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# CONTENTS



	<b>Pages</b>
<b>Horse -</b> Hello From Hessie!	4
<b>Issues -</b> Start From a Place of Gratitude	5, 6
<b>Horse -</b> Conformation vs. Posture	7, 8
<b>Conservation-</b> Forest Service -Protect Pvt. Land	9
<b>Wildlife -</b> Update - Buffalo Field Campaign	10, 11
<b>Business-</b> Patio Pooch Dining @ Roy's Last Shot	12,13,14
<b>Health -</b> Facts About Lack of Exercise	15
<b>Lifestyles -</b> Through the eyes of a Greenhorn	16,17,18
<b>Letters-</b> Chorale-Swap-CleanUp-Slash-Concert..	19,20,21
<b>Wisdom -</b> What's The Matter?	25, 26
<b>Wildlife-</b> Sportsmen stab Teddy Roosevelt in back	27, 28
<b>Technology-</b> Natural clothing w/solar power chargers	29
<b>Poet -</b> In Memory of our Favorite Poet	31
<b>Gardener-</b> Selections for innovative home gardens	32, 33
<b>Issues -</b> Wilderness Bills languish in legislative Limbo	34, 35
<b>Opinion -</b> All Forests Are Sluts?	36, 37
<b>Environmental -</b> Plutonium - You Need to Know	38,39,40
How Dams Hurt Rivers	41

## REGULAR FEATURES

<b>Animals &amp; Their Companions</b>	22, 23
<b>Book Review</b>	30
<b>Ad Index &amp; Telephone #'s</b>	42

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# Hello From Hessie!

From BCHA

This spring is full of “opportunities” for Boulder County’s equestrians - if we show up at a couple of upcoming meetings to tell our public land managers what we think. The next issue on the horizon is Horse Trailer Parking at the Hessie Trailhead. We have - literally - been working for improved trailer parking at Hessie for more than 20 years. We thought we were actually getting close to success, until mid April.

Hessie is “the” access point for many beautiful places in the Indian Peaks Wilderness: Lost Lake, King Lake, Betty & Bob Lakes, Skyscraper Reservoir, Woodland Lake, historic mining communities, and lots more. These trails are all open to horses. We used to be able to park trailers in the meadow near the cabins - but no more. And there are so

many cars parking along the road now there isn’t even room to turn around, let alone park. Without trailer parking, we are effectively being banned from our historic “equestrian habitat.”



Boulder County Transportation is proposing “widening the road, (removing some parking but) adding road shoulder parking (for cars only), adding a free shuttle service from Nederland High School, and increasing parking enforcement.” None of that helps us, does it? We were promised a “real” trailhead parking lot, with designated spaces for a few horse trailers - and now they are going to reduce overall parking, with

nary a thought about us.

So, what can you do? Please come to a couple of meetings and speak about the need for equestrian facilities! **Tuesday May 8, 4:30-7pm, Boulder County Courthouse, 1325 Pearl St, Boulder. Tuesday May 22, 2pm, Boulder County Commissioners public hearing, BC Courthouse, 1325 Pearl St, Boulder.** For more information, including project overview and history (from the county’s point of view), meeting schedules, online comment form and contact information, visit [www.HessieTrailhead.com](http://www.HessieTrailhead.com)

For more info on the project history (from our point of view) contact BCHA at [info@boulderhorse.org](mailto:info@boulderhorse.org) **Public comment will be accepted until May 11.** But the best thing is to come to these meetings and invite everyone you know to join you! Remember, “the world is run by those who show up.” [www.boulderhorse.org](http://www.boulderhorse.org),

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# Start From A Place Of Gratitude

By Jeff Thompson

I had to laugh when I read it. Jim Lochhead, Denver Water's new CEO and chair of an organization called the Front Range Water Council, seized the day recently and put out a press release warning that lower than normal snowpack levels this spring might mean drought and "additional water restrictions" for customers in Denver Water's consolidated service area.

He patted Denver Water on the back for having previously implemented what he called "comprehensive conservation measures." But he declared, "Conservation alone is not enough. We need strategies that also include ... new supplies." I said to myself: "Oh you mean like the Moffat Project? Ha! Ha! Ha! How does this guy keep a straight face when he says these things? Doesn't he have any sense of shame?"

Let's review the numbers in the Draft Environmental Impact Statement for the Moffat Project. They show that in 2030, when Denver Water's Consolidated Service Area water needs will be higher than they are now, total demand from the service area will be 298,820 acre feet. They show that, even in drought years, by 2030 Denver Water's supply will be 375,440 acre-feet. That leaves the Consolidated Service Area with a surplus of 76,620 acre-feet in 2030, even if there's a severe drought that year!

So why, with this huge projected surplus even in drought years, is Mr. Lochhead trying to scare the good people in Denver Water's Consolidated Service Area with talk about


droughts and additional water restrictions? Why is he talking about new supplies? The answer is that Denver Water is playing a con game with the people of Denver and the other cities in Denver Water's Consolidated Service Area. Denver Water is trying to get them to accept conservation measures and water restrictions so Denver Water can transfer the surplus these people generate, which belongs to them, to Arvada and other cities in the Northwest Quadrant of the metropolitan area.

Denver Water is also trying to con the people of Denver and the other cities in Denver Water's Consolidated Service Area into accepting higher and higher water bills so Denver Water can use the extra money generated by these higher bills to help build the Moffat Project. The Moffat Project will be of no conceivable benefit to the people of Denver. But the huge water transfers, along with the Moffat Project, will enable the development plans of some of the most powerful interests in the state.

The land and toll way developers in the Northwest Quadrant will make obscene profits. The rest of the state, including of course the people of Denver, will be left with an environmental and ecological disaster that is well known to the readers of the Highlander. For all practical purposes, developers have privatized Denver Water. What its board of directors is doing is clearly way beyond the powers they have been granted by their charter.

What puzzles me is this. There are so many environmental organizations *(Continued on next page.)*

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## Highlander Issues

headquartered in Denver. I can't figure out why none of them have acted to stop the Denver Water board of directors from operating so far outside their charter and essentially allowing Denver Water to be privatized by a bunch of developers.

There's a moral to this story. It comes from one of the most important teachers and dear people in my life. Her name is Joanna Macy. She is sometimes described as a teacher of Buddhism and deep ecology. She has a Doctoral Degree in systems theory. She's written many books and presented workshops all over the world. The first book I read of hers was *World as Lover, World as Self*. In it, she tells the story of how she befriended the Dalai Llama when he was only eighteen years old and had just escaped to India from Tibet.

The moral is that we should approach the situation in which we find ourselves from a place of gratitude. Many of us feel a deep sense of loss as we become aware of the situation in which we find humanity and our beautiful planet. Gratitude for what we have, whatever we have left in any situation, is the first step out of despair and into empowerment. Joanna teaches that we are extremely fortunate to be alive in the world at this time. She believes this is the time of "The Great Turning" when people all over the earth are turning towards life and finding ways to

restore our relationships and our beautiful Earth.

The story I've told in this article is a good example of how fear, and fear of lack, can be used so powerfully to manipulate people. These water projects I've spent so much time fighting all arise from a sense of lack, a sense that our Earth isn't good enough, that it lacks something and we need to improve it. They arise from a sense that we don't have enough. This sense can be countered by practicing gratitude. It's not hard when you live in Colorado!

Think about it. Even in this year of relatively low snow pack, an unbelievable amount of pure life-giving water will come cascading down from our mountains. We can be unbelievably grateful every morning we wake up and realize we are in Colorado, drought or no drought. The practice of gratitude can grow and spread from person to person and be the starting point for transforming our lives and actions and participating in The Great Turning here in our beautiful state.

*After finishing law school in 1973, Jeff Thompson moved to Colorado to enjoy its incredible beauty. He dedicates this effort to President Obama's political prisoners and war victims, in particular Tim DeChristopher and Bradley Manning.*

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# Conformation Vs. Posture & Relative Importance

By James Travers DVM

Horsemen have studied Conformation for centuries and placed a great deal of importance on what has been considered 'good' conformation. Although human posture has been considered important throughout the ages, little thought regarding the posture of animals has been seen in the literature until recently. Conformation and posture both affect performance and health of the horse and should be considered seriously when evaluating a horse for soundness and suitability.

In regards to the horse, conformation refers to the physical structure of the animal, the shape, size and relative positioning of the bones, muscles and ligaments. The anatomical relationship of one part of the body to another is an integral part of conformation. The shape and angle of the shoulder, the length of the back relative to the hindquarters, neck and shoulder area as well as the angle and size of the croup, are all conformational characteristics. There are many books, articles and thoughts regarding what is considered good conformation in a horse. Different authors and researchers have included aesthetic, mechanical and geometric parameters in their evaluations and determinations of ideal conformational anatomy.

Posture can be defined in terms of physical carriage. In regards to humans, it is the way that an individual holds his or her body, especially when standing. It is usually easy to evaluate human posture, we notice almost unconsciously whether a person is slumping, standing erect or leaning to one side. Posture in the human subject can relay certain emotional messages. A person who is slumping may be considered to be tired, bored, or sloppy. When a person assumes a more military erect posture, it can relay a message of formality or urgency. Human posture has been evaluated subjectively for ages and different cultures have placed different subjective values on different forms of posture.

In regards to the horse, posture can be evaluated in reference to several criteria. Horses can stand in a slouched position resting one hind leg; they can stand with their heads held erect or low to the ground. They can elevate their backs or lower their backs, cock a leg or stand squarely on all four feet. When evaluating conformation, most people desire the horse to assume a square footed, alert posture, and consider this type of posture necessary to compare the conformation of one

horse to another.

The contribution of conformation to health and performance is considered by many to be of great significance. Conformation certainly has an influence on performance; the mechanical relationships of body parts certainly affect the maximum strength and torque that can be achieved by a horse engaged in different endeavors. It only stands to reason that different equine occupations are generally accomplished best by horses with specific conformational qualities. For example, a large, course, heavy boned horse is considered more suitably to pull a plow all day than a lithe, light boned animal. The angles of the lower limb joints and relative length of the appendicular skeletal components are conformational factors that receive a great deal of study regarding sport activities in horses.

Posture also has been studied and considered in regards to health and athletic performance. Horses that graze moderately sparse pastures assume *(Continued on next page.)*



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## Highlander Horse

a low head carriage while grazing. These horses must graze for the majority of the day and thus assume this posture for extended periods of time. This posture causes a cranial shift of the axial skeleton, resulting in the pulling forward of the vertebral spines. This anatomical posture shifts weight from the hindquarters to the forequarters and flexes the back to variable degrees. When evaluated for back and sacral pain, horses that graze large sparsely vegetated pastures are usually found to be pain free. These horses are usually found to be in excellent health as long as the amount and quality of forage available is sufficient to meet metabolic needs.

