

# TEEL STRUCTURES We do custom outbuildings with

## WOOD FRAME POLE BUILDINGS

**ANY ROOF & ANY SIDING Options** 

9518 E. I-25 Frontage Rd., Longmont CO 80504 1-800-833-9997

## THIS AD FOR \$500 OFF THE PURCHASE OF A BUILDING





38x56 Todd Creek, Brighton

30x66 Todd Creek, Brighton

30x40 Todd Creek, Brighton



Call 970-420-7100



30x40 Vinyl & Comp- Thornton 40x60x16 - Parker

24x32 Hardi-Plank Siding - Parker

Completely Engineered - We build to all Wind & Snowloads! Any Size 24x24, 24x30, 24x36, 30x30, 30x40, 36x40, 36x48, 40x60 & Others - ORDER A Building Today!

See us on the web www.findssa.net **ZERO Down! 100% Financing OAC** 

# PEAK to PEAK PROPANE

## **Accepting New Customers Call TODAY**

- Propane Tank Rentals 24-Hour Emergency Service • 30 Day Convenience Credit Accounts
  - "Schedule Delivery" Service takes the quesswork out of ordering.
- "Budget Billing" Spread 12 months heating bills over 11 equal payments.
  - Professional Home Heating Technicians. Installation, parts & service.



970.454.2789 **Toll Free** 1-877.888.4788

Peak to Peak **Propane** 

P.O. Box 37 Lucerne, CO 80646



Where Honesty and Quality Come Together

Family Owned and Operated





All Roofing Systems
Repairs if possible
Re-Roof if needed
No Job Too Small
Liability & Workman's Comp
Gutter Cleaning
Roof Snow Removal
Ice Daming - Heat Cable Installs



Bill Hutchison Owner/President

bill@independenceroof.com

\*\*

\*\*

\* -

Office: 720.399.0355 Cell: 720.352.9310

Call for a *FREE* Estimate

\*\*\*\*\*\*\*\*\*

# MEYER HARDWARE



Toro Snow Throwers

Ice Melt

Windshield Washer Fluid

Antifreeze - Snow Brushes

January Clearance Table

with a variety of items On Sale

Snow Shovels
w Brushes
nce Table
ms On Sale

1103 Arapahoe St., Golden One block west of the Welcome Arch 303.279.3393 Open: Mon.-Sat. 8-6 Sun. 10-3

## About the Cover: A Wild Mustang Stallion, photo by Raven Mind Arts.

Tinted by Graphics Galore.

Publisher, Editor, Advertising Sales,
COPY EDITOR, PRODUCTION & DESIGN
Anita M. Wilks
CONTRIBUTING WRITERS
Buffalo Field Campaign
Cally Carswell - High Country News
Carrie La Seur - Writers on the Range - HCN
Mary Guiden - CSU
Jim Plane - State Farm Insurance
ProtectMustangs.org
Antoinette Rose
Auden Schendler - Writers on the Range - HCN
Elizabeth Shogren - HCN
Liz Thomas - HCN
Joseph Werne
Marjorie Woodruff - Writers on the Range
Frosty Wooldridge
CONTRIBUTING PHOTOGRAPHERS/ARTISTS
CSU
Layna Melvin - Raven Mind Arts
Stephany Seay - Buffalo Field Campaign
Joseph Werne
Anita Wilks

## www.HighlanderMo.com

## Dedicated to Positive News whenever possible! Check the online issue to see the pictures in color!

**CONTENTS** 

		•
Horse -	ProtectMustangs.org	5, 6
Fiction -	HandyGirl Saga	7, 8, 9
Issues -	The Geography of Hope?	10, 11
Politics -	Can Trump undo Obama's Policies?	12,13,14
Issues -	Keep Independent Bookstores Alive	15, 16
	Standing Rock December 2016	20 thru 23
Letters -	Mitch Barret Concert - TEG Meeting	24
Tips -	Do you need a real estate agent?	25
Issues -	Look Before You Shoot!	27, 28
Wildlife -	Update Buffalo Field Campaign	29
Inner View	-Colassal dreams take colassal actions	30, 31
Science -	CSU to study brain ailments	32, 33

## **Advertising Rates**

Invoiced Quarterly or Monthly -	Monthly	RATES
Standard Business Card (3.625 x 2)	\$25	
Quarter Page (3.625 x 5)	\$44	Ad
Half Page (7.5 x 5 or 10 x 3.625)	\$80	Placement on
Inside Full Page (7.5 x 10)	\$130	WebHomepage
Cover Half Page \$170 Quarter Page	ge <b>\$90</b>	add \$20!
Cover Full Page (7.5 x 10)	\$290	

**★**Page 3 is available for \$175/mo - 1/2 pg \$90

Full Page Advertorial w/ ad w/ text \$140-design is FREE.

★Classified Ads - \$10 for 3 lines -

(not business please) \$5 each additional line.

Highlander distributed the first of the month.

 $\star$  <u>DEADLINE</u> - EVERY MONTH THE <u>19th</u>

FREE graphic design is available , please notify near the 15th to begin.

Make checks payable to Highlander & send to: P.O. Box 7205, Golden, CO 80403

Phone • 303.642.0362

Email/Advertisers: ads@highlandermo.com Email ~ news@highlandermo.com

YEARLY SUBSCRIPTIONS ARE only \$25.

 $\mathbb{C}$ 

Copyright 2017, Highlander Monthly. All rights reserved. Republication in whole or in part is expressly prohibited without prior written consent from the editor.

## **REGULAR FEATURES**

Animals & Their Companions	18, 19
Book Review	26
Ad Index & Telephone #'s	34

## **HANDY NUMBERS**

COUNTY SERVICES			
ļ			
)			
)			
)			
)			
3			
)			

Boulder Animal Control ......303-441-4444

Coal Creek K-8	303-982-3409		
Drake Middle School	303-982-1510		
Ralston Valley Sr High	303-982-1078		
Golden Senior High	303-982-4200		
Nederland Elementary	303-258-7092		
Nederland Jr & Sr High.	303-258-3212		
Gilpin County	303-582-3444		
CANYON ORGANIZATIONS			
Gilpin Community Cente	er303-582-1453		
The Environmental Group	TEGColorado.org		

.....303-586-1491

**SCHOOLS** 

**Pages** 



Like Us on Facebook
Facebook.com/highlandermonthly

CCCWP.....



HIGHLANDER uses Sustainable Printing: Recycled paper, Sustainable Forestry, paper recovery, ultra low VOC, renewable printing plates, Green Certification.

## ProtectMustangs.org

After a massive uproar from the public, the federal government is cancelling plans to slaughter 45,000 wild horses. Last year, the Bureau of Land Management (BLM) 'Horse and Burro Advisory Board' voted 8-1 to "euthanize as many as 45,000 wild horses" currently roaming on federal land. According to Reuters, the BLM has decided against implementing the recommendation from the board and will continue to care for the 67,000-plus wild horses currently under its jurisdiction.

Currently, the Horse and Burro Advisory Board allocates \$49 million every year toward housing the wild horse population, which amounts to roughly half of its annual budget. The BLM estimates that the wild horse population can reach a maximum of 27,000 horses before the population starts to threaten other ecosystems and wild animal populations.

However, the Humane Society of the United States (HSUS) said the BLM has a responsibility to care for the wild horses on federal land, as the agency has devoted public resources to aggressively rounding up the animals over the last twenty years. The horses captured by BLM have no natural predators, and can increase their numbers rapidly as a result.

In a public statement, the HSUS said there are more humane methods of capping the wild horse population through focused birth control administration efforts, saying it "stands ready to implement these alternatives at any time." HSUS Horse and Burro program manager Gillian Lyons told Reuters that the reason for the BLM's \$49 million cost of caring for the horse population is due to paying private contractors to house the animals in their facilities.

"It's something the American public just doesn't know about, you don't think of wild horses being held in facilities all across the United States," Lyons said. BLM counters that administering birth control is difficult, as the drug administered to keep the horses from breeding wears off after two years.

A petition calling on President Obama to halt the extermination of the wild horses and halt round-up programs went viral late last year, going from just over 47,000 signatures to nearly 90,000 signatures so far.

The Bureau of Land Management has decided against euthanizing the 45,000 wild horses and burros it currently has in its custody, after a public outcry protesting the decision. The BLM announced their decision saying it would continue to care for the animals it currently has in its custody, rather than slaughter them en masse. The Humane Society released a statement lauding the decision, though they did include a caveat that the BLM's current approach is an untenable one: "The Humane Society of the United States is pleased to see that the BLM is not currently

considering sending any of the wild horses and burros in holding facilities to slaughter. However, maintaining the status quo is simply not good enough. The Wild Horse and Burro Program is a sinking ship and it is incumbent that the agency make real changes to ensure that the wild horse and burro program stays afloat."

A petition against the slaughter by the the conservation group **Protect Mustangs**, a 501c3 nonprofit organization "dedicated to the protection and preservation of native and wild horses," garnered over 132,000 signatures. Anne Novak, the group's founder, suggested that water wells could be drilled in herd areas that could still save taxpayers money, and argues that the horses and burros are necessary to the ecological sanctity of the West and a form of natural wildfire prevention. (The animals' grazing habits prevent dead and dry grass from piling up and forming what are essentially natural tinder piles waiting to be set alight by lightning, stray campfires, etc.)

Wild horses prevent wildfires<sup>TM</sup> is a campaign that focuses on the win-win for their place in their native ecosystem. When the BLM removes wild horses, costly wildfires hit that area furiously. Visualize wild horses grazing, reseeding and creating biodiversity within the New Energy Frontier while (Continued next page.)

"Accounting for you and your business!

## **INCOME TAXES**

Accurate & Inexpensive

**CAUTION!** Compare our prices & services BEFORE going to the better-known Tax Preparation Services!

Experienced, Insured, Bonded, Registered, References



- Electronic Filing
- Refund Transfers
- Direct Deposit
- Electronic Signatures
- FREE One State Income Tax Prep with Prep of Fed Income Tax

Still Available for Canyon Clients!

Jennifer G. Macoskey

APT Accounting, Payroll, & Tax Services, Inc.

P.O. Box 1201, Westcliffe, CO 81252

PHONE (303) 642-1040 • FAX (303) 642-7817

#### **Highlander Horse**

providing wildfire control. This is a low cost solution to a problem that costs the insurance companies billions of dollars annually. "We are united across the country to say no to slaughter, roundups and cruel overectomies in the field," states Anne Novak, executive director of Protect Mustangs<sup>TM</sup>. "We want our wild horses to be protected. Did you know America's wild horses are indigenous? Are you aware that CalTrans found ancient horse fossils while digging the fourth bore of the Caldecott Tunnel?"

