

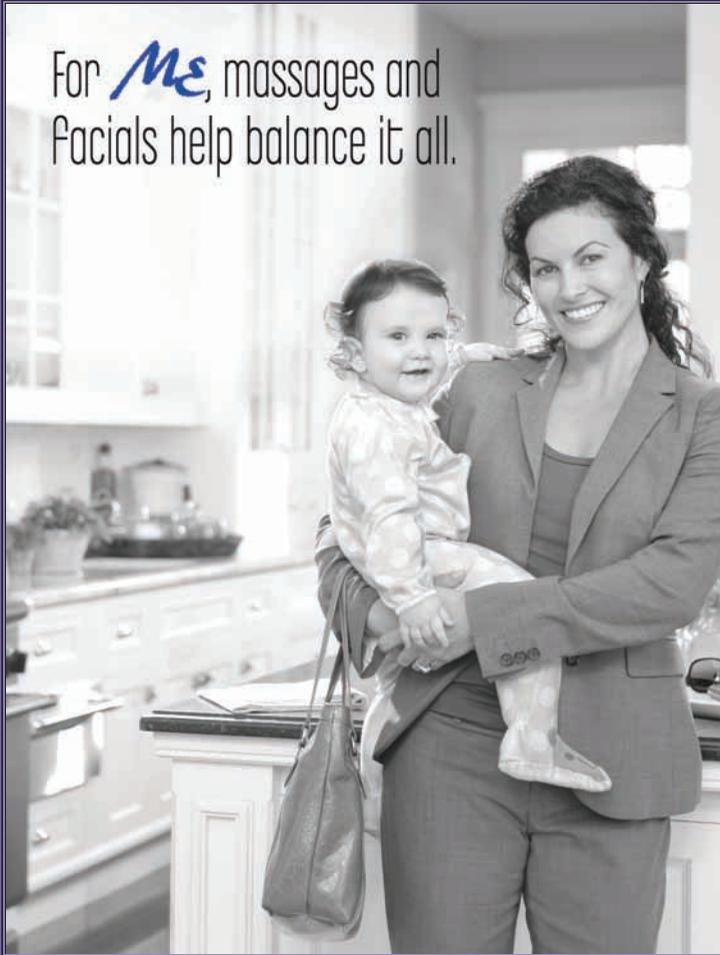
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Positive News for a Change!

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Our National Parks Need Room To Breathe

By Daniel B. Botkin and Alfred Runte

In just three short years, the National Park Service will celebrate its 100th birthday. In anticipation, on Aug.25 of last year, the agency released a report prepared by a special advisory committee on the role of science in the parks. That report called for more support of science, more scientists on park staffs and a scientific oversight committee.

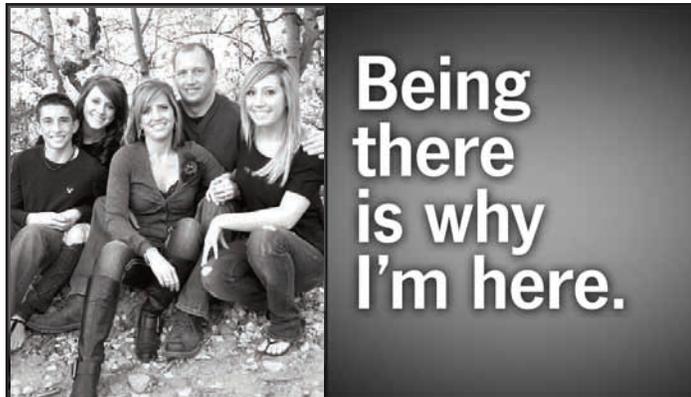
We have nothing against science, but these recommendations miss an essential point. Not even science can save national parks if we neglect and lose their fundamental asset, which is open space. Up to now, America's sheer size and stunning scenery made it relatively easy for us to create spacious parks. The founding fathers challenged Europe's treasured art and architecture by touting the unrivaled natural beauty of North America. In that spirit, America's first national parks - Yosemite and Yellowstone - were established as "monuments to a living antiquity."

Later, when other values evolved and were added to these parks, each was large enough to accommodate them. By the 1910s, scientists recommended that the national parks

serve the country's vanishing wildlife as well as its remarkable scenery. "To the natural charm of the landscape (animals) add the witchery of movement," wrote Joseph Grinnell and Tracy I. Storer, both zoologists with the University of California. But without generous open space - now recognized as habitat - no amount of science could have elevated wildlife into "an asset" of national parks.

For 50 years, Grinnell's students - many of them in Park Service uniform - taught about the importance of wildlife. Finally, in 1963, the distinguished Leopold Committee, headed by the zoologist A. Starker Leopold, completed what Grinnell had started. Beyond landscape, "the biotic associations within each park (should) be maintained, or where necessary recreated," the committee reaffirmed. In short: "A national park should represent a vignette of primitive America."

At the time, going back centuries to suspend natural processes may have seemed like good science. Now, we know that nothing about nature is permanent or perfectible. However, the Leopold Committee was onto something in its term, "a vignette of primitive America." Observing changes in those vignettes and monitoring them scientifically would certainly require open space. Today, preservation of that space remains a critical need. As climate changes occur, how can we provide habitat for endangered species and maintain migration corridors?



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Moreover, as the human population increases, open space outside public lands decreases.

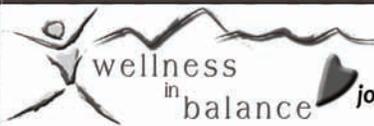
Is it good science to disrupt the open space inside our national parks for our new technologies - cellphone towers, for example? How can the parks serve as locations for environmental research and the exploration of new genotypes while also being asked to accept new distractions purely in order to entertain visitors? The disciplined maintenance of open space against development is still a national park's greatest challenge. On that score, national parks have expanded to include the importance of many other "vignettes," including those of our national history.

Among our 398 national park areas, there are 25 battlefields (nine known as military parks), 46 historical parks, and 78 historic sites, places that can claim neither geological monuments of wonder nor major opportunities for viewing wildlife. In each, open space is often the critical asset. As historians note, Gettysburg National Military Park is no longer the "exact" battlefield of July 1863. The town in particular has grown, and preserving the open space surrounding it remains the key to preserving the park today. Without that first bout of discipline, as it were, no amount of current efforts to restore the battlefield to its approximate appearance 150 years ago would matter. The entire "vignette" would be gone.

Vision seldom arises from any committee; it is rather serendipitous and comes from the heart. This underscores why the national park idea has a heart so bold and true, and why 187 countries around the world have followed our brand of heartfelt "discipline." Science is important and instructs us about what we should and should not do to the land. Our gift to the world, however, is open space, as

defined by space itself. If we lose that, we lose everything grand about the national parks, no matter how many new scientists we hire.

The writers are contributors to *Writers on the Range*, a service of *High Country News* (hcn.org). A lifelong naturalist, Daniel Botkin's latest book is ***The Moon in the Nautilus Shell: Discordant Harmonies Reconsidered***. Alfred Runte, an environmental historian, is the author of ***National Parks: The American Experience***.



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Sarah Jewell & The Adventure Of A Lifetime

By Ben Long

President Obama's nominee for heading the Department of Interior, Sally Jewell, is historic - not for who she is, but for who she is not. She is a mountaineer, an ultra-marathon runner, a CEO of REI, the outdoor gear giant, and a former bank executive and oil company engineer. She appears to be some kind of archetypical über-woman of the Pacific Northwest, jogging up Mount Rainier on coffee breaks.

Jewell's résumé is as richly complicated as the heady concept of "ecosystem management," and it sounds like she has plenty of experience in both arenas. Those interested in "ecosystems" will look toward her years with REI and the nonprofit National Parks Conservation Association; those leaning toward "management" will note her careers in the petroleum and banking industries.

Another Seattleite (former Mayor Richard Ballinger) has been Interior secretary before, and so has a woman, Gale Norton. But what sets Jewell apart is that she is not, and has never been, a politician. For many decades, the Secretary of the Interior has been the plum post of the classic Western politician: Men (usually) like Donald Hodel, Cecil Andrus, Harold Ickes, Ken Salazar, Stewart

Udall, Bruce Babbitt, Dirk Kempthorne. All shared a background in politics, either as an elected official or by dint of holding some position high in the apparatus of government or partisan machines.

