing through fresh powder at 12,000 feet in the Rocky Mountains.)

Finally, feed your spiritual being via inspirational books, church or nature, and the peace you find from a walk down a tree-lined path.

You will find the "tyranny of resistance" fades as you walk or gallop toward your happiness in work, play and friends. You won't "wish" for what you see in the poster on your cubicle wall, you will live it for real.



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Mountain Bikes Shouldn't Be Banned

By Daniel Greenstadt

First came the bare human foot, somewhere in Africa. Then, in no particular order, the moccasin, the shoe, the horse and saddle, boat and oar, the ski, the snowshoe and so much more.

All of these came to the backcountry and helped to enrich our travels there. Sure, there's been some grumbling about how some of the more recent inventions make modern life too easy, but over time those tools and technologies have become accepted parts of our adventures in even the most remote places.

But whoa! Along came the human-powered mountain bike, and although it's quite similar to the contrivances that hardy souls have been pedaling and pushing through cities and the backcountry since the mid-19th century, some people now consider them to be so high-tech they should be banned from wild landscapes.

Critics complain that nothing seems to say, "I can't truly get away," like the thought of encountering wheels on a trail. Ignoring the gears, cams, springs, levers, satellite communication tools and highly technological gadgets already filling their packs, these critics abhor the presence

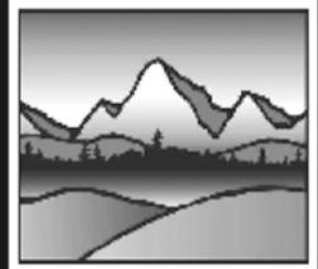
of bicycles in any federally designated wilderness.

It's been suggested that the desire to allow bicycles in wilderness is an extremist campaign by a faction of off-road cyclists — people indifferent to the conservation goals of the 1964 Wilderness Act. But bicyclists treasure designated wilderness areas, which are already shared by a wide variety of recreationists, including through-hikers, day-trippers, hunters, equestrians, skiers, snowshoers, birdwatchers, climbers and boaters. And also, of course, cows.

Bills introduced in both the Senate and House of Representatives have renewed the conversation about whether it's high time to lift the Forest Service's 1984 blanket ban on bicycles in federally managed wilderness. The bills would allow federal land agencies to continue to maintain complete closures to bicycles if they thought it necessary, but the decision-making authority would move from centralized control in Washington, D.C., to local supervisors of wilderness lands.

For evidence of the cyclists' purported extremism, some critics look to the supposedly mainstream International Mountain Bicycling Association, which is on record as opposing bicycles in wilderness. But many members and

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IMBA-affiliated clubs have protested IMBA's position, and some have even canceled their memberships. IMBA does good work on many fronts, but its stance on wilderness access is increasingly seen as a timid and misguided abandonment of backcountry cyclists and a denial of cyclists' legitimate role in the conservation community.



An intrepid backcountry cyclist fits within these criteria perfectly.

It's time to recognize that many Americans have chosen to add bicycles to their backcountry equipment and would sometimes like to use their bikes to experience the wilderness, while honoring the spirit and purpose of the Wilderness Act.

A mountain biker rides down a trail in Crested Butte, Colorado. Pierce Martin / CC Flickr

Daniel Greenstadt is a contributor

to Writers on the Range, the opinion service of High Country News. He is an environmental industry consultant and lives in Portland, OR.

One of IMBA's top-three affiliated clubs, the San Diego Mountain Biking Association, called IMBA's board "tone-deaf to the community" before severing its IMBA affiliation in early 2018. Three years earlier, the independent, 6,000-member New England Mountain Bike Association was already pleading, unsuccessfully, for IMBA to support wilderness access for mountain bikes.