The horse, E. caballus, originated in America over a million years ago and returned with the Conquistadors if it ever went extinct in the first place. With history written by the Inquisition, one must read between the lines. It was heresy for Old World animals, such as the horse, to have originated in the heathen Americas. Novak points out, "Recent DNA testing proves our iconic wild horses are the same species as E. caballus—the original horse." Esteemed scientists Kirkpatrick, J.F., and P.M. Fazio explained the following in *Wild Horses as Native North American Wildlife* (*Revised January 2010*). The Science and Conservation Center, ZooMontana, Billings:

'The key element in describing an animal as a native species is (1) where it originated; and (2) whether or not it co-evolved with its habitat. Clearly, E. 6 caballus did both, here in North American. There might be arguments about 'breeds,' but there are no scientific grounds for arguments about 'species.' The non-native, feral, and exotic designations given by agencies are not merely

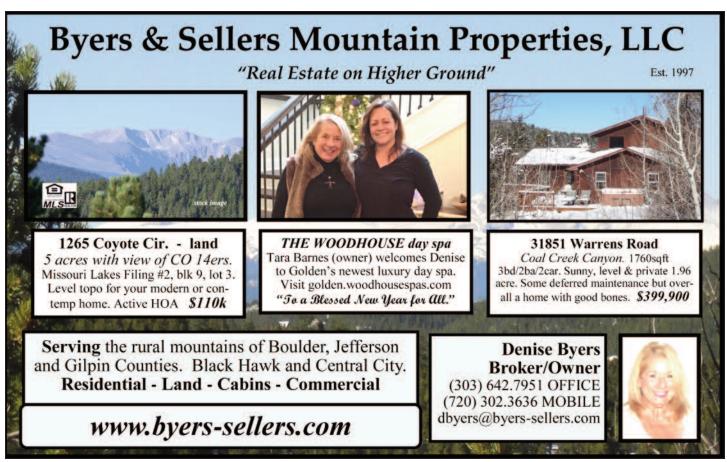
reflections of their failure to understand modern science but also a reflection of their desire to preserve old ways of thinking to keep alive the conflict between a species (wild horses), with no economic value anymore (by law), and the economic value of commercial livestock.'

The Bureau of Land Management (BLM) received \$78 million last year to run the Wild Horse and Burro Program. Two-thirds of the expenses went towards caring for the equids in captivity. Despite the federal budget crisis, the program received a \$2 million increase in funding for their 2014 fiscal budget—including \$6 million for the helicopter contractor.

California's Senator Feinstein chairs Energy and Water subcommittee as well as rules on Interior issues within the Committee on Appropriations. The Committee gives taxpayer dollars to fiscally irresponsible and cruel wild horse and burro roundups despite public outcry.

Roundups and removals are linked to mining and toxic fracking in the West. It appears native horses are being removed to fast track the extractive industry's use of public land for private profit yet the public and the environment are hit with the costs.

Native wild horses will soon be zeroed out from Wyoming's "checkerboard" public-private land-allegedly in preparation for the largest natural gas field in the country. **Protect Mustangs**<sup>TM</sup> is devoted to protecting native wild horses.



## HandyGirl Saga

#### By Antoinette Rose

Renting a cabin in the forest of a rural community, HandyGirl chose her love for nature, saying bye bye, to populated city lights. At the Kwik Mart, snacks and gas station, HandyGirl sat down with her microwaved burrito to read the local paper's classified ads and she bolstered up the courage to seek work there as a cashier. All slots were filled but as she was turned away an undisputed Gray Panther type-lady in muddy boots chimed in,

"I could use some help." Not knowing what to expect but desperately needing a job HandyGirl got into a total stranger's truck for the drive to "God's Little Green Acres," the Gray Panther's ranch. The Gray Panther lady was Ms. Ranch. She and Mr. Ranch liked HandyGirl; she looked hardy and physically fit for their needs. She got the job. "We'll see you in the morning," Mr. Ranch smiled.

That night HandyGirl didn't sleep a wink and it wasn't because of the non-stop melodic frog and cricket songs. She wondered about her 'dream come true' job. Daylight brought heightened excitement that over-rode being sleepy. Some thick gloves and a straw hat the happy camper was ready to do better than her best.

HandyGirl was given red barn colored paint, stirring stick, brushes and a step ladder. The outhouse was without farm-freshness and it surely needed painting. About halfway through, the thrill of foreseeing perfection had faded into stopping runs, correcting drips, cleaning up messes and wondering how she was doing. Ms. Gray Panther appeared with a half-moon stencil and blue paint for that final touch, the emblem for the door. HandyGirl received smiles and sixty-five dollars from the Gray Panther who added,

"If you're free tomorrow, we could use your help." And that's how the HandyGirl saga began.

HandyGirl had hoped they'd assign her to the overgrown garden full of perennials and tons of noxious weeds. But, no, Ms. Gray Panther preferred preparing the vegetable patch for seed planting. As much as she wanted to toil in

the soil of flowers, HandyGirl found pleasure in smoothing topsoil terrain, hoeing and chopping in rows. She would do anything for Ms. Gray Panther who was kind and comfortable to be around, never in a huff or hurry. HandyGirl chopped in six rows and called the Ms., "Come see," she stood outside smiling.

Mr. Ranch followed the Ms. and said,

"I thought you knew how to make rows."
The Ms. Gray Panther with a compliment offered,

"She did this without any help or instructions."

Mr. Ranch unyieldingly,

"Well, she should have asked." HandyGirl's heart raced. A weighted worthless feeling took over her body it felt too heavy for her legs. Ms. Gray Panther asked,

"Why do you keep picking on her? Stop it!" Mr. Ranch countered,

"We can't use those rows. Look at them. Every one is crooked." He was unaware that his index finger was stabbing puncture wounds into HandyGirl. Ms. Gray Panther took the reins,

"Wipe those tears off of your face. Hired hand simply wouldn't cry." Mr. Ranch gave HandyGirl a small bucket containing a hammer, yellow measuring tape, some nails and a ball of twine. He instructed her,

"Start over! The rows have to be straight."
Finally, some perfect rows (Continued next page.)





Residential or Commercial Foundations • Septics Installed Driveways • Utility Lines 303.642.7464



Jung, Karavas & Kranz, P.C.

Attorneys at Law

Real Estate – Business – Estates Boundaries, Access, Titles, Contracts

Estate Planning, Business Disputes & Advice.

1123 Spruce Street, 2<sup>nd</sup> Floor, Boulder, CO 80302

www.legalrealty.com 720-943-1095

#### **Highlander Fiction**

impressed Mr. Ranch. Now, he wanted HandyGirl to help out at the mine. What she knew about mines she had learned from the news reports when an accident had happened trapping miners. She wondered would this be underground work using a bird.

The tungsten mine wasn't easy to reach. The ride was steep and bumpy over oiled gravel.

"Even dumb Dora could do this job," Mr. Ranch exclaimed while they were still seated in his immaculate truck. He continued with,

"All you have to do is pick the tungsten rocks off of the conveyor belt and drop them into the five gallon bucket. The other rocks can roll down the hill."

From her back pocket came HandyGirl's thick work gloves.

"Nope! No gloves! Pretty soon you'll feel the tungsten without looking-makes the job easier keeping up with the belt."

HandyGirl figured there'd be a few rocks at a time with space between them instead an onslaught of rocks floated by her for plucking. The rocks kept coming and coming. The sharp edged rocks were heavy tungsten or not. Her cuticles were cut to pieces; she was in piercing pain and bleeding. Try as she may her willing spirit could not cut the job. She was afraid to wonder why she wasn't fired on the spot. She told herself, "I could have done without this. I'm good at planting aspens, evergreens and lilac bushes." Mr. Ranch was not pleased either; too much of his tungsten found its way down hill.

Jaime Mezo Dive Master- Cozumel Q.Roo. Mexico 011 52 1 987 564 3415 Cell haaimen@hotmail.com **Guided DIVES** and SPORT FISHING

Ms. Gray Panther excused HandyGirl from Mr. Ranch's mine because she had a more pressing cause. The sheep needed to be sheared but Mr. Ranch paid absolutely no attention. But when several sheep were bleating they needed a shave, Ms. Gray Panther's frustration peaked and she was more determined. So, she summoned for help. HandyGirl didn't mind being a pawn in the game; she understood that they were partners in crime.

HandyGirl retrieved a pair of shearing scissors from the greenhouse. She and Ms. Gray Panther put a piece of plywood on the ground to catch the wool and keep it clean. Then they placed the first ewe on it. She was huge up close compared to seeing her graze in the meadow and she wasn't happy on the plywood. The no longer docile creature jumped up; the Ms. pushed her back down. The ewe jumped up again and got pushed back again. Before HandyGirl finished hacking up the wool into little bitty oily pieces, the sheep finally reared. HandyGirl screamed! She had no fear until now. Mr. Ranch came running,

"I guess you didn't trust me to get it done," he laughed and looked at the four rough-cut pieces of wool in the dirt, "OK. That's enough," he said.

Mr. Ranch was familiar with shearing; he'd grown up on a sheep farm. In a flash he reappeared with an electric shearing blade. Zip, zip, zip, all done.

On this particular day Ms. Gray Panther wanted some muck from a horse barn.

"Really? What in the world is muck?" HandyGirl asked. Ms. Gray Panther looked at her and said,

"God bless you. Muck is farmyard manure – good fertilizer."

"Is some of it for the flower beds?" HandyGirl wanted to know. Ms. Gray Panther tilted her head and grinned, "It sure is."

HandyGirl quickly grabbed that grub hoe from the Ms., "Great!" she said and marched to the barn. The muck had dried rock hard and it was a foot deep. She tried with all her might to muck but that stuff was impossible to break up. Ms. Gray Panther shouted,

"It's backhoe time. Come on, there's plenty of manure in the pasture."





## LumberJacks

**Logging & Firewood** - Since 1986 -

Tree Service & Forest Management Techniques, Experience, Equipment to Handle Any Project

We know your forest and we care

- · Consulting · Wildfire Mitigation
- · Pinebeetle · Lots & roads cleared
- 13" & whole tree chipping Insured

303-642-0953

Whew! HandyGirl was glad to be away from the smelly closed-in barn. The pasture was beautiful, hosting mountain views, wildflowers and tons of small critters that scampered about. She refrained from chanting, OMH. First a couple of buckets and a shovel through the fence then she too was on the other side.

The buckets were almost filling themselves with manure. A dog barked in the distance and HandyGirl was jolted back from being transfixed in la la land.

But, then came the sound of hooves pounding the ground. A trio of Pintos galloped towards her at top speed. She screamed and yelled whoa, whoa to no avail. The trio came to a screeching halt and simply started to slowly nibble the grasses growing along the fence line.

HandyGirl came close to passing out, but she was ignored. The Pintos weren't even slightly interested in her. All of the loud hullabaloo and carrying on was for naught. The Gray Panther called out from her perch on the porch,

"Time for a break! You deserve one."



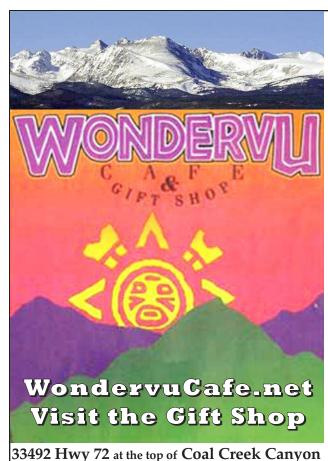
The two ladies had cupcakes and tea by the creek. HandyGirl was asked,

"Are you available tomorrow to do flower beds?"

A loyal reader has submitted this wonderful

work of fiction, thank you!

An example of a Pinto pictured here, named Harley.



Cafe 303.642.7197 - Elevation 8888 Ft.

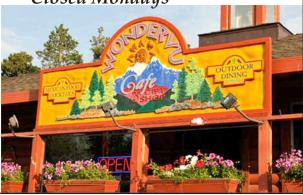
## **Wondervu Cafe** & **Gift Shop** Will be <u>OPEN</u> in January

COME In, It's Cold Outside!