Interior is bloody political turf because the stakes are so high and the money is so big. Land is wealth, and the Interior Department manages millions of publicly owned acres, from sagebrush scablands to national treasures such as Yellowstone and the Grand Canyon. The land includes oil and gas and wildlife and rivers and ski resorts and other precious resources. When folks compete to divvy that up, they do it with sharp knives.

The mere fact that Jewell is President Obama's candidate shows that a more mature view could be emerging about the department's role and mission. Jewell knows there is more than one way to wrest wealth from land. Yes, there's a place for using the land to provide food, fuel and fiber. America needs all that. But in the modern world, other values rise like cream to the surface as well.

Jewell's billion-dollar company, REI, is part of a much larger outdoor recreation industry. America's great public landholdings are valuable not only for crude oil, natural gas and livestock feed, but also for providing scenic getaways for weary urbanites, fishing and hunting spots for blue-collar families, streams for salmon and a host of other species, and clean water for millions of people. Plus, our



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public lands are increasingly understood to provide a priceless setting for business owners and other investors. Economists are getting better at putting dollar signs on that, but it still represents a shifting mindset.

The glimmering chrome-and-fir temple of REI in downtown Seattle is testimony to the fact that recreation and quality-of-life dollars add up to real money. It's hard to trace Jewell's record to assess how she might approach natural resource disputes in our public lands. But clues point toward a mind that understands the value of consensus and fair solutions. Jewell's kneejerk critics, like Utah's Rep. Rob Bishop, will immediately scent an environmentalist conspiracy in anything that smells more like pine needles than gas fumes. That kind of thing gets him re-elected in Utah, but his views don't represent the broader American experience.

In her home state of Washington, Jewell's reputation is that of a pragmatist, not an ideologue. She's supported efforts like the Yakima Basin Integrated Management Plan, a classic example of centrist groups, representing both conservation and agriculture, getting down to brass tacks to compromise and solve serious problems. In consequence, local farmers will get the water they need for irrigation, and valuable runs of sockeye salmon will be restored. Hard-core folks on both extremes throw rocks at solutions like the Yakima plan, which accept the need for collaborative conservation in order to get things done.

Can Jewell's kind of professional experience survive - let alone accomplish good things - in today's Washington? Is the fortitude that got her to the highest peak in Antarctica enough to help her endure the posturing and politics of Congress? A good guess is that Jewell's appointment - a refreshing departure from the old politics - signals that Obama is setting the stage for a new kind of conservation legacy. And if she is confirmed, Ms. Jewell can count on one thing: She is headed for the adventure of a lifetime.

Ben Long is a contributor to Writers on the Range, a service of High Country News (hcn.org). He lives in Kalispell, Montana.

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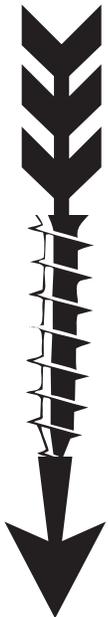
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A Return To Helping

By Heather Rogers - Remapping Debate

Instead of either leaving older Americans to fend for themselves as they become less mobile and more isolated, or stowing them away in nursing homes and other facilities, an old idea in secular garb - a community of mutual assistance - has begun to find life in virtual villages scattered throughout the United States.

“What we’ll probably be doing is grocery shopping, picking up prescriptions for her, whatever she needs,” said the executive director of Newton at Home. These services will be provided by other members and volunteers - free of charge.

While it seems to be improving the lives of its members, the “Village model,” as it is known, has limitations, including a strong tendency to replicate the racial and economic homogeneity of the places where Villages arise. Moreover, Village administrators we spoke with were unable to articulate a broad political or philosophical vision of mutual assistance as an alternative to the far more dominant social practice that might be characterized as “ignore or transplant.” But Villages do appear to provide rudimentary aspects of genuine community that are worth further evaluation.

Over the last decade or so, some 90 Villages have cropped up across the country, with an average of about 250 members each. Villages offer members services including transportation, assistance with grocery shopping and home maintenance, friendly visitors, exercise programs, cultural excursions, and classes. Villages, which operate as nonprofits, are funded primarily through yearly dues paid by members, which average about \$500, as well as by private donations. Some Villages may fairly be seen as something like concierge services, referring members to approved paid providers who will help for a fee, but others emphasize members directly helping each other.

The little things aren’t so little - In Newton, Massachusetts, a suburb of Boston, aging residents founded “Newton at Home” in 2011. It is a Village that prides itself on serving its members predominantly through mutual assistance.

Recently, a member (we’ll call her Mrs. Smith) was in Boston running errands. While she was out, Maureen Grannan, executive director of Newton at Home, recounted, she fell and badly broke her ankle. Mrs. Smith was taken by ambulance to the hospital and sent in for surgery. As soon as she could, Mrs. Smith called the Village office and asked for help. (Most Villages have one full-time paid staff member who takes calls and coordinates services.)

“So we scrambled and we got a couple of volunteers to go over to Cambridge, near Harvard Square, pick up her

car, [and] drive it back,” explained Grannan. Once Mrs. Smith was moved to a rehabilitation facility, the Village sent a volunteer to her apartment to gather clothing for her stay. “And we’ll be helping her out when she comes home,” Grannan said. “What we’ll probably be doing is grocery shopping, picking up prescriptions for her, whatever she needs.” These services will be provided by other members and volunteers - free of charge. Villages claim that help like this is crucial in allowing older people to stay at home.

“As people grow older they lose muscle mass, strength, [and] the ability to do things around the house that they used to be able to do,” Grannan explained. Simple tasks like changing a light bulb, getting trash barrels to the curb, fixing a door that won’t close, or a broken window can seem insurmountable. “They can’t keep up with home maintenance,” Grannan said. According to a 2010 AARP survey, almost 90% of people over the age of 65 say they want to “stay in their residence as long as possible.” In other words, they don’t want to go to retirement communities, assisted living, or nursing homes.

Similarly, if older people can no longer see well enough to drive, they won’t be able to keep up with doctor visits, grocery shopping, housekeeping, and cooking, and they can begin to feel overwhelmed. They might stop venturing out to see friends, which can lead to isolation-related depression. They, or their family members, might then begin to feel that they should leave their home because they can no longer fully care for themselves and their quality of life has declined.

“It’s a compilation of a lot of little things that make people leave and say, ‘I can’t do this anymore,’” Grannan said. “The place people really fear is nursing homes,” said Jon Pynoos, professor of gerontology, policy, and planning at the University of Southern California. Pynoos said that

people’s fear of leaving home centers around a “loss of control and power over their lives.” Many people imbue their homes with symbolic meaning.

“They might have raised their children there,” he said. “It’s decorated in a way that’s a statement about who they are. And when you’re in your place, you’re the king or the queen.”

Kathryn E. McDonough is the executive director of Capitol Hill Village in Washington, D.C., the Village that pioneered the volunteer-centered approach when it launched in 2007. According to her, the most recent generation reaching retirement age - the one establishing Villages - doesn’t want to live in housing for the elderly. These are people, McDonough said, afraid of not being able to have what they want to eat, not being able to see the people they’ve known all their lives, and not being able to do activities that they like. They know this can happen, she said, because they watched their parents go through the experience. From this they also know how expensive care facilities can be.

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Villages do appear to provide rudimentary aspects of genuine community that are worth further evaluation.

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Update - Buffalo Field Campaign

SPEAK OUT! Your Actions Are Making a Difference - Keep it Up!

February 21, 2013 - Buffalo do not flee after a friend is shot, but will run to them, attempting to get them up again, grunting, circling and nudging them. Buffalo have many amazing behaviors that demonstrate that they deeply care for one another.

America's last continuously wild buffalo population numbers fewer than 4,200 individuals. Living in and around Yellowstone, they are under a tremendous amount of pressure that threatens their immediate survival and their long-term evolutionary potential. This season, hunters along the border of Yellowstone National Park have gunned down over 127 wild buffalo. While Montana's state hunt is finally over, some treaty hunting will continue through March.

Additionally, the Montana legislature is quickly moving forward with a frenzy of devastating bills that would have very real and harmful impacts to these gentle giants. Aggravating matters, **Yellowstone National Park 307-344-7381**

continues to hold fast to their plans to senselessly slaughter hundreds of buffalo this year and in years to come. While Yellowstone managers admit that these are the most unique and important buffalo populations in the world, they seek to manage for the smallest numbers possible.