Horses that live in confinement or horses that are fed at least one substantial meal of hay or concentrated feed daily, usually spend variable amounts of time standing with their heads up and their backs extended. This posture is considered 'inverted' by many trainers and horsemen. The fact that most stalls and corrals have fences or window placed at heights over four feet high promotes this 'inverted' conformation. Horses seem to be naturally interested in their surroundings, and the height of windows and fences forces them to assume this posture when examining their environment.

Horses that live in stalls or pasture, and are fed a concentrated meal of hay or other concentrated feed at least once daily have much more back and sacral pain than free

ranging horses on moderately sparse pastures. I have performed a study over the last twelve years evaluating pain and athletic ability in horses on these types of pastures vs. more domesticated husbandry situations and have routinely found that horses that assume a more inverted posture exhibit much more back and sacral pain than they do when turned out to free range on large sparsely vegetated pastures. In one study group, horses that lived on 1500 acres but were fed ten to fifteen pounds of hay every morning had a significant increase in back and sacral pain compared to a group of horses that free ranged on 1500 acres of sparsely vegetated pasture.

The significance of sparse vegetation is definitely apparent vs. heavily vegetated pasture. It is my opinion that the increased exercise necessary to graze sparsely vegetated pastures is a contributing factor in the superior health of these horses.

It is my opinion at this time that both conformation and posture influence to differing degrees athletic performance and health in the horse. There are also other postural conditions that some horses develop that affect or are the effect of different lamenesses or health conditions. Some but not all of these have been studied at this time. Veterinary medicine, Osteopathy, Chiropractic and Acupuncture, as well as sports physiology and physical training techniques are all used to help alleviate body pain and promote athletic performance in the horse. These modalities are often necessary in certain individuals because of the conformation and posture that the individual manifests.

It should be remembered that conformation and posture are definitely not the only factors that influence the performance of equine athletes. Nutrition, training, social parameters and temperament are also major factors that must be considered. Not all horses are great athletes regardless of superior conformation, posture, nutrition and training. The will to perform seems to be another major factor in equine athletic performance and although observed throughout the ages, in my opinion it has not received the recognition it deserves in modern husbandry practices.



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# Forest Service Accepting Proposals-Protect Lands

## Colorado State Forest Service Accepting Landowner Proposals to Protect Private Forestlands

The Colorado State Forest Service currently is accepting Forest Legacy Program proposals from Colorado landowners. The program authorizes the U.S. Forest Service, through the CSFS, to purchase permanent conservation easements on private forestlands to prevent those lands from being converted to non-forest uses.

**The application deadline is July 20, 2012, for federal fiscal year 2014 funding.**

The purpose of the Colorado Forest Legacy Program is to protect environmentally important private forest areas that are threatened by conversion to non-forest uses. The program provides an opportunity for private landowners to retain ownership and management of their land, while receiving compensation for unrealized development rights. Private forestlands that support continued traditional forest uses and offer water resources, fish and wildlife habitat and ecological, scenic, cultural or recreational value will receive priority.

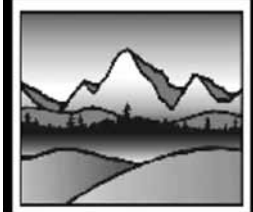
Landowners who elect to participate in the program are required to follow a land management plan approved by the CSFS. Activities consistent with the management plan, including timber harvesting, grazing and recreation activities, are permitted.

The Colorado State Forest Stewardship Coordinating Committee

will evaluate proposals and recommend to the state forester those proposals that have sufficient merit to forward to the U.S. Forest Service. Forwarded proposals will then compete at a regional level; those selected at the regional level will compete nationally for funding.

**For additional information or to obtain an application packet, contact the CSFS at (970) 491-6303. Applications also are available under the "Funding Opportunities" link at <http://csfs.colostate.edu>. Completed proposals must be submitted by mail and received no later than 4 p.m. July 20.**

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## Update - Buffalo Field Campaign

Wild buffalo abuse has begun here in the Hebgen Basin, west of Yellowstone National Park. Montana Department of Livestock (DOL) and Montana Department of Fish, Wildlife & Parks (FWP) agents have been forcing wild buffalo off of their chosen ground since late last week. There are no cattle present on any of the lands the buffalo have been forced to vacate. Government officials have stated that hazing off of cattle-free Horse Butte will begin by May 9th, earlier than expected, and right in the midst of calving season. Please contact Montana Governor Brian Schweitzer and urge him to call off the DOL 406-444-3111.

These hazing operations have taken place on some private lands near Denny Creek and the South Fork of the Madison River and into the public lands of Gallatin National Forest. The areas the buffalo are being made to vacate are south of the Horse Butte Peninsula, west of Yellowstone National Park.

In mid April thirty-nine wild buffalo were forced off of their chosen ground by livestock interests. Then only days later eighty-three wild buffalo were chased by the same yelling cowboys on horseback. This larger group of buffalo

gave the agents quite a challenge, as they were not complying with the forced march. Three horsemen were no match for eighty-three wild buffalo! DOL agents fired cracker rounds (explosives fired from rifles) at the herd to scare them into movement, but for a number of hours the agents were unable to penetrate the buffalos' resistance. When the buffalo finally chose to flee their oppressors, the agents pushed them for nearly eight miles into Gallatin National Forest, where the haze was then terminated.

The next day, additional DOL agents arrived, and with the FWP game warden they headed back to Denny Creek to harass a family group of eleven buffalo including nine pregnant females and two yearlings. BFC patrols noted that one of the yearlings was showing signs of injury, but fortunately was able to keep up with the group. This haze also began with a standoff from the buffalo; they did not want to budge. But, when the five horsemen converged upon them, they turned and fled, having to navigate a labyrinth of fencing that chokes some of the private lands. These buffalo were pushed east into Gallatin National Forest; to a place we call Houdini's



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Meadow, which you may be familiar with. The buffalo did not stay; they swam the river and walked up the north bluffs, appearing to make their way towards Horse Butte.

BFC patrols again monitored numerous government agents assembling at their Duck Creek headquarters followed them back to Denny Creek. Over one hundred and ten wild buffalo had returned to their chosen ground, reminding the agents that they are not slaves to be told what to do, but free beings with their own will and instincts to follow. They were hazed by DOL agents on horseback, and FWP agents on ATVs, again to Houdini's Meadow. Patrols report that many fire cracker rounds were fired, some even into the water. As you read this on Thursday, more hazing will likely be underway, and BFC will be in the field documenting all actions made against wild buffalo.

It is an extremely sensitive time for wild buffalo, as calving season will begin any day. Cows are very heavy with the little red calves they will soon deliver into this world. The stress of hazing is harmful to all buffalo, is particularly dangerous for pregnant buffalo, as it will be for the babies when they arrive into this world. There have been numerous sightings of grizzly bear sign, as well as a few bears themselves, so the federally protected grizzly and other wildlife are also being negatively impacted by these hazing operations.

With no other wildlife do we say, "You can be here, but you can't be here, and if you cross this line we will harass or kill you." The land has no borders for wildlife, save for those they choose themselves. Private landowners who oppose wild buffalo must accept that bison are as much a part of the landscape as the grass, the elk, the bears and the birds. Public land or private land, wild buffalo are part of the land herself, no matter who claims to "own" it. ROAM FREE!


NEW TAKE ACTION! Congress, Stop Wasting Tax Dollars on Wild Bison Abuse! Where do your federal tax dollars go? Every year, millions are spent to harm and kill America's last wild buffalo to uphold a Montana state law that makes outlaws of native wild buffalo. Wild buffalo abuse is indefensible and another face of welfare ranching

paid for with your federal tax dollars. Tell Congress to stop footing the bill for Montana to abuse wild buffalo!

**Summer Outreach Volunteers Wanted!** Buffalo Field Campaign will begin doing outreach inside Yellowstone National Park and Grand Teton National Park in June, and we are looking for passionate, articulate folks that can help run our information tables over the summer months, talking to millions of park visitors. BFC provides food, lodging, camping, gear, and transportation to and from our table in the Park. We ask for at least a three-week commitment in order to accommodate training and orientation. This is a great opportunity to get involved and advocate for America's last wild buffalo! Please contact Mike <mailto:mease@wildrockies.org> for more information.

Endangered Buffalo Fact of the Week - American bison, North America's largest terrestrial mammal and historically its most numerous mammal that left behind 100 million wallows (Butler), are architects of their environment shaping their world through shared behaviors in migratory herds across diverse habitats ranging from the Chihuahuan desert to northern grasslands (IUCN).

**Buffalo Field Campaign, P.O. Box 957,  
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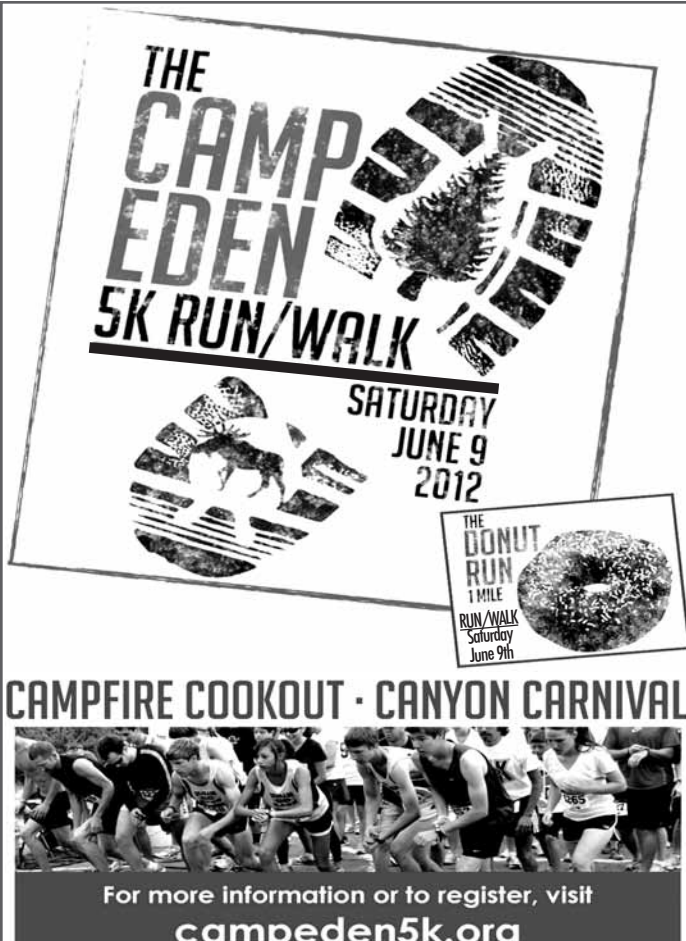


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# Patio Pooch Dining @ Roy's Last Shot

Current owner and resident of Golden Gate Canyon, Roy Stewart has made Roy's Last Shot more of a family restaurant with a bar - than what us long-timers up here were familiar with at the establishment on Hwy 119 between Black Hawk & Rollinsville.

Now days you'll see lots of cars outside in the parking lot, a true tell of whether a place has good food and atmosphere to offer their customers. Starting this month Roy and his staff are starting a natural spin off from the feed/



They are offering a patio pooch dining area outside for restaurant customers and their well-behaved four-legged family members.