We Specialize in Homemade Mexican Food with a View of the Continental Divide

Same Hours: Tues - Wed - Thurs 11am to 9pm
Fri - Sat - Sun 9am to 9pm
Check Facebook for Weekly Specials!
Closed Mondays

Call GIFT SHOP for Hours 303.642.1258



## The Geography Of Hope?

By Auden Schendler

Last fall, a landscape architect named Nick stood up at a town meeting in Basalt, in western Colorado, where I live. He said he'd sold his condo and was probably the last young professional to ever try to live here.

He griped that the community had abandoned urban planning, forsaking people like him and putting the town's future at hazard: No affordable places to live, no reasonably priced offices, and the council wanted to convert much of the town core into a park.

How did we get here?

People who choose to live in the West do so because they appreciate its natural beauty. Many labored to protect it, as developers filled green spaces with subdivisions. Some smaller towns got wise: They created urban growth boundaries, protected open space, and established zoning to preserve character. Eventually, though, the problems facing people like Nick - along with the traffic - metastasized.

The issue was the way town governments and their electorate saw the world. 'No growth' and 'land preservation' were their hammers, and every challenge was a nail. Even today, if you want to win an election, it's smart to run on a platform of 'protecting small town character.' Use the term 'slow growth' as a dog-whistle that means no growth. Oppose sprawl. Oppose density. Oppose height.

Congratulations, you've won! But now you've inherited a mess of your own creation. Like Aspen, you have gridlock traffic from bedroom communities downvalley. Like Jackson, Wyoming, you have a crisis-level worker housing shortage. Like Telluride, your land values are now worth more than the silver underground. The result: Banks become more viable than bakeries, luxury condos displace lodges. As in Boulder, Colorado, the problem is exacerbated because high buildings were deemed ugly and out of character. Your police chief commutes from 30 miles away, your teachers and nurses and carpenters from even greater distances. And the

community believes it's got to close the doors.

But opposing density and height under the guise of historical preservation and environmentalism is what created Aspen's West End, where empty single-family mansions surround empty parks. It's literally a museum of an old mining town. Has this neighborhood been 'saved'?

Urban policy reporter Emily Badger writes in the Washington Post that the notion that a place is 'full' is more about perception than reality: "We can always make choices to make more room, to build taller and denser, to upgrade schools and rethink roads to let more people in. That we don't isn't a limitation of physics. It's a matter of politics disguised as physics."

The politics creates inequality. Why should one person be allowed to live in Shangri-La, and not another? And since you can't actually stop people from coming in, a 'close the doors' land-use policy means only rich people can play.

The New York Times reported that "a growing body of economic literature suggests that anti-growth sentiment, when multiplied across countless unheralded local development battles, is a major factor in creating a stagnant and less-equal American economy."

Meanwhile, developers are forced by space constraints and zoning into smart growth. These projects add height and density inside the town core, with smaller size and selective deed-restriction creating affordable housing for young families and encouraging foot traffic. But though they provide exactly what towns need, townspeople don't welcome developers. Instead, they resist them, seeing the same villains that ruined Denver, Phoenix and Los Angeles.

Of course, mountain communities can't accommodate all the people who might want to live here. But many towns haven't tried all that hard. Aspen Skiing Company, which operates in Aspen and Snowmass, lacks beds for 600 workers. Yet when writer James Howard Kunstler suggested Aspen ought to add another story to the downtown, he was swiftly run out of Dodge.

Recently, the White House weighed in. The Times reported that the administration published 'a toolkit of

## HOUSE CLEANING ORGANIZING, ETC.

Eliminate chaos. Gain peace of mind.

general house cleaning • decluttering & organizing office assistance • errands & odd jobs

303.956.3532

www.housecleaningetc.com

## **MICHELLE MARCINIAK**

**Certified Public Accountant** 

Income Tax Services
Individual & Business

Phone 303.642.7371 email: marciniak.cpa@gmail.com



economic evidence and policy fixes to help local - leaders fight back against the NIMBYs that - hold sway over municipal zoning meetings - (calling) for more density, speedier permitting and fewer restrictions on - basement and garage apartments. The plan rejects some of the arguments made by environmentalists, labor unions and other liberal constituencies.'

But the battle roils on. In Aspen, voters have fought off several hotels that would have replaced guest rooms lost as older lodges converted to condominiums. Instead, Aspen gets townhomes. These buildings often sit empty or invite car travel, which hotels do not.

This result might be just what townspeople want. Mountain and resort communities are increasingly occupied by older, wealthier people. Peace and quiet is what they prefer. But do these residents only care about numbers, and not community character? The places we live, absent families, young people, commerce and foot traffic, can't really be described as towns, much less communities. They are, instead, locations in which to reside, 'houses,' as Nick has noted, 'with no rooms, just four walls and no doors.'

Auden Schendler is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). He is a town councilman in Basalt, Colorado, and a vice president at Aspen Skiing Company.

**Editor's Note:** I've been watching the Tiny House movement, both on cable and following many municipal code issues that the desire for smaller - individual living spaces have created all over our country.

I do believe many folks can live in much smaller houses and find them comfortable and affordable. While the movement began with mostly portable type blueprints, the desire to put down roots has created a wealth of floor plans and architects to fill the demand for permanent structures.

Much of the debate stems from city and county codes that don't allow such small footprints inside municipal or subdivision boundaries. Things are gradually changing due to demand for more leeway in the construction of housing that meets the needs of the many instead of just the few.

While property taxes, or the lack that a tiny house may provide has hindered change in many locations around the nation - it is also making officials and agencies think twice about keeping the status quo.

Tiny houses could alleviate housing shortages for many seasonal communities, vacation locales and other commercial industries that rely upon workers to live close to where they work, but not necessarily want to buy homes for a short or even long term employment situation.

The fact that many of the first tiny homes were portable put them in under the wire of code requirements, but now even retirees are demanding the ability to downsize their retirement homes. This new phase in the tiny home demand could become the next new environmentally friendly wave in the building and construction industry all over America.

As this demand increases it will also have ripple effects in our mountain communities, given county officials and departments for planning and zoning come on board to allow the changes that are bound to become necessary with the smaller footprints tiny homes create. Let us hope greed won't keep the changes from happening.



**Dostal Alley** 



## Can Trump Undo Obama's Policies?

By Cally Carswell - HCN

What the President-elect can — and can't — do when it comes to water, coal and climate change.

One week after the presidential election, on a summery November day, I phoned Denver-based climate activist Jeremy Nichols. Nichols has pressured the government to keep its fossil fuel reserves in the ground, with some success: In January last year, the Obama administration put a moratorium on federal coal leasing, something unimaginable during the heady drilling years of Bush and Cheney. I called to ask what Nichols expected from the next president? He remarked on the unseasonably warm weather, then lamented, "I'm going to yearn for the George W. Bush days."

Environmentalists have good reason to worry about President-elect Donald J. Trump. In 2012, Trump tweeted that climate change was a "concept" ginned up by the Chinese. Now, he's appointed a prominent critic of climate science and policy to oversee the Environmental Protection Agency's transition. On his new website, Trump promises to grease the permitting skids for fossil fuel production, end the "war on coal," support renewable energy and scrap the Clean Power Plan. At the same time, he professes a commitment to "our wonderful natural resources."

The energy industry is delighted. "I think what we're looking for right off the bat is simply having an administration that is not openly hostile to us," says Kathleen Sgamma of the Western Energy Alliance. Meanwhile, conservationists expect to spend the next four

years defending their Obama-era gains. But Obama's environmental achievements are considerable, and Trump can't vanquish them with a snap of his fingers. Many power plants have already taken steps to rein in toxic mercury emissions and pollutants that cloud parks and wilderness with brown haze. Obama's clean car rules have already stood up in court. So far, Obama has designated 27 national monuments — more than any other administration — and the new president has no clear legal authority to erase those protections.

Still, the carbon-cutting Clean Power Plan, one of the president's most significant accomplishments, is in peril. And the rarely used Congressional Review Act allows Congress to weigh in on any rule finalized after May 30 of last year, according to a Congressional Research Service estimate, by giving it 60 days in session to pass something called a "joint resolution of disapproval." If the president signs the resolution, the rule is nullified, and agencies are forbidden to issue similar rules.

Here we highlight some of the Obama administration's achievements and Trump's position on them, if known, and explain how Trump could attempt to undo them.

#### **Federal Coal Leasing Moratorium**

What Obama Did: In January 2016, Interior Secretary Sally Jewell issued a "secretarial order" directing the department to stop leasing federal coal reserves, pending a review of the program. Environmentalists like Nichols had pushed for this, arguing that leasing federal coal was inconsistent with Obama's climate goals, and that the program didn't deliver fair returns to taxpayers.

Trump's Take: One of the few specific promises Trump





PAGE 12 January 2017

has made is to lift the moratorium.

Trump's Options: Trump's administration can scrap the moratorium with the stroke of a pen — the same way the Obama administration created it.

#### **BLM and EPA Methane Rules**

What Obama Did: Both the EPA and Bureau of Land Management finalized rules last year to limit the amount of methane, a potent greenhouse gas, vented or flared by oil and gas drilling. The rules would limit those emissions at both new and existing facilities and funnel additional royalties to taxpayers, who don't currently earn revenue on methane that's burned as waste.

Trump's Take: We don't know. However, Trump has positioned himself as a staunch ally of the industry, which vigorously opposes the rules. The BLM's rule, finalized on Nov. 15, was met immediately with an industry lawsuit. Oklahoma Republican Sen. Jim Inhofe, who chairs the Environment and Public Works Committee, released a statement saying he looks forward to helping the new administration rescind the rules.

Trump's Options: Congress could use the Congressional Review Act to ask Trump to nix the rules, or include language in appropriations bills temporarily prohibiting the agencies from using funds for implementation or enforcement. Whatever happens, Erik Schlenker-Goodrich of the Western Environmental Law Center notes that waste prevention is a core principle of federal oil and gas law, and says his group will continue to ensure that BLM fulfills its legal obligations.

#### Oil and Gas Leasing Reforms

What Obama Did: In the early days of the George W. Bush administration, The Wilderness Society's Nada Culver says, you had to visit BLM field offices in person to keep tabs on oil and gas lease sales. Coordinates for parcels up for auction were posted, but you had to map them yourself and protest within a short window. As public-land drilling intensified, encroaching on places like Dinosaur National Monument, environmentalists protested more and filed more lawsuits. The result, says Culver, frustrated everyone: Environmentalists felt that the BLM put too little thought into leasing, and some offices became burdened

Jerry SOLD

OFFERED BY
Black Hawk
Real Estate

www.BlackHawkRealEstateCo.com

303-881-3953

with multi-year backlogs, a burden for industry.

Interior Secretary Ken Salazar sought to break the gridlock by increasing public participation and including more upfront planning. Public comment periods now precede lease sales, and the BLM is starting to give citizens more insight into its thinking before it drafts management plans. Master leasing plans, which try to resolve conflicts between industry and others ahead of leasing, are another product of Salazar's reforms.