We have the power to stop this. Together our actions have made significant differences for wild buffalo. But wild bison remain ecologically extinct, truly endangered without federal listing or protection. We need to keep the pressure on, and turn it up! Everyone who reads these words has the capacity to make a difference. Please read here to learn about the ways you can help wild buffalo right now, and please help raise awareness by sharing this information with all of your friends and contacts. Wild is the Way ~ Roam Free!

Important Ways You Can Help the Buffalo Right Now

1. Keep Pressure on Montana Decision-Makers
Governor's office 855-318-1330 -The pressure you've been applying to the Montana legislature is being felt. Already, one of the bad buffalo bills, HB 312, has died in committee. This bill would have given the Montana

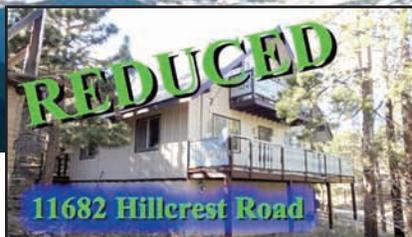
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Department of Livestock unprecedented powers over migratory elk and other wildlife. Well done! There are still numerous bills being considered by the Montana legislature and these lawmakers and Montana Governor Steve Bullock need to keep hearing from you! Keep writing, calling and emailing, attend hearings if you can, and keep the pressure on!



(Pictured above: The Migration! BFC file photo.)

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Watch & Share BFC’s Public Service Announcement Videos. BFC recently created two short and powerful public service announcements (PSA) taking Yellowstone National Park and Montana to task for their driving roles in the slaughter of America’s last wild bison. The more people who see these PSAs, the better chance the buffalo will have. Please watch the videos, take the actions urged in each, and then share them widely.

Contact Yellowstone National Park Opposing their Plans to Slaughter Wild Buffalo! The Organic Act of 1916 established the National Park Service and requires the agency “to conserve the scenery and the natural and historic objects and the wild life therein and to provide for the enjoyment of the same in such manner and by such means as will leave them unimpaired for the enjoyment of future generations.” Yellowstone National Park’s maltreatment of America’s last wild buffalo populations runs contrary to the intent of “this most important provision of law.” Tell Yellowstone to uphold their legal responsibility to the Organic Act and to cease all plans to harass and slaughter wild bison.

Join BFC on the Front Lines! Field volunteers are needed from November through May, with an increased need for volunteers during the spring months. Please consider volunteering with us to bear witness and advocate for wild buffalo! Details and a volunteer application can be found on our website.

Make a monetary or in-kind donation to BFC to help keep us strong and effective in the field, the policy arena and in the courts!

Align Your Life with Your Ideals: Come to Work for BFC - We have immediate openings for field volunteers.

Between now and June we need people to staff our frontline patrols. In the summer we’ll need education and outreach volunteers to represent BFC and the buffalo to

Yellowstone visitors. If you are interested, passionate, and hard-working, please reply to BFC. For more information about volunteering with BFC visit our website.

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Fight Colds & Flu With A Healthy Diet

By Melissa Wdowik - CSU

There's nothing like waking up with a cold to motivate me to be more proactive about my health. Giving your immune system a boost can prevent cold viruses from claiming you as a victim, but many products are marketed as benefiting your immune system - ever wonder which ones may really work? I sorted through the hype to find the best tips for fighting colds and flu with a healthy diet.

Vitamin D seems to be at the top of every list, and with good reason. Vitamin D plays an important role in the immune system and studies have found that people with low vitamin D levels are at increased risk for colds and other upper respiratory tract infections. To make matters worse, our exposure to the sun -which makes your body produce vitamin D - is limited in the winter, making more of us susceptible to a deficiency. Increase your intake of vitamin D by consuming more of these food sources:
Fatty fish such as salmon and tuna.

Vitamin D-fortified milk, yogurt and orange juice.

Vitamin C is a popular fix, but it's been documented that vitamin C does not prevent colds except in some people who are physically stressed, such as marathon runners. However, there is evidence that extra vitamin C during the first stage of a cold can help shorten its duration and intensity. Vitamin C is a powerful antioxidant, which enhances immune defense and lowers risk of infection.

Get plenty of these: Grapefruit, oranges, clementines and berries.

Deep colored vegetables such as spinach, broccoli and

red bell peppers - Probiotics are good bacteria that strengthen immunity and keep bad bacteria in check. Some research shows probiotics may reduce respiratory infections. Your best sources:

Yogurt that contains live, active cultures. Kefir, miso soup, buttermilk and tempeh - Protein is essential since it provides the building blocks of immune molecules. In addition to the dairy and fish already listed, include these protein sources on a regular basis:

Animal protein found in eggs, lean beef, poultry, pork and lamb contains iron and zinc, two important immune system minerals.

Almonds and sunflower seeds are a good source of protein and are high in vitamin E, another immune-boosting vitamin.

Liquids are key to keeping your body hydrated, which helps your immune system keep viruses at bay. If you drink juice, limit it to 4-6 ounces of 100% fruit juice per day so that you don't get excessive calories and sugar.

Also include plenty of these:

Black tea and green tea, which contain antioxidants. Water, which is pure, simple and inexpensive. Keep a cup or water bottle with you and drink it throughout the day. Squeeze in a lemon or lime wedge for an extra antioxidant boost. Overall good nutrition also is important, so be sure to eat a variety of fruits and vegetables every day. There is scientific evidence that what you eat and drink can affect your immune system. I hope you use these tips to stay healthy; I know I will!

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Green Box – So Few Businesses

Letter to the Editor,

The CCCIA “Green Box” Recycling program has come to an end. The CCCIA Board of Directors voted to discontinue the program due to numerous circumstances beyond our control. We do want to thank all of those that properly complied with the recycling guidelines and hope that they continue to use other options available in the area. To name them: Gilpin County: Info @ www.co.gilpin.co.us
 Boulder: www.ecocycle.com
 Golden: www.cityofgolden.net

Additional info about some of these recycle programs: The Gilpin County site is for residents only. The Boulder and Golden locations are open to anyone and are ‘single stream’ / co-mingle programs.

Tom Mulvany-CCCIA-President

Dear Editor,

First I want to thank you for your very fine publication with original reporting and information from many varied sources. I am new to Coal Creek Canyon and live up past Wondervu. I make a point of stopping on my way home to pick up a copy - or going online the first part of each month, finding your magazine to be an entertaining read.

I am curious though about why there seem to be so few

retail businesses in the Canyon as when I was here some years ago there were many more. It must be hard to keep going for restaurants and maybe that is why so few. I have also noted your quality of advertisers is the best, trying a couple over this last year they have been reliable and honest. The same cannot be said for other’s and it could be a coincidence but I doubt it as your price to advertise is competitive even with Nederland’s publications.

Not having any experience in running a magazine I’m not sure what it takes, but I have had my own business in the past and it is always a challenge.

Again, thanks for your contribution to the area and I hope to keep reading the Highlander for many years.

Dugan O’Donnel

You’re welcome Mr. O’Donnel and thank you for the kind words and appreciation of my work, my advertisers and my contributing authors. It is nice to hear positive feedback. Yes, a few years ago we had more canyon businesses along with a local Chamber of Commerce. Sadly this is not the current situation and you are correct in your assumption that a canyon business is difficult at best.

It helps when locals support local businesses - retail and services - so we can all prosper.

Editor

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John J. Bailey - Owner of The Wifi Company



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The Dance

By Melissa E. Johnson

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Like a near-death experience, I saw a decade of my life flash before my eyes when he took me in his arms to dance. All of it replayed on the big screen of my mind-past loves, disappointments, desire and longing, hopes and dreams, the day we met and how it progressed to something real, this moment, where I no longer waited for my love but held him in my arms. My mind swirled with memories of how often I had felt like a victim of love, stifled by what seemed to be my lack of choice in the matter, and the happiness I now felt.

So many times I had pursued the wrong something, hung up on a version of love that was more distracting than life enhancing in any real way. I thought of how willingly I had given away my power in the past, hoping that, one day, "he" (fill in the blank-the bad boy, the slacker, the disrespectful, the cheater, the one with the crazy ex-wife) would choose me. "What's wrong with me? Where's my guy? Why does love elude me? I used to question in my darkest, most private moments.