So, this season when you and your pup/s hit the hiking or biking trails up in the area don't go home hungry - stop in and quench your thirst and hunger and treat you furry friend to a gourmet dog lunch/dinner while you eat and enjoy the great outdoors. No more worry of leaving them in an overly hot vehicle.

Roy explained how it started, by having plenty

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of chicken or beef trimmings from the restaurant anyway, and now good quality dog food sold at the Bales & Beers Country Store next door, it was just a natural fit to make a place for the canine customers to eat outside. All dogs must be leashed and rabies tags clearly seen to be able to take advantage of a complimentary meal when their human companions order



off the people menu. No bad dogs will be tolerated, so diners have no worries and the restaurant will supply great elevated bowls for food and water to the furry customers. (Also available for sale in the feed store.)

The idea for the feed store came (Continued on next page.)

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## Highlander Business

about from Roy's multiple animals at home and the hassle of going north or down the hill for pet supplies. The plan is to have a fully stocked store by



from and are adding items as needed. The convenient loading dock doors allow you to pull right up to load any heavy purchases (see previous page).

It is very apparent when dining at Roy's Last Shot that the clientele has changed a bit from olden days. They do offer: a smoking enclosed room in the back off the deck that keeps it from bothering other diners;



two new handicapped parking places on the west side of the building on concrete for safety even in inclement weather; a very well-stocked gift shop (here above) and the numerous colorful and impressive paintings on the restaurant and feed store walls - done by Roy himself.

Watch for some acoustic music entertainment this summer.

There is a basketball hoop on concrete and dirt horseshoe pits by the patio for all to enjoy.

You can also shop for a wood, gas or pellet stove during your visit to Roy's or the feed store as Indian Peaks Stove has moved their showroom into this new location. They have stove accessories and leather apparel for sale. Both businesses share a relaxing, cozy and country atmosphere; a picture of the usual community hangout in rural areas. Places you'll feel comfortable bringing the entire family to, including the family dog, now!

*Story & photos by A. M. Wilks.*

first cutting of hay this summer so that mountain resident's can stop in for most all their animal's needs. If you don't find what you want they have catalogues you can shop





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## Facts About Lack Of Exercise

If you are a woman and don't exercise enough - or at all - you are literally making yourself sick. This is the conclusion of a new study released by Oregon State University recently, indicating that inactive women are at a higher risk for developing metabolic syndrome, a group of medical conditions including high cholesterol, high blood pressure, and excessive belly fat.

"Even taken separately, each of these conditions can be dangerous to your health," says Bobby Zuniga, a personal trainer at Twice The Results Fitness in Lakewood, CO. "Combine them, and your risk for type 2 diabetes, heart disease, and stroke increases."

Should you be worried? It all depends on your level of activity. The study found that women average only about 18 minutes of moderate-to-vigorous daily exercise, far below the recommended minimum of 30 minutes a day.

The reasons for lack of physical activity among women range from busy work schedules and family obligations to - incredibly enough - vanity. In an interview with the New York Times last year, U.S. Surgeon General Dr. Regina M. Benjamin noted that because they don't want to mess up their hair, some women avoid physical activity altogether.

"Anyone who doesn't want to work out will always find a convenient excuse," Zuniga says. "But the bottom line is this: hair - or any other reason - should not stand in the way of your health."

If you need even more compelling reasons to work out - other than the ones cited above - how is this: numerous studies have shown that women who exercise at moderate to vigorous levels for three or more hours per week reduce their risk of developing breast cancer by 30 to 40 percent.

And if you are a man, don't think you're off the hook.

Even though this particular study focused on women, many men also skimp on exercise. According to a 2011 report by Centers of Disease Control and Prevention, fewer than two in 10 Americans get the recommended levels of physical activity, and more than a quarter of U.S. adults of both genders don't exercise at all.

"While this recent research mentions the risk of metabolic syndrome in women, let's not forget that inactive lifestyle can be dangerous for men and women alike," Zuniga points out. "For both, it ups the risk of obesity, heart disease, several forms of cancers, diabetes, and stroke - all of which can lead to early death."

If a busy schedule - not hair - is the

reason why you don't exercise, Zuniga suggests the following time-saving tips: Plan your sessions early in the morning, before your schedule gets too busy. You'll be energized for all your day's activities and won't have to worry about fitting in a workout later, when things get too hectic.

Focus on time-saving but highly effective exercises like interval training, which typically lasts 15 to 20 minutes per session. You or a trainer can create intervals that are best suited to your needs.

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# Looking Through The Eyes Of A Greenhorn

By Brenda Reynolds

Farming and ranching are in my blood. Yet, here I am, living in a frenzied city along the Front Range and now openly yearning to live and breathe wide-open spaces.

About six month ago, there was a strong knowing within me that I no longer belonged in the city. I felt a dynamic pull to move to the ranch lands of Montana. Realistically though, I knew I needed to first acquire some solid ranch skills before I was ever going to find my way onto a working ranch and developing a deep, intimate connection with the land. Amazingly, I found an advertisement for The New Agrarian Apprenticeship Program sponsored by the Quivira Coalition whose mission is to “offer apprenticeship opportunities for people with a sincere commitment to a life at the intersection of conservation and



sustainable agriculture.” I applied immediately.

Blessed from above, I made it past both the written and phone interview. A few weeks later, I traveled down to the San Luis Valley of Southern Colorado to meet George Whitten and Julie Sullivan - owners of the Blue Range Ranch - for the final segment of the interview. I arrived on a chilly February evening but was warmly greeted by George, Julie and Amy the current intern. (*In photos next two pages.*) I immediately was drawn to these authentic, wind-weathered people that passionately love the land and their way of life.

George told me stories about his younger days on this ranch when it was an extensive sheep operation and brimming with possibilities.

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Julie gave me a brief overview of transitioning from environmental college professor to rancher's wife and some of the challenges she faced with such a change. Amy chopped vegetables for the evening meal and chimed in a few laughable stories about selling beef at the farmer's market and some soul-enriching experiences she had in the course of a year in this harsh yet extraordinary landscape. I paused to take it all in: these bright, passionate people supporting each other even while preparing dinner.

At the large wooden dinner table, the topic of the conversation swelled to address the impending assault on the independent small ranchers and farmers. As the night progressed, I learned that organic regulations and inspections are akin to IRS audits, that large factory farming dilutes the soul of America, and realized that importing agriculture products such as vegetables and even wool leaves a noticeable dent in the opportunities of agrarians. I also learned that it is a rather

short-sighted notion to think that driving a Prius alone will significantly ease the carbon footprint, when supporting local ranchers and farmers would create a far greater impact. It was a look-at-the-hard-truth kind of a night discussion.

In the morning, after a breakfast of farm eggs, we set out to do chores. I had spent my childhood and teen years helping my grandparents with the farm chores, but these chores were different. I helped George, Julie and Amy move electric fence to section off a new part of a pasture laden with cut (not baled) hay still fresh under the snow. I watched as their cattle

herd quietly filled the new section of pasture and began munching with a calm and gentle rhythm. I learned that a good rancher must always think ahead - factoring in weather, water and available feed per animal when deciding to increase or decrease the herd. I learned that it is quite possible to actually improve public lands with controlled cattle grazing and that (Continued on next page.)



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## Highlander Lifestyles

cattle manure and urine are a far superior fertilizer than chemically formulated nitrogen. I learned the importance of being gentle with your herd so they don't run off good muscle and fat, and thus good meat.


In the afternoon, George and Julie drove me down to the place where they mob graze their cattle on a farmer's sorghum field. I will never forget as I looked out onto this dry, sleepy landscape, what George told me about the farms that we passed along the way: they are living on the momentum of generations before. He did not know if those farms would be able to adapt to a drastic decline in moisture and the warming of the planet. These words left a noticeable pit in my stomach and a feeling of sorrow and even anger. I realized then and there that the overly consumptive and oil-intensive America, that has been going full-throttle for the past few decades, has contributed greatly to a warming planet and is



decimating a way of life that is the very essence of many farmers and ranchers. I felt stunned, then moved, then determined to do something to make a difference.

My visit with George Whitten and Julie Sullivan left a noticeable, unmistakable impact upon my life. There is no doubt in my mind that a ranching way of life is what I desire. I know that I want to not just work the land but work with it and be in partnership based on respect and admiration. I wonder though, with all the changes in the world, if the life I seek and wish to create will be available to me in years to come. I will just have to find out.

*Brenda Reynolds lives in Boulder, Colorado where she writes, reads and dreams about living on a working cattle ranch in the rural mountain west. She is searching for a small mountain town to become home and hopes she will find it soon. As a side note, Brenda decided not to pursue the internship with Blue Range Ranch but instead pursue a life of teaching, at least for the next few years.*

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# Chorale-Swap-CleanUp-Slash Days-Concert-Film

Dear Readers,

**Peak to Peak Chorale** presents a performance of theater and song: The Nautilus, Gem of Missouri Lake (a strange but true story of Gilpin's submarine) Come to a performance and find out what happened to Gilpin County's submarine, built and tested in 1898.

**Saturday, May 12 at 6 pm** - Crook's Palace in Black Hawk - Dinner Buffet/Cash Bar - Tickets \$25 in advance only; **Friday, May 18 at 7 pm** - Black Forest Inn in Nederland - Desserts/Cash Bar - Tickets \$15, Child \$7.50; **Sunday, May 20 at 3 pm** - CCCIA Hall in Coal Creek Canyon - Desserts - Tickets \$15, Child \$7.50. For tickets or more information call Karen Swigart 303-642-7491 or Carol Mirarck 303-642-3056.

Dear Readers,

**Children's Clothing Swap IS BACK** and we want to raise BIG money for the 7th and 8th graders to go to Washington DC! CCCIA Hall - **Wednesday, May 23rd, 4-6pm**. Let's swap summer clothes at Coal Creek Canyon's Children's Clothing Swap and help the Middle School kids get to Washington DC.

It's finally turning green and the weather's getting warmer, a sure sign that it's time to recycle those outgrown children's clothes and outerwear by bringing them to our Swap. Please bring your clean, gently used children's clothing (size newborn to 14) and maternity clothes to the **drop off at the CCCIA Hall, Tuesday, May 22nd, from 4:00pm-7:00pm**. PLEASE ONLY DONATE CLEAN, GENTLY USED CHILDREN'S CLOTHING - dirty/worn out clothes will not be accepted.

All donations will go to a great cause - to help the 7th and 8th graders learn about our great country! We are also accepting other items related to children; but please do not bring toys or stuffed animals. Please contact Beth White (642-1608) if you have any questions or need to set up a special drop-off time.

To Coal Creek Canyon Residents,

Mark your calendar for Spring Canyon Cleanup! The Coal Creek Canyon Improvement Association and The Environmental Group are sponsoring **COAL CREEK CANYON SPRING CLEAN-UP ON SATURDAY, MAY 26, 2012**. We are official members of the CDOT Adopt A Highway program and will be removing trash from the right-of-ways along Hwy 72 - milepost 13 to 21.5. (Railroad underpass to Wondervu) Side roads are OK too!