Trump's Take: We don't know. Trump has promised to "lift restrictions" on energy development on public lands, but the Western Energy Alliance says it's hard to know exactly what that means. Litigation still bogs down leasing and protests continue, Sgamma says, pointing to a WildEarth Guardians lawsuit challenging all leases sold in Utah, Colorado and Wyoming since the start of 2015. She hopes for changes that speed up leasing and permitting. Trump's Options: The reforms were created through memoranda issued by Salazar, and they could be changed in the same fashion. But whether the new administration will do so is anyone's guess. Culver notes that the reforms have been incorporated into BLM's management handbooks, and that reducing public involvement could be politically tricky. "It's going to be hard to say, 'Never mind, don't pay attention to that man behind the curtain making all of the oil and gas (Continued next page.)



#### **Highlander Politics**

decisions.' Culver contends that there aren't that many restrictions on development anyway; the market is the primary limiting factor.

Nichols expects some change: "I think we will see Interior move to limit BLM's discretion to reject leases," he says.

#### Waters of the U.S. Rule

What Obama Did: This supremely wonky rule allows the





http://www.TEGColorado.org

feds to regulate pollution in small and intermittent wetlands and streams under the Clean Water Act.

Trump's Take: Trump has promised to eliminate what he calls a "highly invasive" rule, opposed by energy companies, agriculture groups, the U.S. Chamber of Commerce and many Republicans, who say it represents an egregious expansion of federal regulatory power. Trump's Options: Since the rule is currently tied up in court, Trump could let the legal system decide its fate. It's likely to end up in the Supreme Court, which may soon tilt in the GOP's favor. He could also ask the court to send the rule back to the EPA for revision. However, that process would be open to public comment and ultimately to more litigation.

#### Offshore Oil Leasing

What Obama Did: On Nov. 19, the Obama administration finalized its five-year plan for offshore oil leasing, which determines where leases will be offered through 2022. It canceled proposed lease sales in the Arctic Ocean and put the Atlantic and Pacific coasts off-limits to new leasing. Trump's Take: We don't know, but industry groups and Alaska Republicans aren't happy, and an "infuriated" Sen. Lisa Murkowski, R, has promised to fight the decision. Trump's Options: The new administration could write a new plan, but probably not quickly. Obama's plan was developed over two years, and industry interest in Arctic drilling has cooled amid low oil prices. Shell abandoned its exploratory efforts in the Chukchi Sea in 2015, citing disappointing results.

Cally Carswell is a contributing editor for High Country News. She writes from Santa Fe, New Mexico.





## A Way To Keep Independent Bookstores Alive

By Carrie La Seur

It's early October, and I'm at the High Plains Book Festival at the art museum in Billings, Montana, selling books as fast as I can handle the slippery credit-card reader. My own books are on the table with those of other regional authors and friends. Stacks of books pass to people I've known for years.

Everyone involved is smiling, giddy to see books selling like - well, like books - in downtown Billings. In the last six months, several hundred locals and more distant friends have bought \$100 shares, or made larger investments, to become co-owners of This House of Books, our new indie bookstore. Author-owners include Craig Johnson of *Longmire* fame, and Jamie Ford, author of the bestseller *The Hotel on the Corner of Bitter and Sweet*.

Back in 2011 and 2012, Billings lost its Borders, and then, more painfully, Thomas Books, the locally owned downtown bookstore we'd loved for 20 years. Many of us felt as if we'd somehow failed our bookstores, but both stores were profitable. What killed them was the corporate bookselling model, which demands ever-higher profits, and the exhausting burden of running a sole-proprietor shop.

There are still a few niche and used bookstores in town that serve their purposes wonderfully. We have Barnes & Noble and Costco and Target, but to anyone who values a bookstore as an expression of a town's soul - full of books chosen by a bookseller we know - they are no substitute.

Writers and readers got together and moped into our beer about this sad development. We felt like a house without a cat or dog; how could we claim title to being the lively literary community we knew we were? And yet there were encouraging signs: Around this time, voters approved funding for a new downtown library, the book festival began taking off, and suddenly, we had enough local authors for a good-sized party. All we needed was a bookstore.

If you've never experienced the way a great bookstore can accelerate time, so that two hours have passed and you're sitting on the floor with books in your lap wondering what happened, you might find it hard to understand how we felt. But a lot of us need to get lost in rows of new books. We need to hear authors read and speak, and we love to talk about ideas.

For a year or so, all we did was mutter and complain. No one was eager to throw down a life's savings and give up all semblance of a normal life to start a bookstore. In some places, this might have been the end of it, but you have to remember where we live. Billings (Continued next page.)







### Highlander Issues

made national headlines in the 1990s for its vigorous pushback against hate groups and white supremacists. This is not a community that walks away from existential challenges - the 'Not In Our Town' movement started here.

At some point, former Billings Mayor Chuck Tooley, of the Not In Our Town era, wondered aloud if a cooperative would work. Someone Googled it. Co-ops are special beasts. There are cooperatives for farmers selling grain and co-ops that sell electricity to rural residents. There are also retail varieties, such as food co-ops. Montana has a robust cooperative movement with staff to support new co-ops, so we kept researching.

So why can't bookstores be co-ops? Actually they already exist, with the Harvard Co-op Bookstore being one of the best known. The key is common ownership. When we made a decision to form what we called the Billings Bookstore Cooperative, we gambled that Billings would be willing to spend money, not just on books, but on owning a



little piece of a bookstore, in exchange for discounts and dividends.

Oh, the magic of being right, as townspeople stepped up. So began the slow-motion movement that led to This House of Books opening its doors in October 2016. Volunteers wrote a business plan. formed the cooperative, began selling shares and hired a general manager.

We had good advice from booksellers around Montana, and member-owners volunteered hundreds of hours building out the 3,000 square-foot space. In a critical step toward sustainability, staffers are now paid for their work. The bookstore features cushy chairs, a tea bar and good lighting, and member-picked books line the shelves - my definition of paradise.

This is a happy story, not just for Billings, but also for brick-and-mortar bookstores in general. In the wake of the Amazon and e-book revolutions, people have begun seeking a more personal experience, a trend that is reshaping the marketplace. The secret sauce is a bookstore that answers only to its community. It refreshes the human spirit in a fundamental way. This House of Books is that kind of gift, from the people to the people.

Carrie La Seur is a contributor to Writers on the Range, the opinion service of High Country News (hcn.org). She is a writer in Billings, Montana.

#### **Editor's Note:**

Co-ops and locally owned businesses in general can and do thrive if and only if, locals support them. Often it is inconvenient to buy locally, but the benefits far outweigh any extra effort on the part of the customers. I fondly remember a few canyon businesses I wish were still here.







## Coal Creek Canyon Fire Protection District

P.O. Box 7187 • Golden, CO 80403 303-642-3121

admin@coalcreekcanyonfd.org www.coalcreekcanyonfd.org

## Join the CCCFPD as a Volunteer Firefighter Or Wildland Team Member

The personal rewards and satisfaction received from the fire and rescue service are often beyond description. There is a tremendous sense of accomplishment after knocking down a structure fire or controlling a wildland fire, compassion for accident victims and those in need of emergency medical care, and a strong sense of pride knowing that you have helped your community.

Joining the Coal Creek Canyon Fire Protection District (CCCFPD) as a volunteer firefighter is a serious decision and involves a profound commitment.

In addition to a desire to help people, you also need courage, dedication, assertiveness, and a willingness to face new challenges.

Membership Requirements

Membership to the CCCFPD is open to anyone who meets the following qualifications:

Is between 18 and 60 years old

Resides within the Coal Creek Canyon Fire Protection District

Has a current, valid Colorado Driver's License

Has a high school diploma or equivalent

Is in good physical health (e.g., able to lift and carry up to 100 pounds at waist height)

Email: admin@coalcreekcanyonfd.org for a complete CCCFPD Membership Application Packet.

For more information please visit http://www.coalcreekcanyonfd.org/volunteer/

The application period begins January 1, 2017 ending February 15, 2017.

## **Animals & Their Companions**





Top: Coda, an unusual color of Labradoodle.

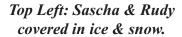
Left: Chanel & Lil'bit.

Right: Chicken

dressed up for the holidays.

Send in Your photos to news@highlandermo.com





Top Right: Mule deer doe basks in sunshine.

Bottom Right: Rudy & Sascha enjoy breakfast, Sascha with a blanket.

Bottom Left: Turkey dressed up for the holidays.



Cleaning

**Dryer Vent Cleaning** 

Code: HL2016



**Chimney Repair Specialists** 

**Thorough Dryer Vent Cleaning** 

**Humane Animal Removal** 

303-670-7785 midtownsweeps.com



YOUR CHIMNEY CARE EXPERTS

PAGE 19 January 2017

## Standing Rock December 2016

#### By Joseph Werne

Thank you to everyone who donated to our efforts at Standing Rock. We are all truly grateful. This is a brief report of our recent trip. It includes links to pictures of camp conditions and donated items, including items we purchased with monetary donations. Also, because it is relevant, a link to the latest Math Monday installment is included too. For those who don't already know, Math Monday is my attempt to include actual numbers and logic into otherwise fact-free "news" I have grown increasingly tired of listening to.

Standing Rock is comprised of three distinct camps: 1) Sacred Stone Camp, which is at the drill site; 2) Oceti Sakowin Camp, which is just across the river and

also on unceded land taken from the Standing A picture's Rock Indian Reservation with the 1868 treaty (which was not agreed to by many of the Sioux tribes), and 3) Rosebud Sicangu Camp, which unlike the other two, sits inside the 1868 treaty boundary, so this site will never be evacuated.



A picture's worth a thousand words. All three of these sites and much

more were part of granted reservation land in three previous treaties, including the 1851 treaty, but that land shrank by roughly a factor of two with the 1868 treaty, and even then, within ten years, more land was stolen when gold was discovered in the Black Hills, but that's another story. I and others in our group personally spent time in all three Camps during the five days we were at Standing Rock

WHAT DID WE DO THERE? - After attending a morning orientation meeting and listening to descriptions of camp needs at the Oceti Sakowin Community Dome, we shifted our pre-trip focus from insulating individual tepees to assisting with winterizing the shared community spaces, which is more inline with Lakota values and practices. The new Rosebud Sicangu medical tent was being erected as we arrived from the morning orientation meeting, so we jumped in and helped. We installed all of the 800 square feet of reflective bubble-wrap insulation we brought, and we helped insulate the tent floor from the cold ground with donated repurposed hot-tub covers. We then installed and



# Being there is why I'm here.

**Jim Plane**, Agent Bus **720-890-5916** Cell **720-233-6671**  Whether you need a question answered, a problem solved, or a claim reported, my job is to make it happen.

Like a good neighbor, State Farm is there.\* CALL ME TODAY.

Jim.plane.tb3x@statefarm.com

## AUTO-HOME-LIFE-HEALTH StateFarm StateFarm StateFarm

P097193.1 State Farm, Home Office, Bloomington, IL

## Peter M. Palombo

Professional Land Surveyor P.L.S. #33197

13221 Bryant Cir. Broomfield, CO 80302 720-849-7509

peterpalombo@aol.com

PAGE 20 January 2017

## **Highlander Issues**

fired up two of the seven wood-burning stoves donated by Johnnie Greathouse of Indian Peaks Stove and Chimney Service in Rollinsville. We delivered another stove to the Rosebud Sicangu pantry, and we took the remaining four to

the Oceti Sakowin Camp stove supply storage, which was empty - they really needed those wood-burning stoves! We also delivered a system of equipment specifically engineered to make operational six solar panels that were previously donated by Erin Inglish before we arrived. The support equipment we brought included two large batteries, a charge

controller, cables, wiring, and racks donated by Independent

Inside oceti sakowin community dome, this is from the Lightening, Ceci Little Bear December 5th press conference.