Yet here, in my sweetheart's arms, newly wed and filled with love, I shuddered to think what my life would have been had I chosen from the not-quite-right-collection. The thing is-I have never wanted those lesser qualities in a partner. Yet there they were, for so many years. More wrong than right. So what happened? Had I been blind? Under a spell? How could my sense of what's good for me be so far off that mark? For most of these guys, his idea of a good relationship was my worst nightmare, and I'm willing to bet they would have said the same of me. True, it took some time for me to see each of them clearly, but had I been looking-really looking from the start-I would have

known that they were not my kind. I had all the information early on.

Still, I chose to see what I wanted to see instead of looking at the truth, which led me down a path of struggle. How many times did I give away my power by believing that the decision to be together as a couple was "his" to make. I chose illusion, unspoken though it was. And, sadly, in my illusion, I hadn't been a very good friend to myself. The list of infractions piled up in my mind-Reckless Projection on Another, Failure to Be My Own Best Friend, Fraud on the Soul. I wondered if I could arrest myself; surely there must be penalties for such poor choices.

"Hey, where did you go?" he asked, nudging me back to the present." What are you thinking about?" And

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strangely, in that moment, I thought of peanut-butter-chocolate truffles.

You see, while living in San Francisco's North Beach, I was just a block away from this fabulous Truffle Shoppe. Like a highly addictive drug, one bite and I was gone, lost in a world of creamy deliciousness, only to recover and find an empty box in my hand. And for the short time this unrestrained act of self-indulgence would last, I truly believed that I had found the key to life. I thought nothing of the sugar and trans-fat, calories and cholesterol; waistline and heart disease be-damned.

But then one day I recognize the vicious cycle. I'm tired of struggling with my weight. Every calorie counts! And I have to spend more time at the gym because I can't pass up this simple little confection. I hate that I'm still hungry after I've eaten a dozen of those little guys. And then an hour later, after I've crashed from this crazy sugar high, I feel guilty, remorseful and suddenly aware of my gluttonous nature. I don't want to worry about this stuff anymore;



there's got to be a better way. So the next time I passed the Truffle Shoppe, I didn't go in, understanding that I'm passing on more than the peanut-butter-chocolate truffles. Do I still love them? Absolutely! They're so delicious when they hit your lips. Like Pavlov's dog, my mouth still waters just thinking about them. But I chose something different for my life. So instead of blaming the truffles or my metabolism or whatever, I readjusted my attitude and chose health and fitness.

As I realized my choice, my power rose. That simple yet important adjustment-that leap of faith in putting down what wasn't working to leave space for what might be just right-led me into the arms of the one I'm meant to love.

Melissa is a writer, photographer, artist and lawyer. Read more on her blog at www.Heart-Law.blogspot.com, or visit her website at

www.MelissaEJohnson.com.

(Photo courtesy Lori Kennedy.)

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Meet The Minimalists In Denver

On Wednesday March 6th, Joshua Fields Millburn and Ryan Nicodemus - better known to their 100,000+ followers as **The Minimalists** - are holding a meetup event at the Bovine Metropolis Theatre in Denver [1527 Champa St] to meet their Colorado readers in person and talk about their latest #1 Amazon bestseller,

LIVE A MEANINGFUL LIFE.

It was not so long ago that Millburn and Nicodemus were the embodiment of upwardly mobile, busy, fashionable, unhealthy, wasteful twenty-somethings. They had big houses, fast cars, six-figure incomes and more clothes, gadgets, and possessions than they had time to play with. And much to their own surprise and horror, they were deeply, seriously, seemingly irrevocably unhappy.

“We discovered that working 70-80 hours a week and buying even more stuff didn’t fill the void. In fact, it only brought us more debt and fear and anxiety and loneliness and guilt and paranoia and depression,” says Millburn. And then, as their lives were spiraling downward in ever-diminishing circles towards empty oblivion, they stumbled upon a practice called minimalism.

Millburn and Nicodemus embraced it with fervor. They quit their top corporate jobs, threw out (or donated) the

majority of their material possessions and took control of their lives back. But before you call them crazy or begin wondering when they realized they’d made a huge mistake, get this: it worked. Within one year, their website - **www.TheMinimalists.com** - was being read by over a hundred thousand unique visitors a month. Millburn established himself as a #1 bestselling fiction author and sought-after writing instructor. Nicodemus was thriving in his role as a mentor to others seeking the same simplicity and contentment that he discovered through the principles of minimalism. They’re respected in their community. They give back. They’re healthier. They’re happier.

Among the topics they speak to are: How minimalism is changing entrepreneurship and the way business is done. Their journey towards minimalism: what sparked their decision to renounce their high-flying lifestyles and embrace minimalism. How to de-clutter your way to happiness - and never miss a single possession. A tried-tested-and-true 30 day plan to mental, physical and spiritual clarity. Packing parties! How you can turn a healthier, happier lifestyle into a fun, fabulous and inspiring social event. The time-bomb lifestyles that so many of us are leading, and how to incorporate the principles of minimalism into any situation

(note: you don’t have to quit your job [but you can]!)

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National Wildlife Week – March 18-24

Dear EarthTalk: What is the purpose of National Wildlife Week, which I understand will take place this March? -

Melissa P., Burlington, NJ

National Wildlife Week is a program of the non-profit National Wildlife Federation (NWF) that is designed around teaching and connecting kids to the wonders of wildlife. Each year, the group picks a theme and provides fun and informative educational materials, curriculum and activities for educators and caregivers to use with their kids.

On **March 18-24**, the theme of National Wildlife Week is **Branching Out for Wildlife** with a focus on trees.

Participating kids will learn about the parts of a tree, the role of trees and how wildlife depends on trees for survival. They can also participate in environmental service projects addressing climate change, healthy habitats, reforestation and connecting with the environment.

Teachers, instructors, coaches and parents can sign up with NWF and get a wide range of free resources-lesson plans, posters, trading cards, etc.-to help spread the educational messages of National Wildlife Week into school curricula, after-school and even at-home activities.

2013 marks the 75th year NWF has run National Wildlife

Week, making it the group's longest running educational program. To mark the milestone anniversary, NWF has adopted the goal of planting 75,000 trees across the country.

Beyond National Wildlife Week, all year long NWF will feature detailed information on their website about different types of wildlife that live in or are dependent upon trees across the country. The Branching Out for Wildlife Mega-Poster is comprised of smaller sections that each graphically display the different parts of a tree-roots and soil, forest floor, trunk, branches and leaves/fruit/flowers - and the wildlife that frequent them. Anyone can print out the sections for free as they are all available via the NWF website as PDF downloads.

Wildlife Week is not the only way NWF educates kids and inspires a lifelong love of nature. The group has worked with teachers for decades to get kids learning outdoors. Recently NWF launched a campaign to get 10 million more American children out of their indoor habitats and into the great outdoors over the next three years.

www.nwf.org/national-wildlife-week.aspx.

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At Right: Shelly Peters, horse Tasha & dog.
Bottom: Via email - kittens in a row.



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Article and Photographs by Diane Bergstrom

A continuation of a series on awareness of American Indian history of Colorado, 1864.

We are always returning back home again.

Recently, a friend asked me what I was writing about and after I explained the first two articles, he queried about how I had learned of the various events and people who have crossed my path, expanded my awareness, grabbed my attention, and connected my dots. A friend, who is a PhD candidate, told me she came to CU Boulder to study because a department was investigating the same questions she was asking herself. It all started with questions, and the pursuit to find answers. My series did too. Who lived on this land before us? Not meaning the previous “owner” whose name was on the mortgage, but hundreds and thousands of years ago. People, whose names, perhaps, are now only recognized as streets, towns, or breweries in Colorado. We are fortunate to be surrounded by resources-of dedicated individuals and organizations-who place importance on the availability of historical information, in order to educate, expand, heal and progress the citizens of Colorado. We just have to follow our

questions, and when we are nudged by curiosity, tapped on the shoulder by our intuition, and recognize the “ah ha” moments, we must listen and act.



Sherman Alexi, author and Spokane Indian, is a favorite writer so I chose his book, *The Absolutely True Diary of a Part-time Indian*, to distribute for World Book Night. World Book Night is a non-profit whose mission is to get books into the hands of light or non-readers, or those who don't have access to printed books. In my quest to find recipients, I consulted Ray Ramirez at the Native American Rights Fund, a non-profit legal organization in Boulder, which represents tribes, native organizations, and individuals all over the United States. I later heard him speak at a One Action-One Boulder event at NARF. One Action-One Boulder was a year-long collaboration of civic, history and art organizations to teach the public of untold histories, and engage with each other in the present to create a better future. Ray explained that in the present, “Here over 100 years later, we are still fighting the same battles.” Religious freedom, land and water rights, voting rights, historical accuracy and education remain topics today. Their focus also includes environmental issues that affect us all, and NARF works to make American Indian

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voices heard. Ray stated, “85% is happening on indigenous lands, and indigenous people are feeling the brunt of climate change. They need to be giving indigenous people



a seat at the table and listening to them. Indigenous people know the earth and if need be, know how to adapt to it. Finally scientists are listening to us. If we don't have a seat at the table, we are on the menu.”

