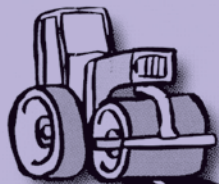


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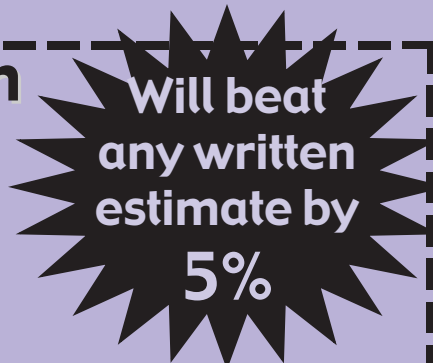
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HANDY NUMBERS

<u>COUNTY SERVICES</u>	<u>SCHOOLS</u>
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Boulder County Sheriff.....303-441-4444	Ralston Valley Sr High.....303-982-1078
Gilpin County Sheriff.....303-582-5500	Golden Senior High.....303-982-4200
Crescent Branch P.O.....303-642-0119	Nederland Elementary.....303-258-7092
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Help Keep Bears Wild

From Colorado Parks & Wildlife

www.wildlife.state.co.us/bears

Garbage Kills Bears - Allowing bears to use trash and garbage as a food source creates serious problems for both people and bears. Because the food reward is so great, bears are willing to work hard to get at trash and garbage, and return often in hopes of finding more. These food-conditioned bears sometimes enter homes, garages or even vehicles in search of an easy meal. Bears in pursuit of such a good source of calories can do a lot of property damage, and even become aggressive. Allowing bears to get into the garbage is one of the leading causes of human-bear conflicts. Being smart about how you handle and store your trash can protect your home and property, and help keep bears alive and wild.

Lock it Up - Keep trash and recyclables safely locked inside your home or a sturdy, locked garage or outbuilding constructed of heavy wood or metal. Don't leave any trash outside overnight: even empty bottles, cans, packages and recyclables have odors that attract bears. Don't store trash on your deck or screened-in porch, and don't stash your trash in your car, truck or camper.

If you keep trash in your garage or an outbuilding, it should have sturdy doors and windows that lock. Put trash out the morning of pick up only.

Use a Bear-Resistant Enclosure - Ordinary chain link, wood or vinyl fencing won't keep out bears. Bears are great climbers and can easily scoot up and over fencing if there's something on the other side they really want. Black bears are also good diggers and can tunnel underneath fencing as well. If you can't store your garbage inside a sturdy locked building, a heavy-duty chain-link fenced enclosure with a chain-link "roof" and a concrete pad bottom and a locking (not latching) gate can help keep out your average bears. Just remember that garbage in an enclosure still gives off odors that attract bears and other wildlife, so it's very important you always remember to lock the enclosure, and check your home and property often to make sure there's nothing else for bears to explore after they give up on the trash.

In areas with high bear activity, it's better to secure trash inside the house, or a sturdy locked garage or specially constructed outbuilding with concrete or cinder block construction with heavy duty wood or steel doors and roof. Sides need to be flush with the ground, with no more than a 2-inch gap at the bottom of the doors. Ventilation holes should be kept to a minimum and covered with heavy gauge steel mesh.

(Continued on next page.)

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Freeze It - You can reduce odors that attract bears by keeping smelly items out of the trash until pick up or you're ready to take it to the dump. Keep a bag or container in your freezer for any bits of food, meat, bones, fruit or anything else that's likely to give off odors. Then just throw out the bag the morning of pick up, or when you take your trash to the dump.

Keep it Clean - Clean your trash containers frequently with ammonia or bleach solutions, or use a heavy-duty pine-scented cleaner. Avoid using anything with a fruity or lemony scent to clean trashcans or anything else outside. You can use a heavy-duty air freshener designed to remove odors on the inside of the lid to help cut down odors. Double bagging trash or using special bags that eliminate or contain odors can help as well. Just remember never to leave plastic bags of trash outside of the container. Of course, don't mix ammonia and bleach; doing so produces dangerous fumes that can be deadly for both people and bears.

Use a Bear-Resistant Container from your typical 35-gallon household container to dumpsters. For a complete review of bear resistant options, visit the Living with Wildlife Foundation's website at www.lwwf.org. This non-profit organization tests and certifies containers for the

International Grizzly Bear Committee. There's also a comprehensive list of containers on our website at www.wildlife.state.co.us/bears - just scroll down under Living with Bears. If you have curbside pick up, check with your trash collection service to make sure they'll service bear-resistant containers. If they won't, you can do the bears, yourself and your neighbors a favor if you encourage the company to do the wildlife-friendly and responsible thing, and service containers that don't put bears at risk.

If you take your trash to a dumpster, please do your part to avoid attracting bears, and never leave trash outside the dumpster. Make sure the lid is securely closed and latched. If your dumpster doesn't have a latching lid, or has a flimsy plastic lid bears could easily peel back, ask your trash hauler to provide a bear-resistant dumpster. Some homeowners associations and neighborhoods that want to help prevent problems for themselves and the bears have worked with their trash companies to replace plastic lids with sturdy metal ones that chain and lock, which can be a cost-effective alternative to a new dumpster.

PLEASE DO YOUR PART TO KEEP BEARS WILD.

Editor's Note: Trash in bags only attract bears and other wildlife. While magpies or Raven's pick them apart and strew the trash on the roads, bears pose a threat to pedestrians, children playing or going to the schoolbus, and neighborhood pets.

NEVER put your trash out in bags only!



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9 Health Fair

Here are some of the sites you can go to for your yearly blood draw and other health screenings to help you own your health. For other times and sites go to www.9HealthFair.org or call 1-800-332-3078.

Do not eat 12 hours before having blood drawn, but **DO drink plenty of water.** Diabetics should not fast. Continue taking prescribed medications. Must be 18 years old or older to participate.

Saturday April 13, Nederland Community Center, 750 Hwy 72 North - 7am to Noon.

St. Mary Magdalene Episcopal Church, 4775 Cambridge St, Boulder - 7am to Noon.

Rockland Community Church, 17 S Mt Vernon Cntry Club Rd, Golden - 7am to Noon.

Monday April 15, Covidien, 5920 Longbow Dr, Boulder, 7am to Noon.

Arvada Covenant Church, 5555 Ward Rd, Arvada, 7am to Noon.

Tuesday April 16, Covidien, 5920 Longbow Dr, Boulder - 7am to Noon.

Spirit of Christ Catholic Church, 7400 W 80th Ave, Arvada - 7am to Noon.

Wednesday April 17, Boulder Jewish Comm Ctr, 3800 Kalmia, Boulder - 7am to Noon.

Spirit of Christ Catholic Church, 7400 W 80th Ave, Arvada - 7am to Noon.

Saturday April 20, YMCA of Boulder, 2850 Mapleton Ave, Boulder - 7am to Noon.

King of Glory Lutheran Church, 10001 W. 58th Ave, Arvada - 7am to Noon.

Sunday April 21, APEX Center, 13150 W 72nd Ave, Arvada - 7am to Noon.

Many of these sites offer online registration at the website look for the Online Registration link or call 303.698.4455. Take charge of your health and get affordable diagnostic screenings during this month's health fair.



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 720.371.8710 or bethanymelaga@gmail.com
 Or message CCCIA Coal Creek Canyon Improvement Association) on Facebook.

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CCCIA Scholarship Deadline
APRIL 30, 2013

Hard copies of Applications are at the Kwik Mart on the CCCIA bulletin board next to the Post Office window.
 OR as a download at the CCCIA Website 's Scholarship page:

www.coalcreek.com/cccia/CCCIA_Site/Scholarships

The scholarship program is funded by the 4 pancake breakfasts throughout the year.
 Contact Tony at 303-642-7537 with questions.

April

2013

PAGE 7

Mentor Program Needs Help

From Tammi Matthews tmatthews@bouldercounty.org,
Community Justice Services

Boulder County is looking for volunteers willing to dedicate their time on a weekly basis to help local teens

achieve positive life changes. The Boulder County Community Services Mentor Program is seeking adults who can work well with teens, be a positive role model, and commit to three hours of mentoring per week. Volunteer time essentially consists of activities enjoyed by participants, whether it is going to a ballgame, watching a movie or just grabbing a bite to eat.