Power Systems of Boulder. Amidst the chaos of short trips and imperfect communication (texting and email were unreliable and intermittent), it took our entire stay and then some to locate and unite the six panels with the equipment we brought for them, but they are now all together in the MASH tent at the Rosebud Sicangu Camp, and we are in communication with people on the ground and with Independent Power Systems so we can make sure that solar system gets set up correctly for the new Rosebud Sicangu medical tent.

While there we also cleared space to erect a community yurt, which was going up as we left, and we got involved in other projects, like modifying a newly installed solar array to improve its efficiency and simplify its winter maintenance, and we repaired a tepee that was suffering from the high wind gusts that were ripping apart its top. With us we took and delivered thirteen 20-below-zero sleeping bags and pads, eighteen pair of insulated work gloves and five pair of 40-below work boots, 24 pair of wool socks, 20 sets of long johns, about 200 pair of hand and foot warmers, and other winter gear for camp residents. We also brought 6 five-gallon barrels of bulk food (which we donated to the camp pantry), 4 Carhartt winter work jackets, 1 Work King insulated coveralls, an XL down jacket, and a propane-powered space heater.

We brought a set of Ryobi power tools (circular saw, sawsall, impact drill, work light, six-port charger, drill bits and sockets, and batteries) that we used while working at the camp, and then we donated them when we left, making the Rosebud construction crew extremely happy. We also brought a cord of firewood and 12 propane bottles, a fraction of which we used while there, and the remainder

we left as winter fuel donations. We also left some of our own personal gear because it satisfied glaring needs, knowing we could replace them when we returned. These included a 4-port USB hub and two USB battery backup

units.

We distributed the winter gear and clothing directly to people who needed them, requesting all items remain in the camp when those people returned home. On our last day we left all our remaining gear with Standing Rock Lakota Sioux Hunkpapa tribal members we met while there, Tammy Black

Woman, and elder Rachelle

Unci (which means grandmother). All three grew up at Standing Rock and currently live there or nearby. We then used the balance of our monetary donations (actually we went over by \$444) on the last day to (Continued next page.)



2017 Page 21 January

#### Highlander Issues

help with transmission and braking-system repair costs for a delivery vehicle owned by tribal members that has been making weekly supply trips up to Standing Rock from Rapid City since April.

ACCOUNTING AND FUTURE DONATIONS - In addition to tangible donations, I personally received \$3,920 in cash, check, and PayPal donations raised in a week, and I spent \$4,364, including \$110 in PayPal fees, leaving me short by \$444. If you want to help with my shortfall, you can continue to donate through the following link: http://littletreeacoustic.appspot.com/ I'll send any excess to my Hunkpapa tribal contacts who grew up at Standing Rock. At this point timing is not critical, so a check in the mail avoids the PayPal fees (unless you

know how to avoid those with "send money to a friend.") WHAT'S NEXT? - If you read the latest Math Monday entry related to the Dakota Access Pipeline (the link is included here), you will learn a remarkable thing, and that is that "no federal agency has jurisdiction over oil

pipelines," according to the Army Corps of Engineers FAQ addressing Dakota Access Pipeline issues. This is what made it possible to avoid an Environmental Impact Study

15,000 people have come as allies to the water protectors. Standing Rock is now the tenth largest city by population in North Dakota.



while building and nearly completing a 1200-mile-long pipeline that will, according to the Oil and Gas Journal, spill at least 10,000 gallons of crude oil every single year of its operation. Let that sink in. The only reason an Environmental Impact Statement is now being prepared is because 15,000 Americans assembled in protest to say enough is enough. This appears to be the model for environmental stewardship in the future - enough citizens are going to have to take time out of their lives to force responsible governance by clogging an irresponsible system. It saddens me that we have so blatantly shifted our emphasis in this country I love to protecting profits over public safety that no federal agency has jurisdiction over oil pipeline regulation. Does this make any sense at all? It appears that we, the American people, are just going to have to jump in the driver's seat and do this ourselves. So

After being on the ground at Standing Rock, I can tell you that at this point the process is organic and somewhat disorganized. There are obvious things that can be done better and smarter. For one, while it absolutely makes sense for people fighting risky and unnecessary oil pipelines to be supported on the ground by wind-driven and solar-powered alternatives, as is being done at Standing Rock, it makes little sense for such systems to be erected by amateur volunteers using temporary installations built from bare 2x4s in the winter to support equipment capable of providing 25 to 50 years of reliable electricity. Engineered mobile systems that can be set up in an hour and rapidly relocated make much more sense. Recognizing this, upon returning to Colorado we immediately got in conversation with Independent Power Systems of Boulder to strategize on the next sensible step, and we discussed gifting mobile "power tower" systems with 1kW solar arrays + 1kW wind



## Plan Early for Valentines!

Make your Reservations NOW!

3 Course Menu Starter, Soup or Salad Choose from 10 entrees \$18-\$39

Hours: Thursday - Saturday, 5 pm - 9 pm Sunday 12 pm - 8 pm CLOSED on Monday, Tuesday & Wednesday Visa • MasterCard • Discover • American Express 32138 Hwy 72, Coal Creek Canyon 303-642-3180

PAGE 22 January 2017

turbines to First Nations' people who have been fighting to protect our water for us. Stay tuned on this, and let me know if you might be interested in donating to such a system. It will take about \$20k, so let your responsibly minded wealthy friends know. In the meantime, please read the latest Math Monday entry (link here) for many more facts relevant to the Dakota Access Pipeline. It will offer an education about this pipeline project that is not being adequately handled by existing media outlets.

Also, here's something I hope you do right now that will have the biggest impact: use sustainable alternative energy. For reference, the 4.5 kW solar system on my roof has provided all of my home electricity needs for the past ten years, including 13,000 miles in the last year driven using an all-electric Nissan LEAF. Please just change the way you think about energy, and, if you are not already, make monthly payments on a loan for your solar and wind systems instead of monthly payments for electricity generated by fossil fuels. You will save money while saving the planet. The cost of my solar panels was completely offset years ago by monthly electricity charges I have avoided after they were installed, so all the electricity I am using at home now is effectively free.

Also, for most of us, daily roundtrip drives are nearly always well within the 100-250 mile range of current electric vehicles, and those vehicles are extraordinarily simple and, as a result, much less expensive to fuel and maintain than conventional gasoline-powered or hybrid vehicles. For reference, the 13,000 miles I put on my Nissan LEAF last year cost me only \$22 to replace the cabin air filter. That's it. The energy was free - I've been driving on sunlight captured on the roof of my house. That many miles on the gasoline-powered car my LEAF replaced would have cost me over \$1600 at the pump alone. If your daily trips are in the ballpark of the national average, which is only 20 miles or less, get an electric car, and power it with wind and/or solar. Your pocketbook will thank you. And the fossil-fuel related cancer deaths you save will free your conscience. It is estimated that 28 cancer deaths will happen every year because of the Dakota Access Pipeline - read the Math Monday for details.

Thank you again to everyone who participated, either through your donations or through your action. Please share this information with others and encourage them to contribute as well. They can do that with the following link:

http://littletreeacoustic.appspot.com/...

Best, Joe Werne

Math Monday is a Facebook link so go to:

www.Facebook.com/MathMonday

**Editor's Note:** Unity Church in Boulder is still taking donations also and depending on volunteers to transport the donated items up to Standing Rock.

# Arrow Drilling Company



# WATER WELL DRILLING

LICENSED, BONDED, INSURED

Established 1974

40 Years of Experience

303.421.8766

Peter Berglund-Lic. #1215

5800 W. 60th. Ave. Arvada, CO 80003

## Mitch Barrett Concert - TEG Meeting March 5th

Letter to the Editor,

The Wild Bear Mountain Ecology Center (20 Lakeview Drive #107, Nederland, CO) is hosting another concert Saturday January 28th, and it's going to a be a lively night of original Appalachian storytelling and music on guitar, dulcimer, and whatever else Kentucky performer and Telluride Troubadour winner Mitch Barrett decides to bang, strum, or pluck.

Mitch is one of the most dynamic and gifted performers you'll ever hear live, and he's at his best in small audiences in intimate spaces, like Wild Bear's Eco-Arts Lounge. Upon hearing Barrett's award-winding music, legendary

singer-songwriter Darrell Scott said, "The boy's digging for coal and bringing up diamonds." As acknowledgement of his excellence as a songwriter and performer, Mitch has won the following awards: Telluride Troubadour Songwriting Competition, Kerrville "New Folk" Competition, Rocky Mountain Folk's Festival Songwriting Competition, Merlefest "Chris Austin" Songwriting Competition (only two-time winner!).

Potluck together with the performer at 6:30pm, then we all ride the Carousel of Happiness together with Mitch at 7:15pm, before the music starts at 7:30pm. Get tickets at http://wildbear.org/concerts/ Joe Werne

#### Letter to the Editor,

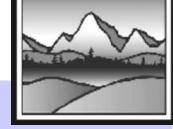
A meeting to update Coal Creek Canyon and Northshore residents on developments regarding the expansion of Gross Reservoir is to be held at the CCCIA Hall on Sunday March 5th, 3 pm. Please plan to attend for the latest information.

Bambi Hansen, VP TEG



## Computer, Network & Web Support & Services

Bring your business into the 21st Century. Add a web presence, including a website, to attract new customers.



Show up on Google with SEO (Search Engine Optimization) including Google Adwords and Places setup! Wondervu Consulting Services specializes in helping you define and meet your business computing needs.

Call us for a free estimate! Canyon or town we never charge for travel!

- · Wireless or Wired Network setup · High Speed Internet Access Expert
  - · Web site design, development and optimization
    - · Computer repair, upgrades, virus removal

Secure online purchasing available for your website!

Wondervu Consulting Services

**303–642–0433** or visit us at www.wondervu-consulting.com Michele Barone – mbarone@wondervu-consulting.com

PAGE 24

January

2017

## Do You Need A Real Estate Agent?

#### From Jim Plane - State Farm Insurance

The Internet has made us rethink a number of old assumptions about buying and selling. Transactions that were once difficult to perform without the assistance of a third party – setting up travel plans, say, or reshaping an investment portfolio – are now, simply put, far easier to perform. So when it comes to buying or selling a home, one of the bigger and more complicated financial transactions in most people's lives, it's worth asking whether doing it alone makes more sense.

While it's certainly possible to buy or sell a house without using a real estate professional, and while there are even a number of advantages, don't discount the value of agents just because you think it will automatically save you money. Sometimes it will; sometimes, it won't.

Here are some pros and cons to help you make the decision.

#### **Pro: Agents Have More Information & Expertise**

While anyone can access a number of websites that provide information about listings, real estate agents have access to an exclusive database, the Multiple Listing Service (MLS), which provides detailed price history information – in other words, the MLS lets agents tell you how the price of properties has changed over time.

Agents also have training, familiarity and experience with what can be confusing paperwork and a hard-to-navigate process.

#### Con: The Fees, Of Course!

The math is simple, and so is the point. Selling agents will typically charge you around 6 percent for their services – thousands of dollars that you would otherwise be counting as profit. Buying agents, however, do not directly charge the buyer a fee.