Ava Hamilton was recommended by Ray; she is Arapaho, an independent documentary filmmaker, a historian, a writer, and she understands the needs of American Indian students. She consulted on the Boulder History design committee adding the Arapaho perspective for the “Chief Niwot: Legend & Legacy” exhibit, largely based on Margaret Coel’s book, *Chief Left Hand*. The exhibit presented gross mistruths of Colorado history that needed to be corrected, rewritten and healed. One piece being the Sand Creek Massacre, which was originally documented as a war during the civil war period, but truly was a massacre of men, women and children living at an army -appointed peaceful encampment. John Evans, then Governor of the Territory of Colorado (not yet a state) had been appointed by President Lincoln, largely as a reward for being a strong supporter, including financial, of his campaign. Evans, a doctor from Chicago and founder of Northwestern University, made his fortunes in real estate and railroads. President Lincoln also appointed him as ex-officio superintendent of Indian Affairs, where he voiced his opinions that would lead to death and destruction, “The idea that this country belonged to (the Indians) gets its most ridiculous aspect from the proposition...that we had to buy it of them by treaty or purchase instead of teaching them what was the proper doctrine.” He was referring to the 1452 Doctrine of

Discovery, issued by Pope Nicholas V, which basically sanctioned Christian explorers the right to claim lands and enslave or kill any non-Christian inhabitants.

The yearly Sand Creek Massacre Spiritual Healing Run/Walk was started by LaForce “Lee” Lonebear 14 years ago. According to information shared by Jay Aire, the run/walk is a prayer, not a race, and commemorates the victims and survivors, and promotes healing for ancestral homelands. Next year will be the 150th anniversary of the massacre. A candlelight vigil was held in November, on the Friday night of the run, in front of the Denver Art Museum. As noisy revelers departed the area after witnessing the holiday lighting of the City and County Building, a quiet group assembled across the street, to offer prayers for ancestors and healing for descendents, and to honor the runner/walkers. We stood around the circle of red tree forms, arranged to look like a small-scale Bighorn Medicine Wheel (a sacred hoop), created by Edgar Heap of Birds. Each porcelain tree depicts dates, facts, images and words addressing the history of Indian peoples, with hope of stimulating discussion and offering new perspectives and understanding. On the wall behind the tree forms, in raised concrete letters, is the Cheyenne phrase, *NAH KEV HO EYEA ZIM* meaning, *We are always returning back home again.*

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Great Old Broads For Wilderness Laugh & Learn

By Stephanie Paige Ogburn/High Country News

It's a brilliant Sunday morning in southeast Utah, and a hag mask hangs on the fence before me. Gray hair askew, she gapes at red cliffs through dripping fake blood. The vandal who mounted the mask has also locked the gate to our campsite. No one can get in or out - a dangerous prospect, since most of the 50 or so folks here are senior citizens. I'm about to photograph the scene, documenting what to me seems a gruesome tableau, when a voice pipes up: "She's kind of pretty, actually." "Yeah, she looks wise," adds another. "Like us!"

"Will you take my picture with her?"

Rose Chilcoat, the rosy-cheeked, energetic 54-year-old associate director of the Great Old Broads for Wilderness, mugs next to the mask as I snap away.

I'm startled by the Broads' calm response to this outrageous threat. The mask comes with an ominous note: "Get out of San Juan County. This is your last warning." But Chilcoat, whose group educates elders about public-lands issues in hopes of making them active stewards, seems unfazed.

Later on, in a more serious moment, she muses: "I never thought little old ladies in tennis shoes would be seen as such a threat." But such extreme reactions to their activism have only encouraged Chilcoat and the Broads to hold fast to what might be called an essential tenet of "Broad-ness": Humor is more powerful than fear.

In a roundabout way, Sen. Orrin Hatch, R-Utah, inspired the creation of the Broads in 1989. New Mexican Susan Tixier and some of her backpacking buddies in their 50s heard how Hatch had argued against wilderness designation, saying that prohibiting motorized access excludes the elderly from the backcountry. "We thought, 'Jeez, we are all old and we still hike!'" recalls Tixier. "So, what better than to have old people, particularly old women, stand up for wilderness?"

"We didn't really want to be 'ladies,' and 'women' seemed like kind of a weak noun," she adds, so Great Old Broads it became. The brash name is a selling point to women of a particular type, notes Chilcoat. Broads enjoy joking as they protest; when they picketed against snowmobiles in Yellowstone, one wore a Winnie the Pooh costume with a sign reading, "I can't 'bear' the noise and pollution." "When you get to a certain age, who cares?" she says.

By 2030, there will be about 30 million more senior citizens in the U.S. than there are now. But their growing numbers aren't the only reason to get them interested in public lands, says Chilcoat. Many are retired and have the time to get involved. And, "There's a certain credibility when elders speak, even in this day and age."

The fast-growing advocacy group has about 4,000 members and has opened 22 chapters, known as Broadbands, across the West and in places as far away as Florida. And while the group is unabashedly pro-wilderness, each Broadband has considerable latitude to choose what it works on. As former executive director Veronica Egan puts it: The Broads are "not anti-anything"

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except poor land management.”

Spending time with the group in Colorado and Utah, I met grandmothers who could hold forth in intimate detail on grazing policy and octogenarians who volunteer for the Bureau of Land Management, providing informed critiques of federal land-use plans and studies. How, I wondered, do the Broads transform their members from graying retirees into GPS-wielding, public-comment-making dynamos?

“We’re almost there,” shouts Liz Thomas. An attorney for the nonprofit Southern Utah Wilderness Alliance, Thomas leads a group of Broads - several women and a few men - over a small rise outside Canyonlands National Park, not far from where the Broads are camped. We’re looking for an ATV right of way proposed by San Juan County. “It’s not an open trail now,” Thomas says. But we find faint treads where an ATV has tracked the route, and begin to follow them.

Along the way, group members kneel to examine native grasses and are surprised to find blooming native flowers in late September. Russian thistle and other invasives, which Thomas showed us earlier at a heavily used off-road area, could swiftly take over if ATV traffic ramps up, Thomas explains. After learning that the BLM is still taking comments, a number of Broads vow to write in.

Later, we come across a trail sign defaced with a sticker reading: “Our land my ass.” The Broads gather around, open-mouthed. Then, Broadness takes over and one of the hikers pulls down his pants and moons for a photo, positioning his derriere next to the sticker. Educational hikes like this one are regular fixtures of the four-day outings known as Broadwalks, held several times a year

around the country. At Broadwalks, attendees also help with service projects, including trail construction and fence building, and spend nights around the campfire, listening to speakers and catching up with each other. They leave well-versed in federal land management and ready to engage in public-lands issues.

They also learn, as we just did, how passionately anti-wilderness some folks are. The vandalism came as the Broads joined other wilderness groups in a campaign for a new national monument surrounding Canyonlands, which could limit four-wheeling in sensitive areas, such as the one we hiked through. In 2007, the group’s documentation of ATV damage at archaeological sites led to a trail closure to off-roaders in southeast Utah’s Recapture Canyon — and made some enemies in the process. But many Broads also engage in a quieter, more service-oriented activism, supporting often short-staffed government agencies as volunteers.

“So I am looking 300 degrees.” Janice Shepherd glances up from her compass to make a note in a small yellow book. Then, she photographs a spot where ATVs have widened a trail near Grand Junction, Colo., likely causing increased erosion and other damage. With her fanny pack, rucksack and a pouch dangling from her neck, the small, gray-haired woman looks like a dauntless explorer, off to map some distant clime.

It’s a chilly winter morning, and Shepherd and Sherry Schenk, who leads the local Broadband, are following one of several BLM routes they monitor for damage like this. Later, Shepherd will enter her photos and notes into a database linked to a map, so the (Continued on next page.)