The Mentor Program matches adults and juveniles one-on-one in order to provide youths with enduring links to positive supports in the community. Adult role models provide the teens with a unique support relationship that can promote the development of positive assets and reduce the likelihood of recidivism. Mentors also provide individual attention that separates teens from the potential influences of higher-risk peers.

Volunteers are required to complete training and commit to mentor a teen for one year. Male mentors are especially needed. **Upcoming Training Dates:**

April 16 & 17 (evenings, exact time & location TBD)

Mentors will meet with their teens once a week for 2-3 hours according to a flexible schedule that meets their needs and the schedule of their mentees. Mentors can plan activities that meet their interests; current mentoring pairs have participated in activities such as pottery painting, horseback riding, dance classes and movies.

All prospective mentors must pass a criminal background check. **The deadline for applications is April 12.** For application information and additional details, contact the Justice System Volunteer Program at 303-441-3718 or abrubacher@bouldercounty.org.



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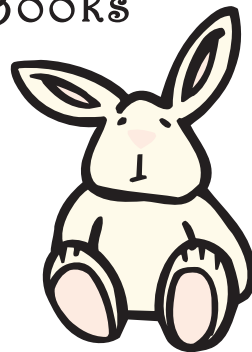
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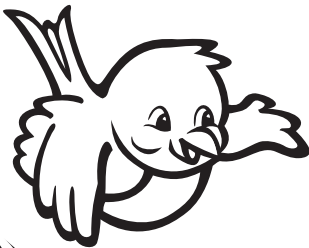
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Update - Buffalo Field Campaign

Forty wild buffalo were killed recently by treaty hunters in the Gardiner Basin, just north of Yellowstone National Park. We are relieved that buffalo hunting will end soon and calving season will begin, bringing forth precious new life after such a long and difficult winter. Combined, state and treaty buffalo hunting season is six months long. In comparison, Montana hunting seasons for deer and elk last six weeks. No other 'big game' animal is hunted for so long, or so late into the spring, demonstrating that the buffalo hunt is little more than an extermination program

embraced by Montana's livestock interests.

Yellowstone has so far held off on capturing wild buffalo only to make them available to hunters. The threat of capture still looms, though, thankfully, the buffalo have so far thwarted Yellowstone's plans. Some tribes continue to hunt, and spring is fast approaching with green-up already taking place in portions of the park. Wild buffalo are beginning to leave their Gardiner Basin winter range, the danger zones where they may be hunted or captured. Yellowstone has stated that they hesitate to capture wild buffalo so close to calving season, not wanting the public relations nightmare they would invite for slaughtering near-term pregnant buffalo.

If you are planning to travel through Montana or Yellowstone, we encourage you to make a pledge to not eat beef and to let the businesses know why. Yellowstone restaurants serve Montana beef, and livestock interests must feel pressure from wild buffalo advocates. Park County livestock interests are already appealing the legal decision to allow buffalo greater tolerance in the Gardiner Basin, and the Montana legislature is busy pushing anti-buffalo bills that reek of simple-minded prejudice.

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Wild is the Way ~ Roam Free!~ Stephany

Kill the Bills, Not the Buffalo! The pressure we've been applying on the Montana legislature continues to make a big difference. The Montana Legislature and Governor Steve Bullock need to keep hearing from you! Keep writing, calling and

emailing, attend hearings if you can, and keep the pressure on! Your actions matter and they are making a difference!

Contact Yellowstone National Park Opposing their Plans to Capture Wild Buffalo! Yellowstone announced that wild buffalo capture, for transport and slaughter, could begin soon! This alert has been updated, but the message remains the same: Tell Yellowstone to cease plans to capture wild buffalo!



Yellowstone National Park
307-344-7381

Governor's office 855-318-1330

Buffalo Field Campaign,
P.O. Box 957,
West Yellowstone, MT 59758
406-646-0070
www.buffalofieldcampaign.org

Call or write to find out how to volunteer this summer in Yellowstone. Passionate folks are needed to further educate the public to the buffalo's plight.

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Caribou Closed -NMCP Mtgs- Blue Canyon Boys

Dear Readers,

The annual spring closure of Caribou Ranch Open Space will begin April 1 and last through June 30. The closure is to protect spring migratory birds and elk activities on the property, as the Boulder County Parks and Open Space Department seeks to find a balance between providing recreational activities and protecting wildlife habitats and natural resources.

Migrating from lower elevations, the local elk herd arrives every spring. Females calve on the property and remain until June or July, when they move to higher elevations. The closure covers the entire property; no visitors are permitted. Please respect wildlife needs for solitude. The resident caretaker, park rangers and Boulder County Sheriff's deputies who patrol the open space property can fine violators up to \$300.

For additional information about the annual spring closure, please call 303-678-6200. -BoulderCounty.org-

Letter to Editor,

Citizens are Invited to Attend North Mountains Community Plan Meetings in April. Residents of Unincorporated Jefferson County's North Mountains area,

which includes Golden Gate Canyon and Coal Creek Canyon, will have the opportunity to shape the future of their neighborhoods as the county's Planning & Zoning Division continues the update to the North Mountains Community Plan.

Join Planning & Zoning staff at either of the two meetings in April to see draft Land Use recommendations for the Plan area. The meetings will be open house style, so the public is welcome to stop by any time during the meeting times. There will be no formal presentation, but there will be several maps to review with specific questions on uses. The same information will be presented at both meetings. Light refreshments will be served.

Meetings are scheduled for: Thursday, April 4, 4:30 p.m. to 6:30 p.m. Golden Gate Grange, 25201 Golden Gate Canyon Road, Golden. Wednesday, April 10, 4:30p.m. to 6:30 p.m. Coal Creek Canyon Improvement Association (CCCIA) Community Center, 31528 State Highway 72.

The maps and questions shown at these meetings will also be posted on-line for people to submit comments if they are unable to attend either meeting. To view these documents, after April 4 please go to <http://planning.jefco.us> and then under "Updates to the Comprehensive

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Master Plan & Community Plans,” click on “North Mountains.” Answers to the questions can be submitted through April 30, 2013. If you have questions please contact Heather Gutherless, 303-271-8716 or hgutherl@jeffco.us.

Letter to Editor,

WIC Program - WIC provides nutritious foods, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services to participants at no charge. WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to age 5. WIC participants receive monthly checks for healthy foods to supplement their diet. Apply for WIC by calling (303) 670-7546 or 303.582.5803 <http://www.colorado.gov/cs/Satellite?c=Page&childpage-name=CDPHEPSD%2FCBONLayout&cid=1251618409114&pagename=CBONWrapper>

Water Testing - Because you cannot see, smell or taste most contaminants that can be in your water well system, you should test your water on an annual basis - Spring is an excellent time to be water testing. Gilpin County Public Health Agency provides basic water testing for total coliforms and E.coli. The agency is open for water testing on Monday through Thursday from 8:30 - 1 PM. The charge is \$25. Call 303-582-5803 for any questions or refer to our water testing website: <http://co.gilpin.co.us/Public%20Health/EnviroHealth/Well%20Water%20Testing/well%20testing.htm> -Shannon Cook-Gilpin County-Public Health Agency scook@co.gilpin.co.us(303)582-5803ext 12

Dear Readers,

The CCCIA Hall in Coal Creek Canyon will play host to the award winning, internationally acclaimed **Blue Canyon Boys on May 3 at 7 pm.** The “Boy’s” most recent CD, their fifth entitled Next Go ‘Round has met with high praise from as far away as Australia. Far away places however aren’t new to this group. They have the distinction of being the only Bluegrass band to have been invited to appear at the prestigious Rainforest World Music Festival in Sarawak-Borneo, Malaysia.

Featuring a mix of Bluegrass standards (and some obscure bluegrass songs of the past) and originally penned selections, The Blue Canyon Boys deliver a strong hard driving Bluegrass sound reminiscent of bands in eras gone by. The close, “brother” harmonies of Gary Dark (Mandolin) and Jason Hicks (Guitar) combined with the instrumental virtuosity of Dark, Hicks, Bassist Drew Garrett and Banjo phenom Chris “C-Bob” Elliott show why they were the 2008 Telluride Bluegrass Festival Band Competition champions. *(Continued on next page.)*

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Highlander Letters

This is the second visit to the canyon for Dark and Hicks, both were members of a band that played a wedding reception in 2003. "I remember that hall" says Hicks. "It's a nice room. We're really looking forward to playing up there."

