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# Hoppy Endings

By Omayra Acevedo

Once upon a time there lived a mommy, a daddy and five sets of eight off-springs known as the Nuttall family, though to most they were known as the Mountain Cottontail colony. The Nuttall's were an extremely large family. They expanded all the way from Canada to the Western United States. They were very private, yet, easy to find and visit in their wooded and brushy homes, covered in a plethora of vegetation, shrubs and fruit.

They weren't very difficult to spot as their shades of greyish/brown with pale colored underside, reddish/brown hind leg hairs, dark tail and short rounded ears gave them away. The smallest was 13.8 inches and 1.5 pounds; the biggest being about 15.4 inches and 2.6 pounds. The family had always been hesitant about strangers. Mostly, because they were preyed upon by their nemesis: Silky the snake, Poppy the bird of prey, Candy the coyote, Bobbie the bobcat and Henry the human.

They were always in constant danger for they were active any time of day or night. They were known as crepuscular beings. They were also mistaken for their cousins: the American Pika, Snowshoe Hare, Black-tailed Jackrabbit, White-tailed Jackrabbit, Desert Cottontail, Eastern Cottontail, and the Pygmy Rabbit. They didn't mind, however. It was a compliment to be falsely identified for other beautiful creatures.

One sunrise while searching for food, two of the Nuttall family members were taken. One by Bobbie and the other by Candy. It was a tragedy for the colony, but sadly, they were used to this as they knew it was a risk they took every time they rummaged for food. They understood that part of co-existing was risking never seeing one another again.

One sunset while gathering goodies for dinner, the youngest of the Nuttall family asked daddy, "why must we only eat the colorful things?" Daddy replied, "Because, Nellie, we need at least 55% water in our diet. The bark,

grass, leaves, buds and roots help us make sure we get plenty of water." Nellie nodded and continued to help daddy gather ingredients for dinner for the rest of the family. Once they've collected all they could carry, off they went, back to their burrow through hundreds of yards of connecting tunnels (called a warren).

Once they returned home, Nellie Nuttall had another question. "Daddy? Why do we keep visiting Henry, although we know he can hurt us?" Daddy Nuttall looked at Nellie with eyes full of hope and said, "Because, Nellie, though Henry is one of our biggest threats. He can also be the biggest solution to our survival." At that moment, Nellie realized that her biggest challenge, as she grew older, would be to help Henry and his species see her not only for the beauty she truly is, but for the benefit of having her around...

She contemplated for a bit, but it didn't take her long to think of a few good reasons for Henry to appreciate her existence. Not just for the simple fact that she too calls this Earth home, but for the fact (Continued on next page.)

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## Highlander Wildlife

that her species acts as highly natural composters. In gardens, bunnies help compost waste, providing soil amendments or mulch. Their manure – rich in nitrogen and phosphorus (all nutrients plants need for healthy growth) - helps generate a steady supply of fertilizer for a garden.

Rabbits also don't eat the roots of any system so, even if they get into your shrubs or greenery, you are guaranteed that they will grow back. They're also very quiet creatures and cute to look at. Not to mention, the birds, snakes, bobcats, coyotes and foxes all need a food source as well. After realizing all the good things she offers this world, she then thought about the good qualities of all the other critters she shares the Earth with – including Henry.

Within the next year, mommy Nuttall gave birth to a whopping 42 kits. After one month, they found their independence, and after three months each kit was off to start a family of their own. I know. Forty-two sounds like an awfully big number. But, when you consider how many of them are taken by either Silky, Poppy, Candy, Bobbie or Henry, well, the numbers aren't so big after all. It's the circle of life and they were well aware of



it. Needless to say, the ones that did survive. Well, those lived hopfully ever after.

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# CSU's Online Programs Ranked Among The Best

Colorado State University's online programs earned top rankings in an annual report released Jan. 15 by *U.S. News & World Report*. CSU ranked among the best in the country for its online bachelor's degree programs as well as online graduate programs.

CSU's online bachelor's program placed among the top 20, at No. 18 among public universities. The university offers programs in a variety of disciplines from human development and family studies to fire and emergency services administration. Continuing to expand its program offerings, CSU Online has recently added a bachelor's of arts degree in journalism and media communication, a bachelor's of science degree in natural resource tourism, and an undergraduate certificate in Spanish for animal health and care professionals.

"Online students have different needs than traditional face-to-face students," said Amy Smith, senior director of CSU Online. "They're looking at things like program affordability, flexibility, completion time, and career advancement. These rankings are a testament to how well we've tailored our online programs to meet the needs of remote learners."

### Business programs among the best

The 2019 U.S. News Best Online Programs issue ranks CSU's College of Business Online MBA, Online Computer Information Systems master's degree, and Online Graduate Business Programs as No. 1 in the state.

The College of Business's long-standing Online MBA is also highly competitive outside the state, ranked in the top 18% of all programs and at No. 38 among all public universities. The Online Master of Computer Information Systems program ranked No. 15 among public universities. CSU's non-MBA online programs also ranked top in the state, at No. 26 among public universities.

"We are proud to be recognized for the caliber of our online programs, but our commitment to placing a high-quality education within reach of students everywhere is just as important," said Beth Walker, dean of the College

of Business. "Our online programs deliver the same educational excellence as our on-campus programs, while also serving a large and diverse student body. We do this with a focus on teaching students how to use business to create a better world – ultimately that is what truly makes our community and programs unique."

### Other online standouts

Along with the top rankings for bachelor's programs and business graduate programs, CSU's online program in engineering ranks top in the state, at No. 33 among public universities. CSU Online offers several graduate certificates and master's degrees in different engineering disciplines as well as a Ph.D. in systems engineering, with another doctorate-level program rolling out next fall.

This year's U.S. News rankings also highlighted the best online degree programs that help veterans reduce the cost of higher education. CSU again ranked among the best in the country in several areas for veterans. The Online Master of Computer Information Systems program achieved top 10 honors and the online bachelor's program ranked at No. 15.

The rankings evaluate degree-granting online programs at regionally accredited institutions. Distance education programs are evaluated at the program level, rather than the school level, using data gathered directly from each program. Methodologies included factors such as student engagement, faculty credentials, and student services and technology.

For more information about U.S. News and World Report's methodology, visit [www.usnews.com/online](http://www.usnews.com/online).

### About CSU's College of Business

Colorado State University's College of Business is an AACSB-accredited school uniquely positioned to provide a high-quality education as a Research 1 land-grant university in the Rocky Mountains. Known for its top-ranked undergraduate, graduate and executive education programs, the College of Business enables lifelong learning with a focus of using business to create a better world. Visit [biz.colostate.edu](http://biz.colostate.edu) to learn more.

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# Firefox & Revontulet: Light In The Northern Skies

By Valerie Wedel

Where do Northern Lights come from? Many different cultures have brought us tales of wonder and magic. One such tale involves the mysterious and elusive Firefox of ancient Finnish legend and song...

Northern lights in Finnish are called Revontulet, literally *Fox's Fire*. It is sung that Firefox, or Tulikettu as she is called in Finnish, bounds lightning fast. With her tail she flicks snow into the sky where it turns to fire - the Northern Lights.

Some songs tell of sparks flying from Tulikettu's coat as she runs, flying up into the dark arctic winter sky, becoming lights. In winter, in the darkest time of year, Firefox lights the way for travelers.

In ancient times hunters tried to catch Firefox. It was said that if one could catch her you would be fabulously wealthy and fortunate for the rest of one's life. Even the non-magical foxes were - and still are - so smart and clever that they are very hard to catch. It is sung that the hunter who can catch a fox must have strong shamanistic powers.

How came Tulikettu to light the winter sky for us? Hear now a song of Tulikettu, and Revontulet in the winter sky:

A hunter and his two young sons were traveling through snow and ice. Through the eternal twilight of arctic winter they walked, checking their traps. Stars flickered overhead, guiding their steps. The land undulated before them, each trail, each fold, each lake, each tree, known to the hunter. As they neared one of the traps the hunter saw that Tulikettu had been caught! Carefully, he approached the trap. His drawn knife was in his hand.

Exhausted from fighting the trap, her leg bloodied to the shoulder, Tulikettu watched him come. She had no fear. Her shining white fur glowed in the dim winter starlight.

Suddenly, the hunter's youngest son threw himself on his father. The son wrapped both mittened hands around the hunter's arm. He dragged back his father's sharp knife from Tulikettu's shining throat.

"No, father, no! She is beautiful! She must live!" Cried the young boy.

The hunter paused, looking from his youngest son to Tulikettu. Many, and often sung, were tales of wealth and fame for the hunter who could catch Tulikettu. Yet, this hunter found his heart moved to compassion by his son's cry. Now that he really looked at Tulikettu, she was very beautiful. Sheathing his steel blade, he bent instead to carefully release the trap. Singing a song of healing for Tulikettu's leg, the hunter pulled the trap away.

Tulikettu climbed to her feet on the snow. The hunter's song healed her leg enough for her to run. Yet she lingered, carefully nosing hunter and sons. As if she would always know them. The two sons listened to their father's healing song, and then watched as Tulikettu bounded away into the night.

That winter was a good one for the hunter's family. They found game, and had plenty to eat. When the warm season of midnight sun came, they had many furs to trade at the fairs.