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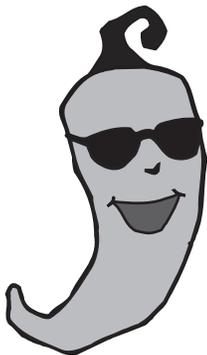
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local BLM - which oversees 1.2 million acres - knows which trails need repair and can reference photographs of problem areas.

Alissa Leavitt-Reynolds, archaeologist for the agency's Grand Junction Field Office, credits Shepherd with documenting rock art the BLM didn't even know existed; she's also helped their recreation planner find and map new user-created rock-climbing routes. And Schenk's activities range from monitoring trails for dog-poop overload to stewarding archaeological sites and regularly documenting their condition.

In 2011, Schenk, a retired school psychologist, attended her first Broadwalk and was inspired to lead a Broadband. She attended Bootcamp, a four-day leadership training, where she fumbled with GPS devices, learned online organizing tools and attended workshops on public-lands law. "It was," she laughs, "kind of overwhelming."

Yet Schenk persisted. Her Grand Junction Broadband, which now has about 30 active members, emphasizes volunteering and participating in agency land-management planning. Schenk and Shepherd spend so much time at the BLM office that an employee told me, "When I first started, I thought (Shepherd) worked here."

As the three of us start uphill in the warming air, a mountain biker rattles down the trail, and we leap out of the way. "Hey, Sherry! How's it going, Janice?" he calls. It's Mike Jones' day off, but Jones, who works on trails and recreation for the BLM, stops to chat and answer Shepherd's questions about work the route we're on might need. He agrees with her assessment, noting that if some volunteers could build up the trail's outside edge, the "water would run off of it."

As Jones prepares to wheel away, the Broads mention that I am with them to learn about the group's involvement with public lands. He nods approvingly.

"Yup, these guys do a lot of work for us. A lot of work. So you got the right ones."

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

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Which Way Will The West Go On Guns?

By Jonathan Thompson/High County News

Amid all the talk, legislative proposals and presidential decrees inspired by the recent shootings in Connecticut and Colorado, perhaps the most significant was the announcement in early January that former U.S. Rep. Gabrielle Giffords, D-Ariz., was starting a gun-control lobbying organization. Americans for Responsible Solutions seeks to raise \$20 million by the next election cycle - about the same amount the National Rifle Association spent to influence the 2012 vote. More important, symbolically, is the fact that this ambitious effort was launched in the West, where guns are part of the culture.

Giffords has long been a gun owner and gun-rights advocate. As a congresswoman, she was part of a cadre of Western Democrats - along with Nevada Sen. Harry Reid, Montana Sen. Jon Tester and others - who stayed in the NRA's relatively good graces because they supported firearms' traditional role. But then Giffords, along with 18 others, was shot down in a Tucson parking lot two years ago with a not-so-traditional gun: A Glock 9 mm with a 33-round magazine. Like the AR-15s used by both the Aurora and Newtown shooters, it wasn't something a Western rancher or hunter or even gunslinger would have carried back in the day.

These weapons have transformed the gun market, and the shootings have shaken the political landscape. With President Obama's proposed bans on assault weapons and high-volume magazines heading toward Congress, all eyes

are on the remaining pro-gun Democrats and their potentially pivotal votes. For once, invoking Western tradition to shoot down gun control may backfire.

Westerners do love guns. Firearms were critical tools for settlers - like dynamite, shovels and blacksmiths' bellows. Along with the horse and the cowboy hat, the Colt .45 and the Winchester rifle are icons of Wild West mythology. That myth survives today in Western gun laws - some of the nation's most lax - and in a firearms-related death rate about 30 percent above the national average.

So it's not surprising that some Westerners have reacted to the prospect of stricter gun laws as though their very identity were under attack. In 2012, more than 3.5 million firearm background checks were processed in the West, compared to some 2 million five years ago. Wyoming lawmakers are pushing to make it a felony to enforce any new gun regulations, and Colorado Republicans want to let teachers carry concealed weapons in the classroom. The Spring City, Utah, town council considered an ordinance requiring all residents to own guns. The Wild West, indeed.

Yet these reactions are more in line with Hollywood than history. After the Civil War, the nation was awash in cheap guns, and the occasional gunfight erupted, though never as bloody as today's shootings. In response, Western communities regulated firearms. By the turn of the century, Colorado statute restricted what kind of bullets and guns one could use for shooting game; most states had laws against concealed weapons; and many municipalities added their own restrictions - Tombstone, Ariz., believe it or not, banned guns altogether during (Continued on next page.)



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Highlander Issues

the 1880s.

For some, it wasn't enough. "Firearms in the daily walks of life have no place in our modern civilization, and should not be carried," said the mayor of Durango, Colo., in 1903, one of many town officials calling for a stricter crackdown. As long as the laws didn't infringe on the practical application of firearms, Westerners generally accepted them. Even later, when the National Firearms Act of 1934 restricted the sale of machine guns, the National Rifle Association didn't protest, acknowledging that such weapons were intended for battlefields, not the streets or the hunting ground.

Ironically, it was the decline of traditional gun uses that inspired firearm companies to start marketing semi-automatic handguns and so-called "modern sporting" assault-style rifles. By the 1980s, hunting had declined, and ranches and farms were being gobbled up by suburban sprawl. Gun sales waned accordingly. To open up new markets, companies started pushing civilian models of military and police guns, such as the AR-15 and the Glock 9mm, marketed not as tools, but as instruments of "fun" and symbols of power and masculinity.

The gun industry's savvy marketing has worked: According to the annual report of the Freedom Group, whose subsidiaries include Remington and Bushmaster, the rifle market in general has grown at a 3% annual rate over the past five years, while the modern sporting market has ballooned at a 27% annual rate. The National Shooting Sports Foundation found that most gun-buyers weren't hunters and ranchers: 99% of modern sporting rifle owners are men, most with a background in the military or law enforcement, and they bought their rifles primarily for

target shooting and home defense, not to hunt big game or kill ranch varmints.

Though this new gun-loving constituency can no longer boast of its rural heritage, it is powerful. Modern sporting rifle owners tend to have higher incomes than yesterday's hunters, and that money - along with corporate donations - fuels the gun-rights political machine, from the big-spending NRA to the even more extreme Rocky Mountain Gun Owners. Reid, Tester and Colorado Sen. Michael Bennet (NRA grade: C+) will certainly face the wrath, and cash, of these groups if they vote for any new gun control, which may be why they've tended to be vague and noncommittal on the issue.

On the other hand, if they waffle, they'll have to answer to Giffords (NRA grade C in 2010). Hers is not the first gun-control special interest group, but it is on its way to being the biggest, dwarfing the Brady Campaign to Prevent Gun Violence, which has spent only about \$5 million on lobbying and political campaigns in the last decade. Though Giffords will certainly be accused of "betraying" her Western heritage, her crusade actually harkens back to a much older time. "It is high time that the man who packs a gun should be suppressed, fined, jailed or run out of the country," opined the editor of the Cripple Creek (Colorado) Morning Times in 1899.

"Legislatures and city councils are afraid to legislate against this class. If an ordinance were passed making it a misdemeanor to carry a revolver, there would be fewer revolvers, fewer coroner's inquests, less sorrow in homes and fewer widows."

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

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Wolves' Impact On Ecosystems

New research by Colorado State University finds that the removal of wolves from Yellowstone National Park caused complex changes in ecological processes that cannot be simply reversed by wolf reintroduction alone. The research findings are presented in a new paper, *Stream hydrology limits recovery of riparian ecosystems after wolf reintroduction*, which is published in **Proceedings of the Royal Society B: Biological Sciences** and concludes that the effects of apex predator removal are unpredictable and are not symmetrical with the effects of predator reintroduction.

“The reintroduction of the wolf in Yellowstone has contributed to positive improvements in the Park’s ecosystems, but it isn’t a simple on and off light-switch effect,” says Kristin Marshall, lead author and recent CSU alumna. “Our research shows that the complexity of the ecological damage caused by the eradication of a key predator species requires careful consideration of dynamic variables for restoration, and so additional caution must be emphasized to avoid predator removal in the first place.”

Other observational studies have suggested that the reintroduction of wolves to Yellowstone initiated dramatic restoration of riparian ecosystems. However, Marshall’s

research shows that changes in the hydrology of streams caused by the loss of beaver from the ecosystem prevents rapid restoration of willows even when they are totally protected from browsing by elk. The plants required both removing browsing and restoring the beaver-modified stream conditions that occurred prior to wolf removal in order to thrive.