The doors will open at 7 pm for this 7:30 show. For more information, please email productions@waycool-media.com or call 303-642-1892.

Dear Readers,

Community Forestry Sort Yards to open in May - The Boulder County Forest Health Initiative is pleased to announce the Community Forestry Sort Yard operating schedule for 2013. Two sort yard locations are open each summer to provide residents a free of charge location to dispose of logs and slash cut from their land.

The sort yards do not accept yard clippings, raked up pine needles, root balls, construction materials, dirt, furniture, household trash or wood with metal in it. Sort yard staff will refuse loads that contain unacceptable items.

Nederland Area Sort Yard, 291 Ridge Road, Nederland -
Spring hours: Tuesday thru Saturday from 9 a.m. to 5 p.m.
May 1st thru July 6th (closed July 4th).

Summer/Fall hours: Fridays and Saturdays from 9 a.m. to 5 p.m. Sept. 20th thru Oct. 12th (these dates are tentative).

The Community Forestry Sort Yards may have additional closures during the open season due to weather, staff training or other administrative requirements. To check the operational status of a sort yard please call 303-678-6368. Boulder County encourages all of its residents to be good stewards of their backyard forest and to implement effective wildfire mitigation on their land.

"The spring is a great time of year to get out on your land and begin preparing your property for wildfires," said Ryan Ludlow outreach forester with the county's Land Use Department. "Simple actions like picking up downed branches, raking away all pine needles within 5 feet of your structures, cutting tall dead grass and moving leftover winter firewood piles off of porches and placing them at least 30 feet away from the home can really help improve the chances of your home surviving the next wildfire."

If you want to learn more about how to implement effective wildfire mitigation on your land join us at the Nederland Community Center on May 11 for a half day workshop focused on "Firewise Landscaping." Learn how to transform your home's perimeter into an area that you can not only use, but also looks good and helps protect your home from wildfire.

For more information about the sort yard program or how to implement proactive wildfire mitigation on your land, contact Ryan Ludlow, Boulder County Forest Health Initiative's outreach forester, at 720-564-2641 or rludlow@bouldercounty.org.

All Letters printed in the Highlander-Letters section must be signed, but can give an email address, Thank You.

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Monkey See, Monkey Do

By Melissa E. Johnson

What you see and what you hear depends a great deal on where you are standing.

It also depends on what sort of person you are.

~C.S. Lewis, *The Magician's Nephew*

I saw him standing by the big window, his face fixed in concentration and disbelief. "Get over here, love. You've got to see this!"

Certain that he had spotted one of our four-legged friends, I joined him at the window with that sort of quick-yet-slow-motion-gliding-skill I had developed after years of quietly watching, sometimes following, wildlife in this mountain paradise. I scanned the yard, the creek bank, the massive trees, the spaces between.

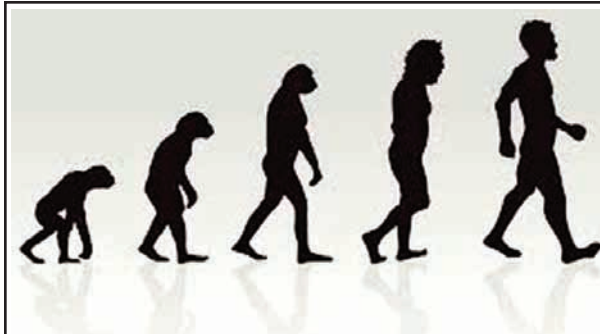
"What is it?" I squinted to sharpen my view. "There! You see it?" He pointed with his fingertip on the glass. "I don't know...it looks like...a dog? No, it's not a dog. What's it doing?" I could see it there by the water's edge. "What the heck...is that a...oh my, is that it's tail? Look at

that...it's standing on its hind legs!" "It...looks...like... a...monkey! Look at that! Shoot! It's a monkey!" He could barely contain his excitement.

It didn't make sense! When have there ever been reports of monkeys in our mountain community? We knew this, yet there we were having this random conversation while watching a couple of monkeys walking around on their hind legs down by the creek in our back yard.

Just as we had convinced ourselves that we were witnessing something truly amazing, the monkeys cleared

the trees. Our vision no longer obscured, we realized they weren't monkeys at all. They were our neighbors! Sure they were out of their territory and, true, one need only look at a diagram illustrating the evolution of man to see the resemblance of



humans to monkeys, but how could we have thought for even one second that we had (Continued on next page.)



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Highlander Wisdom

monkeys in our back yard!?! We laughed so hard I nearly peed in my pants.

That's the funny thing about perception: the way we organize, identify and interpret information to understand and make sense of our environment! When you get right down to it, we're all walking around out there on our hind legs seeing monkeys of some sort. Sometimes our reality coincides with another's and we have a shared experience. Other times, not so much.

Maybe we cannot say that we are in touch with reality and he is not, but should instead say, His reality is so different from ours that he can't explain his to us, and we can't explain ours to him. ~Philip K. Dick



Maybe we're all just living in unique worlds, different from each other. No one else has access to the private world we each carry in our heads, no one else can see or feel what we feel, or understand what we think we understand, unless we attempt to communicate our experience to others, which may or may not be understood. Yet if reality differs from person to person (or at least our perception of it), then how can we really claim any singular form of reality? Might we speak instead of parallel realities? Consider a person with multiple personality disorder. His reality is quite different from mine, yet as I learn of his life and the

disturbing, even nightmarish at times, existence he lives, I see that his experience is as real to him as my perception of the monkeys in the back yard. Kind of makes it hard to say "he's crazy" or "she's right" or "they're wrong" when you consider that we're all just doing the best we can to make sense of the world we live in.

Each of us was once a dream and now we're the dreamers. In one instance the world is one way. The next moment, it's entirely different. The longer I live the more I understand: It's all in our minds!

Melissa is a writer, photographer, artist and lawyer.

Read more on her blog at www.HeartLaw.blogspot.com.

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Moffat Project Final EIS Release Announced

Posted 3/4/2013 - Release no. 20120304-001
 Contact Margaret Oldham 402-995-2416
 margaret.e.oldham@usace.army.mil

OMAHA, Neb. - The U.S. Army Corps of Engineers, Omaha District, has announced a tentative date for the release of its Final Environmental Impact Statement for Denver Water's Moffat Collection System Project. With federal and state agency and the applicant, Denver Water's concurrence, the Corps anticipates that the projected Final EIS will be released in February 2014. At that time, the public will have an opportunity to review and comment on the Final EIS, which will in turn be considered prior to final decision-making by the Corps.

The Final EIS and public comments will serve as a basis for the Corps' decision on whether to issue or deny a Section 404 Permit for the enlargement of Gross Reservoir, located in Boulder County, Colo. The Corps' regulatory program is authorized by Section 404 of the Clean Water Act to regulate certain waterways-related activities. As the lead regulatory agency for the Moffat Project EIS, the Corps is charged with the responsibility of impartially reviewing Denver Water's proposal to ensure compliance with environmental and other federal laws.

"We are confident that our latest schedule gives us a path forward toward an expeditious conclusion to the federal permit evaluation process," said Omaha District Commander Col. Joel R. Cross. "Everyone involved with the project is committed to working together to fulfill the requirements of a Final EIS, which will bring us closer to making a final decision on Denver Water's project."

Background: The state of Colorado is proactively seeking solutions for meeting its future water needs while ensuring the health of its rivers and streams. Through the Moffat Collection System Project, Denver Water proposes to meet its water supply obligations and provide a more reliable supply infrastructure, while advancing its environmental stewardship.

The project intends to enlarge the existing 41,811-acre foot Gross Reservoir to 113,811 AF, which equates to an expanded water surface area from 418 acres to 818 acres. Using existing collection infrastructure, water from the Fraser River, Williams Fork River, Blue River and South Platte River would be diverted and delivered to Denver's existing water treatment system during average and wet years.