#### **Pro: Agents Can Make You More Overall Money**

Even though the cost of an agent might make you consider selling your home yourself, think about what an agent can do for you as a negotiator. Experience, access to the MLS, and knowledge of the marketplace can all lead to a higher negotiated price – in many cases, easily high enough to justify an agent's fees.

## Con: An Agent's Interests Are Not Necessarily The Same As Yours

When you're buying a home, there's a basic, underlying economic tension between you and your agent: You're rewarded differently for different outcomes. Whereas you're looking to buy a home at the lowest possible price, and therefore save as much money as you can, your agent's compensation actually decreases as you find a better deal.

### Either Way, Ask The Right Questions

It might be useful to simply make a few phone calls and discuss your position with a number of possible agents. You may find somebody you like; you may hear that final argument – or unexpectedly find that dream property that an agent just heard about through the grapevine – that ultimately persuades you.

Whatever the case, don't be afraid to ask the questions that will help you make an informed choice. Make a list before you make the call, or use the questions below as a starting point:

- How do you plan to keep us informed on the progress of the sale?
- Where do you feel your strengths lie?
- How did you arrive at the suggested listing price?
- What is your marketing plan for the sale of my home?
- Can you give me three references of buyers/sellers you have worked with?
- How long have you been in real estate?
- Are you a full-time agent?
- How many home sales did you participate in last year?
- How many buyers/sellers are you presently working with?
- How "available" do you make yourself?
- How does someone contact you?
- Are you familiar with the price and area in which we want to look?

What was the average selling price of the homes you sold last year?



## How Yoga Can Enhance The Outdoors

TO STRETCH, STRENGTHEN, and HIKE FARTHER

Review By Liz Thomas

Yoga for Hikers opens with the author, Nicole Tsong, a yoga-skeptical, Alaska-living outdoorswoman, having just moved from Anchorage to the big city, Seattle. Irritable from traffic and urban life, distraught by a lack of access to

nature, she takes up yoga on a whim as a coping mechanism. It also is an alternative to halfhearted attempts to train during the hiking off-season.

The new practice proved its effectiveness during Tsong's first subsequent session of skate skiing, a form of cross-country skiing with skating-like propulsion. "In the past it had usually taken me at least a month to skate ski up to about four miles in one go without

pause—and here I was practically bolting up the hills the first day, Tsong writes.

The premise of her book is simple: The connection between nature and yoga may at first glance seem tenuous, but adventurers can build strength, stability, endurance, and increase recovery time by complementing their activities with yoga. To emphasize the point, one highlight of the book is interviews with outdoor athletes and professionals. Epiphanies and personal stories of conversion to yoga come from the likes of Buzz Burrell, the noted trail runner and adventurer, to Kristin Hostetter, the gear editor at Backpacker Magazine. Tsong collects testimonials from a range of trail-bound adventurers as well as scientific evidence, each extolling how yoga improves performance, heals and prevents injuries, and toughens minds to deal with challenges.

Tsong's claims of yoga's benefits for the hiker aren't limited to the physical. "Yoga teaches you to listen to your body and understand when you can push and when you need to take your intensity down a notch," she writes. Beyond the physical, yoga can enhance our understanding of and connectivity with nature, she also writes. Using Tsong's techniques, yoga can teach us to feel the same peace, hyperawareness, and emotional high of being outside, even when we have to stay indoors.



Member Arvada Chamber BBB of Commerce



A New Generation in Crackless Plumbing

720.974.0023

Arvada based plumbing for new construction, remodels. repairs or upgrades, etc. Family owned & operated since 2004.

#### **CERTIFICATIONS:**

- Gastite CSST flexible gas lines
- Uponor (Wirsbo) PEX piping
- InSinkFrator Pro Circle food waste disposers
- Bradford White Everhot tankless water heaters

Attention to detail Accredited GREEN Small carbon footprint

www.keatingpipeworks.com

I am an avid long-distance backpacker with more than 16,000 miles on my shoes who until recently was an Appalachian Trail record holder. Yoga has helped me heal and become stronger. After a hiking-related shoulder injury six years ago, a yoga practice similar to that illustrated

> in Yoga for Hikers helped me recover. Like the trekkers highlighted in Yoga for Hikers, I've found that regular practice in the offseason has made me more aware of my body and its needs. Admittedly, when I'm hiking I never seem to find enough time for "on-trail" sequences like those described at the end of the book. Yet I believe the classes described in the book can help hikers "get to the next level" and feel more

confident with their bodies in the outdoors.

NICOLE TSONG PHOTOGRAPHY BY ERIKA SCHULTZ

The book's audience ranges from the wouldn't-be-caughtdead-in-a-yoga-studio hiker to the experienced yogi seeking targeted poses. Unlike many other yoga books, Yoga for Hikers shows photos of real people practicing in nature — not glamour yogis. The goal of the book clearly is to make everyone feel comfortable practicing yoga to reach peak physical and mental performance.

Tsong answers the questions those new to yoga often are afraid to ask, and provides extensive details for those with more knowledge of the practice. She starts from scratch, explaining everything from equipment needed to set up your home practice, to common challenges in each pose, or to how to choose a class when you want an instructor to push you further.

Recognizing that yoga can be daunting, especially for people who prefer to be alone in the woods, the bulk of the book spells out three full at-home yoga classes. Tsong details nearly 70 poses in simple language that someone who has never taken a yoga class can understand. For each pose, she shows how each exercise applies to the physical demands of the trail, with special emphasis on hikerspecific injuries like Achilles tendonitis and plantar fasciitis.

In addition to guiding readers through two strengthening classes and one recovery class, Tsong dedicates a chapter to practicing outdoors and includes two shorter "classes" to take to the trail and repeat during breaks and in camp. Yoga for Hikers seeks to convert the most yoga-skeptical outdoorsperson and, thanks to the author's voice, does it in a way that is patient, thorough, and kind. Tsong seems to know a secret to the outdoor experience that can be unlocked through yoga and challenges readers to look beyond the sometimes intimidating yoga-pant-laden stereotype. Yoga for Hikers - Nicole Tsong 238 pages, softcover: \$16.95 Photography by Erika Schultz The Mountaineers Books, 2016

## Look Before You Shoot!

#### By Marjorie 'Slim' Woodruff

I am getting tired of being shot at. The perpetrators may not realize they are shooting at me, but that only makes it worse.

People in the Wild West like to carry their guns with them when they venture into the outdoors. So far, so good. Problems arise when they get bored, pull out said guns and start plinking away at various objects. Shots from a rifle may travel more than a mile. The shooters cannot actually see that far.

Hiking in the national forest and hearing the BOOM of a high-powered rifle - one knows not where - is disconcerting, to say the least. In Arizona, it is illegal to shoot at trees, signs or outbuildings. Firearms must not be discharged within 150 yards of residences, buildings, campsites, occupied areas, recreational areas or domestic livestock. Shooting across a road, trail, or watercourse (with or without water in it) is prohibited.

Someone who decides to get in a little target practice on the public lands may not know if there is a trail, road or recreation area close by. Some do not appear to care.

East of Phoenix, Usery Mountain is within range of a popular impromptu shooting area. There is a sign on the hiking trails to 'watch out' for random gunfire. I am not sure exactly what I am watching out for. By the time I hear or see the bullet, I am guessing that it is probably too late.

In the Superstition Mountain Wilderness, also near Phoenix, hikers are liable to hear gunfire even though recreational shooting is prohibited. I informed some shooters at the junction of five trails that no matter what direction they aimed, they would surely be shooting across a trail. I was told curtly that they 'knew what they were doing.'

Another day I was relaxing by the trail, when a BOOM went off right in my ear. I took off at a dead run, much to the amusement of the man in camo concealed nearby, who had, in fact, fired the gun. Whether or not he was trying to

**24 HOUR** First Time Service Seven Days Call - \$54.95 **SERVICE** A Week OCTOR WATER WEL **PUMPS** Licensed & Bonded 13 YEARS EXPERIENCE Sales & Service Owner - Operated WATER TREATMENT Ask For Tom O'Brien Competitive Prices (The Doctor) GOULDS PUMPS NO MILEAGE CHARGE

frighten me or simply didn't realize I was there, I wasn't going to hang around.

Many are the times I have stood in an open area, listening to gunfire, yelling at the shooters that there were hikers in their backstop. Often they resignedly put up their guns until I was more or less out of range. Usually I am scolded for wandering around where they are trying to shoot.

Several people each year are killed or injured by random bullets or from guns fired into the air during events such as New Year's Eve. In Arizona, a young girl's death in 2002 resulted in the passing of 'Shannon's Law,' making the discharge of a firearm into the air illegal.

Target practice can harm more than people. The lead detritus from the bullets degrades the soil and the water, and plastic shotgun shells will never biodegrade. Shooting at glass (illegal) scatters shards far and wide. It is not uncommon (though also illegal) for people to drag old appliances into the desert to use as target practice. The riddled refrigerator is, of course, left there. Then there are those unspeakables who use Native American rock art as targets.

During seasons of high fire danger, (Continued next page.)



## Massage Therapy For People



Healing Body, Mind & Spirit

## GIFT CERTIFICATES available, for a

special occasion for that special person!

New Location - Still Local in the Canyon

303-503-6068

handshoofsandpaws@gmail.com www.handshoofsandpaws.com

Shelly Peters CMT, CCMT, CEMT

Certified Massage Therapist

Coal Creek Canyon & Wheat Ridge, CO

#### **Highlander Issues**

national forests are closed to recreational shooting because the spark from a gun may start a fire. Since 2009, as many as 81 fires have been started in Tonto National Forest in Arizona by target shooters. The Doce Fire in Prescott, Arizona, in 2013, started in a shooting area and burned over 7,000 acres.

Cacti are tempting targets, however prohibited. Will



## **FORBES** Farrier Service

Paul Forbes

303-642-7437

303-725-8471 Cell

## SUMMIT UP

## **Property Management**

**High Country Property Management** and Maintenance Expertise

Long Term Property Management is our Specialty Glenda Foelsch - Broker (303) 618-8266

summituppropertymanagement.com

anyone forget the shooter of saguaro cactus who was crushed in 1982, when his multi-ton target fell on him? His demise was chronicled in the Austin Lounge Lizards song 'Saguaro.' In 2015, 2 percent of the Sonoran Desert National Monument outside of Phoenix was closed to target shooting due to damage to the environment, the cactus and the endangered desert tortoise.

Carrying a gun in the backcountry is not the issue. The irresponsible use of said gun is. Gun owners do themselves no favors when hikers, bikers, equestrians, or ATV riders unwittingly become moving targets. Responsible gun users call the perpetrators of these abuses the 'loony-toon' shooters. However, when a ban is put into place, they are all affected.

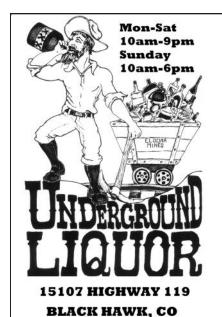
Spoiler alert: This is not the Wild West anymore. Rustlers may no longer lurk behind each boulder, but a group of birdwatchers may. And we are rather unhappy about being shot at.

Marjorie 'Slim' Woodruff is a contributor to Writers on the Range, the opinion service of High Country News(hcn.org). She is an educator in Grand Canyon National Park.