Meet at the Coal Creek Canyon Community Center between 8am-10am for orange trash bags and safety vests.

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## Highlander Letters

If you're unavailable on Saturday but would like to clean up your favorite stretch of roadside before CDOT makes their pick up after Memorial Day - please call Tom at 303-642-7121 for bags and vests.

CDOT asks that each participant view a Safety Video and a Meth Lab Waste Recognition Video prior to cleanup activities. The video can be viewed from your computer at <http://www.dot.state.co.us/AdoptAHighway/> or at the community center before we start canyon cleanup. Thank you! Tom Mulvany CCCIA & TEG

Coal Creek Canyon Neighbors,

Get Ready for **Slash Days! Save the date; Slash Days are scheduled for June 23rd and 24th at Fire Station 2** this year so start prepping your slash! This is a great way to get the smaller pieces of your forest off your property for both fire and beetle mitigation purposes. We will accept slash, limbs, tree debris, and pine needles. Maximum length: 8 Feet. Maximum diameter: 6 Inches. No stumps, please.

There will be a fee per vehicle load ranging from \$5 - \$25 depending on the size of the vehicle. Every little bit helps make our forest healthy, so we hope to see you there! Please contact Jody Dickson, 303-642-3568 if you have any questions.

Dear Readers,

Aspen Meadows Productions Presents Garry Sanfacon for Boulder County Commissioner Fundraiser with David Grier; **David Grier**, three-time Best Guitar Player of the Year award winner as voted by the members of the International Bluegrass Music Association, **will play at the Nederland Community Center at 7pm on May 14th.** The event is a fundraiser for Boulder County Commissioner candidate Garry Sanfacon.

David Grier has appeared on two Grammy- winning recordings: "True Life Blues-A Tribute to Bill Monroe" and "The Great Dobro Sessions." David is also included in the book, "1,000 Great Guitarists." Grier's "Lone Soldier" project is listed in Acoustic Guitar Magazine's "100 Essential Acoustic Guitar Recordings of All Time.

Garry Sanfacon has been an active member of the Boulder County community for two decades, working to protect the environment, support human services and enhance our quality of life. His candidacy for County Commissioner is endorsed by dozens of political officials, including Joe Gierlach, Mayor of Nederland.

There will be a pre-concert reception with candidate Garry Sanfacon at 6pm, with the concert starting at 7pm. Reception and concert package, \$30. Concert only \$20 advance, \$25 day of show. Welcome reception only \$15. Tickets can be purchased at: [tinyurl.com/g4bc14may](http://tinyurl.com/g4bc14may) Chris Garre

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Dear Readers,

Upon attending a public meeting in Nederland, sponsored by the Nederland Area Trails Organization, it was disclosed that the trails west of the Sundance Café and down south of **West Magnolia** (or used to be called Haul Road) will be **closed to all usage this summer** and until the forest service finishes their effort to clean up beetle kill and blown down trees.

They expect one trail that starts at the Middle/High School parking lot and goes into that area to stay open, but horse trailer parking has not been allowed at the school and the trail isn't deemed very long in distance, so not a good option for equestrians for a full day's ride.

**Sundance Stables is closed this summer**, but we hope it will be open next summer. I'm pretty sure this closure includes all camping in that area too. Editor

Letter to Readers,

**No Water To Waste**, a film documenting Denver's scramble for the last of the Colorado River, specifically with the proposed unnecessary expansion of Gross Dam Reservoir, will show at the **Backdoor Theater in Nederland at 7pm on Thursday, May 24th**. Admission to the film is \$5 and tickets can be purchased in advance from **NoWaterToWaste.com**

The 45-minute film, which was accepted into the 2012 Colorado Environmental Film Festival, was produced independently, free of any corporate or political obligations.

"No Water to Waste is a brilliant documentary by local film makers Gabrielle Louise and Chris Garre that reveals the concentrated and organized effort by local politicians and developers to push sprawl in Jefferson County. In the name of money, pro-development forces want to take more water from the Colorado and Frasier Rivers, damaging these ecosystems, and expand Gross Dam. Developer's plans would build more homes on Open Land, create more traffic congestion on sub-par public roads, further degrade our air quality - AND build a private toll road on contaminated land (Rocky Flats), threatening public health. This film is about the on-going shame, lies and deceit being perpetuated on our community by developers and unscrupulous politicians - in the name of profit. WATCH THIS FILM!" ~ Rob Medina, President, Citizens Involved in the Northwest Quadrant (CINQ) Editor

*All Letters to the Editor or Readers MUST be signed. Please send your submissions no later than our deadline on the 19th of every month. Printing these letters is in no way an endorsement by this publication nor a reflection of the opinion of the Editor. We reserve the right to shorten or edit for length. We ask that you only send what might be of interest to the readers of our region, the Four Canyons and North Western Suburbs, Golden to Boulder.*

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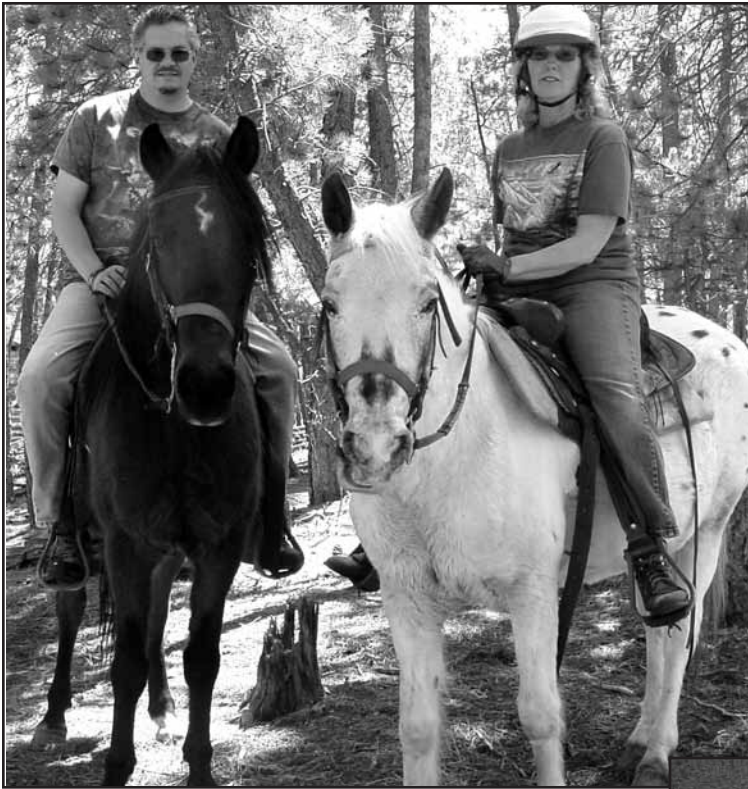
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*Top Left: Bonnie with friend & horses.*

*Top Right: Lilu, Bulldog puppy.*

*Bottom: Chanel at five months.*

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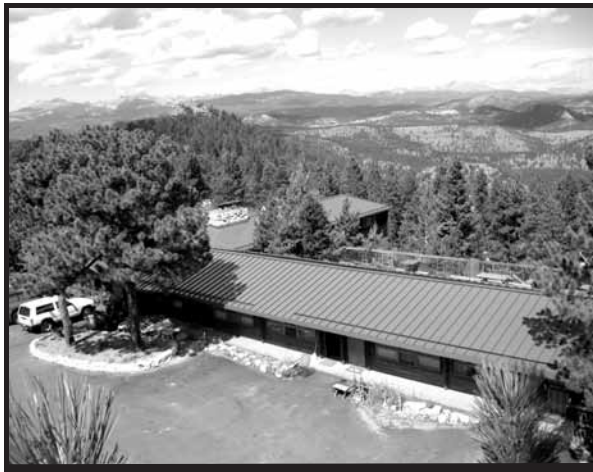
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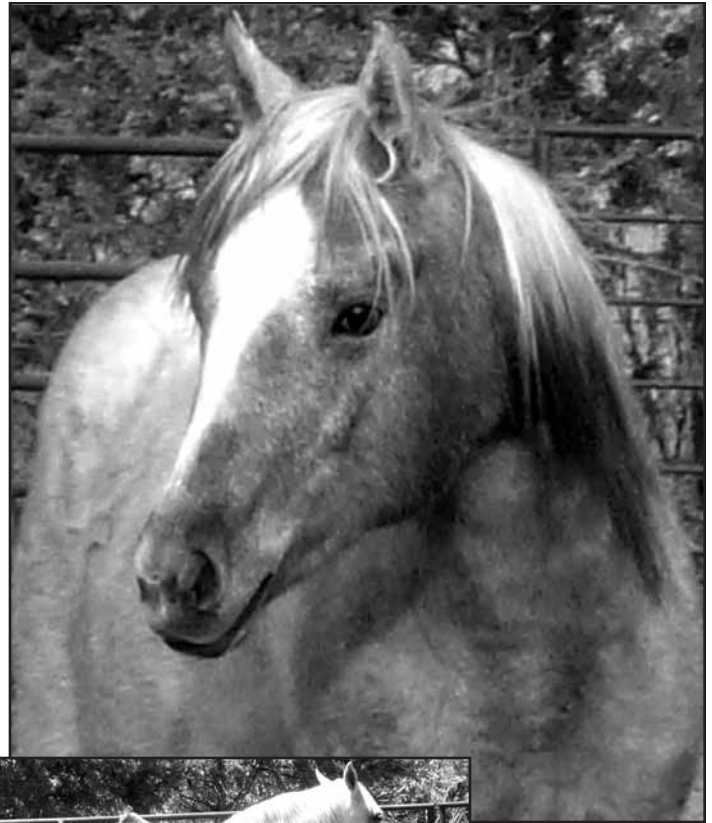
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*Left: Baby Shadow tries to eat grass.  
Right: One year old Shadow, now grey.  
Bottom: Baby Shadow with mom Taylor.*

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# What's The Matter?

By Melissa E. Johnson

*Energy impacts us at all times,  
and the frequency at which that energy moves  
determines our physical, mental and spiritual health. . .  
Why would you give your precious life energy . . . to  
something you [don't] want? ~Dr. Wayne Dyer*

As a young attorney starting life in a new town on the coast of Florida, I joined a leadership program sponsored by the local Chamber of Commerce. We had to commit ourselves to a year of exploring the nuances of business and industry in our two-county region-once a month devoting a day visiting local businesses, manufacturing facilities, schools, the community hospital, preparing "as if" we were about to be deployed as troops from the local military base, exploring area tourist destinations, checking out delicious restaurants-all in an effort to better understand the nature and energy of the place we all called "home."

Our first amazing exercise was to attend a SIM-SOC Retreat, where we lived for a weekend in a simulated society. Upon entering the SIM-SOC, each participant was

assigned a new name, occupation, political and religious affiliation, family and marital status, educational background, a predetermined set of goals, problems and issues to resolve, and a fake bank account, together with some "cash" in the form of twisty-ties-the kind you tie-up trash bags with-representing our communal currency.