Time passed. One winter, storms came earlier than usual. Lakes froze sooner than usual. The light of the stars was blocked by blowing snow and storm winds. One night the

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## Highlander Folklore

hunter and his sons were walking the trails, checking their traps. But they felt the cold, for they felt hunger, and hunger had stolen warmth out of their veins. They were tired. Even the best hunter may lose his or her way in the dark.

The hunter and his sons began to wander in strange circles and zigzags, as the wind changed its course and the stars grew faint. Even the spirits of the trees were silent, so deeply asleep in the bitter cold were they. The song of the hunters wife and daughter, dancing at home, waiting for their return, grew far and faint, and then disappeared altogether beneath the moaning wind.

The hunter stopped, knowing he was lost. Standing on ice, there was no shelter for his sons, nothing but bitter cold, and the song of the wind. And in that song was death.

Then a light came towards them. Sparks flew into the darkness. Warmth gently flowed towards the hunter and his two sons. With one giant, effortless bound, Tulikettu appeared in their midst. Her shining fur glowed. Her leg was healed as if it had never been injured. Warmth came from her, and the hunter and his sons began to hope they would live after all.

Tulikettu bounded forward, shining in the dark. She led the hunter and his sons back to trails they knew. And then, she began to run. Faster and faster she bounded. And as Tulikettu flew, casually her tail flicked ice and snow crystals up into the night sky. They flowed up into the darkness and began to shimmer in many colors. Tulikettu's gift to the hunter and his sons, and to the rest of us, are these lights of the arctic winter night, the northern lights. Revontulet. Fox fire.

Foxes we share land with here in Colorado are red. Up in

the arctic circle there live Arctic foxes who are shining white, or brindled grey and white. Arctic foxes blend in amazingly in the far north lands of snow and ice.

Their fur is so warm and thick they curl up and sleep peacefully in the snow, then run all day through the frozen lands. Their sense of smell is so keen they can find and catch voles sleeping under the snow and ice.


The Icelandic arctic fox is the only native mammal to Iceland, there before vikings showed up. Imagine Firefox, a beautiful white fox, perhaps with a bit of smoky grey along her shoulders and back, running and playing as she flicks sparkling snow, northern lights, up into a dark night sky.

It is sung that the Emuu, or the first creation spirit of Tulikettu, was the Fire Goddess Käreitär. Early Finnish story tellers actually were singers. Songs were sung for protection, healing, and creation.

Like ancient traditions of Celtic bards in the lands of Wales, Ireland, Breton and Scotland, tales of Käreitär and of Firefox were sung by the fire in long winter evenings.

There was great magic in these songs – creation, adventure, and magic, alive through song and poetry. Imagine an arctic night, long, long ago, or perhaps tonight, lit by stars and foxfire... Imagine a story sung by the fire, of Tulikettu and Käreitär... *References: Hostetter, Bruce. Artistic Director, Portland Revels. Modern retelling of Revontulet in show script. Portland, Oregon, 2016. Lavery, Jason. The History of Finland. Greenwood Press, London, 2006. Synge, Ursula. Land of Heros: A Retelling of the Kalevala. Margaret K. McElderry Book, New York, 1978. <https://www.fairychamber.com/blog/fox-in-finnish-mythology-and-folklore#https://arctikum-2016.sivuvuodakko.fi/en/exhibitions/arctic-in-change.html><https://www.lapland.fi/visit/lapland-northern-lights-myths-auroras/Dark Side of the Auroras> –*





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# Green New Deal

By Maya L. Kapoor Jan. 14, 2019 High Country News

## Can newly elected progressives convince party leaders to embrace a bold climate agenda?

Last fall, on Nov. 13, more than 200 activists protested on Capitol Hill, demanding a Green New Deal — a massive economic stimulus package designed to create jobs, remake the U.S. energy system and fight climate change. Rep.-elect Alexandria Ocasio-Cortez, D-N.Y., waded into their midst, vaulting the movement to national prominence. As determined young protesters in matching brown T-shirts hunkered in front of the unoccupied desk of Rep. Nancy Pelosi, D-Calif., holding signs reading “Step Up or Step Aside” and “Green Jobs for All,” Ocasio-Cortez addressed them. *(Pictured next page.)*

“I just want to let you all know how proud I am of each and every single one of you for putting yourselves and your bodies and everything on the line to save our planet, our generation and our future,” she said, as cameras rolled. Indeed, by day’s end, many protesters were arrested.

The Green New Deal is popular: According to a recent poll by Yale University and George Mason University, more than 80% of registered voters support the concept. But it’s also vague about details, and Democratic leaders are divided on how to respond. Even as newly elected progressives and activists push for sweeping policy change,

the party’s established powerbrokers favor caution. How the party resolves this discord could determine whether climate change becomes a prominent issue in the 2020 elections — and what action Democrats are prepared to take on it, should their power expand.

BEFORE TAKING OFFICE, Ocasio-Cortez pressed Pelosi to create a Green New Deal select committee, which would have one year to design a job-creating solution to climate change. Ocasio-Cortez’s proposal — crafted in partnership with the Sunrise Movement and Justice Democrats, a progressive political action committee working to get corporate money out of politics — calls the transition away from fossil fuels “a historic opportunity to virtually eliminate poverty in the United States.” A Green New Deal would include job training programs in renewable energy and guaranteed employment for all Americans.

“Climate change is an urgent issue,” said Rep. Deb Haaland, D-N.M., who campaigned on getting the country to 100% renewable energy and was an early supporter of the Green New Deal. “We have to do something now.” The Green New Deal’s massive scope and ambition — to wean the entire country from fossil fuels in just over a decade — comes in response to scientists’ ever more urgent warnings. According to the Intergovernmental Panel on Climate Change, nations must reduce greenhouse gas emissions to net-zero by 2050, or face increasingly catastrophic consequences. Yet the politics of climate change remain fraught — even among Democrats. Democratic House leaders firmly rejected Ocasio-Cortez’s proposal for a select committee. According to E&E News, the Democratic chairs of existing committees bristled at the possibility of a new select committee usurping some of their own powers. Instead, House Speaker Pelosi reinstated the defunct Climate Crisis Select Committee, which is charged with investigating and recommending climate change solutions. However, it lacks authority to craft legislation, and its members will be allowed to accept campaign donations from the fossil fuel industry,



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something Ocasio-Cortez wanted to ban.

“The title is the only thing about the committee that begins to acknowledge the magnitude and urgency of the crisis we are in,” said Benjamin Finegan, an organizer with the Sunrise Movement.

University of Oregon law professor Greg Dotson, who worked on climate policy for former Rep. Henry Waxman, D-Calif., believes the party’s internal disagreement is a symptom of the growing pains it’s experiencing as it regains power. “We are in an interesting situation where the Democratic Party agrees on the most important things, which are climate change is happening, it’s caused by humans, and we have to take action to address it,” Dotson said. “Because they’re coming out of the minority, how exactly to do that, they’re still working on.”

Although the Green New Deal select committee would have a new and specific mission, there are other ways to advance its goals. Democrats on House committees like Transportation and Energy and Environment have expertise on key climate issues, and could do similar work. “Advocates should understand that there’s a tremendous amount of institutional history and expertise on all the committees,” for even the most far-reaching goals of a Green New Deal, Dotson said.

But a new generation of climate change activists, including Finegan, dismisses the idea that the existing

power structure can address the climate crisis. “I think that argument is politicians being politicians,”

Finegan said. After all, for decades, politicians have known climate change was happening, but they’ve done little to stop it. It’s a frustration with the old guard that some early-career Democrats, like Ocasio-Cortez and Haaland, seem to share.

“We should have done something decades ago,” Haaland said.

To be clear, even if a new committee were created, Green New Deal legislation would have a snowball’s chance in Phoenix of passing the Republican-controlled Senate, never mind being signed into law by President Donald J.

Trump. Still, the debate matters: “For the next two years, the most successful outcome would be for the Democratic Party to come to a view on how to address climate change and the equity issues that the Green New Deal points to,”

Dotson said. The sooner that happens, the better. Leadership has never been more needed: In

2018, after years of decline, carbon dioxide emissions again surged in the United States, even as climate change’s impacts became harder to ignore.

Maya Kapoor is an associate editor at High Country News, overseeing California, the American Southwest, the U.S.-Mexico Borderlands and the Southern Rockies.

Photo courtesy U.S. House of Representatives.



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# Avoid SAD

By Dave Asprey

In the winter, the decreased amount of sunlight tells animals, plants, and humans that a season of change is upon us. Bears go into light hibernation, turtles fall into a dead sleep, and queen bees hide underground until spring.

Although humans aren't as seasonal, these cyclical changes can have a dramatic effect on our biology. Up to 20% of people experience SAD, **seasonal affective disorder**. It's a form of depression connected to fatigue, decreased cognitive ability, moodiness, and social withdrawal.

SAD affects both sexes, but it can affect women more than men. It's also more prevalent in areas of higher latitude. Lack of sunlight primarily triggers SAD, which can create an avalanche of hormonal problems. When sunlight enters our eyes, it activates the neurotransmitters serotonin and dopamine, our feel-good hormones. Less sunlight means less feel-good.