#### **Editor's Note:**

While it is unfortunately not illegal to discharge a firearm in many mountain subdivisions, those folks that like to shoot off their guns in bedroom communities are asking for citizens to work at changing that fact with new laws that will take on the task of making it illegal someday.

If you are guilty of this foolhardy practice you have only yourself to blame when the law makes your 'loony-toon' habit a hit to your finances by way of a hefty fine. The majority of residents are getting pretty tired of the noise, lack of consideration and continual safety issues.



## **TASTINGS Every 2nd & 4th Saturdays of the Month**

January 14th - 3 to 6 pm **Breckenridge Brewery** 

January 28th - 3 to 6 pm **Wine TBA** 

www.undergroundliquorstore.com

**Angels With Paws** Cat Rescue & Adoption Center A Non-Profit Volunteer Organization YOU CAN MAKE A FFERENCE 2540 Youngfield St Lakewood info@angelswithpaws.net

303-582-6034

## Buffalo Field Campaign-buffalofieldcampaign.org

#### **Calm Before the Storm**

With very little activity along Yellowstone's boundaries, it's feeling like the calm before the storm. BFC is running full patrols in both Gardiner and West

Yellowstone, and wild buffalo are currently staying safe. In the Gardiner Basin, on the north side of the Park, a few groups of buffalo have been appearing and disappearing, not yet ready to commit to accessing lower elevation habitat. In the Hebgen Basin, along the western boundary of Yellowstone, we have been keeping a close eye on a few bulls, but they are miles within Park boundaries and off limits to hunters. However, that hasn't stopped a few groups of

hunters from zipping up and down the Park boundary, scoping into the Park, looking for buffalo and hoping they will show themselves.

Some hunters have gone so far as to enter the Park, donning hunter orange, with rifles strapped over their shoulders. As we currently have no game warden here along the western boundary, we're keeping a close eye on things, watchful for illegal hunting.

BFC attended a media tour of Yellowstone's Stephens Creek buffalo trap recently, documenting and asking questions. The trap is currently empty except for 40 young buffalo who have been imprisioned there since late-February. These lonely, orphaned buffalo will never be wild and free again, having been doomed to either a life of domestication, being turned into livestock, or sentenced to slaughter.

They are not alone. Yellowstone and other Interagency Bison Management Plan decision-makers are planning a massive slaughter this winter, stating that they "need" to kill between 900 and 1,300 buffalo. The "need" they are satisfying is that of Montana's livestock interests, who will stop at nothing to prevent wild, migratory buffalo from re-establishing themselves throughout their native homelands. They will be met by opposition every step of the way, as Buffalo Field Campaign will stop at nothing to ensure that wild buffalo restore themselves on the lands that are their birthright.

You can help wild buffalo right now. Please take a

moment to make two very important phone calls:
1) Call Yellowstone Superintendent Dan Wenk at
307-344-2002 and demand that he stop bending over
backwards to appease cattle interests at the expense of



the buffalo he should be protecting;

2) Call Montana Governor Steve Bullock at 406-444-3111 and urge him to help repeal or amend MCA 81-2-120, the law that gives authority over wild buffalo in Montana to the Montana Department of Livestock, and urge him to support a new plan that respects wild buffalo like wild elk in Montana.

Tell them both to stop sacrificing our treasured national mammal on the altar of the cattle industry. When you call, expect that each of them will place the blame on the other, but know that they are both directly responsible for this war against the country's last wild buffalo.

"Don't separate issues of environmental degradation from the oppression of people... We cannot win one struggle without understanding the other."

- Leonard Peltier



Discounts For Monday Thru Friday Maximum \$4.00 Value Buy 1 Meal & 2 Beverages At Reg Price Receive 2nd Meal Of Equal Value Or Lesser Value For Half Price

Greek • American • Mexican

303-420-6650

9543 Ralston Road · Arvada

**EXPIRES 4 / 2017** 

## Colossal Dreams Take Colossal Actions

By Frosty Wooldridge

While moving through childhood, oftentimes parents ask their kids, "What are you going to be when you grow up?"

Like most children, you didn't possess a clue. You didn't know what you faced when you grew up let alone what you might become as a human being.

Nonetheless, you blurted out, "I'm going to be a fireman or nurse or baseball player."

Everyone smiled while you spoke your answer. In reality, most people don't possess an inkling about their life-purpose. Many lose any chance of pursuing their dreams because they get caught up in life by getting married, raising children and working a job. They chase their dreams after they retire.

What if you could live your dreams while living your life? Any chance you could design your life around your dreams?

Ralph Waldo Emerson said, "Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true,"

As you grow into your teens, 30s, 40s and older, explore your natural gifts. You may be able to draw, sculpt or paint. You may enjoy tremendous musical talent with a violin or guitar or French horn. You may be a powerful athlete in swimming, tennis or triathlon. You may be an exceptional teacher.

Take each gift, explore it and apply your time. As you hone your gift, try to align it with your mental, emotional and spiritual power. Explore it from different arenas. For example, you may be able to paint exact replications of bodies in athletics. Or, you might love abstracts. Attend an art museum with its multiple artists in every arena. See what heightens your interest among the many. Return home to apply your talents.

In that application, you may hit a "chord" in your nervous system, your heart and your intellect. Once you hear the "chimes" flowing with your talents, pursue them with vigor.



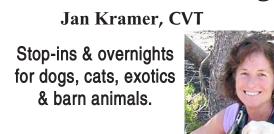
During your pursuit of your dreams, avoid becoming the victim. "Oh, I can't do that; I'm no good at that; I wish I could draw better, I wish I was more athletic," you lament.

A big key to reaching your dreams stems from your sense of the "colossal calling of your life."

Spend your time with affirmative thought and energy toward your dream. Maintain a clarity of spirit and a sense of intention daily.

Move with purposeful work toward your dream. Everything takes effort over time. There's an old saying, "The harder one works, the luckier one gets."

Affirm your worthiness every day with meditation, prayer or a daily walk. You must accept and believe in



Vet Tech Pet Sitting

Wing & nail trims for your pets.

(H) **303-642-0477** 

(C) **303-981-5259** 

kramerjan@juno.com

Member of Colorado Association of Certified Veterinary Technicians

PAGE 30 January 2017

### **Highlander Inner View**



runs through your body and co-partners with your imagination. You harness that energy as a purposeful creative process that unfolds every single day of your life.

Along your path, stick your neck out. Sniff the wind. Harness your mind. Call upon your muscles to engage. Gaze upon the horizon with your eyes. Remain alert to the creative process.

Your dream becomes your reality by your relentless, passionate and purposeful actions toward it. Note: many of life's failures were people who did not realize how close they were to success when they gave up.

As Henry Ford said, "If you think you can, or you think you can't—you are correct."

yourself.

Affirm your newness in the world. Break out of judgment into acceptance. That single act creates a confidence in your mind that drives your dreams forward.

Speak to your inner self with positive ideas, thoughts and actions.

Affirm your dreams to yourself, your family, your mate, your friends and to the world.

Finally, assert your partnership with the "Creative energy of the universe." Whatever your connection to the "Creator," you may think, speak or co-partner with that entity. Think of it "championing" you toward your destiny.

Accept that the energy that runs through the universe also

Always understand that "I can! I will! I am!"







## CSU To Study Brain Ailments

From Mary Guiden - colostate.edu

## CSU team uses test for chronic wasting disease to study brain ailments in people.

Wildlife disease experts at Colorado State University are investigating whether a test developed to detect early-stage chronic wasting disease in deer might also be used to identify the onset of brain disorders, including concussion-related trauma, in people.

In a sign of its potential significance, the research is funded with a \$850,000 grant from the U.S. Department of Defense. The agency hopes to find better ways to detect and prevent concussion-related brain injuries, such as chronic traumatic encephalopathy, in U.S. soldiers exposed to munitions blasts in the field.

Prion diseases similar to malfunction in human conditions. Such use of a diagnostic test designed for deer is possible because CWD is in a family of neurodegenerative ailments called prion diseases, characterized by protein misfolding that triggers a cascade of ultimately fatal brain damage. Protein misfolding in

Tune into KGNU Community Radio at

88.5 FM & 1390 AM Boulder / Denver 93.7<sub>FM</sub> Nederland



Listen to diverse voices, music from around the world and programming heard no where else!

KGNU, independent community radio, broadcasts hard hitting news and public affairs and an eclectic mix of music including world, hip-hop, folk, reggae, and bluegrass. KGNU gives volunteers the opportunity to take the media into their own hands, providing training, equipment and access to the airwaves.

88.5 FM & 1390 AM Boulder / Denver 93.7 FM Nederland

Only on KGNU Community Radio | www.kgnu.org | 303-449-4885

prion diseases is strikingly similar to cellular malfunction that occurs in human neurological conditions including concussion, chronic traumatic encephalopathy, Alzheimer's disease and Parkinson's disease, said University Distinguished Professor Edward Hoover, who works in the CSU Infectious Disease Research and Response Network.

"In the last five years, there's been an interest in applying this new technology to other neurological diseases," Davin Henderson, a researcher in the Hoover Laboratory, explained. "Chronic traumatic encephalopathy, or CTE, is similar to prion disease."

CTE, a degenerative disease likely caused by head trauma, has gained significant attention in recent years because of brain injuries among military veterans and dozens of former National Football League players and other athletes.

The CSU team is collaborating on the study with the Center for Cognitive Neurology at New York University's Langone Medical Center, which will provide tissue samples from patients with dementia who donated these tissues to science.

#### CSU excels in prion research realm.

Alan Rudolph, CSU vice president for research, said the new project represents what the university's scientists do best. "The research being conducted out of the Hoover Lab, in conjunction with NYU, highlights CSU's expertise with prion and amyloid disease research," he said. "It demonstrates how CSU is translating important discoveries in animal science for human application in innovative ways."

CSU is renowned for its research breakthroughs on chronic wasting disease, a contagious neurological disease that affects deer, elk and moose: CWD was first identified as a fatal wasting syndrome of mule deer – and as a prion disorder – at CSU research facilities. CSU Professor Terry Spraker also first discovered chronic wasting disease in a captive research herd of elk in Colorado in the 1970s.

The Hoover research team, in CSU's Department of Microbiology, Immunology and Pathology, is leveraging prion expertise to better understand human neurological conditions characterized by protein misfolding. In addition to CWD, prion diseases include bovine spongiform encephalopathy, or mad-cow disease, in cattle; scrapie in sheep; and Creutzfeldt-Jakob disease in humans.

#### Protein misfolding is like a zombie story.

Prions are "misfolded versions of a normal protein we all have," said Hoover, who has overseen CWD research for the last 13 years. "When this protein minds its own business, it is innocuous to us, and it performs tasks we don't fully understand," he explained. "It's very rich in the brain. But when it misfolds, it coerces or seduces normal proteins to misfold as well, so that leads to an

PAGE 32 January 2017

## Highlander Science

amplification, which spreads in the tissue. Those misfolded proteins somehow damage the nerve cells in the brain, so

that gradually, one develops dementia." It's like a zombie story, Hoover added.



The test that detects CWD at very low levels in the urine, saliva or feces of deer, elk and moose may also be used to detect one of several misfolded proteins found in people with Alzheimer's, Parkinson's, traumatic brain injury and other similar diseases, Henderson said.

Researchers and clinicians are also interested in learning more about the connection between traumatic brain injury and short-term and long-term disorders resulting from concussion.