Some of the participants, to their dismay, were assigned the lives of homeless people and, while everyone else had moderate or posh hotel rooms to call "home"-some sharing rooms with other participants (depending on their financial status)-the homeless folks had to hang out in the makeshift homeless shelter (a large conference room with only cots to sleep on). We had no contact with the outside world.

As simple as it sounds, this SIM-SOC experiment led to one of my greatest Aha! moments as I witnessed the value, power and "energy" that we give to things. What makes the almighty dollar (or twenty) so mighty? Money can't cleanse your soul or fundamentally change the nature of who we are. I suppose it can solve problems in its own way. But inherently, it is neither good nor evil but only that we make it so. We energize it with (Continued on next page.)

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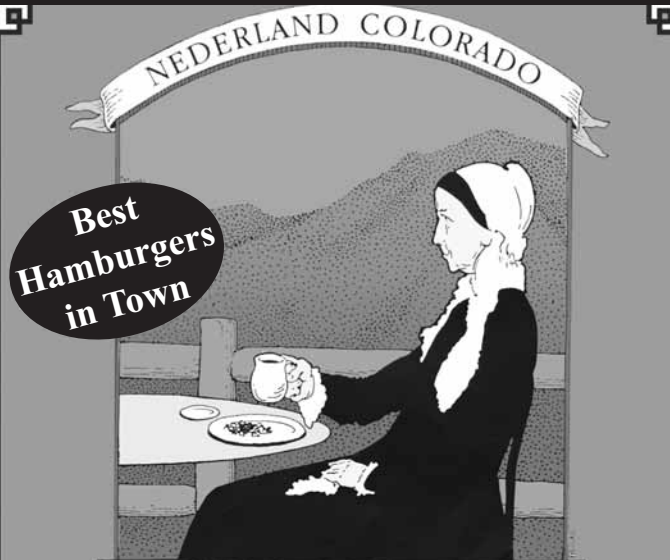

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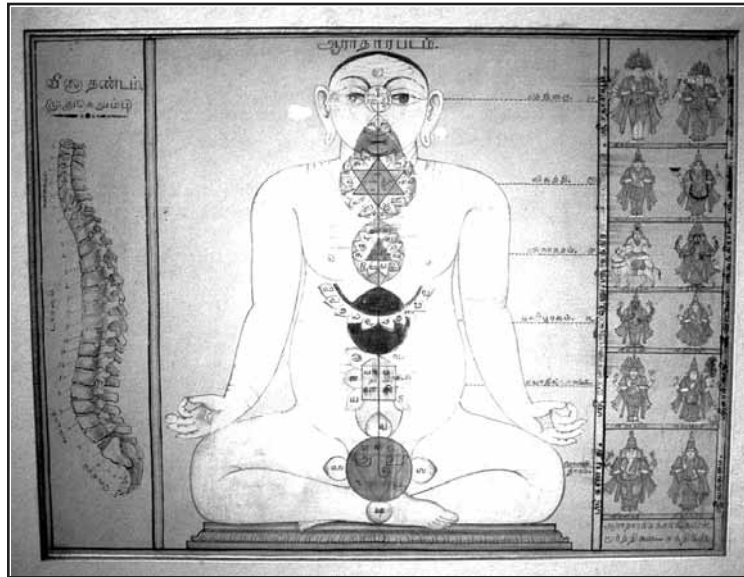
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## Highlander Wisdom

our thoughts and actions. So guess what happened when our “currency” changed to trash-bag-twisty-ties within the borders of our simulated society? The twisty-tie became that mighty thing to give or be gotten, breeding the exact same kind of power struggles, control, greed, infighting, thievery, sharing and great acts of compassion that exactly mirror real life.

Yet EVERYTHING is energy-living, dynamic matter: Even the smallest subatomic particles are engaged in a constant process of exchange with other particles in a never-ending flow of energy, vibrating at different frequencies—light and fast moving particles producing sound and light—and



slower, denser energy manifesting as the solid structures we see in the physical world. Yet when examined under a high-powered microscope even these seemingly solid structures reveal themselves to be clusters of highly active particles, dancing and vibrating at varying speeds, dynamic in nature and part of larger organic energy patterns—reflecting order, not

chaos as we might assume.

This reminds me of a human interest story from several years back telling of the extraordinary sensory gift of Ben Underwood, a young man who lost both of his eyes to cancer at the age of two but then later discovered that he could see the world by clicking his tongue. The technical term for this ability is “human echolocation,” similar to the built-in sonar device in animals such as dolphins and bats, which helps them navigate their environments by processing sound waves, or echoes, reflected back from objects around them. In this way, a person capable of human echolocation can identify not only the location of objects, but often their size and basic composition (i.e., metal, wood, vegetation, etc.) based on the vibratory frequency of those objects. Consider what this reveals about the nature of all things and the energy of life!

So as you move through the world remember that everyone and everything contributes to the overall energy of your life. It’s okay to be selective about what you support and how you allow yourself to be energized—for good or ill—by other people and things. As our most natural law tells us: Energy can neither be created nor destroyed, it simply changes form.

Ask yourself:

**WHAT’S THE MATTER?**

*Melissa is a writer, photographer, artist and lawyer. Read more on her blog at [www.HeartLaw.blogspot.com](http://www.HeartLaw.blogspot.com), or visit her website at*

*[www.MelissaEJohnson.com](http://www.MelissaEJohnson.com).*

*Photo of picture in Bali by M.E. Johnson, Harmonized.*



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# Sportsmen Stab Teddy Roosevelt In The Back

By Ben Long

One of the goofier gaffes Mitt Romney made on this year's campaign trail occurred when he mentioned a recent Montana hunting trip but couldn't seem to remember whether he had pursued elk or moose. Dig deeper, though, and that hunting trip reflects something more sinister than a slip of the tongue. President Theodore Roosevelt left America a rich legacy of abundant wildlife and millions of acres of public lands. But influential and well-heeled hunters are stabbing Theodore Roosevelt in the back by trying to recruit Mitt Romney to undermine TR's legacy.

Roosevelt championed a simple idea that is the foundation of all conservation and wildlife management in North America. That is the idea that wildlife belongs to all of us - not just to the rich or the land-owning elite. This is the linchpin that holds together America's national parks, forests and wildlife refuges and inspired the successful effort to rescue game animals like whitetail deer, turkey and elk, from near-extinction, as well as the attempt to save endangered species like peregrine falcons and bald eagles. This is a uniquely American commitment.

In Europe, wildlife has traditionally been considered the property of the landowner or nobility. Hunting and fishing - the little that remains - is entirely in the hands of the elite. The idea that wildlife belongs to all citizens and should be managed by professionals using sound science is called the North American Model of Wildlife Management. Most all hunting and conservation groups, including conservative, venerable hunting-gun organizations such as the National Rifle Association, Boone & Crockett Club and the Pope and Young Club, embrace the model. But not everyone.

In particular, meet Don Peay and Sportsmen for Fish and Wildlife (SFW). The group was founded in Utah and has spread throughout the West. One state at a time, Sportsmen for Fish and Wildlife is dismantling the very idea of a public wildlife resource, and replacing it with special privileges for the privileged. In Montana, Sportsmen for Fish and Wildlife is pressuring county commissioners to circumvent the state wildlife commission on predator management. In Arizona and Idaho, SFW is lobbying legislatures to allow landowners to own and sell hunting privileges, independent of the rules all other



citizens have to live by.

In Alaska, Sportsmen for Fish and Wildlife worked to have its state president, Corey *(Continued on next page.)*



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## Highlander Wildlife

Rossi, appointed head of the Division of Wildlife Conservation at the Alaska Department of Fish and Game.

Rossi had no professional credentials, but loads of political connections. Today, Rossi stands accused of violating game laws he was sworn to defend. That's gotten a bit of press, including a recent interview where Don Peay spelled out SFW's radical agenda.

Speaking to the Anchorage Daily News, Peay dismissed Theodore Roosevelt's legacy as "socialism" that needs to be "revisited." "We understand the North American model where wildlife belongs to the people, but we're also seeing dramatic reductions in game populations in the Western United States under that model," he said. This twisted reading of history puts Peay and Sportsmen for Fish and Wildlife in some pretty lonely company. But lonely company can include the powerful, and in Alaska, that company included then-Gov.



Sarah Palin. It also leads to Mitt Romney, the most likely Republican nominee for president. Just who took Mitt

Romney on that almost memorable moose - or was it elk? - hunt in Montana? Don Peay, who bragged of this political connection in an email to the members of Sportsmen for Fish and Wildlife.

Romney hails from Massachusetts, a state severely lacking in wildlife and wildlife habitat. Recently, he revealed how little he knows about the nation's public land. "Unless

there's a valid, legitimate and compelling public purpose, I don't know why the government owns so much of this land," said Romney, campaigning in Nevada. I suppose Romney could crack a history book and read why Theodore Roosevelt and others created this public estate that fills most Westerners with pride. Instead, he listens to Don Peay. Something tells me they're talking about big bucks, but not the ones with antlers.

But what can sportsmen do? Here's a suggestion: Before you give a dime to a "conservation organization" or give a vote to a political candidate, make sure they answer this question: Do you believe the wildlife of North America belong to all of us, equally, or do you think wildlife should be sold to the highest bidder?" If they don't answer, or answer wrong, keep looking. They aren't looking out for you. Photo previous page courtesy of Dave Schemel of Quantum Photography. *Ben Long is a contributor to Writers on the Range, a service of High Country News (hcn.org). He is an outdoorsman, author and conservationist in Kalispell, Montana.*

# Malones

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# Natural Clothing With Solar Power Chargers

Colorado State University apparel design and production researchers and students are working to develop natural-fiber outdoor clothing that can charge MP3 devices, tablets, computers, GPS units and cell phones with built-in - but comfortable to wear - solar panels.

The project is so impressive that it was recently selected to compete in a sustainability design competition in Washington, D.C., from April 21-23. The project, funded by a \$15,000 grant from the Environmental Protection Agency, intends to also reduce pollution on two fronts. First, the clothing will use the most recent research and technology to make natural fibers such as cotton and linen as outdoor savvy as other petroleum-based textiles which are heralded by outdoor enthusiasts for warmth, UV ray protection, comfort and moisture-wicking. Second, the clothing will provide a solar source of energy for electronic devices, reducing alkaline battery use.

Eulanda Sanders and Ajoy Sarkar, associate professors in the Department of Design and Merchandising, along with four students, are currently developing natural-fiber outdoor clothing prototypes that harvest energy while the wearer participates in outdoor activities. "This project is unique in that there are no current apparel products that combine solar power with natural fibers," said Eulanda Sanders, a professor in the Department of Design and Merchandising who specializes in apparel design and production.