Also, a 2001 study showed that people who suffered from SAD secreted more of the sleep hormone melatonin during the winter months than in warmer months. I experienced this firsthand when I moved to Vancouver Island. It gets dark and isolated in the winter, and it definitely affects me. Since I couldn't crawl under a rock and sleep until March, I beat it naturally with food, supplements, improved sleep habits, and a bit of old-school technology. Here's what worked for me:

**Vitamin D3** Your body makes vitamin D by using cholesterol and natural sunshine. In our modern world, many people are deficient in vitamin D. Low levels can contribute to depression, so it's crucial to get your levels checked. I take a krill oil supplement, which is high in omega-3 fatty acids and good for the brain, to keep my levels optimal. Vitamin D is one of the best things you can give to your body.

**Wild-caught sockeye salmon** This fish is high in vitamin D and omega-3s. Vitamin D and omega-3 deficiencies are linked to depression. Other low-mercury, wild-caught fish suggestions include haddock, sardines, trout, summer flounder, and petrale sole.

**Nix sugar** One of the reasons SAD sufferers crave sugar from toxic stuff like candy and processed foods is that carbs raise our serotonin levels, giving a momentary feeling of happiness. It passes quickly. The sugar crash makes you feel worse than before and messes with you on many levels. Research from UCLA shows that too much sugar and too little omega-3s can functionally change your brain and slow it down. That's bad.

**Vitamin B12** Vitamin B12 deficiency is also associated with depression and anxiety. The best food sources include grass-fed beef, wild caught salmon, organic



free-range eggs, organic full-fat raw milk, and yogurt.

**Dark chocolate** I'm not talking about self-medicating with a candy bar. I'm talking about high-quality, pure cocoa packed with polyphenol, a potent antioxidant. Studies prove that dark chocolate enhances positive mood. Dark chocolate stimulates the release of endorphins, the brain's pleasure chemical, and contains serotonin.

**Turmeric** This is powerful stuff. Turmeric has been proven to help with major depression. I use it in recipes and take a curcumin oil extract without the addition of black pepper (or, Bioperene aka piperine). Piperine makes turmeric's antioxidant curcumin's properties more bioavailable; however, piperine also inhibits a number of liver enzymes responsible for metabolizing drugs and other nutritional substances as well as some toxin removal. Which isn't necessarily a positive thing. Also, black pepper is hard to find without the presence of aflatoxin, a destructive substance. Turmeric is fat-soluble, so a better way to take it is with fats (like coconut oil). It's directly absorbed into the bloodstream through the lymphatic system, bypassing the liver and no mycotoxins.

**Light therapy** To raise my exposure to light, I've tried all types of fancy, expensive gadgets from glasses to boxes. I've found the best light therapy tool is a run-of-the-mill halogen work lamp. They emit strong light, so be careful

not to look directly into the bulbs. At an angle, shine one or two lights on you for an hour and a half each morning.

**Set your internal clock.** Animals and humans have an internal clock that oversees wake-sleep cycles, but humans' are mainly dependent on light.

It's crucial to create a sleep routine to see as much sun as possible. On top of that, sleep disorders are a core symptom of depression. Get to bed before 11 p.m., no caffeine six hours before bed, and avoid bright lights and screens in the late evening.

Even five minutes of white light shuts off your melatonin production for four hours and can wreck the quality of your sleep.

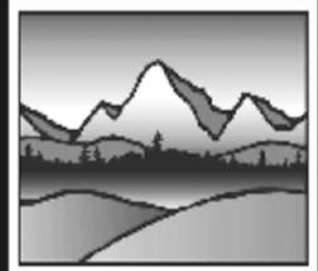
Have you tried these SAD hacks before? Do you have any of your own? I'd love to hear your personal stories and recommendations!

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*Dave Asprey*

*Dave Asprey, founder of **The Bulletproof Executive**, is a Silicon Valley investor and technology entrepreneur who spent two decades and over \$300,000 to hack his own biology. Dave lost...*

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# Disrupted Funding For Science Hurts West

By Kristina Young Jan. 10, 2019 High Country News

In Southern Utah, there is a patch of desert heated by infrared lamps. The lamps hang just above the plants and soil crusts commonly found in this desert surrounding Moab. These lamps help scientists study how temperature increases impact plants and soils living in this already hot desert. On any given day science technicians can be seen reaching underneath the lamps to measure the size of each grass blade and the number of seeds on each shrub. The information gleaned helps land managers know what to expect from ecosystems as temperatures increase, allowing them to manage for both ecosystem integrity and multiple land uses as climate changes. During this partial government shutdown, however, the plants are going unmeasured, cutting off the continuous observations necessary for careful science and creating a gap in this long-term data set. When the government partially shut down on Dec. 21, sending home employees from the U.S. Geological Survey, National Park Service, Bureau of Land Management, and Forest Service, the important science being done across the country ground to a halt with consequences extending beyond the loss of plant measurements or the paychecks these employees rely on.

In parts of the West, where the economy is tied directly to the integrity of federal lands, using science to understand how these landscapes work and respond to change is essential to the economic well-being of the region. Economic drivers occurring on federal lands such as recreation, resource extraction, grazing and wildlife

resources rely on science to inform evidence-based management. While research universities generate some of this science, the sheer extent of public lands in the West requires the region to rely on government scientists to provide additional research about how to manage these lands.

The partial shutdown has forced federally conducted science and the science occurring on federal lands into disarray. It has delayed or canceled conferences that are necessary for research and for sharing and learning new information. Applications for research permits on federal lands and the hiring of seasonal or contractual employees has been halted. Scientists who need research funding can't get it. My own research exploring how nutrients move through desert soils has been impacted. Ongoing work to publish research has been delayed without access to my government collaborators, and decisions about federal fellowships I've applied for and am relying on to complete my dissertation research with the University of Texas at El Paso have been put on hold.

In the West, the immediate impacts extend beyond the science and scientists themselves to the volunteers, educators and visitors who are no longer able to engage with the science and science-resources the region has to offer. The loss of paychecks and visitors measurably impacts our economy. The unquantified impacts do the same, damaging the science being generated with taxpayer dollars and diminishing our ability to use science to the advantage of our landscapes and economies.

While the short-term consequences of disruption to



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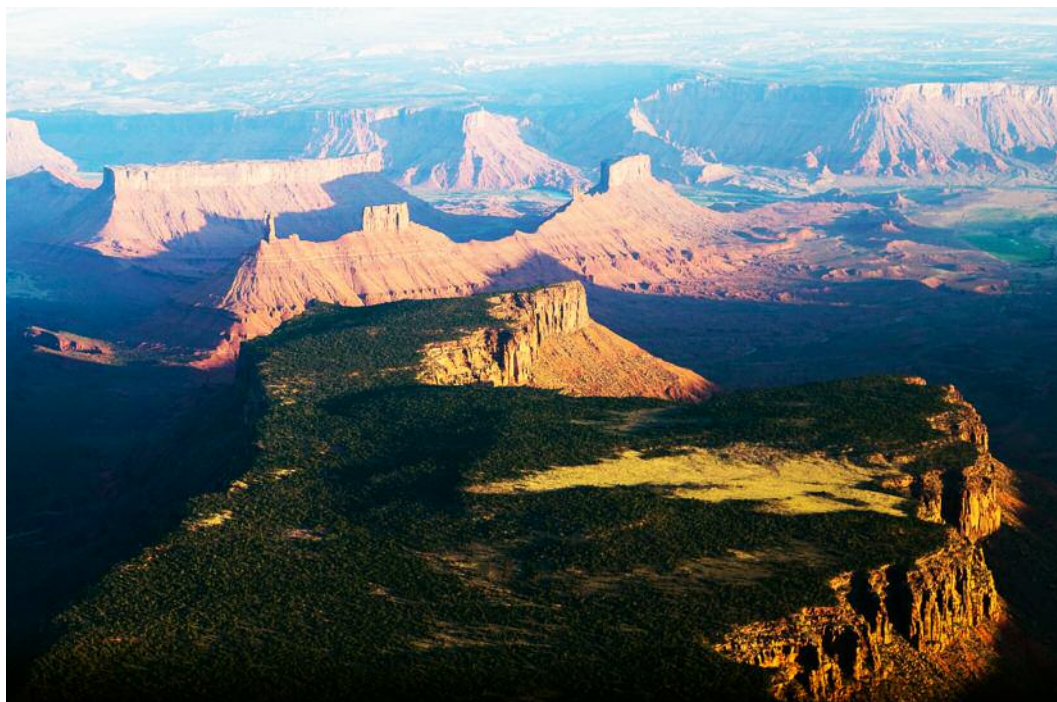
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federal and federally supported science are substantial, the long-term consequences can be severe. Entire seasons of data collection may have to be canceled due to the backlog of hiring and funding that is likely to occur. Important cultural and scientific resources on public lands face the risk of vandalism or loss without federal employees and volunteers monitoring them. Over the long haul, disruptions in funding for scientists who rely on consistent access to research sites, laboratories, seasonal personnel and volunteers can easily drive top scientists away from working for federal agencies. The likelihood of losing top federal scientist to university or private sector jobs only grows as the current shutdown becomes one of the longest in U.S. history and marks the second multiday shutdown of 2018. Without the best minds working to understand our federal lands and pressing problems, our ability to manage and adapt suffers, and so do we.