In June 2012, Colorado Gov. John Hickenlooper sent a letter to President Obama requesting that the president use his authority to coordinate federal agencies to bring an expeditious conclusion to the federal permitting process for the project. The Corps, Environmental Protection Agency, Federal Energy Regulatory Commission, Colorado Department of Public Health and Environment Water Quality Division, Colorado Department of Natural Resources, and Grand County have worked together to meet Federal requirements for the Final EIS while satisfying state and local concerns. To remain up-to-date on the progress of the final report, please visit our Website at: <http://www.nwo.usace.army.mil/Missions/RegulatoryProgram/Colorado/EISMoffat.aspx> Or, email us at: cenwo-web-regulatory-co@usace.army.mil to be added to our email distribution list.

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At Right: Spooning Cats.

Bottom: Zoska love bites Chanel.



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For Climate's Sake

By Tim Lydon

The Oxford Dictionaries Online last year added the word "locavore," defined as someone who eats mostly locally produced food. The word's acceptance reflects the success of a movement that seeks to make a dent in global climate change by encouraging people to purchase food close to home. It's just one part of an ongoing health food trend, and it's helped rejuvenate home canning, wild foods and farmers markets, while at the same time influencing our choices at big-chain grocery stores.

But while the focus on food's origin is great for people and the planet, a growing food-waste problem gets little attention. No doubt it's an unglamorous part of the revolution, but food waste is important to climate, with recent studies equating the unused food Americans scrape from their plates each year to hundreds of millions of barrels of squandered oil. And recently, United Nations reports reveal the global scale of unused food, estimating that over one-third of food produced today is not eaten. It represents an enormous over-consumption of land, water and fossil fuel energy, along with an injustice to the world's nearly 1 billion hungry people.

According to the Environmental Protection Agency, Americans alone send 33 million tons of uneaten food and meal preparation scraps to landfills annually, creating the largest single component of municipal solid waste. Never mind that trucking away all that food burns a lot of fuel. Nationally, decomposing food at landfills emits a massive amount of methane, a greenhouse gas 21 times more potent than carbon dioxide. If greenhouse gases were alcohol, carbon dioxide might be a wine cooler compared to methane's grain alcohol. In effect, it makes our already tipsy climate drunker.

Research shows that most food waste is fish, dairy and vegetables. The most common reasons include spoilage, plate waste and the tendency to buy too much. Often we're simply over-serving ourselves, both at the store and at the

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table. But feeding food to landfills is only part of the problem. When we throw out food, we essentially throw out the water and energy that went into its production. Even for locally grown food, fossil fuels support production, packaging, delivery and storage. If somewhere between 25 and 40% of U.S. food is wasted, consistent with several studies and recent U.N. estimates for industrialized nations, then an equal share of energy to produce that food is also wasted. Research presents staggering figures to quantify the lost energy.

One study, from the University of Texas at Austin, estimates that the energy committed to annual food waste exceeds that provided by all U.S. offshore drilling. That's interesting to consider, especially given the sacrifices we're making in pursuit of more fossil fuels. For instance, the Obama administration recently streamlined permits for Shell's exploratory drilling in polar-bear and bowhead-whale habitat off Alaska's remote Arctic Coast, despite spill-response concerns that seem justified by Shell's recent floundering mistakes in Alaskan waters. Yet the operation will provide just a fraction of the energy we use sending food to landfills each year.

Similar math should be done for all the hydraulic fracturing for natural gas that is changing our air and water quality. The same goes for Canadian oil sands production, which will require massive pipelines like the Keystone XL or the Northern Gateway to British Columbia's unspoiled Spirit Bear Coast. And consider this the next time Alaska's lawmakers insist that we need to drill the Arctic National Wildlife Refuge. In other words, if we need more energy, why not begin by fixing the glaring profligacy of our food-waste system?

It is happening in some places. In 2012, San Francisco celebrated its 1 millionth ton of food waste diverted from local landfills, the result of an ordinance requiring separation of organic material from other trash for composting at private facilities. The program helped the city reduce its carbon emissions 12% below 1990 levels. That's big. California hosts other such programs, and Tacoma, Wash., recently began a similar pilot. In Vancouver, British Columbia, where food comprises up to 40% of waste, the city will boost its recycling by increasing organics collection to weekly, while reducing regular trash pick-up to bi-weekly. The plan will divert 25,000 tons of food from the landfill each year, preventing 3,000 tons of annual greenhouse emissions.

On a smaller scale, Montana's Blackfeet Reservation near Glacier National Park created a partnership between schools, communities and the local college to compost food waste to enrich agricultural soil to grow local food. On the global front, the United Nations just kicked-off its "Reduce Your Foodprint" campaign to encourage food waste reductions from industrial to individual levels.

All of these programs require a mix of time, entrepreneurialism and government leadership. In the meantime, reducing food waste relies on awareness campaigns and personal discretion. For the moment, at least, recent fires, storms, pestilence, and drought have everyone talking about the climate. When that talk turns to action, addressing food waste should be right up there with changing light bulbs, improving fuel efficiency, and eating local.

Tim Lydon is a contributor to Writers on the Range, a service of High Country News (hcn.org). He writes in south-central Alaska.



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Telecommuting Suffers A Setback

With the recent news of several high profile companies removing their employee's ability to work from home we have gone backwards to a time of unnecessary micro-managing. The need for a CEO to have warm bodies in cubicles simply as a way to measure productivity is preposterous. It has been proven time and again since the 1990's that workers can and will increase their productivity from a home office. Technology has increased since those times and nearly all office work can be done for some if not all days in a week via computer, Internet and telephone.

Even back in the 90's remote access servers allowed sales representatives that traveled to connect with their company's computer systems and gave them the tools to do a better job while on the road, not just from home. Quotas are already in place with sales positions usually so measure productivity that way. With the Internet and email of today it is an efficient and often seamless way to say no to long commutes and risking lives on highways in inclement weather.

To deduct your home office from your taxes it must have a door that you can close off to the rest of your house. This promotes less distraction and with a bit of self-control and self-discipline your work life can flourish in ways you

never imagined. No more co-workers stopping by your office or cubicle to chat, no endless mind-numbing meetings that are mandatory for the workers who go to the office. Fewer if any, three-martini lunches with the boss or clients as email and conference calling can usually suffice.

Pick your days to make an appearance and take care of the HR duties a corporate job environment requires. Let your company save money on office space, cubicle world can be shared with other telecommuting employees by a co-op cubicle and scheduling your time in one. With Web Conferencing there is no need to travel long or short distances to attend meetings with co-workers or clients anymore. Technology can even have all parties on the computer screen while the meeting is happening.

So, the idea that the boss needs to have an employee under the same roof all the time when the job entails mostly computer work is passé and inefficient for not only the business but also the employee. Time spent commuting or taking a lunch hour - Division of Labor requirement, is wasted time that could be used in creative and innovative ways if the employee is given the freedom to be disciplined enough to work a flexible schedule and mostly from a home office.



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ways that do not compromise quality of life or produce the type of stress that eventually causes health issues.

Entrepreneurs have been doing this type of work-from-home for years. Just look at all the successful computer companies that were launched from someone's garage or bedroom in a parent's house. This is not rocket science folks, and if you find yourself wondering how to budget for that new vehicle because your commute has put too many miles on the old one, look no further than your spare bedroom or empty basement and pursue the idea with your boss.

Don't let the micro-managing new CEO's at any company that is going backwards sway you from what everyone else knows works. Do your part this Earth Day and set up a home office as an experiment and propose a couple of days a week in it where you can stay in your pajamas and blow the competition away with your stellar productivity.

By A.M. Wilks

The old idea that you can have it all, do it all - work and family - career and children is furthered when flex time is embraced by allowing the work to happen around family schedules. This isn't a new philosophy but technology can make it possible without your health, budget and stress management suffering. Children often gather a great example by seeing their parents juggle work and family in

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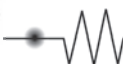


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Two Legs Good, Eight Legs Fascinating

By Marian Lyman Kirst

Arachnids have always fascinated me, ever since I was a kid and the black-brown arthropods would dart across our basement floor, scaring the bejesus out of my brother and me. We lived in southern Montana, atop rims of sandstone.

The spiders there seemed huge and alien: wolf spiders the size of pickle jar lids; sinister black widows tattooed with lipstick-red warnings; and the too-fast-to-catch wind scorpions that would streak into the house through unscreened doors, bobbing their massive, arrowhead jaws in greeting.