"We believe that traumatic brain injury causes something to be put into play in the brain that leads to the loss of brain cells over time," Henderson said. Detecting the progression of these human neurological diseases is key to treating them. "If you can't tell that someone's sick until they have symptoms, it may be too late" to provide an effective treatment, Henderson said.

## HIGHLANDER Monthly

The Only Four Canyon
Magazine

Local & Regional
News & Views
Broad Circulation - homes
and businesses
Great Advertising Results &
Affordable Rates
Printed Copies & Online
FREE Graphic Design and
Change Your AD Monthly

Call **303.642.0362** Today
Check out our Distribution at
www.HighlanderMo.com

## Highlander Ad Index & Business Telephone Numbers

ADVERTISING		COMPUTER SERVICE & REPAIR		<u>LIQUOR</u>	
Graphics Galore pgs 12, 14, 30	303.642.0362	Wondervu Consulting Serv. pg 2	4 303.642.0433	Mid-County Liquors pg 11	3093.642.7686
Highlander Monthly pgs 16, 3	3 303.642.0362	2 10		Underground Liquor pg 28	303.582.6034
		<u>ELECTRIC</u>	,		_
ANIMAL CA	<u>RE</u>	United Power - Inside back Cov	er 303.642.7921	<u>PLUMBINO</u>	
Angels w/Paws-Cat Rescue pg 28	303.274.2264			Keating Pipeworks, Inc. pg 26	/20.9/4.0023
Cheshire Cat - Catios	303.642.0362	<u>ENTERTAINM</u>	<u>ENT</u>	<u>PROPANE</u>	
Hands, Hoofs & Paws pg 27	303.503.6068	KGNU Radio pg 32	303.449.4885	Peak to Peak Propane ins cov	877.888.4788
Vet Tech Pet Sitting pg 30	303.642.0477	Jaime Mezo Scuba Diving Cozu	mel, Q.Roo pg 8	Carl's Corner pg 16	303.642.7144
		<u>ENVIRONMEN</u>	<u>TAL</u>		
<u>APPLIANC</u>	<u>E</u>	The Environmental Group - t	egcolorado.org	<u>REAL ESTAT</u>	<u>E</u>
ProTech Appliance pg 14	303.642.7223			Black Hawk-Jerry Baker pg 13	303.881.3953
<u>ART</u>		<u>EXCAVATIN</u>	$\underline{G}$	Byers-Sellers Mtn Properties pg 6 303.642.7951 Mock Realty-Kathy Keating -Back cov 303.642.1133	
The Silver Horse - pg 21	303.279.6313	Driveway Doctor pg 31	303.642.0606	Summit Up Property Mgt. pg 2	
The Rustic Moose - pg 21	303.258.3225	Silver Eagle Excavating pg 7	303.642.7464	Summit Op 1 Toperty Wigt. pg 2	28 303.018.8200
		<u>FARRIER</u>		<u>RESTAURAN</u>	TS
<u>ATTORNEY</u>	<u>S</u>	Forbes Farrier Service pg 28	303.642.7437	Ralston Road Cafe pg 29	303.420.6650
JK & K, P.C. pg 7	720.943.1095			Westfalen Hof - pg 22	303.642.3180
		FIREWOOD & FOREST MA	<u>ANAGEMENT</u>	Wondervu Cafe pg 9	303.642.7197
<u>AUTOMOBI</u>	<u>LE</u>	High Timber Mtn Tree Serv. pg	11 303.258.7942		
Carl's Corner pg 16	303.642.7144	Lumber Jacks - pg 8	720.212.1875	<u>RETAIL</u>	2 202 250 2122
Kysar's Place Inc. pg 8	303.582.3566	<u>GIFTS</u>		ACE Indian Peaks Hardware pg 1 B & F Moutain Market pg 16	303.258.3132
Mountain Muffler pg 31	303.278.2043	The Silver Horse - pg 21	303.279.6313	Meyer Hardware pg 3	303.279.3393
		The Rustic Moose - pg 21	303.258.3225	Mountain Man Store pg 15	303.258.3295
BUILDING/CONSTI	<u>RUCTION</u>	Wondervu Gift Shop pg 9	303.642.1258	The Silver Horse - pg 21	303.279.6313
ACE Indian Peaks Hardware pg	13 303.258.3132	<u>GROCERIE</u>	<u>S</u>	The Rustic Moose - pg 21	303.258.3225
Arrow Drilling-pg 23	303.421.8766	B & F Moutain Market pg 16	303.258.3105		
Keating Pipeworks, Inc. pg 26	720.974.0023			<u>REVERSE MORTGAGES</u>	
Meyer Hardware pg 3	303.279.3393	<u>GUNSMITH</u>	<u>I</u>	Universal Lending Corp. pg 15	5 303.791.4786
Peter Palombo, Surveyor-pg 2	0 720.849.7509	Colo. Gun Rooms LLC pg 7	303.957.9964		
RedPoint Construction pg 25	303.642.3691	<u>HEALTH &amp; FIT</u>	<u>NESS</u>	<u>RECRUITME.</u>	<del></del>
Steel Structures America ins cov	970.420.7100	Hands, Hoofs & Paws pg 27	303.503.6068	CCCFPD pg 17	303.642.3121
		Nederdance pg 14	303.258.9427	BOOKING	
<u>BUSINESS SER</u> )	<u>VICES</u>			<u>ROOFING</u>	
APT Accounting pg 5	303.642.1040	<u>HOME IMPROVE</u>		Independence Roofing pg 3	720.399.0355
Graphics Galore pg 12, 14, 30	303.642.0362	ACE Indian Peaks Hardware pg		STEEL STRUCT	URFS
Michelle Marciniak, CPA pg 1	0 303.642.7371	Colorado Water Wizard pg 12	303.447.0789	Steel Structures America ins cov	970.420.7100
Wondervu Consulting Serv. pg 2	4 303.642.0433	House Cleaning/Organizing pg 1			
		Meyer Hardware pg 3	303.279.3393	<u>TAXES</u>	
<u>CHIMNEY SWI</u>	<u>EEPS</u>	Redpoint Construction pg 25	303.642.3691	APT Accounting pg 5	303.642.1040
MidTown Chimney pg 19	303.670.7785	<u>HORSE BOARI</u>		Michelle Marciniak, CPA pg 1	0 303.642.7371
	_	Rudolph Ranch, Inc. pg 15	303.582.5230	****	
<u>CLOTHING</u>		INICIID ANIC	E	WATER & WE	
Mountain Man Store pg 15	303.258.3295	Im Plana Stata Form, ng 20	<del></del>	Arrow Drilling pg 23 Colorado Water Wizard pg 12	303.421.8766 303.447.0789
The Rustic Moose - pg 21	303.258.3225	Jim Plane-State Farm- pg 20	720.890.5916	Doctor Water Well pg 27	303.447.0789

PAGE 34 January 2017

## JANUARY 2017

## POWER UPDATE



## Scholarships Available

This year United Power will award 16 scholarships for a total of \$18,500 to students who are either served by the cooperative. or are dependents of members. Scholarships are awarded based on overall academic performance taking into account grade point average, ACT and SAT scores, extra-curricular activities and a brief essay. The scholarships range in value from \$1,000 to \$2,000. Applications can be found at under the 'My Community' tab at www. unitedpower.com.

# Applications must be postmarked by January 31, 2017. Only one application is needed to apply for all available scholarships.



Customer Service: 303-637-1300

## Energy Efficiency Tips for the New Year

It's a new year, and it's a great time to take a look at ways to save energy in your home— and it's not always expensive or painful to do. Here are our top suggestions for the new year:

#### **Use Sunlight to Your Advantage**

During the winter open curtains and take advantage of Colorado's amazing sunshine to help warm and brighten your home. In summer use light colored window shades or blinds to reflect heat back outside and keep your home cooler. Using natural light also helps reduce costs for lighting.

#### Save Money with Efficient Lighting

About 10 percent of your energy costs go toward lighting. Just replacing five of your home's most frequently used lights with energy efficient bulbs could save you \$75 a year. Try the latest LED technology and take advantage of a rebate offered by United Power—check out our website to make sure you purchase qualifying bulbs.

#### Use an Electronic Power Strip for Your Electronic Equipment

Many electric devices use power even when not in use. Often called "energy vampires" these devices cost families as much as \$100



a year. Use a power strip for electric devices and turn it off when not in use. Also, unplug chargers—they draw energy even when they aren't connected to a device.

#### **Replace Outdated Appliances**

Appliances and electronics account for about 20 percent of the average household's energy use. Efficient appliances can reduce your use of energy and water. Not only will you save money on your energy bill every month, United Power offers rebates on Energy Star® washers, dishwashers, refrigerators and freezers. We'll also help cover the cost of recycling your old refrigerator or freezer.

To learn more about additional energysaving tips and programs, visit our website at www.unitedpower.com or contact one of our Energy Management Specialists at 303-659-0551 or at 303-637-1300.

## Youth Leadership Opportunity

United Power is now accepting applications for the Cooperative Youth Leadership Camp, held near Steamboat Springs, Colo. from July 15-20, 2017. The primary objective of the camp is to provide an educational experience for young people on the organization and operation of a cooperative. Students also participate in activities that teach leadership and teamwork skills and build self-esteem and confidence. Interested students must complete an application, be 16 years of age or older and have their primary residence be in United Power's service territory.

More information and applications can be found under the 'My Community Tab' at www.unitedpower.com. Applications must **be postmarked by January 31, 2017.** 

## Mangia Bene! Italian Challenge: CCCIA Sponsored Sat. Jan. 28, 2017 – 6:30 to 8:30 Prizes Awarded for the Best Red Pasta, White Pasta and Dessert.



2099 Winding Drive
Beautiful New Build
4 BD/ 3 BA 1,481 sq.ft \$380,665



8300 Spirit Horse
Bring Your Dreams, Solar.
11.43 Acres \$145,900



219 Katie Lane
Home, Barn, 2 Workshops and More
3 BD/1 BA 1,228 sq ft \$349,900



3491 Gross Dam Road A Slice of Mountain Privacy 38.92 Acres \$189,000



694 Lost Angel
Solar Home on 9+ Acres
1 BD/ 1 BA 714 sq.ft. \$269.000



34060 Skyline Drive
Beautiful Mountain Home
3 BD/ 3 BA 2,863 sq.ft. \$499,000



1055 Divide View
Fabulous Custom Home
4700 sq.ft. Home on 2 Acres



33966 Nadm Drive
City Lights Twinkle Below
1.08 Acres \$75,000



O Tiber Road - Land Two Adjacent Lots 1.88 Acres \$68,000



11662 Hillcrest Road Great Updated Home 2 BD/ 1 BA 1,152 sq ft \$315,000



2126 Apex Valley Road Home on North Clear Creek 3 BD/ 2 BA 1,406 sg.ft. \$310,000



118 Gap Road
Fantastic Mountain Retreat
5 BD/ 4 BA 2.670 sq.ft. \$610.000



3174 Coal Creek Canyon Drive
Cozy Home next to S. Boulder Creek
2 BD/ 2 BA 1,770 sq.ft. \$189,000



TBD Green Ranch Road
Beautiful Mountain Property
37.05 Acres \$375,000

BUY OR SELL A HOME WITH Kathy Keating or Susan Peterson and use the moving truck for FREE





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

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



Susan Peterson Broker Associate 303.497.0641