Out in the desert the plants and soils are continuing to respond to the heat-lamp induced warming with no one to track their responses. Meanwhile the average air temperatures for the region continue to climb. As land use and climate change accelerate in the West, we all lose when avoidable shutdowns degrade our ability to understand, manage and adapt to the changing world around us. In the West, continuity in science matters. Let's communicate to our elected officials that Westerners value consistent science funding for the betterment of the lands and economies we rely on.

*Kristina Young is a scientist living in Southeast Utah.*



*Research sites in southeastern Utah are going unchecked during the government shutdown. Eric Prado CC via Flickr*

*She is a former Wyss Scholar for the Conservation of the American West and the host and producer of the regional science show Science Moab on KZMU.*

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## Driver Quiz: What's Your Score?

This is a quiz to **determine how good a driver** you are, **take the points if your answer is NO** to a question.

**Do you slow down and pull over whenever you see or hear Emergency Vehicles either behind you or coming towards you?** **Five Points**

This is fast becoming such a hazard on our roadways that many law enforcement officers, EMT's and Firefighters have been hit and often killed just doing their jobs.

**Do you slow down and move over if you see a stopped vehicle on the edge of the road as you are approaching?** **Ten Points**

This is a law folks, whether you know it or not it is called 'defensive driving' and to avoid hitting someone stepping out into the road for whatever reason: to flag down help, while changing a tire, possibly having medical issues – the list is endless. It is your responsibility to be aware enough to avoid hitting someone while they are stopped next to the roadway or just at the edge of a highway.

**If your vehicle stalls and quits while you are driving, do you immediately get off the road far enough to not become a hazard to other drivers?** **Five Points**

Put on your flashers immediately and check for vehicles behind you approaching before opening your driver's door. If you were unable to coast off the road far enough to be out of the way – try to stop traffic behind you and enlist the help of other drivers to keep traffic stopped long enough to push, pull or drag your vehicle off the roadway. Most drivers will stop to help, enlist other's to keep traffic stopped to help remove your vehicle as a hazard to oncoming traffic; and then you can call a tow truck/ AAA.

**Do you move over to the right lane (or a pull off) if you're going slower than the flow of traffic?** **Ten Points**

Regular highway drivers all know the frustration of getting behind someone in the farthest left lane who is not only going slower than the maximum limit, but perhaps even slower than the minimum limit. Whether that driver is simply unaware of the rule that the lane is meant for those passing quickly along their commute or is being overly cautious, they aren't just making their fellow commuters upset — they could also end up getting pulled over and paying a fine in certain states.

**Do you know how to merge properly? Or how to use a 'Continuous Lane' correctly?** **5 Points**

How many times have you been on a freeway onramp and found yourself behind someone who doesn't understand how to merge? They let car after car zoom past them, thinking they're being polite when really, they're holding up the flow of traffic. By the same token, there are motorists who don't know how to be patient. They seem to think that racing to the front of a line of cars getting on the freeway, when they know that the lane merges, is acceptable behavior. This is wrong too, and shouldn't be put into practice! The continuous lane sign means – GO AHEAD and drive along the lane until you can merge safely. But be cautious for those drivers who fail to learn or know how to do either one of these maneuvers legally.

**Do you use Turn Signals whenever turning or changing lanes?** **Ten Points**

If you don't tell other people where you're going, how can you expect them to know? Changing lanes or turning without signaling throws others off, and it could put you in harm's way. The worst is when drivers slow down to turn without putting their blinker on: this can catch the cars behind them off guard, and the offending individual could get rear-ended or worse.

**Do you allow vehicles their space without cutting other cars off?** **Five Points**

When you're in a hurry, you often wish that the roads were completely clear so that you could zoom right

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through. But this is seldom the case, and weaving between lanes without regard for others is downright hazardous. You run the risk of being hit from behind if the driver you're cutting off isn't paying attention, and if you're going too fast and squeezing between two cars, you could end up slamming into the car ahead of you. Don't put yourself *(or all the other drivers around you)* in this situation!

**Do you allow the vehicle in front of you plenty of space in case they stopped suddenly? 15 Points**

Tailgating is maddening for both parties involved. The driver in front is annoyed that the person behind them won't stay off their bumper, and the driver in the back of him is annoyed that he can't go any faster. Why create this tension? After all, tailgating can lead to car accidents AND it can lead to intentional vindictive actions, like brake checking or violent road rage. If you want to go faster, pass the car ahead of you in another lane if it is safe to do so, but keep a safe distance if it is not. Remember a car length for every ten mph – 40 mph means four car lengths between vehicles rule is the safest practice!

**Do you follow the Speed Limits, maybe only going five miles faster than the signs say? Ten Points**

Okay, we all do this once in a while. But that doesn't make it okay! Driving above the speed limit is one of the biggest reasons car crash's happen, and it leads to many of the other behaviors on this list. Just think: how many bad incidents would be prevented if we all adhered to posted speed limits? **It is the major cause of driver deaths.**

**Do you turn off Your Cell Phone & put it away while driving? Ten Points**

This is the big one, and unfortunately, it's become common among most drivers out there nowadays. While talking on your cell phone may be legal in some places under certain circumstances, it's still a bad habit to have. It can be tempting when that ringtone goes off while you're behind the wheel, but it's better to resist the urge to answer. Talking while on your cell phone is distracting, and distracted driving is dangerous driving; it puts you and others at risk. **And don't even get started on texting while driving! That's got to be the biggest no-no of all.** That's because all the studies' results, have been coming out recently that have added to the anti-cell phone message for drivers. If cell phone use while driving has become a nasty habit for you, know now it can kill and injure you for life.

**Do you stay in the same lane while turning? Ten Points**

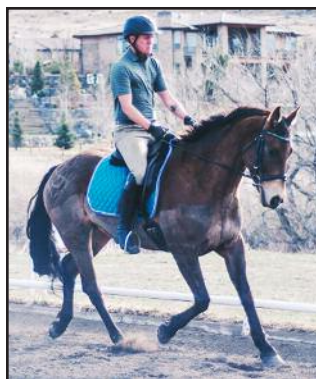
This is illegal and if caught will get you a ticket, a fine and points on your driving record. When turning whether left or right, the law is that you must stay in the lane you are in when you started turning (especially when there are two lanes you are turning onto) then use your turn signal before changing into another lane.

**When entering into a parking lot do you check for parked cars backing up? Five Points**

It is the law that you are responsible for making sure it is safe to enter a parking lot. If you see a vehicle backing up – out of a parking space you must stay on the roadway with your turn signal on until that vehicle has gotten out of the way. It is not your 'right of way' to enter without ensuring you can do so safely. They have no way of knowing you are entering the parking lot, especially if you are coming from a highway or an adjacent roadway.

**Okay, now add up your points and the higher your score the more dangerous a driver you are and a hazard to other folks on the roadways.** Ignorance of the laws is no excuse. This quiz is to remind you that these rules of the road are laws for your safety and others who drive. Remember to think about these laws and **drive defensively instead of aggressively** and you'll avoid getting into crash's that could take your life, get you injured, put someone else in the hospital or even kill someone.

If your **score is zero, congratulations** you are an informed driver and these practices on the road are important. If you scored 100 - shame on you: a disgrace to the privilege of driving. Scores in between mean you have work to do to keep yourself and others safer.



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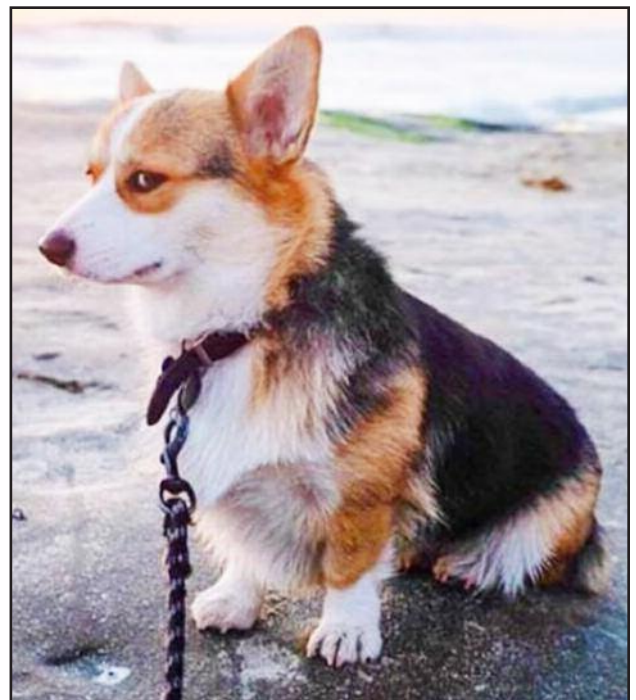