When they appeared, I would watch in awe from the safety of our couch, as the creatures advanced through the white plush of our carpet, like space invaders bent on basement-overthrow. And though most of the arachnid interlopers had simply taken a wrong turn at the open screen door and meant us no harm, my brother and I would greet them with instant, violent death, delivered via my shoe.

This unnecessary carnage was the product of primal fear. These arachnids hadn't attacked or assaulted me, stolen from or insulted me. They'd done nothing to warrant their sudden, gory ends. When I began to feel this fear out, though, I realized it was wound up, wire-tight, with intense curiosity: I'd pick and prod at the creatures' still-twitching corpses, note the spiders' glinting circlets of eyes, the supple, hand-like feelers. Yet just by showing up, they could reduce me to a shrieking mess, marooned on an island of furniture. It was an early lesson in humility, and one that forced me to question my blind faith in society's hierarchy of species.

Arachnids, I began to learn, deserved more credit. Fortunately, my naturalist parents were avid practitioners of the "cup trick," a less gruesome means of arachnid removal. They taught me to trap the creatures between an upturned glass and a piece of paper so that I could observe



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them, count their eyes, note figure and form; try to identify them. My parents reasoned that the more I knew about arachnids, the more my kneejerk fear would relax its grip and let me breathe, and maybe, be fascinated.

So I'd carry the arachnids, in their kitchenware prisons, to the backyard and set them free. Lifting the glass, I half-expected the liberated animals to exact some terrible revenge. Usually, though, they just sat there; leggy shivers of shadow on a square of white paper. Then they'd twitch a few legs, turn like a knob, and move slowly into the yellow-grass prairie that was our backyard in summer. It took years of performing "the cup trick" to realize my fear had no place in reality. For miles, my road from fear to fascination with these creatures was littered with the crippled limbs of arachnids that made too sudden an entrance in too intimate a space; the shower, say, or the bed.

But one day, you realize there is no malice in those shoe-polish eyes, just an inherent drive to live and breed and be. Then you start to hunt them out, to delight in their queer beauty and ingenious survival strategies: webs, nets, decoys; trap doors and bola; perfumes, miasmas, mimicry and dancing. Finally, you may even begin to think of these strange little monsters as underdogs for which to cheer. Last spring, I had the chance to participate in some citizen science events aimed at finding and cataloging Western species, including arachnids: One, a public spider biology and identification workshop organized by the Denver

Museum of Nature and Science as part of its Colorado Spider Survey (an effort to chronicle the state's spider diversity and distribution); and the other, a BioBlitz of the Pryor Mountains in southern Montana.

The events attracted students and naturalists, but also grocery store clerks, retirees, geologists and English teachers. Most knew very little about arachnids, and cold fingers of fear still scratched at their throats when they encountered the eight-legged strangers. But the more they interacted with the creatures, the more curious the volunteers became. Soon, they were happily sweating away their weekends catching and collecting the animals as they fell like sooty snowflakes into their waiting nets. That transition, from fear to fascination, is key to arachnid conservation, and, I suspect, to the conservation of other species that suffer at the twitchy hands of human fear: snakes or wolves or bears. Indeed, as my parents taught me years ago, it's only when you climb down from the couch, holster your shoe, and let curiosity take over, that you can truly marvel; and, as the dread crawls finally away, you finally start cheering for the underdogs.

Marian Lyman Kirst is a contributor to Writers on the Range, a service of High Country News (hcn.org). She is a former fellow of the magazine who currently lives in eastern China, where the spiders are big and beautiful.

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Comments From CINQ On Jeffco Toll Road

From Tom Atkins, Friday, March 15, 2013

In a recent Golden newsletter, City Councilor Bob Vermeulen alerted his constituents to a new potential Golden agreement supporting completion of the so-called Jefferson Parkway and extending it through Golden as a step toward "completion of the beltway." In describing the new possible deal, Vermeulen said "These are the exact details in the plan that the former council, after a year of public meetings and months of negotiations, rejected less than a year and a half ago."

Mayor Marjorie Sloan referred to Vermeulen's update using a "Groundhog Day" metaphor, and concluded with a paraphrase from that movie: "tomorrow is happening," implying "get used to it. It's going to happen."

The Groundhog Day metaphor is actually quite appropriate. This beltway is the last gasp of the 20th century, still refusing to die. We know this proposed slab of concrete does not solve any real transportation problems. That inconvenient fact was proved by CH2M-HILL, proved by CDOT, proved by Golden's own consultants, and proved by the sparsely - travelled NorthWest Parkway, which its former director once said was so empty you could safely

roller-skate on it.

This thing is a pure development dream promoted by landowners who want to cash out before it's too late and bureaucrats whose livelihood depends on old-century growth and development.

But the plain fact is that we are living in a new century; a new economy: a new normal. We're not going back to the cul-de-sac and Walmart thinking of the 1990's. And by the way, the new normal means getting used to toll lanes. They even have a silver lining - making roads compete for our transportation dollar just like light rail has to.

The shame of this beltway is that in a rotten economy it will drain resources we desperately need to cope with real 21st century living. We need smart grids; smart metering; faster bandwidth; fiber optics; we need effective public transportation, including light rail. We need to conserve our money and our resources.

And while wasting our public resources, the beltway would sacrifice Golden's unique character on the altar of a bygone era of wishful thinking.

Golden is a special community. It's no coincidence that our town, with property values that have held up exceptionally well in the new economy, doesn't look

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anything like Highlands Ranch. Golden is perfectly suited for 21st century living. With a compact downtown, it is walkable and bikable, with natural recreational amenities, and now connected by light rail to the entire Denver metro area.

With respect to the Mayor's "Groundhog Day" reference, we would paraphrase it differently: Tomorrow is not happening. Yesterday is happening.

For us, the beltway conjures up a different kind of movie, a vampire movie. The walking dead that refuses to die but offers up seductive promises of eternal driving bliss. "My sweet Golden, let me just kiss you on the neck." Rather than responding to these enticing propositions, we should drive a stake through this vampire beltway's heart before it thrashes through the plutonium and does some real damage. Tom Atkins and Elliot Brown - Founding members of CINQ - Citizens Involved in the Northwest Quadrant

**PETITION TO STOP TOLLWAY
DUE TO PLUTONIUM**


By Marcella MacDonald, Superior, CO

STOP the building of a toll road, trails and bike paths on Rocky Flats Wildlife Refuge.

Building a tolled four-lane highway and future hiking and biking trails on Rocky Flats Wildlife Refuge, formerly Rocky Flats Nuclear Weapons Plant, will cause plutonium and other radioactive materials to be released into the air, soil and water endangering the health, safety and well-being of surrounding communities. We need to set a precedent to every superfund site that any development on former nuclear sites is not acceptable!

<https://www.change.org/petitions/stop-the-building-of-a-toll-road-trails-and-bike-paths-on-rocky-flats-wildlife-refuge>

Editor's Note: In recent months there has been a lot of press on the Governor's push to create this idea of connecting open spaces by including the Rocky Flats Wildlife Refuge - when in fact this land is deemed only safe for a few park rangers to patrol occasionally and will not be open to the public due to the leftover pollution of plutonium in the soils.



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Sierra Club Fights With Civil Disobedience

By Judith Lewis Mernit - High Country News

In 2004, Carl Pope, then-director of the Sierra Club, tangled publicly with Capt. Paul Watson, head of the Sea Shepherd Conservation Society. Pope was steering the club towards cooperative solutions to environmental problems, collaborating with large corporations instead of fighting them. Watson, an advocate of direct action whose group blocked environmental despoilers with living bodies or ships, wasn't having it. "I want the Sierra Club to ... fight for what is left," wrote Watson in an open letter to Pope. "We need to get in the face of the destroyers ... to force people to sit up and take notice that ... our political, economic and cultural systems are laying waste to the entire planet. "As things get worse," he concluded, "my approach will become more appealing."

When Pope stepped down in 2010, his legacy included an advertising campaign with Clorox and \$25 million in donations from natural gas companies. Watson is an exile at sea - both Costa Rica and Japan want him arrested for

allegedly ramming and vandalizing whaling and shark-finning ships. Many in the environmental movement believe his extremism has not been helpful to the cause. But his prediction has come true; conditions on the planet are measurably worse.