While a few solar-powered "smart" outdoor apparel items are on the market, they are functionally flawed with solar panels that are difficult to launder or wear and are not aesthetically pleasing. The team is using only UV-treated natural fiber fabric, such as cotton or linen, rather than petroleum-based textiles, which contribute to pollution. The researchers have discovered that the right selection of fabric and weave, thickness, weight, dyeing and finishing of natural fabrics provides excellent protection from UV rays.

The group has developed prototypes of three jackets, a vest and two helmets —one ski helmet with Blue tooth capabilities and one for possible military use. "We believe this will fill a need in the market for the many

environmentally-conscious outdoor enthusiasts," Sarkar said. The overall goal is to develop natural, solar-powering clothing items with functionality, durability and comfort while also being aesthetically stylish. Undergraduate apparel design students Logan Garey and Anna Rieder, merchandising student Jared Blumentripp and engineering student Erick Guack, are collaborating to develop outdoor gear with solar panels.

Key factors in the success of these garments will include the cost and flexibility of the panels and strategic placement to maximize sun exposure. Comfortable and easy-to-laundry panel attachment points and wiring also will be important design features. In the second phase of the project, they also are considering designs that could be later adopted by road construction workers. The team will present their project and prototypes at the National Sustainable Design Expo in Washington, D.C. They will be among 45 teams selected from 150 team applications from across the country that were selected to compete in the U.S. Environmental Protection Agency's People, Prosperity and the Planet student competition.

If CSU students win, they'll receive additional funding to market their idea. The Dept. of Design and Merchandising is in the College of Applied Human Sciences.



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# A Thin Line Between Right & Wrong

By Tracy Reseigh

Crime novelist William Landay has been described as “the next John Grisham.” His debut novel, *Mission Flats*, is about small town Maine police Chief Ben Truman. Chief Truman discovers a dead body that turns out to be a prominent Boston District Attorney. Resigned to not let the Boston detectives take over the case, Truman heads to the tough streets of Boston to oversee his case. Ben Truman never wanted to be the police chief; he wanted to be an historian. His father was always Chief Truman. But, when Truman’s mother fell ill, he left college to go home to Maine and care for his mother. He joined the local police department, and upon his mother’s death and his father’s forced retirement, he became chief.

Versailles, Maine never had much in the way of a crime rate. The murdered Boston D.A. was Chief Truman’s first real crime scene. While he was out re-investigating the crime scene, he runs into a former Boston homicide detective, John Kelly. In the short encounter, Kelly points out how inexperienced Truman is with homicide cases, and suggests that he leave the investigation to the Boston detectives. By the end of their next visit however, Truman convinces Kelly to go with him to Boston.

When Truman and Kelly arrive in Boston, they are introduced to the policemen of Mission Flats, the toughest

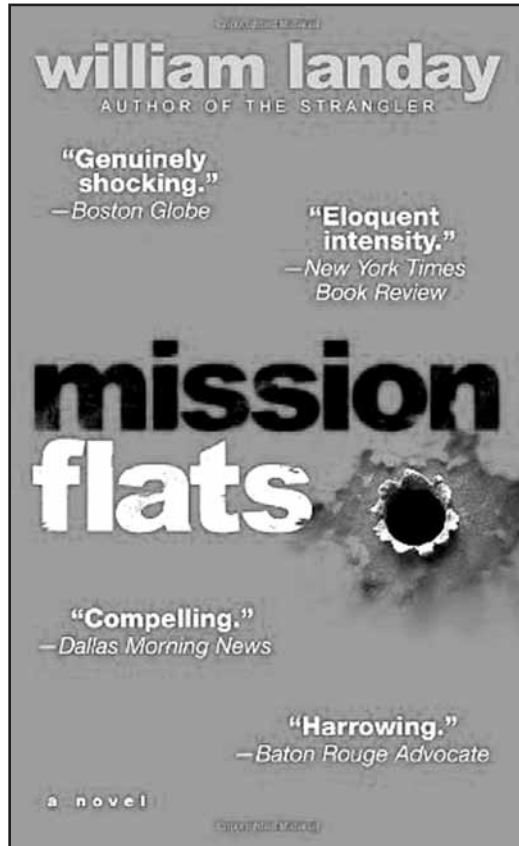
beat in Massachusetts. While working the case, Truman discovers he is right in the middle of a twenty-year-old cop killer case as he begins to uncover the ugly side of big city cops. He experiences a face to face with the main suspect, a renowned drug lord, and that encounter leaves Truman questioning whom he can really trust.

The real grit of Landay’s crime novel plays out while Truman and Kelly delve deeper into the murder for retribution case. Truman soon finds himself a suspect in the D.A.’s murder as his past actions; with respect to his mother’s death, tie into the murdered Boston D.A. With vengeful cops, loose cannon drug lords and a suicidal witness who knows the true story, Truman learns what it’s like to be a big city cop, yet he constantly wonders at what cost.

Landay’s debut novel is a book for readers who like crime/legal thrillers. Landay writes with suspense that is just under the surface, meaning that as I read the book I was anxiously

awaiting the next clue or revelation to the investigation. Another thing Landay does is to create characters that want to be good policemen, but they are all quite flawed as individuals. They are a group of men who want to do the right thing however, due to the circumstances of being a homicide cop in the roughest part of Boston; sometimes that line of right and wrong isn’t clear.

*Mission Flats* is available in paperback at Barnes & Noble for \$7.50. You can also go to [williamlanday.com](http://williamlanday.com) and read an excerpt of this or any of his other novels.



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# In Memory Of Our Favorite Poet

Joanna Sampson, born November 5, 1928, died March 27, 2012 in her home with her children present. She was born to the Rev. Mr. & Mrs. W. S. Stevenson in Winner S.D.; married to John Sampson June 1947.

Joanna has been cremated and her cremains have been released in a family ceremony on a favorite hilltop on her property where the ashes of her husband and her mother have been scattered.

As a child Joanna was a severe asthmatic, which prompted the family to move from the plains to Hayden on the Western Slope of Colorado when they discovered that the mountain air was a virtual cure. This was later corroborated when, as a new bride, she and John moved to Alaska where he worked on the AlCan Highway. Her asthma recurred there requiring the move back to the Colorado mountains where she remained for the rest of her life.

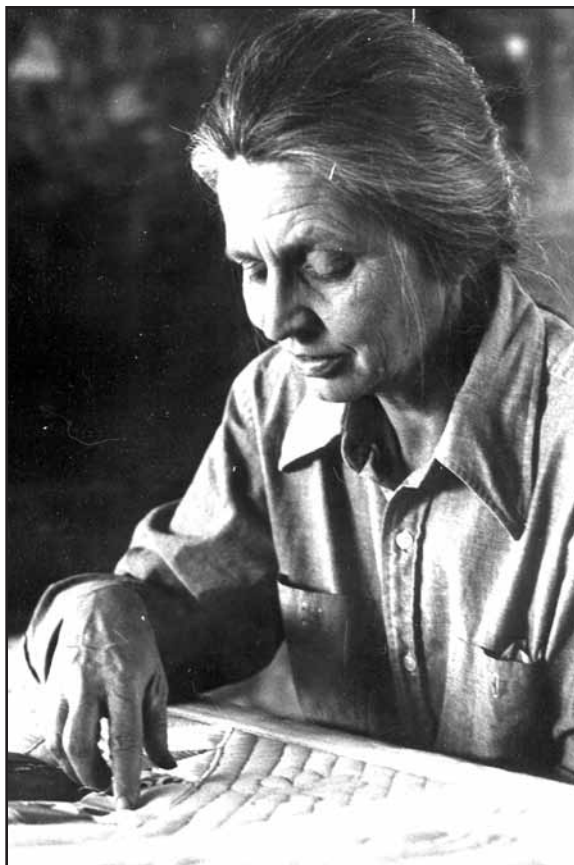
Joanna graduated from Hayden Union High School in 1946 and attended Western State College in Gunnison, CO before her marriage. After John's graduation from Colorado College in 1952, they moved to the current home in Marshall where John worked for Dow Chemical.

As an adolescent, Joanna became an accomplished horsewoman, buying her own horse and riding with

locals and in rodeo parades. During those same high school years Joanna's gift of words was discovered as she garnered A+ grades in English and won essay prizes. Over the years she became an expert and published author of Colorado history, notably old coal mining events; and poetry published in several magazine and newspapers. Several of her longer poems have been set to music and performed in multi-media presentations. Joanna's creative spirit was also evident in photography and the pairing of words with pictures.

Joanna was instrumental in the establishment of the Boulder County Open Space and its educational work. She was also an active participant and frequent presenter in Raptor Rehabilitation Center, and the Colorado Historical Society.

Joanna was a contributing poet and photographer for the Highlander Monthly for many years. She will be forever missed by this editor and readers alike. (Joanna's longtime friend and fellow horsewoman, a Coal Creek Canyon resident, Gail Matheson took this photo in 1977 of Joanna quilting - another of her favorite pastimes.) Thank you Joanna for all your wonderful poems and pictures, rest in peace.



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# Selections For Innovative Home Gardens

With spring comes a familiar gardening dilemma: What to plant that will be beautiful and unique, while also flourishing in area landscapes? Plant Select comes to the rescue with six notable plant picks for the 2012 growing season - a tree, a shrub, and four flowering perennials. All the plants have been grown and have proved their hardiness at trial-garden locations around Colorado. Plant Select is a non-profit organization involving CSU, Denver Botanic Gardens and regional and national horticultural professionals. The non-profit's mission is to seek out and distribute the best plants for landscapes from the High Plains to the Intermountain region and beyond, with an emphasis on horticultural innovation.



climate; exemplify the unique; demonstrate disease and insect resistance; flourish in low water conditions; display a long season of beauty in the garden; and ensure noninvasiveness.

The selections for the 2012 growing season are: Cape-  
 ⇐ forget-me-not (*Anchusa capensis*) has trim evergreen rosettes producing a bounty of dazzling, cobalt-blue flowers with fetching white eyes throughout the garden season. This perennial will naturalize with moderate self-sowing in many situations, filling blank corners of the border with luminous twilight blue. 8-15 inches tall and 4-8 inches wide, it grows well in a wide range of soils in full sun to partial shade. Hardy to USDA zones 5-10.



To be included, selected plants: thrive in a broad range of garden situations in the Rocky Mountain region; are resilient to the region's challenging

⇐ Filigree Daisy (*Anthemis marschalliana*) produces a lacy mat of silvery foliage, which is beautiful through much of the year. In May and June, the chrome-yellow daisies glow for weeks on end. Grows 4-10 inches tall (in bloom), and 15-24 inches wide, preferring sandy or clay soils that dry well between waterings. This tough, mat-forming perennial from West Asia will become a centerpiece of a xeriscape or dry border. Hardy to USDA zones 4-10.