***Top left: Tay Shael - Akhal Teke standing Stud,  
contact Kelsey Kempfert.***

***Top right: Gizmo the goat from Ashley North.***

***Bottom left: Juliet sits on Steven.***

***Bottom Right: Corgi from Maree Lamont.***





*Top: Cat joins Napping Party -  
courtesy My Horse.*

*Right: Squeeks the barn cat.*

*Left: Tiny girl goes on tiptoe to  
kiss horse from My Horse.*

*Bottom right: Doc & Sparty  
eat in their barn.*



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# Love At Third Sight

By Ingrid Winter

Three fluffy goslings  
 Arrive at Greenwood  
 Wildlife Rehab Center  
 -separated from their parents  
 they were found  
 by themselves  
 helpless and  
 destined to die  
 So here they are  
 And of course  
 we could raise them  
 until they are ready  
 to fly  
 and release them

However  
 with goslings  
 there is another  
 and better option:  
 we can find a pair of Canada geese  
 with young goslings  
 and ask them to adopt  
 our orphans  
 The first two families of geese  
 we find  
 take one look  
 at our adorable babies  
 run away  
 and never turn  
 to look at them

After some searching  
 and some frustration  
 we find  
 a pair of Canada geese  
 With four goslings



foraging in the grass  
 and as soon as  
 we let our babies go  
 they join the family  
 and head to the lake  
 They jump into the water  
 one by one  
 and the parents  
 immediately protect  
 all seven goslings  
 by keeping  
 a close eye on them  
 and chasing away  
 any other geese  
 that come too close  
 I watch them  
 gliding across the lake  
 in the late afternoon sunshine  
 on a perfect spring day  
 And for a short while  
 I am absolutely sure  
 that all is well  
 with this world  
 That peace  
 can and will prevail  
 And that love  
 is what keeps all of us  
 -animals and humans-  
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Photo Courtesy Alexa Boyes.  
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## Backseat Safety

### From Jim Plane - State Farm Insurance

Several studies have shown that the backseat is the safest place for your child, but you still need to take safety precautions to protect both children and adults seated there. Here are several ways to reduce risks for backseat passengers:

#### Choose the right restraint

Securing kids properly is the number one guideline for child passenger safety. Your child's age, height, and weight will determine whether he or she needs a car seat, booster seat, or seat belt. Identify the appropriate safety restraint for your child at [Safercar.gov](http://Safercar.gov). For more information about child car seat safety, here are common car seat mistakes.

#### Don't forget about adults

Unrestrained adults can be injured in the backseat too. They also can injure the driver if thrown forward during impact. For protection, have your passengers sit in the center seat — it is the farthest point from possible impact zones. And be sure your backseat passengers buckle their seat belts.

#### Shop for safety

Keep backseat passengers in mind when you're shopping for a new vehicle. Many newer models are equipped with backseat safety features. Side airbags and inflatable seat belts offer more protection, while headrests can help reduce the occurrence of whiplash.

#### Drive cautiously

Your driving habits also impact your passengers' safety. Distracted driving is a leading cause of crashes. So put your phone away, give your children a book or movie to keep them occupied, and always keep your eyes on the road.

**1 – 3 Years** Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

**4 – 7 Years** Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

**Booster Seat 4 – 7 Years** Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, **but still in the back seat.**

**8 – 12 Years** Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the

upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face. **Remember: your child should still ride in the back seat because it's safer there.**

**Seat Belt 8 – 12 Years** All car seats (and all kids under 13) should be correctly buckled in the back seat. Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face. Did you know: Properly installed and correctly used car seats can decrease the risk of a fatal injury by 71 percent for infants, 54 percent for toddlers and 45 percent for children ages four to eight.

Once you install the seat you should not be able to move it more than one inch in either direction at the belt path. You can do this by using the seat belt or the LATCH system. Always using the top tether for forward-facing seats. Learn more about top tether car seats. The harness straps must be snug and the chest clip should be at armpit level. **No heavy coats or blankets under the straps either and make sure the straps are not twisted.**



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# Secrets To Becoming Less Wasteful

By Sara Weinreb

The U.N. warned us: We have 12 years before the damage we've done to the Earth becomes irreversible. Instead of letting reports like this paralyze us, let's use them to empower us. The experts are saying it's going to take a mix of large-scale change AND individual action to save our planet—and we want to help you do what you can. Consider our new series your no-excuses guide to cleaning up your act, one step at a time. Today, we're sharing a tip on how to cut down your waste in 2019.

My word of 2018 was "green," which I incorporated into my life in a number of ways, including deepening my commitment to living a low-waste lifestyle. While this largely meant deepening my commitment to habits I had already started (carrying my own reusable utensils with me, shopping in the bulk section of the grocery store with my own containers, etc.), I tackled one big step last year that intimidated me: composting.

The problem: Our food waste majorly stinks for the planet. I initially started composting as a way to take better stock of my food waste. When I throw a whole apple into the compost because it rotted, or when I toss herbs or pieces of vegetables that I didn't put to use in the compost, I take note so I can buy less or utilize my food better next time.

It may not seem like a big deal to throw food in the trash in the first place, since food biodegrades. However, as food breaks down, it produces methane, a greenhouse gas that plays a significant role in global warming. Considering

food waste comprises 22% of solid waste landfill in the United States, it's prevalent enough to be a major player in climate change.

## Our trash can be the earth's treasure.

Not only does composting keep your food excess out of landfill, therefore reducing methane emissions, but it also has its own host of environmental benefits. According to the EPA, composting can help increase the yield of crops, remediate contaminated soil, encourage water absorption in soil, and act as a highly effective and natural fertilizer, among other beneficial ways of supporting the earth. Our trash can be the earth's treasure.

But even considering these benefits, I still had a lot of questions and reservations about composting. Will it stink up my apartment? Where will I store it without attracting bugs? What if I am out of town or have plans during compost drop-off one week and I have to wait until the following week? Is this going to be a gross mess?

The "one small thing" solution: Make a resolution to keep up with a compost freezer this year. I'm here to tell you that integrating composting into my life became manageable with one easy tool: my freezer.

By freezing my compost, all my concerns were addressed in one fell swoop. Freezing the compost ensures it doesn't smell or leak. I can leave it in the freezer as long as I need to before bringing it to a drop-off site, and it keeps it away from bugs (or pets!). The process is simple too—I just leave a paper bag from the grocery store in my freezer and fill it up throughout the week with my food scraps. When

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it's time to drop it off at the farmers market, I put the paper bag into a reusable tote bag and drop it off by dumping the whole paper bag into the drop-off site (you can even compost the paper bag!).

To my surprise, composting has quickly become one of my favorite elements of low-waste living. The ritual of composting my food and recognizing it will go back to supporting new growth presents a sense of calm to me, and it is so simple. Not to mention I produce significantly less trash, and the trash generally doesn't smell anymore! I didn't even realize how much I enjoyed composting until I headed out on a vacation for two weeks without a compost and I actually missed it.

While the first step in the process is to reduce our food waste in general, composting is a great option for what's left.

If you are interested in composting, a Google search or this handy resource from Literless will help you identify whether your city or town has drop-off sites. Take note of the regulations around what you need to drop your compost in (my parents' town requires a specific compostable plastic bag), as well as what you are allowed to compost, which varies widely between drop-off sites depending on their processing. Some compost drop-offs do not allow bones from meat, for example, while others do. And most will not accept compostable cups or plates since those require a specific kind of industrial processing.

If your town or city does not offer composting drop-off, you can start your own backyard compost if you have the space. Or you can even petition your city or town to start a local composting drop-off or curbside pickup.

In 2019, consider starting your own composting practice

at home. While the first step in the process is to reduce our food waste in general, composting is a great option for what's left. You will quickly realize how easy it is when you keep it in the freezer and how the benefits trickle down to your trash and your ability to support the earth with your food scraps.

*Sara Weinreb is the host of Medium Well, a podcast exploring transitions and uncertainty, self-exploration, sustainability and wellness, and the Founder of The M List.*

**Editor's Note:** Food scrap composting is an up and coming industry and like most recycling efforts will take consumer driven demand for drop off sites. Since the Highlander goes into three counties it is up to the interested reader to research and request your particular county or city you go to during your commute or when you shop. If your trash company offers a food scrap composting option then a frozen bag of scraps should not attract the bears to your weekly offering. The best solution is to work hard not to have any food waste, saves the planet and you money!


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

## Dates & locations for events this month.

Please RSVP with our volunteer coordinators at [volunteer@buffalofieldcampaign.org](mailto:volunteer@buffalofieldcampaign.org) or call 406-646-0070 to RSVP. If you can't make it in person, we will still have an event that you can participate in from wherever you roam.

### Monday, February 11

West Yellowstone, Montana, BFC Headquarters. Arrive to camp, settle in or join us in the field.

### Tuesday, February 12

Where you are! National Call-in Day. Make the phones ring off the hook and express your views with decision-makers who are impacting the lives of wild buffalo. Targets will be announced that day via a special email alert.

### Wednesday, February 13

Gardiner, Montana. 2nd Annual Rosalie Little Thunder Walk. Join us at the Gallatin National Forest office, where we will embark upon a very special event, the Annual Rosalie Little Thunder Memorial Walk. This will be the second walk honoring our co-founder and hero, Lakota elder Rosalie Little Thunder. After we meet up at the Forest Service office, we will gather banners and signs, share some food, and head through the town of Gardiner and into Yellowstone National Park, passing by the Stephens Creek buffalo trap and ending at the north boundary at the Beattie Gulch trailhead. After the walk we will share a hot meal and hold a special candlelight vigil to honor Rosalie and all the buffalo who have lost their lives to the controversial Interagency Bison Management Plan.