The Mauna Loa Observatory recently logged an atmospheric carbon dioxide concentration of 394 parts per million, well above the safe upper limit, 350 ppm. Drought, wildfire and the devastation of Superstorm Sandy have made the consequences for the climate plain. And yet, even under a president who pledged his candidacy would mark the moment "when the rise of the oceans began to slow and our planet began to heal," the U.S. is no nearer to solving the climate problem than in 1989, when a House energy bill to address the greenhouse effect was laughed out of committee.

Now, the U.S. State Department might allow completion of the 1,180-mile Keystone XL pipeline to transport a particularly dirty form of oil south from Alberta's tar-sands. Current Sierra Club Director Michael Brune calls the project "a climate disaster." And Watson's approach - or at least a non-destructive version of it - has indeed become more appealing. At press time the Sierra Club and climate activist groups 350.org and the Hip Hop Caucus were planning the first act of civil disobedience the Sierra Club's Board of Directors has sanctioned in the group's 120-year history. The Feb. 13 action, Brune hinted in a blog post, will break the law.

"A team of select leaders and prominent Sierra Club supporters (will) face arrest to elevate discussion about a critical issue," Board President Allison Chin elaborated in a video message. "The future of the planet demands no less."

Civil disobedience comes in many forms. One involves physically standing in the path of destruction - between the whale and a harpoon, for instance - "the classic Greenpeace action," says Celia Alario, a communications consultant specializing in grassroots groups that employ such tactics. Another is personal, like Henry David Thoreau refusing to pay taxes that would fund a war he opposed. The participants in the Washington, D.C., protests are intervening at the "point of decision," Alario explains, deliberately trespassing and saying, "I will break this law, because a greater law is being broken."

Brune is deeply familiar with such methods. While he was executive



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director - or "chief troublemaker," as he called himself - at Rainforest Action Network during the Bush administration, his organization used pranks that skimmed the law to pressure Home Depot and Citigroup to give up forest-destroying practices; in one, RAN activists commandeered Home Depot loudspeakers to satirically promote old-growth wood for sale in the store. Brune also fought his way through clouds of tear gas during the 1999 demonstrations outside the World Trade Organization meeting in Seattle, Wash., an event that sparked a movement against global economic injustice.

Those protests stopped cold after 9/11, says John Sellers, who along with Brune was among the key players. The former director of a nonprofit activist-training group called the Ruckus Society, Sellers finds the resurgence of nonviolent direct action encouraging, and points to Wisconsin union supporters, Occupy Wall Street and the "Dreamers" - children of undocumented immigrants who've spent their lives in the U.S. - as groups that have used such methods to change the national conversation.

Pipeline opponents have long been after a similar shift in the debate. In August 2011, 350.org founder Bill McKibben and 70 others spent three nights in jail for trespassing on the White House steps; several agitators in Texas and Oklahoma have tried to block the construction of Keystone XL's southern leg with their bodies. But so far

none of those actions have sufficiently dominated the news cycle. The Sierra Club's imprimatur could change that. Alario remembers the days when she lobbied California lawmakers on behalf of Humboldt County's ancient redwoods back in the 1990s. "They'd always ask, 'Where is the Sierra Club on this?'"

The Club "has the reputation of being the clear, reasonable voice that elected leaders turn to when issues get complicated. And now (the board members) have leveraged that reputational capital to say, 'We're willing to hold the line on this with our bodies.'" Alario suspects Obama might actually be grateful for that. Two years ago, at a meeting with the Energy Action Coalition, Obama told the young activists, "You have to push me," Alario says. There's a way of seeing the Sierra Club's protest much like Brune has pitched it: Not as a protest against the administration so much as a boost to its expressed ideals.

Sellers isn't convinced Obama is listening, but he does believe the time has come to march in the streets. "Direct action gets people to realize they have power," he says. "The same kind of power that broke the back of Jim Crow in the Deep South. And there's been a long enough arc in the Obama presidency (for environmental groups) to say, 'I want action.'"

This story originally appeared in an issue of High Country News (hcn.org).



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Water Is Still For Fightin'

By Annie Dawid/*High Country News*

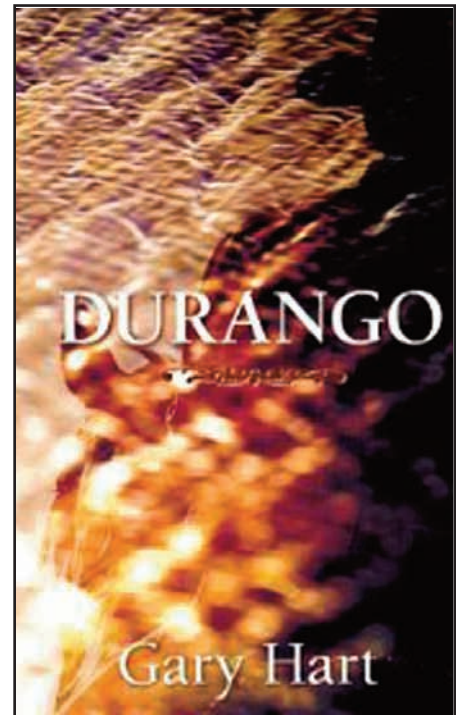
Gary Hart - 246 pages, softcover:
\$15.95. Fulcrum, 2012.

Former Colorado Sen. Gary Hart's seventh novel, *Durango*, is timely, as many Westerners agonize over drought and the energy industry's use and abuse of water. Hart's novel, however, takes us to another front in the water wars, the decades-long dispute over damming southern Colorado's Animas and La Plata rivers to provide more water for the growing town of Durango.

Hart's historically accurate story begins in the pioneer era, as he explains Native-white relations and the role of water in their interactions. For the Utes, the major tribe in the region, "Water and existence could not be separated. Water itself had a spirit." But for the whites, comparatively recent immigrants, "They fought over it and more than a few times killed each other over it. This behavior gave rise

to the saying known to all ranchers in the West: 'Whiskey is for drinkin'; water is for fightin'."

More recently, the Utes, who have first rights to the river's water but have largely been denied the use of it, find themselves pitted against pro-development financiers, anti-growth newcomers, and locals trying to do what they think is best for the region.



Hart's fictional protagonist, Daniel Sheridan, does his best to bridge these different worlds. A descendant of early settlers, Daniel is haunted by the knowledge that his ancestor, Union Gen. Philip Sheridan, "treated the Western Indians brutally following the (Civil) war." Now the Sheridans ally with the Utes, seeking to redress past wrongs - hoping that a plan for the dam can be negotiated in a way that aids the Indians while easing tensions with local whites. However, Daniel's honor is besmirched by a

scandal created by unscrupulous moneymen, who want to silence his pro-Indian views.

Sheridan is an idealized Western type, a venerable old rancher who drinks whiskey and loves his woman. While Hart makes the story of the conflict over the dam tense and exciting, his characters lack depth. *Durango* the novel idealizes Durango the town. "Over the years a frontier mystique grew up around Durango as embodying an ideal western small-town-America style of living that was human scale. It was an honest place. It was solid and trustworthy. It was about as close to perfect as a place could get."

This book review originally appeared in an issue of High Country News.

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Enough Already!

By Wayne Hare

I love mountain biking. And the trails I ride in Western Colorado are as good as anyplace you can boast about. But it's no secret that throughout much of the Western United States, many of the mountain bike trails used today were created illegally, only later 'grandfathered' grudgingly into our public land system by whatever federal agency had been 'managing' the land. As a matter of fact, that's still the pattern.

I have to confess that I'm grateful to those early outlaws, some of whom I've gotten to meet in my area around the city of Grand Junction. The way they see it, 'bandit' trail-builders wanted somewhere to ride and just doing it themselves was the quickest way to make it happen. As an about-to-be retired public land ranger, I'm well aware that it can take a frustratingly long time to get the Bureau of Land Management or Forest Service to respond to the public. It can take decades for a federal agency to work through its planning process and build trails in areas that would tolerate riders well.

But having admitted that, I have a message for the mountain biking community here in Colorado and elsewhere, and it's short and sweet: Enough already! Over

200 miles of legal mountain bike trails now exist on lands managed by the Grand Junction BLM, for instance, and many were constructed in the last three or four years. More are coming aboard all the time. These are excellent trails that have begun to lure bikers - and their wallets - from around the country.