In 2016, IMBA surveyed its ranks and determined that 51 percent of members felt that including access for mountain bikes in wilderness was a "very important issue." That result was significantly more pronounced in the Western states, where wilderness areas are concentrated. Also in 2016, one of off-road cycling's best-known online communities, SingleTracks.com, surveyed its readers and found that 96.2 percent wanted some level of wilderness access. It seems that the bid for wilderness access has reached the mainstream, and that the tension is less among mountain bikers and more between mountain bikers and the IMBA board of directors. Meanwhile, some cyclists continue to resist proposals for designating new wilderness because they would be barred from riding in it. As a result, wilderness proposals sometimes get abandoned or scaled back.

Andy Kerr, former executive director at Oregon Wild, recently lamented, "There are millions of acres of qualifying roadless land that could go into the wilderness system, but the prior existing use of mountain bikes politically prevents it." In the same post, Kerr recommends "allow(ing) mountain bikes into new wilderness areas with conditions." This conflict is unfortunate and unnecessary, given the largely shared vision and goals of conservationists, cyclists and other wilderness users. Shouldn't agencies be free to at least consider bicycles?

The Wilderness Act of 1964 prohibited "mechanical transport," but how that is defined has become ever more contested as we uncover the historical record. Moreover, bicycle opponents forget the Wilderness Act's overarching goals, which remain the preservation of wild lands and the promotion within them of rugged, self-reliant recreation.

Editor's Note: In the Foothills mountain bikers have created a bad rap due to individuals that don't follow trail courtesy, ignoring trails and causing erosion. If bikers were given access, bad behavior might change to allow all bikers to utilize wilderness trails. **Trail courtesy is: hikers, equestrians, etc. have right of way, so bikers must stop, pull over - whenever you encounter these other users.**

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Independence Roofing pg 3 720.399.0355

STEEL STRUCTURES

Steel Structures America ins cov 970.420.7100

TAXES

Karen Schwimmer, CPA pg 17 303.642.0628

WATER & WELL

Arrow Drilling pg 6 303.421.8766
Colorado Water Wizard pg 17 303.447.0789
Doctor Water Well pg 24 303.438.6669

Power Update

September
2018

How Ready are You?

September is National Preparedness Month

Disasters may come without warning, so it's important to be prepared before they strike. September is National Preparedness Month, which seeks to educate and empower Americans to take simple steps to prepare for and respond to potential emergencies that could affect us where we live, work and visit.

Preparing for a potential emergency situation begins with developing a plan for you and your family. The Federal Emergency Management Agency provides clear steps to effectively establishing a plan that works for you, your household and your community.

Step 1: Put together a plan by discussing these for questions with your family:

- How will I receive **emergency alerts and warnings**?
Public safety officials use timely and reliable systems to alert you and your family in the event of natural or man-made disasters. These may be push notifications sent to cellular phones, emergency alert systems or NOAA weather radios.
- What is my **shelter** plan?
Taking shelter is critical during a disaster. To effectively find shelter, you must consider the hazard and choose a place that is safe. This may include staying where you are or moving to another locations, like a basement or community safe zone.
- What is my **evacuation** route?
Once you've considered potential disasters that may occur in your area and identified shelter locations, begin planning your evacuation route. Plan ahead for detours that may be in place. Depending on the disaster, your route may be on foot.
- What is my family/household **communication** plan?
Know ahead of time how you'll contact one another and reconnect if separated. Some storms will knock out telephone and cell signals. Establish a family meeting place that's familiar and easy to find.

Step 2: Consider specific needs in your household

Customize your plans to your family's specific needs and responsibilities. Discuss who can assist with communication, care of children, business, pets, or other specific needs. Keep in mind ages of members in your household, frequent locations, dietary and medical needs, disabilities, spoken languages, pets and service animals, etc.

Step 3: Fill out a Family Emergency Plan

Family emergency plans include information related specifically to your family, including phone numbers, addresses, social media accounts, email, as well as emergency plan information. This plan includes meeting locations, emergency hotlines and medical needs, among other things. An example of this plan and fillable card can be found at www.ready.gov/make-a-plan.