### Thursday, February 14

Bozeman, Montana. Join us at the Bozeman Public Library from 11am - 4pm for food, information, and a fun rally! Our famous buffalos will be there to mark the way, and we will get out into the streets to bring attention to the country's last wild buffalo and the dire need to protect these gentle giants. Bring drums, flutes, banners, and friends!



### Friday, February 15

Helena, Montana. Join us on the front steps of Montana's capitol building to bring attention to the Montana legislature. We will be joined by other organizations and Native speakers. More information will come as details are confirmed. The event is from 12pm - 3pm. Lunch will be provided.

### Saturday, February 16

West Yellowstone, Montana. Meet up at BFC headquarters and then join us as we take to the streets of West Yellowstone and spread the word to save the herds!

### Sunday, February 17

BFC Headquarters. A day of being in the field, sharing stories, and enjoying food after a successful week! This is how we will wind down and honor our family members who have taken the time to come stand in defense of the last wild buffalo.

More details will come. Check website. Please RSVP with [volunteer@buffalofieldcampaign.org](mailto:volunteer@buffalofieldcampaign.org) to let us know you are able to join us, for how long, and how many friends you will bring with you. Share any special dietary requirements as well. Room and board will be provided throughout the Week of Action.

Thank you and see you soon!

*(Dates & Times confirmed, even during a Govt. shutdown.)*

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## *Bait & Switch*

By Jane Kay Jan. 18, 2019 High Country News

**Why bulldoze one of the wildest places on Earth? The Trump administration wants a road built through an Alaska wildlife refuge for medical needs – but commerce may be the real reason.**

*This article was originally published by a partnership between Reveal from The Center for Investigative Reporting and is reproduced here with permission.*

At the spot where a rugged chain of islands breaks away from the Alaska Peninsula, a secluded national refuge protects millions of seabirds, grizzly bears and caribou. Framed by snow-capped mountains and smoky volcanoes, the refuge holds an irreplaceable underwater grass forest, where the world's population of a tuxedo-colored sea goose – 150,000 of them – fattens up before a nonstop 60-hour migration to Mexico.

For six decades, the Izembek National Wildlife Refuge, tucked along the coast of the Bering Sea, has been protected as one of the wildest nature spots on Earth, remote enough to escape development.

But that isolation has been shattered. Seven noisy helicopters swooped down 80 times over two days in July to land on the narrow isthmus where animals nest, feed and migrate.

Then-Interior Secretary Ryan Zinke, prodded by President Donald Trump, ordered the surprise helicopter survey to prepare to bulldoze a 12-mile road through the refuge's federally protected wilderness.

Almost a year ago, on a day that the federal government was briefly shut down, Zinke quietly signed a land swap, evading Congress, which has wrestled with the issue for decades. The Interior Department is trading the swath of Izembek's wilderness to Aleut Natives so their cannery town of King Cove can build the final 12 miles of a 37-mile gravel road to the Cold Bay Airport. In exchange, the federal government gets an equal amount of Aleut land.

In crafting the deal, Zinke rejected the warnings of his department's scientists. After a four-year study, the U.S. Fish and Wildlife Service, which oversees the refuge, concluded that allowing a road through the refuge would "lead to significant degradation of irreplaceable ecological resources." It also would jeopardize the global survival of a migratory sea goose, called the Pacific black brant, as well as the emperor goose and other waterfowl, the agency said.

Trump and Zinke have worked behind the scenes to deliver the road to the rural Aleut government of King Cove, which has spent almost 50 years lobbying Congress and the Interior Department. The Aleut say the road is essential to transport patients *(Continued on next page.)*

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## Highlander Politics

with medical emergencies to the Cold Bay Airport, where they could then fly to an Anchorage hospital.

Zinke, who left office recently amid multiple ethics investigations, billed his action as allowing a “lifesaving road” for the roughly 1,000 residents of King Cove. But a close examination of the agreement and the history of the road deal suggests that it is more about selling seafood than saving lives.

A DOCUMENT DATING BACK two decades shows that hauling fish, not patients, was the Aleuts’ original motive for building a road through the national refuge. When that strategy failed, they and Alaska Republican leaders switched to focus on medical necessity. Now the new land swap deal includes a little-known provision forged by the Interior Department that would allow King Cove fishermen to transport tens of millions of dollars of salmon, crab, cod and other seafood on their way to lucrative Asian markets. The economy of King Cove is almost totally dependent on commercial fishing. It’s home to the Peter Pan Seafoods cannery, owned by the world’s largest fish processor, Maruha Nichiro Corp. of Japan.

Under the agreement signed by Zinke, the road will be “generally for noncommercial purposes.” But the deal also contains this provision: “The commercial transport of fish and seafood products, except by an individual or a small business, on any portion of the Road shall be prohibited.” The term “small business” can leave the wrong impression, though. A fishing business is defined as small when it has annual revenue no higher than \$20.5 million for finfish, \$5.5 million for shellfish or \$7.5 million for other marine fish, according to federal codes.

The wording would prevent giant Peter Pan Seafoods,

which reports about \$225 million in annual sales, from driving fresh seafood to the airport to fly it to Asia and elsewhere. But King Cove’s commercial fishermen – including all of its Aleut leaders – would qualify under those income restrictions to use the road for transporting their fish and seafood, according to state data on seafood earnings. And Peter Pan could use it to transport its workers, up to 500 in peak salmon season.

Zinke and Aleut leaders never mentioned or explained the loophole when discussing the land swap in public. The provision “could easily be exploited” for business purposes, said Deborah Williams, a former Interior Department attorney. The agreement between Zinke and King Cove “could – but does not – restrict the use of the road to health and safety issues,” she said.

A road would disturb more than just its immediate path. It would bring traffic and noise and give King Cove subsistence hunters and visitors easy access to animals in dense, undisturbed parts of the wilderness. It also would bisect the land bridge for bear and caribou, which are sensitive to disturbance, according to wildlife biologists. The deal will decimate the “most important wildlife refuge in all of Alaska,” said Bruce Babbitt, who rejected the road when he served as interior secretary during the Clinton administration. “Izembek is a convergent point where seabirds migrating out of the Arctic feed. If that link is broken, we’re at risk of extinction of all those bird species.” Leaders in King Cove say road opponents are valuing birds and other wildlife more than residents’ medical needs. Lillian Sager is a member of the large Aleut commercial fishing family that has tried to get the road built for decades.

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“When I’m stuck in King Cove and the wind is blowing 100 miles an hour and I’m sick, you want to get out of that town. All that is more important than if there is garbage on the road or if (hunters) are going to shoot animals,” said Sager, whose brother is King Cove Mayor Henry Mack.



However, a medical expert disputes that a road through the refuge is a safe way to transport patients. And a federal report has outlined other reliable alternatives.

A doctor who oversaw medical evacuations in King Cove for 15 years said traveling almost 40 miles on the gravel road during 60 mph winds and blinding snowstorms would be “suicidal” for patients and rescue teams.

“Should the road happen, I foresee all sorts of calamity,” said Dr. Peter Mjos, who was the Eastern Aleutian Tribes’ medical director until 2002. He retired from practicing medicine in 2015.

The road is the centerpiece of a campaign by Trump and Alaska’s Republican congressional delegation to monetize the state’s public lands by approving private development, oil drilling, mining and logging.

Also on Trump’s wish list are oil exploration in the Arctic National Wildlife Refuge, offshore drilling in the Arctic Ocean, logging in the Tongass National Forest and two

mines, one in Bristol Bay and one in mountains west of Fairbanks.

Trump personally promised Alaska Sen. Lisa Murkowski that he’d get the road built. He scribbled a note to her on a copy of an Oct. 16, 2017, Washington Post story about the land swap.

“Lisa – We will get it done,” Trump wrote in a note Murkowski shared at a press conference.

Eight months later, a month before the helicopter land survey, Trump asked her, “How’s our beautiful little road doing in Alaska?”

*Frosty Peak, more than a mile high, looms over the refuge’s Izembek Lagoon. Half of the 150-square-mile lagoon has eelgrass that feeds birds, supports salmon and contains sea life consumed by marine mammals. Ash Adams for Reveal*

**Editor’s Note:** This is the kind of shady dealings politics has gotten a bad name for, locals with agenda’s not environmentally sound and politicians willing to shake hands with the devil to ensure a vote. Who really pays?