It's true that millions of acres of nearby open public land seem to beckon to riders, but while it's unlikely for a rider to get caught striking out across public lands, creating new trails is not only wrong, it's just plain stupid and irritating. Here's why. First, it perpetuates an obnoxious philosophy that can be summed up as, 'This is public land; I can do whatever I want on it.' Yet I don't know of one mountain biker who doesn't turn up his or her nose at illegal dumping, the illegal taking of game, or driving ATVs all over the sacred landscape.

Many mountain bikers are even righteous about how destructive motorized users are. But how is creating bike tracks and trails all over the place for one's personal benefit somehow different behavior from what these other slobs do? Second, we ride where we do because we love passing through beautiful landscapes - and then we defile them with casually carved-out trails. *(Continued on next page.)*

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Some mountain bikers may think that a plethora of crisscrossing trails is beautiful; most probably would admit that it's an eyesore.

Third, solid reasons exist for allowing our land management agencies to plan and construct new trails. The West is rife with Native American cultural sites that need to be preserved. Part of the federal planning process is to survey and identify cultural sites so that a proposed trail can go around, rather than blasting through. Our region is home to many rare plant species that also have to be surveyed and identified so that, again, the trail can be routed around and away from them.

If mountain bikers are so environmentally concerned -



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which seems to be something we're happy to proclaim - shouldn't we care about where we ride? In addition, we are always sharing our trails with wildlife, and while most of us would probably agree that the potential impacts to wildlife from proposed highways, drill sites or hydro-electric dams should be considered and addressed, isn't that also the case with mountain bike trails?

Hypocrisy is such an unattractive trait. Finally, proper trail construction is important. A badly constructed trail becomes nothing more than a useless, destructive, un-bikeable hazard. I think that these days federal agencies have become more responsive and more reasonable to work with, though, of course, this is not true everywhere. But just as the off-highway vehicle community came together to protect the values of what they enjoyed, as well as to keep open areas open to them, the mountain biking community can and should do the same. So here's my advice to today's bandits: Come in from the cold and make federal agencies your allies. It's for the good of the land and riders everywhere.

Wayne Hare is a contributor to Writers on the Range a service of High Country News (hcn.org). He is a grumpy, soon-to-be-retired ranger with the BLM and lives in Grand Junction, Colorado. The opinions he expresses are often not shared by the BLM.

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Food Choices & Fresh Water

Dear EarthTalk: I heard that my food choices can affect the use and therefore availability of fresh water around the world. How so? - *Denise Beck, Washington, DC*

Our food choices and the availability of fresh water are inextricably linked. The crux of the problem is that human population numbers keep growing—we recently topped seven billion people worldwide—yet the amount of fresh water available remains finite. And growing food and raising livestock to feed increasing numbers of humans takes a great deal of water. Worldwide, some 70% of fresh water is used for agriculture.

According to the Vegetarian Resource Group, the livestock industry is the largest user of fresh water in the U.S. and in many other countries. The billions of livestock animals raised for food around the world each year consume substantial amounts of water directly. The industry also negatively impacts the replenishment of fresh water through the compaction of soil, the degradation of banks along watercourses, the clearing of forests to expand grazing, and other factors.

An even larger issue is the water needed to grow the feed that livestock eat. Researchers for the 2006 FAO report “Livestock’s Long Shadow” report that 2,400 liters of water go into the production of one hamburger, while only

25 liters are needed to produce a potato.

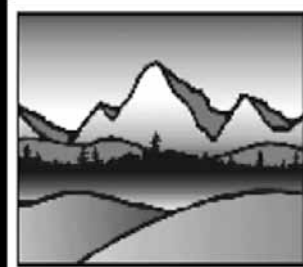
“On average, a vegan, a person who eats no meat or dairy, indirectly consumes nearly 600 gallons of water per day less than a person who eats the average American diet,” reports Sandra Postel, director of the Global Water Policy Project and the lead water expert on the National Geographic Society’s Freshwater Initiative.

But those loathe to giving up meat entirely should consider switching to only grass-fed beef. According to Postel, it takes some 5,300 liters of fresh water for every dollar’s worth of grain fed to a typical beef cow, while the water required to feed grass-fed cattle falls on the pasture from the sky, meaning it is free and does not deplete groundwater reserves at all. “Not all burgers are created equal,” she says.

Choosing organic food can also help keep an individual’s indirect water consumption in check. Organic farming techniques conserve water both by using less, increasing the water-holding capacity of soils and reducing erosion as well as by not polluting nearby water bodies with run-off from synthetic chemical inputs.

Livestock’s Long Shadow, Global Water Policy Project, National Geographic’s Freshwater Initiative, earthtalk@emagazine.com.

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 Vet Tech Pet Sitting pg 13 303.642.0477

APPLIANCE

Hi-Tech Appliance pg 23 303.665.0951
 Indian Peaks Stoves & Serv.pg 19 303.258.3474
 ProTech Appliance pg 18 303.642.7223

ART

Spirits in the Wind Gallery pg 12 303.279.1192
 The Silver Horse - pg 29 303.279.6313
 The Rustic Moose - pg 29 303.258.3225

AUTOMOBILE

Carl's Corner pg 24 303.642.7144
 Kysar's Place Inc. pg 16 303.582.3566
 Mountain Muffler pg 23 303.278.2043

BANK

Mutual of Omaha Bank -pg 30 303.216.9999

BUILDING/CONSTRUCTION

Alpine Engineering - pg 27 303.642.7438
 Arrow Drilling-pg 27 303.421.8766
 B & H Asphalt Paving ins fit cov 303.810.0531
 Custom Advantage Int. pg 21 303.642.0665
 Keating Pipeworks, Inc. pg 28 720.974.0023
 Meyer Hardware pg 10 303.279.3393
 Paramount Roofing pg 29 303.718.2371
 Peter Palombo, Surveyor-pg 30 720.849.7509
 RedPoint Construction pg 24 303.642.3691
 Summit Up Prop. Maint/Rep. pg 21 303.582.5456
 Top Coverage Roofing pg 6 303.258.9322
 Trademark Const. & Design pg 22 303.596.6984

BUSINESS SERVICES

APT Accounting pg 11 303.642.1040
 Graphics Galore pg 26, 29 303.642.0362
 Michelle Marciniak, CPA pg 20 303.642.7371
 Mountain Broadband pg 18 303.642.3858
 Wondervu Consulting Serv pg 33 303.642.0433

CAREGIVER

Lois Captain pg 26 303.642.0304

CHIMNEY/STOVES/SERVICE

HiTech Appliance pg 23 303.665.0951
 Indian Peaks Stoves & Serv.- pg 19 303.258.3474

COMPUTER SERVICE & REPAIR

Mike's Mobile Comp. Serv.pg 10 303.642.8306
 Wondervu Consulting Serv. pg 33 303.642.0433

CLEANING SERVICES

Lois Captain pg 26 303.642.0304

ELECTRIC

United Power - Inside Back Cover 303.642.7921

ENTERTAINMENT

Camp Eden 5K Run/Walk June 8th pg 5
 CCCIA pg 7 303.642.1540
 KGNU Radio pg 32 303.449.4885
 Miners Alley Playhouse pg 12 303.935.3044
 Whistlers Cafe - pg 31 303.258.0614

EXCAVATING

Driveway Dr/Energy Excav. pg 8 303.642.0606
 Silver Eagle Excavating -pg 32 303.642.7464

FARRIER

Forbes Farrier Service pg 24 303.725.8471

FIREWOOD & FOREST MANAGEMENT

Lumber Jacks-pg 29 303.642.0953

FURNITURE

Brent Applegit pg 8 303.642.7663
 Custom Advantage Int. pg 21 303.642.0665

GIFTS

The Silver Horse - pg 29 303.279.6313
 The Rustic Moose - pg 29 303.258.3225
 Wondervu Gift Shop pg 9 303.642.1258

GROCERIES

B & F Mountain Market pg 28 303.258.3105

HEATING

HiTech Appliance pg 23 303.665.0951
 Indian Peaks Stoves & Serv.-pg 19 303.258.3474