Marshall conducted her research while she was a doctoral student at CSU’s Warner College of Natural Resources in the Graduate Degree Program in Ecology. Her research was part of a larger, 10-year experiment conducted by a team of researchers from CSU’s Warner College of Natural Resources that examined the effects of beaver dams and removal of browsing on restoration of willows in Yellowstone. The paper is co-authored by Marshall’s research co-advisors at CSU: David Cooper, senior research scientist in the Department of Forestry and Rangeland Stewardship, and Thompson Hobbs, senior research scientist with the Natural Resource Ecology Lab and professor in the Department of Ecosystem Science and Sustainability.

Hobbs and Cooper have worked together on the research project for the past decade and (Continued on next page.)



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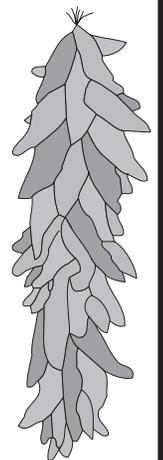
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Highlander Ecology

emphasize the importance of beavers to the process. “The loss of wolves caused the loss of beaver and willows from small streams,” said Hobbs. “Our experiment shows that you can’t get beavers back without willows and you can’t get willows back without beavers.” The study will provide new insights to help solve the ongoing debate on the role of wolf-driven trophic cascades in the greater Yellowstone ecosystem.

“The research illustrates the value of long-term ecological experiments to understanding how species interactions cascade through food webs to determine ecosystem resilience,” says Alan Tessier, program director in the National Science Foundation’s Division of Environmental Biology, which funded the research.

Part of the Bargain

By Michael J. Dax

On Dec. 6, a Wyoming hunter killed one of Yellowstone’s most famous wolves, 832F, outside the park’s boundaries. It was a legal kill, yet within 48 hours, news organizations across the country ran stories mourning the wolf’s death and treating it like, well, the loss of a family friend. Wolf advocate Marc Cooke of Montana’s Bitterroot Valley lamented, “She was an amazing mother.” Wolf photographer Barrett Hedges called her “inspirational,” while others declared her to be a “rock star” and a “consummate professional.” The latter referred to her

leadership abilities as the alpha female of the Lamar Canyon Pack, which resides mostly in northeastern Yellowstone.

As someone who has had the good fortune to watch 832F lead her pack across the Lamar Valley, I, too, felt a pang of sadness when I heard the news. Yet I resisted the urge to denigrate her killer and reminded myself why I supported wolf recovery in the first place. I think we need wolves back in the West because they’re an integral part of the region’s wildlife and wildness. When the U.S. Fish and Wildlife Service reintroduced wolves to Yellowstone and central Idaho in the mid-1990s, the agency did so because its scientists hoped that their return would enable those ecosystems to function fully and more efficiently. It was not a matter of pure sentimentality, or because they believed that wolves share positive qualities with humans.

By assigning 832F human traits, wolf supporters effectively anthropomorphize her and allow other wolves to be judged using human moral standards as well. Although this might seem natural and even good, it is inappropriate. Wolves may share several good traits with humans, but wolves also routinely kill other animals. Of course, human beings also kill animals for food, but the problem with wolves is that we have trouble controlling when or where or how they kill their prey. And wolves can’t read our “no trespassing” or “no hunting” signs. Wolves’ natural propensity to kill deer, elk and cattle was originally used to justify their eradication from the Rocky Mountain West.

Not so many decades ago, newspapers characterized wolves as bandits, criminals and desperadoes, and a threat to human beings as well. Ranchers and other Western settlers denounced the vicious way that wolves attacked and killed their prey as immoral. This helped to make their absolute destruction an honorable task.

Opponents of wolves’ reintroduction in the 1990s often accused wolf supporters of romanticizing the animals while failing to understand the “savagery” and “cruelty” that wolves exhibit when they gang up on elderly or wounded prey. Now, by anthropomorphizing wolves as exemplary family members, conservationists risk validating this criticism. Bringing wolves back to function as predators in the wild was a smart decision biologically; it had nothing to

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do with wolves' moral value.

If conservationists try to justify the existence and protection of wolves on sentimental grounds, they will ultimately lose. For as many 832Fs as have roamed Yellowstone and reflected everything good we want to see in ourselves, there have been just as many Bear Paws, Three Toes, Unaweeps, and other wolves that gained notoriety for their ability to kill dozens of livestock in the dead of night, slip away undetected and later avoid the traps set to capture them.

If wolf supporters want to do right by the environment and its wildlife, they need to make their arguments at the species level, eschewing the urge to portray wolves as incarnates of human goodwill. Additionally, wolf supporters must not forget that we've already debated whether to allow wolves to be killed. During the reintroduction process, the Sierra Club and Audubon Society took a hard-line stance that supported giving wolves full protection under the Endangered Species Act. In the spirit of compromise, groups such as the Defenders of Wildlife and the National Wildlife Foundation supported restoring wolves as experimental populations. This designation, created by the 1982 amendment to the law, gave wildlife managers flexibility in balancing the needs of endangered species and people. In the case of wolves, it also allowed managers to kill them in certain instances. Although the Sierra Club's Legal Defense Fund sued the U.S. Fish and Wildlife Service on this contentious issue, wolves came back to the West without absolute protection.

If it weren't for this concession, I don't think wolf packs would be roaming the West today. So before you get too riled up about 832F's death, stop and realize that killing wolves has been part of the deal since the beginning. And if

wolf advocates 20 years ago had not been magnanimous enough to recognize that killing a wolf from time to time was the cost of recovering them on land shared with ranchers and farmers, no one would have had the opportunity to watch 832F — or any other wolf — at all. *Michael Dax is a contributor to Writers on the Range, a service of High Country News (hcn.org). He writes about the American West in Missoula, Montana.*



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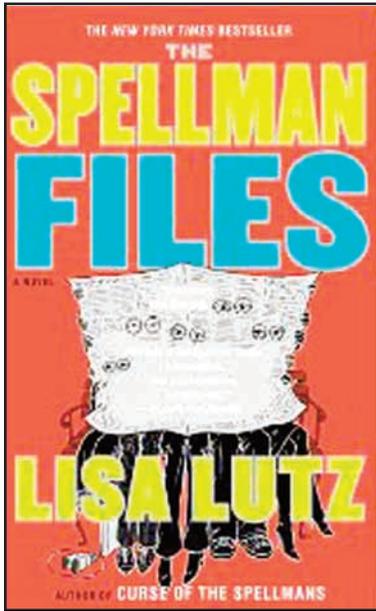
Series Is Great Combination Of Love & Laughter

By Tracy Reseigh

The Spellman Files is the first book in the *Spellman Files* series of books. Written by Lisa Lutz, this initial book introduces readers to the Spellman family, a family of private investigators who at times spy on each other more often than their actual clients. The series centers on Isabel *Izzy* Spellman, the 28 year old black sheep of the family who happens to be very good at her job.

Izzy willingly owns up to her fairly unproductive life thus far, of high school pranks, late nights of drinking and one or two one-night stands. She also owns up to the fact that she is a talented private investigator, and her parents' (also her boss) best employee. Izzy's life is all Spellman all the time. She lives at home with her parents, her younger sister Rae, and her uncle. This house also happens to be the office for her parent's PI business.

When Izzy decides that it might be time for her to leave the family business and try life on her own, her family then turns Izzy into their number one client. They hire Rae to spy on her and find out who her new boyfriend is, they bug her phone and her car, and they tail her everywhere she goes. Fed up with their actions, Izzy agrees to work a cold case for one month to see if she can get anywhere with it.



In exchange, her parents agree that after that month, they will let her leave the business with no strings (bugs, wire taps, tails) attached.

As Izzy begins to make progress on the cold case though, a disappearance much closer to home becomes her new number one priority. While Izzy is working every angle to help her family, she also uncovers a break in the cold case. Eventually, Izzy solves both cases and realizes that her family as well as the family business is in her blood, and that perhaps she is where she needs to be.

This book was offered as a freebie on my nook. I am a big fan of "book series" books so I thought since it's free I will read it.

I have now read the entire series, and it is one of my favorites. *The Spellman Files* is a book for readers who enjoy mystery, crazy family dynamics, and book series. The Spellman family is hilarious, smart, clever, and full of love. Every one of the characters has all of these traits throughout the books. Lutz couples that with intriguing, modern-day, hip mysteries and the result is an enjoyable series of books. Published by Simon & Schuster paperbacks, *The Spellman Files* is available in paperback or on nook at Barnes & Noble, or at amazon.com (both paperback and Kindle). Prices do vary.