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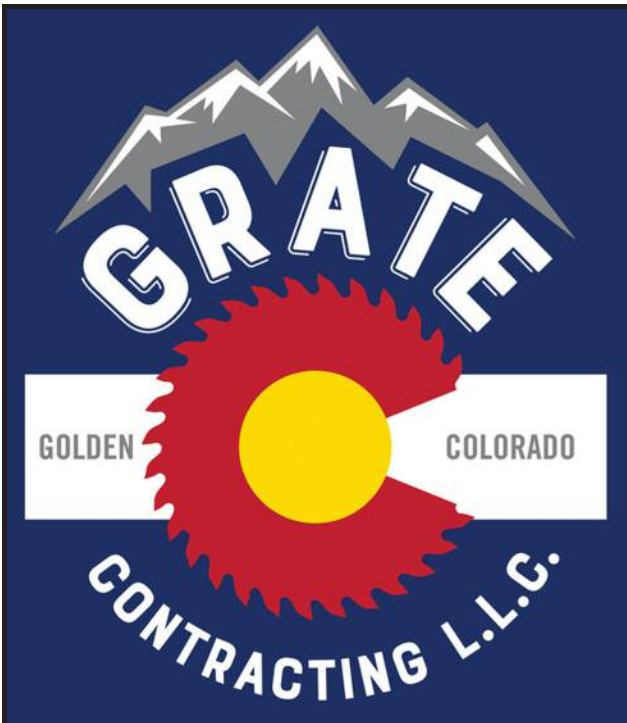


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# Should Energy Interests Outweigh Wildlife?

By **Kristen Gunther** Jan. 17, 2019 *High Country News*  
 This story was co-published with *Ensia*, a solutions-focused nonprofit media outlet reporting on our changing planet.

Wyoming is sprawling and sparsely populated, home to some of the most awe-inspiring, intact lands and ecosystems in North America. Tourists from all over the world flock to Yellowstone and Grand Teton national parks to spot iconic wildlife such as elk, bison, deer and pronghorn. Hunters travel here for once-in-a-lifetime experiences chasing big game through Wyoming’s rugged mountains and desert basins.

Wyoming also plays an important role in the nation’s energy economy: Our production of oil, natural gas and coal ranks us as one of the top energy-supplying states. The majority of those industrial operations take place on over 30 million acres (12 million hectares) of federal public lands, which comprise about half the state.

For decades, Wyomingites have strived to strike a balance between an energy economy and an outdoor culture that values both natural resources and energy extraction. Our state leaders were at the forefront of Greater sage-grouse conservation and championed a collaborative, science-based plan that was adopted throughout the West and was credited for the 2015 decision that no listing was required for the sage-grouse under the Endangered Species Act.

Yet in the current political climate and administration, where an “energy dominance” mandate for management has been passed to federal public lands managers, we are facing a future where one of the West’s most iconic species — the mule deer — could be irreparably devastated. The stakes are obvious for Wyoming, but even for those who aren’t concerned about Wyoming ecosystems or the native big game species of the West, this is a conflict with sobering nationwide ramifications. What we’re faced with today is a federal government determined to continue free-for-all industrial development against the will of its citizens, even when we offer pragmatic, evidence-based conservative solutions that require absolutely no sacrifice.

## Fracturing an Ancient Migration

Mule deer (*Odocoileus hemionus*) are indigenous to the West, and the youngest branch of the deer family in North America. “Muleys” get their name from their large ears. They are elusive, highly specialized, beloved animals, and hunting them can take you deep into some rough and beautiful country. In a state that brings in about \$300 million annually in total big game hunting revenue, deer represent a major contribution to local economies and conservation funding.

Our knowledge about mule deer and their particular migratory behaviors has deepened as research technologies and field ecology methods have become increasingly sophisticated. Wyoming, with its lengthy, brutal winters

and dry summers, is a difficult place for a large mammal to make a living. Most big game survive the climate extremes by moving seasonally across landscapes as forage conditions change through the year. Most famously, the thousands of mule deer in Wyoming’s Sublette Herd travel 150 miles twice each year, moving northwest from lower elevation winter range in the Red Desert to the lush, green summer slopes of the Hoback Basin just south of the Tetons, and then reversing course to return to the desert in the fall. It’s a jaw-dropping navigational feat, considering that the deer begin their travel to higher summer range at the end of a long winter, when they’re in their worst shape of the year. Some areas of the migration corridor are as narrow as half a football field. It’s something of a wonder that the corridor (the longest mule deer migration ever recorded, and the second-longest overland migration of any kind recorded in North America) has remained functional for this long at all.

Unfortunately, we are uncovering the scope of these incredible feats at a time when a new federal policy toward our public lands favors energy extraction over natural resources. In 2018, federal oil and gas lease sales grew exponentially in Wyoming. Nearly 1.5 million acres (600,000 hectares) of public

*(Continued on next page.)*

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## Highlander Environmental

land in Wyoming was offered for lease to oil and gas companies by the Bureau of Land Management (BLM), the federal agency that manages more than half of the public lands within the state. Only a small percentage of these acres fall in critical habitat for mule deer, some even smack dab in the middle of the Red Desert to Hoback route. These parcels represent a fraction of the massive acreage on offer to oil and gas companies — for example, less than 9% of the acreage included in the upcoming February sale. But development within them has the potential to functionally fracture this ancient migration and devastate these herds.

### Does Science Matter In Decision-Making?

Protecting the Red Desert to Hoback and other well-documented big game migration corridors in Wyoming is not a threat to Wyoming's energy industry, where millions of acres are already open for drilling. But this conflict is much greater than the question of whether energy should outweigh wildlife when it comes to management of multiple-use public lands — it shouldn't, and legally it does not. It's also a question of whether or not science matters in decision-making. The best peer-reviewed research in the world regarding these migrations is taking place in Wyoming, and it shows that oil and gas development within migration corridors and winter range is a direct threat to mule deer in particular. Muleys don't ever get used to the presence of oil and gas activities, even over the course of generations. And unlike other big game, they can't adapt their migratory strategy or route as the landscape changes around them. They learn their migration route — scientists hypothesize that they are taught by their mothers — and keep to it for the rest of their lives. These unique traits are compelling, but maladaptive in the context of an increasingly disturbed landscape.

We know what we must do to ensure our deer populations

remain viable. It's as simple as this: Of all the tens of millions of acres of public lands within Wyoming, we must avoid drilling within the small percentage these herds rely on.

The Wyoming Outdoor Council, alongside several other conservation NGOs, has repeatedly made this case to federal and state decision-makers. Yet the BLM continues



to open up hundreds of thousands more acres for development each quarter. Worse, these leases are selling for dirt cheap — at the minimum allowable auction price of \$2 per acre, and sometimes even less. The state brought in only about \$50,000 from parcels in the middle of the Red Desert to Hoback corridor, a lifeline for some 5,000 deer. The BLM jeopardized the integrity of the world's longest mule deer migration corridor for \$10 per deer. That's both unacceptable and unnecessary. It can be hard to imagine perilously grave declines in a species with such deep and enduring cultural value. But federal oil and gas leasing for the sake of a misguided “energy

dominance” mandate is proceeding at such an alarming pace that another oil and gas firesale year like 2018 will set us on a course to forever decimate Wyoming's deer. That's why we've started a petition that allows people to add their names in opposition to these decisions that prioritize a rush to energy extraction at the expense of our natural resources. **Go online to WyomingOutdoorCouncil.org to add your name on the Petition.** If we lose our deer herds for the sake of quick oil and gas profits, the loss won't just be felt in our deer, but in ourselves as well. We know the science, and we know what it says we must do. And we are not willing to forever give up a special and wild part of who we are. **TAKE ACTION NOW**

*(Photo of Pronghorn adjacent to extraction gas rigs.)*

An advertisement for Kysar's Place Inc. The top part of the ad has the company name in large, bold letters. Below it, a list of services is provided: Foreign &amp; Domestic Auto Repair, Gas &amp; Diesel Engine Performance, Small Engine Repair, Welding, Restorations, and Customs. The bottom half of the ad shows a photograph of a large, modern building with a sign that reads "KRIS KYRAR ASE CERTIFIED MASTER TECHNICIAN". At the very bottom, the address and contact information are listed: 208 Jankowski Drive • Mid-Gilpin County, Phone: 303-582-3566 • Fax: 303-258-7745.

An advertisement for Forbes Farrier Service. The ad is enclosed in a decorative dotted border. On the right side, there is a graphic of a horseshoe. To the left of the horseshoe, the name "FORBES" is written in large, bold letters, with "Farrier Service" underneath it. At the bottom, the contact information is listed: "Paul Forbes" and "303-642-7437" on the left, and "303-725-8471 Cell" on the right.



# Your Dream Of Giving Two Weeks Notice

By Frosty Wooldridge

Do you like your work? Do you get a kick out of reaching the “office” daily as a park ranger, chef, teacher, truck driver, fireman, manager, waitress or hairdresser? Note this fact: what you do daily in your life affects your mind, body and spirit. If you love your work, you thrive. If you tolerate your work, you stagger through your day watching the clock. If you dislike your work, you ingest headache remedies. If you earn low wages, you limit your options as to home, vacations and possessions. If you work for “the man,” you make money for his dreams.

A recent national poll showed that 29% of Americans enjoy their work. That leaves 71% squandering their life energy at a job that means little to them other than a paycheck.

Have you ever heard the adage, “The only job I’m looking forward to is retirement.” In order to evolve into your highest and best working life, you must expand your mind into a larger state of thinking. In other words, grow your consciousness. For example, in my teen years, I enjoyed height and speed in football. But my father, an average workingman, encouraged me to be an end to catch touchdown passes. Years later, as my perspective grew, I

decided to match my talents with the right position: quarterback. I broke out of my father’s “paradigm” of limited thinking.