Step 4: Practice your plan with your family/household

For more information on National Preparedness month, including sample emergency communications plans, organizations you can volunteer with during disasters and more, visit www.ready.gov.



How will you spend your Capital Credits?

Capital credit refunds are coming! Tell us the fun, creative or unique ways you will spend your capital credit refund, and we'll enter you into a drawing for one of three \$100 bill credits. We'll select a few of our favorite ideas to feature in our October *United Newslines!*

Submit your story for a chance to win:

Send your ideas to unitednewsline@unitedpower.com OR share on social media with the hashtag #mycapitalcredits.

[Facebook.com/UnitedPower](https://www.facebook.com/UnitedPower)

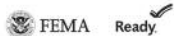
[Twitter.com/UnitedPowerCoop](https://twitter.com/UnitedPowerCoop)

Capital credit refund checks have an expiration date, so please be sure to process checks promptly.

NATIONAL PREPAREDNESS MONTH 2018


**Disasters
Happen**

PREPARE NOW **LEARN HOW**



Member Services: 303-637-1300

Coal Creek Office: 303-642-7921

www.unitedpower.com

**UNITED
POWER**
Your Touchstone Energy® Cooperative 

Pancake Breakfast & Yard Sale

Sat. Sept. 22nd – 7am to 1pm

CCCIA Hall

31258 Coal Creek Canyon



808 Copperdale Lane
Quaint Mountain Home

3 BD/ 2 BA 1,204 sq.ft. **\$369,900**



34624 Stanton Drive
Look No Further!!

3 BD/ 2 BA 3 Car Gar **\$464,000**



New Price



616 Tunnel 19 Road

Divide/Gross Dam VIEWS! 8.9 Acres
3 BD/ 3 BA 3,319 sq.ft. **\$874,900**



BUY OR SELL A HOME with
Kathy Keating & USE
the moving truck for FREE



34121 Skyline Drive

Remodeled w/Mt Evans Views!
3 BD/ 3 BA 1,481 sq.ft. 1.5 Acres **\$379,000**



33888 Sky Vu Drive

Amazing Hm w/Longs Peak View!
4 BD/ 3 BA 2,248 sq.ft. 3.29 Ac **\$494,000**



Under Contract

200 The Lane Road

Spectacular Remodeled Mtn Home
3 BD/2 BA 1,423 sq.ft. 2.44 Ac. **\$429,000**



Under Contract

11437 Coal Creek Heights

Mtn Home w/City VIEWS of Denver
2 BD/2 BA 2,443 sq.ft. 1.47 Ac. **\$369,000**



New Listing

606 Haul Road

Remodeled Mtn Home- Borders Nat'l Forest
3 BD/3 BA 3,600 sq.ft. 2.37 Ac. **\$574,900**



SOLD!

1720 Gross Dam Road

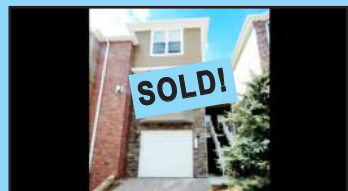
Exquisite Home VIEWS - Pool - 4 Acres
4 BD/ 4 BA 5,913 sq.ft. **\$899,000**



SOLD!

805 29th Street

Convenient Spanish Towers Condo
1 BD/ 1 BA VIEWS **\$284,900**



SOLD!

776 Louis Drive

Beautiful Central City Condo
2 BD/ 3 BA 1,514 sq.ft. **\$300,000**



Under Contract

25 Olde Carter Lake Road

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



New Listing

266 Aspen Drive

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



LAND

SOLD!

15 Leon Lane

Desireable Lot, Well, Septic
.72 Acre **\$80,000**



SOLD!

33867 Ave De Pines

Beautiful Log Sided Hm - VIEWS
1 BD/ 1 BA 2.8 Acres **\$269,000**

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



For additional information
and photos:
www.kathykeating.com
kathykeating@mockrealty.com