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# Wilderness Bills Lanquish In Legislative Limbo

By Danielle Venton/High Country News

Like a sausage maker inured to the sights and smells of his job, anyone who dabbles in lawmaking expects un-pleasantries: Negotiations will seem endless, and compromise will be painful. But lately in the nation's Capitol, legislators have had to grapple with a new stink: Even the most hard-fought deals are indefinitely lodged in legislative limbo. Wilderness bills that would have once passed with relative ease are among the victims of this gridlock. Congressmen deeply suspicious of the federal government and generally hostile toward new wilderness now control key committees and exercise enough power that even conservative Republicans can't get their own wilderness bills through the GOP-controlled House. In the Democrat-led Senate, bills that do hurdle past committee are often blocked with the threat of filibuster. Congress hasn't passed a single wilderness bill in nearly three years. Among the 22 bills currently languishing are a proposal by Rep. Darrell Issa, R-Calif., to protect 21,000 acres in San Diego County, and a bill co-sponsored by Rep. Dave Reichert, R-Wash., and Sen. Patty Murray, D-Wash., to expand a Washington wilderness area. "I think this is emblematic, to a great degree, of what a disaster Congress is," says Rick Johnson, executive director of the Idaho

Conservation League.


Since the passage of the 1964 Wilderness Act, wilderness has been "for the most part a local and regional issue," says Tim Mahoney, policy director of the Pew Environment Group's Campaign for America's Wilderness. If a local congressional delegation reached an agreement, "they might need to negotiate it somewhat with the administration, but (other congressmen) would generally defer to the desire of the senators of the state." That shifted in 2006, when Democrats took control of the House and Senate for the first time in a dozen years, and Republicans - most famously Oklahoma Sen. Tom Coburn - began to threaten to block any wilderness or federal land bills by dragging out the debate, a tactic known as filibuster.

Today, there is virtually no opportunity to pass individual lands bills, says Paul Spitler, director of wilderness policy at The Wilderness Society. Filibuster threats aside, a wilderness bill may require a week of floor debate and, with Congress so focused on the budget and economy, that seems a week they can ill afford. "The Senate committee continues to turn out bills, but they can't get taken up on the floor," Spitler says.

One way to break this cycle is to bundle bills together into an omnibus bill - a sort of legislative casserole. A

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March 2009 omnibus lumped 160 federal-lands bills together - enough to compete for floor time, attract bipartisan support and overcome opposition from folks like Coburn. While there has been some effort to craft a second omnibus lands bill in the Senate, one side or another has blocked it.

In the House, Spittler believes, "it's pure philosophical opposition that is preventing bills from moving forward." Representatives like Doc Hastings, R-Wash., who chairs the Natural Resources Committee, and Rob Bishop, R-Utah, say that most of the land that should be wilderness already is. They're disinclined to introduce new restrictions to multiple-use federal lands.

Of course, opposition to any particular bill doesn't necessarily imply that a politician or Congress is against wilderness protection in principle. However, most of the high-profile proposals caught in the jam are the result of years of negotiations, and though not without controversy, enjoy wide support at home.

In Idaho, for instance, Johnson's group has closely partnered with Rep. Mike Simpson — a Republican who, along with Issa, made the L.A. Times' editorial board's 2011 top 10 "Enemies of the Earth" list — to create the Central Idaho Economic Development and Recreation Act. It would designate 330,000 acres of new wilderness in the Boulder and White Cloud mountains; meanwhile, 132,000 acres would lose wilderness study area status. Managers would no longer have to protect the wilderness characteristics of those lands. It would also offer economic development grants to local communities, and allow ranchers to donate grazing allotments for retirement and be compensated by private funds. "You'd be hard-pressed to find a bill so well worked through," Johnson says.

When it was first introduced in 2004, the bill's opponents were idealistic left-leaning conservationists who felt that compromises, such as allowing motorized use and transferring some lands out of the public domain, went too far. "We spent time addressing those concerns and now we are challenged from the right" - opposed by Idaho Rep. Raúl Labrador, R, a Tea Partier who unseated Democrat Walt Minnick in 2010, and Sen. Jim Risch, R, once the bill's co-sponsor, who dropped his support in 2010 over the issue of motorized access. "(It) is not a perfect bill," wrote Simpson in a statement posted to his website. "Some folks would have you believe that CIEDRA isn't necessary - or that it doesn't go far enough to protect this land - but most Idahoans know that the best response to a problem is to find a solution. After years of collaboration and compromise, I know that CIEDRA is that solution."

In Montana, the Forest Jobs and

Recreation act, sponsored by Sen. Jon Tester, D, is, like Simpson's proposal, designed to satisfy traditionally competing interests. It would designate new wilderness, ensure some continued access for motorized recreation, and guarantee that a certain number of acres would be available for thinning and logging. "I've done probably 100 meetings, visiting with sportsmen's organizations, environmental groups, timber interests, ranchers, watershed groups," says Bruce Farling of Montana Trout Unlimited, one of the proposal's local movers-and-shakers. The bill was heard twice in the Senate, but hasn't progressed. Farling's frustration is palpable: "Politicians tell you, 'You people work it out, we'll take your ideas to Congress.' We've worked something out here and there are people in Congress who don't want to reward it." It's enough to make one wonder: Why bother? But Farling insists the work is not in vain.

"The Forest Service is (already) trying some of the things we're suggesting in the bill." For example, the bill emphasizes "stewardship contracts," which knit restoration work to timber contracts, and advocates consulting collaborative advisory groups when forming management plans. Similarly, Johnson believes the still-stalled Boulder-White Clouds deal has already done a lot of good. For instance, it's provided a model that's been put to use elsewhere for wilderness proposals that are light on ideological purity but heavy on stakeholder input and compromise.

Many wilderness proponents hold out hope that the anti-fed fervor will eventually subside, and the center of American politics reclaimed, so good bills can pass. But, says Johnson, the current trajectory "has been challenging to my optimism."

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



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## All Forests Are Sluts?

By Sharon Friedman



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If you think the word “slut” insults women, how about the use of the word “virgin” to describe a forest that’s never been logged? It’s a commonly used term. Dictionary.com, for instance, defines “virgin forest” this way: “a forest in its natural state, before it has been explored or exploited by man.” Still, I was hoping that environmental organizations, which work for the good of the Earth and humankind and all that, might have become more sensitive over the last 40 years or so. So imagine my surprise when I was reading a piece about the importance of biodiversity on the World Wildlife Fund website and found this statement taken from a book published in 1994:

“In the contiguous United States, 98% of virgin forests have been destroyed.” I’ve worked on forest issues for 40 years and find this statement unbelievable. Virgin is not only an unscientific term, it is also impossible to quantify. Yet the “virgin forest” moniker has even crept into some National Park Service documents. While looking at descriptions of the agency’s National Natural Landmark program, you can find the term “virgin forests,” though none of the areas are west of Nebraska.

Two forests even incorporate “virgin” into their names: Cold River Virgin Forest, which is touted as the “only virgin stand in New England,” and the Nancy Brook Virgin Spruce Forest and Scenic Area, which boasts that it is the “largest virgin forest tract in the northeastern United States.” What is the word “virgin” even doing in this context? Although males may value virginity in females as a way to ensure paternity, it is quite the opposite for females. In fact, if virginity were such a great deal for both genders, Homo sapiens would have died out a long time ago.

There is also the question of how much human intervention causes a national forest to be “deflowered.” Is virginity over when air pollution routinely fouls the air, or mine waste fouls streams? Is a national forest forever sullied after visitors pick its mushrooms, or if the remains of an old cabin and an old two-track road can still be seen? Here in the Interior West, where fire is an inevitable part of the landscape, the question arises: Does a forest become “revirginated” if it hasn’t been logged since the last fire? If so, could a post-fire, 10-year-old stand of lodgepole pine regain its virginity? Or can the human intervention that created contamination never be undone. That, after all, is the claim of the World Wildlife Foundation - that “98% of virgin forests have been destroyed.”

From the standpoint of biology, however, virginity is or it isn’t, and the middle ground, if any, lies in the land of lawyers, not biologists. In people’s relations with forests,

the middle ground is basically all we have to talk about these days, because humans have so thoroughly affected climate, pollution, native species, wildlife, fire - no forest on the planet exists today that has not felt impacts in one or more of these areas. Calling anything involving forests "virgin" muddles the concepts of "old-growth," "native forests" and "past practices," promotes the notion of nature as female and humans as male, and slanders all the non-virgins in the world. It's so sloppy a usage that it conveys a trifecta of trickiness: three bad ideas surreptitiously conveyed in one word.

Perhaps even worse than talking about "virgin forests" is describing some human activities in forests as "rape." The key difference between the sacred act of union and the



crime of rape is mutual consent. At this point in human and forest development, we cannot ask the forests permission and hear them say, "No." Using the term inappropriately demeans the word itself, which should remain

powerful and specific about a brutal violation. But here's a suggestion: How about substituting the word "castration" for rape? This is how that might sound: "This timber sale will continue the Forest Service's castrate-and-run policies." Making this substitution is a simple yet compelling way to help improve the clarity of thinking in the world.

I've found that when I suggest this replacement to people, it always makes it easier for them to stop using any sexual terms in these kinds of discussions - at least, they stop it when I'm present. But for those who continue to have difficulty controlling their urges, I recommend an abstinence pledge, and if necessary, a cold shower.

*Sharon Friedman is a contributor to Writers on the Range. She writes about forest issues in Golden, Colorado.*



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# Plutonium 101 - You Need To Know!

Many times in the past and especially now with plutonium air pollution from Rocky Flats Wildlife Refuge in the news, I have been amazed at how little most people know about radioactive particles and in particular, plutonium. When I think back to my college days in the late 70's, I learned too much about it since I was working towards an Environmental Conservation Degree and busy volunteering in the efforts to shut down the Rocky Flats Nuclear Weapons Facility. So with the help of some research and LeRoy Moore, PhD - I am sharing some little known facts about this man made lethal element.

I know due to National Security reasons in the past that the public has been kept ignorant of these important facts, but now government is using this scapegoat reason to continue to keep the public in the dark about the true ramifications of having a plutonium triggers factory in our backyard. The crocodile tears that Jefferson County officials are crying because they are meeting public and scientific resistance to their efforts to complete a bypass

and put in a Toll Road on soil they knew would be forever contaminated will be deemed criminal in the courts in the years to come. When they allowed the DOE to build Rocky Flats Nuclear Weapons Facility the knowledge of what that would leave as a legacy was available to those making the decisions, they chose to ignore the facts and are still endeavoring to cover up the public health risks.

Plutonium was first synthesized in 1940 by a team led by Glenn T. Seaborg and Edwin McMillan at the University of California, Berkeley laboratory by bombarding uranium-238 with deuterons. Trace amounts of plutonium were subsequently discovered in nature. Producing plutonium in useful quantities for the first time was a major part of the Manhattan Project during World War II, which developed the first atomic bombs. The first nuclear test, "Trinity" (July 1945), and the second atomic bomb used to destroy a city (Nagasaki, Japan, in August 1945), "Fat Man," both had cores of plutonium-239. Human radiation experiments studying plutonium were conducted without informed consent, and a number of critically fatal cancers were the direct result.