My friend Dan Millman wrote a book: *The Life You Were Born to Live*. In it, he describes 37 working life-pathways that people follow during their Earthly journey. By learning your mental-emotional-spiritual propensities through his teachings—you may engage your growing consciousness toward a job that you love.

He “coaches” you through a process to discover your particular working passageway. I am a 33-3 pathway. It fits me to a T. Check it out. Millman offers his enormous wisdom to move you down the track toward your chosen destiny.

When you discover your path, each day, when you awake, you go to “work” doing what you love and loving what you’re doing. You get paid to “play” at your work.

Please realize that 71% of Americans haven’t expanded their consciousness enough to move into the rare air of the 29% who love their work. That 71% slog through their days, years, decades and life.

Thus, most unhappy people in life live in a poverty-consciousness. It’s the only (Continued on next page.)

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## Highlander Inner View

thing they know. It's normal for them.

Is Millman's book the only "directory" for improving your destiny? Of course not! You may visit any library for another dozen books that show you how to discover your greatest talents, abilities and working skills.

For example: one man worked a job for 20 years, but at 40, he lacked any enthusiasm for his office work. He played harder at his landscape oil paintings. Soon, fine art galleries featured his work at \$15,000.00 a painting. He created a website. Today, he can't keep up with commissioned work.

One woman, an art teacher, lost all enthusiasm for her students after 10 years. She began making nude bronze busts in her basement. She bought a spot in the Cherry Creek Art Festival in Denver, Colorado one summer. All 20 of her art pieces sold out within hours. Today, she commands enormous commissions for her bronze statues.

It comes down to working with "The Law": the automatic delivery system that responds to our dominant thoughts.

It's called "Law of Mind in Action." It's also known as "Law of Spirit." It's a blind power, however, when you engage it, you may utilize its ability for your own good. Henry Ford said, "If you think you can or can't; you're right."

Therefore, work on growing your consciousness, discovering your life-path and moving toward working at what you love. One day, you will walk into your boss' office with a huge smile on your face.


"What can I do for you?" he asked. "Don't tell me you want a raise. You already know the answer to that one. Oh, you want another week of vacation! You know the answer to that one, too."

"No sir," you say. "I'm giving you my two weeks notice." "Why?" he responds.

"I've got a better life planned," you say. "I'm living life on my own terms with my own choices while using my best talents."

Refer to Frosty Wooldridge's latest book: *Living Your Spectacular Life*, published May 2017

**Editor's Note:** We all have read and seen proponents of how to live a better life, Frosty is just one of many: albeit he speak volumes better than most of what and how. But the fact remains, it comes right down to knowing yourself and facing the demons of doubt or lack of funds and resources. The real truth of the matter is deeper and more complicated: self discipline and timing of taking advantage of any and all opportunities are big parts of the equation.



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## **Why Advertise in the HIGHLANDER MONTHLY?**

Besides the hard copies printed every month that are mailed into homes in Coal Creek & Golden Gate canyons, Rollinsville, Colo. Sierra and Missouri Lakes subdivisions & taken to the businesses (*Golden to Central City - Nederland to Boulder - Arvada, Lyons - you never know where you'll see one*) listed on our Website's Distribution Page, **click on that button AT [www.HighlanderMo.com](http://www.HighlanderMo.com)**

to find the places where you may pick up a copy of the **HIGHLANDER** the first week of each month, hurry as copies go fast.  
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All ads are rotated fairly: First time ads towards the front and on the right side, next month your ad runs it will appear in the first 20 pages and after that everyone takes their turn in fair rotation. Plus, we reach more regional readers than any other publication around. Affordable & it works for you. See every Contents page for prices & Contact Info.

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The **HIGHLANDER MONTHLY** has original reporting and writing from journalists, writers and photographers not seen or printed anywhere else.

Also syndicated to reprint High Country News articles - the 'WatchDog' of the West that has factual informational writing and reporting surpassing all other news outlets regionally and nationwide. So if you wish **your Advertising to reflect Quality, Integrity and Positive News** - this is the place.

# HIGHLANDER MONTHLY



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# Power Update

February  
2019

## Demand Charges to Appear in February

Beginning in February, members will begin seeing a new \$1 charge for demand and a corresponding reduction in the energy charge on their monthly billing statements. Members on the standard residential rate have already noticed this new item on previous statements, but with a zero charge.

Demand refers to the maximum amount of electrical power being consumed **at a given time**, as opposed to energy which is the amount of power used **over a period of time**. The more power used at once, the larger the infrastructure needed to deliver that power.

Our residential rates have traditionally been a blend of costs, such as the cost to generate and deliver power to your home and the cost to maintain and operate the system. With the traditional blended rate, where the impact of demand surges are rolled up into a charge based on the power used, some members have been paying more than they should while others aren't paying enough. By breaking out these costs, every member will be charged more fairly for how and when they use energy.

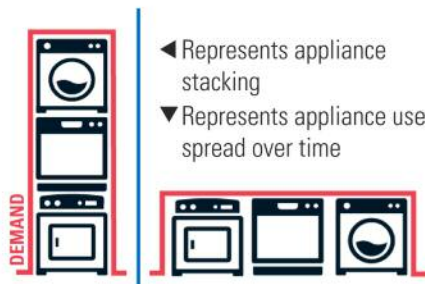
United Power has been discussing this new rate structure for several months in past issues of its *United Newswire*. Read past issues for more examples and information to help you understand demand at [www.unitedpower.com](http://www.unitedpower.com), as well as learn how to sign up for the **Power Portal**, a free

resource that helps you monitor your electric usage in 15-minute increments.

### Try Staggering Appliances

Now is the time to start paying attention to your energy use patterns. When you get home, do you start a load of laundry while cooking dinner? Using more than one major appliance at a time is called appliance stacking. Stacking appliances requires more energy at a given time, and contributes to your demand charge.

Staggering your use of higher wattage appliances will be the easiest way to manage your energy demand under the new rate. Focusing on how you're using your household appliances will help you see the corresponding affect to your energy and demand, and put you in the driver's seat of your electric bill.



## 2019 Annual Meeting & Director Election

Wednesday, April 17, 2019

Riverdale Regional Park  
(Adams County Fairgrounds)  
9755 Henderson Road  
Brighton CO 80601

The Annual Meeting & Director Election is a special opportunity for members to celebrate United Power's successes over the past year with one another and cooperative leadership.

### Event Schedule:

**4:30 p.m.** | Registration, Dinner & Entertainment

**6:30 p.m.** | Meeting, Election Results, Prizes

More information available at [www.unitedpower.com](http://www.unitedpower.com).

## Candidate Forums



United Power will host the following Meet the Candidate Forums where members can learn more about each of the candidates vying to serve on the Board of Directors. The following events are free to members. Light refreshments will be served. RSVPs are not required.

**MONDAY, MARCH 18, 2019 | 6:30 p.m.**

Adams County Fairgrounds – Waymire  
9755 Henderson Road  
Brighton, CO 80601

**TUESDAY, MARCH 19, 2019 | 7:30 a.m.**

Ft. Lupton Recreation Center  
203 S. Harrison Ave.  
Ft. Lupton, CO 80621

**THURSDAY, MARCH 21, 2019 | 7:30 a.m.**

Coal Creek Canyon Community Center  
31528 Highway 72  
Golden, CO 80403

**FRIDAY, MARCH 22, 2019 | 7:30 a.m.**

E.L.F. Grill  
108 8th Street  
Dacono, CO 80514

*\*Dates and locations may be subject to change.*

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# Pancake Breakfast Feb 9th - 7am to 11am

## Chili Challenge Feb 23rd - 5pm to 8pm

### CCCIA Hall 31258 Coal Creek Canyon



**223 Copperdale Lane**  
Impressive Remodel - 1.09 Acres  
2 BD/ 3 BA 2,436 sq.ft. **\$469,000**



**166 Hummingbird Lane**  
Remodeled Ranch - 1.3 Acres  
3 BD/ 4 BA 3,192 sq.ft. **\$499,000**



**616 Tunnel 19 Road**  
Divide/Gross Dam VIEWS! 8.9 Acres  
3 BD/ 3 BA 3,319 sq.ft. **\$850,000**



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**Coal Creek Canyon**  
Gorgeous Log Home - 1.82 Acres  
4 BD/ 4 BA 3,817 sq.ft. **\$1,100,000**



**216 Debra Ann Road**  
Remodeled Mtn Home - VIEWS  
2 BD/ 2 BA 1,800 sq.ft. **\$390,000**



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



**11437 Coal Creek Heights**  
Mtn Home w/City VIEWS of Denver  
2 BD/2 BA 2,443 sq.ft. 1.47 Ac. **\$369,000**



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



**249 Rudi Lane**  
Custom Post & Beam 2.26 Acres  
2 BD/ 3 BA 2,975 sq.ft. **\$420,000**



**11648 Overlook Road**  
Custom Log Home 1.82 Acres  
3 BD/ 2 BA 2,104 sq.ft. **\$400,000**



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



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



**Coal Creek Canyon**  
Custom Log Home - 4.2 Acres  
3 BD/ 4 BA 3,300 sq.ft. **\$900,000**



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



**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 & photos:  
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Broker Associate  
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