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The More We Drill, The More Vulnerable We Are

By Jon Kovash

Although some small town residents see oil and gas drilling as destructive to their rural way of life, others welcome the most recent oil and gas boom for its promised benefits for the local economy. Here in Moab, Utah, for example, civic leaders like to say that extraction in the Canyonlands region will provide future jobs for their kids. Many Americans outside the boomtowns also hail this new world of fracking for oil and gas — with its man camps, truck traffic, unknown chemicals injected deep underground and an insatiable thirst for water - as a way to help America become “energy independent.”

So it may surprise some people that America already exports a huge amount of oil, and the exports are rising at an accelerated pace. In 2011, for the first time, we exported more refined gasoline, diesel and other petroleum based fuels than we imported. We also export more and more crude oil. Since 1975, the Energy Policy and Conservation Act has banned the export of domestic crude, but that ban lost ground after presidents Reagan and the first George

Bush declared exceptions in the “national interest.”

In the ensuing decades, as politicians of all stripes repeated the energy independence mantra, we never did impose a ban on exporting refined domestic oil products. Now that the price of those fuels, set by global demand, is soaring, U.S. refineries churn out almost 2 million barrels each day of refined fuels destined for mostly Canada and Latin America. That’s a doubling of exports in five years.

For years, we have been told that America’s creaky, dilapidated old refineries help raise the domestic cost of gasoline. But despite their age, those refineries are exporting a dramatically increasing portion of their output, reports The Guardian. The Wall Street Journal adds, “The secret to making a profit in refining these days is to source crude oil domestically and sell refined products to U.S. consumers at prices based on imported oil.” After decades of warning us that, if drilling is restricted in any way, we will freeze in the dark, the American Petroleum Institute now argues that “we’re producing more than we consume.”

The Obama administration *(Continued on next page.)*

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may be setting the stage for a similar scenario with natural gas. In December, the Energy Department released a study extolling the “national economic benefits” that would derive from exporting LNG (Liquid Natural Gas). It turns out the study was done by NERA Economic Consultants, oil and coal lobbyists whose clients include the American Petroleum Institute. The study declares that export revenue “would generally help most Americans” and “generate thousands of construction jobs.” The downside, according to the study, is that U.S. consumers would pay as much as 25% more for natural gas in five years. President Obama has already approved the Cheniere Energy LNG export terminal in Louisiana, which by 2016, will be exporting gas equivalent to 4% of the U.S. demand.

As yet there is no coherent overall movement to oppose the notion that America should now become an energy exporter, but there is potential for a bipartisan coalition with a deep and wide consensus among environmentalists,

consumers and industry. The Sierra Club has taken the lead in opposing LNG exports, and Oregon Democratic Sen. Ron Wyden has protested that exports will raise domestic prices. Exporting liquid natural gas is also opposed by some business leaders, who say plentiful and cheap domestic gas prices can help revive American manufacturing.

The most vocal opponent of exporting natural gas so far is GE, which is among the corporations engaged in a new “insourcing” effort to bring back jobs from China. Insourcing is in part encouraged by current low U.S. natural gas prices. GE argues that a rebirth of domestic manufacturing would produce far more jobs and far better jobs than exporting oil and gas. Meanwhile, Western public and private lands remain under assault, and opponents have been reduced to opposing fracking, community by community, tract by tract.

It is obvious that raising oil and gas exports will also increase pressure to lease, explore and exploit natural gas by drilling here at home. It also leaves the oceans vulnerable to disastrous spills and commits the United States to maintaining a costly military infrastructure to protect international shipping lanes and pipelines. It’s time for the issue of energy exporting to become part of our overall discussion of American energy policy, because where we are headed has everything to do with environmental degradation and nothing to do with “energy independence.”

Jon Kovash is a contributor to Writers on the Range, a service of High Country News (hcn.org). He writes in Moab, Utah.



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http://www.TEGColorado.org

Allergies & Indoor Air Quality

Dear EarthTalk: My family has bad allergies and I'd like to improve our indoor air quality. What are some steps I should take? - Marcia Lane, Scranton, PA

Even for those of us without allergies, poor indoor air quality is an often overlooked health issue. Recent research has shown that the air inside some buildings can be more polluted than the outdoor air in the most industrialized of cities. And since many of us spend some 90 percent of our time indoors, cleaning the air where we live and work might be one of the most important things we can do for our health.

The U.S. Environmental Protection Agency (EPA) lists three basic strategies for improving indoor air: source control, improved ventilation and air cleaners. Source control, whereby emissions from individual sources of pollution are eliminated or reduced—for instance finding somewhere outside the home to store old paint and construction supplies—is typically the most effective strategy.

If the sources of pollution are beyond your control, bringing in more air from outside through better ventilation is the best bet. "Most home heating and cooling systems, including forced air heating systems, do not mechanically bring fresh air into the house," the EPA warns. "Opening windows and doors, operating window or attic fans when the weather permits, or running a window air conditioner with the vent control open, increases the outdoor ventilation rate." The agency adds that local bathroom or kitchen fans that exhaust outdoors also remove contaminants while increasing the outdoor air ventilation rate.

Air cleaners (either mechanical filters or electronic cleaners) can also help reduce or remove some forms of indoor air pollution. "Some air cleaners are highly effective at particle removal, while others, including most table-top models, are much less so," reports the EPA. "People with sensitivity to particular sources may find that air cleaners are helpful only in conjunction with concerted efforts to remove the source." The agency's free online "Guide to Air Cleaners in the Home" compares the general types of residential air cleaners and their effectiveness in reducing pollutants including particles and gaseous contaminants.

Some of us swear by our houseplants for keeping our indoor air free of pollutants. Mother Nature Network reports that certain plants are known to filter out specific contaminants: Aloe removes airborne formaldehyde and benzene; spider plants scrub carbon monoxide and xylene; and gerbera daisies take the trichloroethylene left over from dry cleaned items out of your air. The EPA, however, does not consider houseplants to be especially effective at air filtration, and even warns that overwatered indoor houseplants can in and of themselves present a health hazard because damp soil may promote the growth of allergens.

Good housekeeping also can go a long way toward improving indoor air. WebMD reports that regular mopping and vacuuming (with a HEPA-filter-equipped vacuum cleaner), keeping interior moisture levels low, maintaining a smoke-free environment, and ditching chemical air fresheners are all key to maintaining good breathing space inside. WebMD also suggests testing your home for radon, a radioactive gas found in soils that can penetrate cracks in a building's foundation and has been linked to lung cancer. *EPA Indoor Air Quality*, www.epa.gov/iaq/; *WebMD's "Breathe Easy: 5 Ways to Improve Indoor Air Quality,"* www.webmd.com/lung/features/12-ways-to-improve-indoor-air-quality.earthtalk@emagazine.com.

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MARCH
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POWER UPDATE



Meet the CANDIDATES Forum

Wednesday, March 13
CCIA Hall
6-7 pm

Attend our 2013 Coal Creek Meet the Candidates Forum to learn more about the board candidates, hear the latest about United Power and tell us how we're doing. Meet the Candidates events are free for United Power members. RSVPs are not required to attend. Light refreshments will be served. A full listing of all Meet the Candidates events is available at www.unitedpower.com.

**UNITED
POWER**

Your Touchstone Energy® Cooperative 

2013 Annual Meeting & Election

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

Great Giveaways!

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

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

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



Wednesday, April 17

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

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

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

Your Vote Counts!

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

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

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33867 Ave de Pines Lane
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200 The Lane Road
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17194 Vonnie Claire
Loaded with Charm & Character!!
2 BD/ 1 BA 2-Car **\$229,000**



Under Contract!

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



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



SOLD!

540 Lakeview Drive
Walk to everything in Ned!
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NEW LISTING!



Under Contract!

3240 Iris Ave. #301
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2 BD/ 2 BA **\$339,000**



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



Under Contract!

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



Under Contract!

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



Under Contract!

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



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

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33966 Nadm Drive - \$75,000
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11547 Shimley Road - \$39,000
Great Price - City Views!

11883 Lillis Lane - \$164,000
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595 Black Gulch Rd. - \$184,900
Spectacular 21.7 Level Acres!

4 Leon Lane - \$46,900
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0 Coal Creek Canyon - \$50,000
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