HEALTH & FITNESS

Kathy Gale, CMT pg 19 303.619.4708
 Hands, Hoofs & Paws pg 14 303.503.6068
 Massage Envy Spa inside front cov 303.423.3689
 Naturally Chiropractic - pg 32 303.420.4270
 Nederdance pg 14 303.258.9427
 Wellness & Balance pg 14 303.642.0428
 Zen Organics pg 20 800.298.9019

HOME IMPROVEMENT

B & H Asphalt Paving ins fit cov 303.810.0531
 Brent Applegit pg 8 303.642.7663
 Canyon Colors-Painting pg 28 303.301.4298
 Colorado Water Wizard pg 13 303.447.0789

HOME IMPROVEMENT

Meyer Hardware pg 10 303.279.3393
 Mountain Broadband pg 18 303.642.3858
 Redpoint Construction pg 24 303.642.3691
 Summit Up Prop. Maint/Rep. pg 21 303.582.5456
 Trademark Const. & Design pg 22 303.596.6984

HORSE EVENTS

BCHA Fair pg 15 303.545.5737

HORSE BOARDING

Rudolph Ranch, Inc. pg 13 303.582.5230

INSURANCE

Jim Plane-State Farm pg 15 720.890.5916

INTERNET

Mountain Broadband pg 18 303.642.3858

LIQUOR

Town Center Liquors pg 16 303.940.5735

PLUMBING

Keating Pipeworks, Inc. pg 7 720.974.0023
 Morgan Rooter Service pg 16 303.642.3166

PROPANE

Carl's Corner pg 24 303.642.7144

REAL ESTATE

Byers-Seller Mtn Properties pg 25 303.642.7951
 Gail Kirby-Keller Williams pg 19 303.475.9370
 Mary Teter-HomeSmart pg 11 303.526.0039
 Mock Realty-Kathy Keating -Back cov 303.642.1133
 Summit Up Property Mgt. pg 8 303.618.8266

RENTALS

Arvada Rent-Alls - pg 31 303.422.1212

RESTAURANTS

Malones Clubhouse Grill pg 22 303.940.1800
 Westfalen Hof - pg 6 303.642.3180
 Whistlers Cafe - pg 31 303.258.0614

RETAIL

Arvada Rent-Alls-pg 31 303.422.1212
 Golden Mill pg 17 303.279.1151
 Meyer Hardware pg 10 303.279.3393
 The Silver Horse - pg 29 303.279.6313
 The Rustic Moose - pg 29 303.258.3225

TAXES

APT Accounting pg 11 303.642.1040
 Michelle Marciniak, CPA pg 20 303.642.7371

WATER & WELL

Arrow Drilling pg 27 303.421.8766
 Colorado Water Wizard pg 13 303.447.0789
 Doctor Water Well - pg 5 303.438.6669

APRIL
2013

POWER UPDATE



Click to Save Energy

United Power's website is loaded with information and tips to help our members save energy.

Visit our website and click on 'Your Energy Options' to learn more about our renewable energy and energy efficient rebates and easy low-cost ways to save energy and money.

www.unitedpower.com

**UNITED
POWER**

Your Touchstone Energy® Cooperative

2013 Annual Meeting & Election

United Power's Annual Membership Meeting is planned for April 17, 2013 – and we have lots of reasons you should attend this year. We're planning an interesting night with great information about your cooperative, fun giveaways and valuable door prizes – because we want you to enjoy the benefits of being a member. We are moving the meeting to a larger facility – the Waymire Dome at the Adams County Fairgrounds – in anticipation of a larger crowd. We'll be featuring a full buffet dinner to start off the meeting, and we anticipate several interesting presentations including one of our youth camp ambassadors, information about our newest renewable projects and updates on the direction of your cooperative.

Great Giveaways!

Door prizes will be a big attraction this year. Attendees will have the opportunity to win some exciting prizes including:

- 40" flat screen television
- \$500 Southwest Airlines giftcard
- Kindle Fire HD with a \$50 Amazon gift card
- Garmin GPS with lifetime maps and traffic updates
- Digital Camera
- Wii game system



In addition to these amazing prizes, we're giving away several bill credits of \$70 during the meeting – a prize we know everyone can use!

Wednesday, April 17

The Waymire Dome at the
Adams County Fairgrounds
9755 Henderson Road
Brighton, CO 80601

5:00 p.m. Registration Opens & Food Served
6:30 p.m. Balloting Closes & Meeting Begins

For more information, visit us online
at www.unitedpower.com.

Your Vote Counts!

One of the most important things a member of a cooperative can do is vote for their favorite candidates to represent them on the board of directors. If you can't attend the Annual Meeting, you can still participate in the director election by returning your mail ballot. **Ballots will be mailed to all members at the end of March.** To encourage more members to vote we'll be drawing for several additional \$70 bill credits from those who cast a ballot. So, if you vote your ballot AND attend the meeting you'll have even more opportunities to win prizes this year.

"Voting in the annual director election is one of the most powerful things a member can do at a cooperative," said Troy Whitmore, Director of External Affairs. "The annual election is an opportunity for each member to select someone to represent their interests in regard to the operation of the cooperative. We are very careful to provide information about each candidate in our ballot package and in our newsletter, United Newslines – but it's only valuable if the member actually votes their ballot."

CELEBRATE MOTHER EARTH APRIL 22ND!

NEW LISTING!



Under Contract!

929 15th Street
Charming Craftsman Bungalow
3 BD/ Office/ 2 BA. **\$695,000**

Retro Charm



Under Contract!

33867 Ave de Pines Lane
Perfect Mountain Retreat!
1 BD/ 1 BA **\$169,000**



Under Contract!

200 The Lane Road
2 Ac! Beautiful Horse Set-Up
3 BD/ 2 BA **\$249,900**



Under Contract!

11794 Vonnie Claire
Loaded with Charm & Character!!
2 BD/ 1 BA 2-Car **\$229,000**



SOLD!

10844 Diane Drive
Exquisite Updated Home
4 BD/ 3 BA 3-Car **\$475,000**



Under Contract!

267 N. Beaver
10 Acres - SNOWCAPPED VIEWS!
3 BD/ 3 BA + Office. **\$479,900**

NEW LISTING!



Under Contract!

11863 Camp Eden Road
Privacy & 5 Ac. Surround Custom Res.
4 BD/ 3 BA 3-Car **\$434,900**

NEW LISTING!



SOLD!

3240 Iris Ave. #301
Condo w/ heated pool, tennis, fitness.
2 BD/ 2 BA **\$164,000**



Under Contract!

25 Crescent Lake Road
Perfect Horse Property!
3 BD/ 2 BA. **\$349,000**



SOLD!

11722 Beauty Lane
Views to Twinkling City Lights!
3 BD+Office/ 2 BA **\$299,000**



SOLD!

102 Highpoint Circle
Gourmet Kitchen - Great Location!
3 BD/ 2 BA 1-Car+Shed. **\$319,000**



SOLD!

33080 Janelle Circle
Panoramic Views Abound!
3 BD/ 4 BA **\$339,000**



175 Rudi Lane
Passive Solar + Luxury
3 BD/ 3 BA 4-Car. **\$449,500**

Vacant Land

33966 Nadm Drive - \$75,000
11547 Shimley Road - \$39,000
11883 Lillis Lane - \$164,000
595 Black Gulch Rd. - \$184,900
4 Leon Lane - \$46,900
0 Coal Creek Canyon - \$50,000



Under Contract!

101 Kirkwood Way
Thorn Lake Privileges!
3 BD/ 3 BA **\$379,900**



SOLD!

251 S. Briggs Street
Lovely Ranch - Exquisite Updates
4 BD/ 4 BA **\$396,950**

NEW LISTING!



Under Contract!

6372 Cole Lane
Ranch Townhome - Wyndham Park
2 BD/ 2 BA 4-Car. **\$269,000**



SOLD!

7718 Newman Street
Spacious Home in Great Location
4 BD/ 3 BA **\$297,000**



1628 Karlann Drive
Amazing Green Built Solar Home
3 BD/ 3 BA 2-Car **\$319,900**



NEW PRICE

Under Contract!

11777 Brook Road
Wonderful Open Floor Plan!
4 BD/ 4 BA + Loft/Office. **\$389,000**

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



MOCK
REALTY



For additional information and photos:

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kathykeating@mockrealty.com

303.642.1133