During the decay of plutonium, three types of radiation are released-alpha, beta, and gamma. Alpha radiation can travel only a short distance and cannot travel through the outer, dead layer of human skin. Beta radiation can penetrate human skin, but cannot go all the way through the body. Gamma radiation can go all the way through the body. Alpha, beta, and gamma radiation are all forms of ionizing radiation. Either acute or longer-term exposure carries a danger of serious health outcomes including radiation sickness, genetic damage, cancer, and death. The danger increases with the amount of exposure.

Even though alpha radiation cannot penetrate the skin, ingested or inhaled plutonium does irradiate internal organs. The skeleton, where plutonium is absorbed, and the liver, where it collects and becomes concentrated, are at risk. Plutonium is not absorbed into the body efficiently when ingested; only 0.04% of plutonium oxide is absorbed after ingestion. Plutonium absorbed by the body is excreted very slowly, with a biological half-life of 200 years.

Plutonium passes only slowly through cell membranes and intestinal boundaries, so absorption by ingestion and incorporation into bone structure proceeds very slowly. Plutonium is more dangerous when inhaled than when ingested. The risk of lung cancer

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increases once the total radiation dose equivalent of inhaled plutonium exceeds 400 mSv. The U.S. Department of Energy estimates that the lifetime cancer risk from inhaling 5,000 plutonium particles, each about 3 microns wide, to be 100% over the background U.S. average.

Ingestion or inhalation of large amounts may cause acute radiation poisoning and death. The inhalation hazard is about 23,000 times greater than that of weapons-grade uranium, the ingestion hazard about 130,000 times greater. For each milligram in oxide form inhaled by an exposed population, an excess of cancer deaths is expected.

**PLUTONIUM AND PEOPLE DON'T MIX; WHY THE ROCKY FLATS NATIONAL WILDLIFE REFUGE SHOULD REMAIN CLOSED TO THE PUBLIC.**

By LeRoy Moore, PhD, Rocky Mountain Peace & Justice Center.

In 1996, with scant public input, DOE and the regulators (EPA and CDPHE) set the legally binding standard for cleanup of plutonium in Rocky Flats soil at 651 pCi/g. This is 16,275 times the 0.04 pCi/g average background level. Due to overwhelming public rejection of this 651 standard, DOE funded an independent study that recommended in February 2000 a 95% reduction from 651 to 35 pCi/g, a number that is 875 times the average background level. It would apply in the soil without respect to depth.

In response, DOE and the regulators began anew. Finally, in November 2002, they proposed the graduated approach. Meanwhile, those in the public who continued to advocate cleanup to background as the ultimate goal learned that years earlier a closed-door deal had been made with Congress that set a ceiling on how much could be spent on the Rocky Flats cleanup. The three-level approach could be done for the same sum as the rejected 651 approach. Money, not public health or environmental integrity, thus, was the real driver of the Rocky Flats "cleanup."

When the agencies put their graduated three-level proposal out for public comment, 86% of the parties commenting rejected what they proposed. The agencies nevertheless adopted the proposal, creating legally binding standards with the final Rocky Flats Cleanup Agreement of June 2003. The final result: The process for the engaged

public had gone full circle from rejection of their 1995 recommendation of cleanup-to-background-as-ultimate-goal through cooperation to rejection again in 2003. By the latter date quite a few from the affected public had more or less willingly gone along with the DOE. Those who expected public participation to mean an opportunity to help design the house of cleanup, however, realized we'd simply been allowed to help rearrange the furniture. The final three-layered remediation is better than the old 651 level, because there's much less plutonium left in the top 3 feet of soil. But to call the end result "safe," as many government spokespersons do, is a misuse of language.

Risk-based cleanup: Rocky Flats is an example of what the DOE calls "risk-based cleanup." The language itself is a tip-off that the "cleanup" is not risk-free. The cleanup standards adopted for Rocky Flats were accompanied by assertions of government officials that the site "cleaned" to these standards is "safe." Their use of the term "safe" implies that a little radiation can't hurt anyone. The late Edward Martell, the NCAR radiochemist who opened up the public health question for Rocky Flats when he found plutonium in the off-site soil test.

For detailed discussion, see LeRoy Moore, "Rocky Flats: The Bait and Switch Cleanup," Bulletin of the Atomic Scientists (Jan./Feb. 2005). On line at <http://bos.sagepub.com/content/61/1/50.full>

*(Continued on next page.)*

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Andrei Sakharov, the dissident Soviet nuclear scientist, said in the environment after the 1969 fire, it was observed that some people get cancer from naturally occurring radiation. He said further that the small exposures resulting from global fallout from nuclear weapons tests have increased disease and death worldwide. We thus should do our best to eliminate risk or to reduce it to the lowest possible level. This principle was not followed in setting the radiation exposure standards for Rocky Flats.

An essentially permanent danger: Due to its long half-life and the danger of taking tiny particles into the body, any quantity of plutonium left in the environment poses an essentially permanent danger. A particularly harmful type of radiation: The alpha radiation emitted by plutonium cannot penetrate skin, but if a particle lodges in the body,

such as inhaled into lung tissue, the alpha radiation it emits is far more harmful than an equal dose from a source of gamma, beta, or x-ray radiation. Therefore, the agencies that set standards for permissible exposure use a special factor called the “relative biological effect” (RBE) to calculate the extra harm that may result from internal alpha exposure. The RBE number they employ is 20. This means that they assume that plutonium, such as that left in the environment at Rocky Flats, poses a risk of harm 20 times greater than the equivalent dose of radiation emitted by, say, x-rays. But 20 is the average Plutonium in lung tissue:

The alpha rays do not travel very far, but once inside the body, they can penetrate more than 10,000 cells within their range. Figure: This sketch of the Rocky Flats National Wildlife Refuge shows FWS plans for entries and trails. The view looks west from Indiana Street toward the Golden to Boulder highway with the mountains beyond. The refuge occupies the darker portion of the site, a total of 4,465 acres (about 7 square miles).

The lighter area in the center of the refuge is the 1,309-acre plot retained by DOE’s Legacy Management program; it includes the former industrial zone and more contaminated parts of the site that are subject to ongoing maintenance and engineered controls; and is much closer to Indiana Street than anyone let the public believe. Arvada’s Candelas dreams are right in line with the prevailing winds.

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# How Dams Hurt Rivers

Dear EarthTalk: How is it that dams actually hurt rivers?  
— Missy Davenport, Boulder, CO

Dams are a symbol of human ingenuity and engineering prowess—controlling the flow of a wild rushing river is no small feat. But in this day and age of environmental awareness, more and more people are questioning whether generating a little hydroelectric power is worth destroying riparian ecosystems from their headwaters in the mountains to their mouths at the ocean and beyond.

According to the non-profit American Rivers, over 1,000 dams across the U.S. have been removed to date. And the biggest dam removal project in history is now well underway in Olympic National Park in Washington State where two century-old dams along the Elwha River are coming out. But why go to all the trouble and expense of removing dams, especially if they contribute much-needed renewable, pollution-free electricity to our power grids?

The decision usually comes down to a cost/benefit analysis taking into account how much power a given dam generates and how much harm its existence is doing to its host river's environment. Removing the dams on the Elwha River was a no-brainer, given that they produced very little usable electricity and blocked fish passage on one of the region's premiere salmon rivers. Other cases aren't so clear cut.

According to the Hydropower Reform Coalition (HRC), a consortium of 150 groups concerned about the impact of dams, degraded water quality is one of the chief concerns. Organic materials from within and outside the river that would normally wash downstream get built up behind dams and start to consume a large amount of oxygen as they decompose. In some cases this triggers algae blooms which, in turn, create oxygen-starved "dead zones" incapable of supporting river life of any kind. Also, water temperatures in dam reservoirs can differ greatly between the surface and depths, further complicating survival for marine life evolved to handle natural temperature cycling. And when dam operators release oxygen-deprived water with unnatural temperatures into the river below, they harm downstream environments as well.

Dammed rivers also lack the natural transport of sediment crucial to maintaining healthy organic riparian channels. Rocks, wood, sand and other natural materials build up at the mouth of the reservoir instead of dispersing through the river's meandering channel. "Downstream of a dam, the river is starved of its structural materials and cannot provide habitat," reports HRC.

*American Rivers, www.americanrivers.org; HRC, www.hydroreform.org. earthtalk@emagazine.com*

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 Golden Mill pg 23 303.279.1151  
 Hands, Hoofs & Paws pg 23 303.503.6068  
 Pampered Pet Sitters pg 19 303.642.7847  
 Vet Tech Pet Sitting pg 22 303.642.0477

## APPLIANCE

Hi-Tech Appliance pg 17 303.665.0951  
 Indian Peaks Stoves & Serv.pg 5 303.258.3474  
 ProTech Appliance pg 30 303.642.7223

## ART

The Silver Horse - pg 18 303.279.6313  
 The Rustic Moose - pg 18 303.258.3225

## AUTOMOBILE

Carl's Corner pg 39 303.642.7144  
 Kysar's Place Inc. pg 31 303.582.3566  
 Mountain Man Auto /Tow-pg 28 303.582.5516  
 Mountain Muffler pg 15 303.278.2043

## BANK

Mutual of Omaha Bank - pg 20 303.216.9999

## BUILDING/CONSTRUCTION

Anderson Carpet & Flooring pg 38 303.875.5650  
 Alpine Engineering - pg 11 303.642.7438  
 Arrow Drilling-pg 321 303.421.8766  
 B & H Asphalt Paving pg 9 303.810.0531  
 Keating Pipeworks, Inc. pg 17 720.974.0023  
 Meyer Hardware pg 10 303.279.3393  
 Peter Palombo, Surveyor-pg 19 720.849.7509  
 RedPoint Construction pg 26 303.642.3691  
 Summit Up Prop. Maint/Rep. pg 27 303.582.5456  
 Trademark Const. & Design pg 29 303.596.6984

## BUSINESS SERVICES

Graphics Galore pgs 7, 303.642.7878  
 Michelle Marciniak, CPA pg 30 303.642.7371  
 Mountain Broadband pg 7 303.642.3858  
 Wondervu Consulting Serv pg 9 303.642.0433

## CHIMNEY/STOVES/SERVICE

HiTech Appliance pg 17 303.665.0951  
 Indian Peaks Stoves & Serv.- pg 5 303.258.3474

## CLOTHING

Indian Peaks Stoves & Serv.-pg 5 303.258.3474  
 The Rustic Moose - pg 18 303.258.3225

## COMPUTER SERVICE & REPAIR

Mike's Mobile Comp. Serv.pg 20 303.642.8306  
 Wondervu Consulting Serv. pg 9 303.642.0433

## ELECTRIC

United Power - Inside Back Cover 303.642.7921

## ENTERTAINMENT

Camp Eden 5K/1K Run/Walk June 9th pg 11  
 CCCIA pg 37 303.642.1540  
 Jaime Mezo-Dive Master -Cozumel, Mex pg41  
 KGNU Radio pg 41 303.449.4885  
 Miners Alley Playhouse pg 7 303.935.3044  
 Whistlers Cafe - pg 25 303.258.0614

## EXCAVATING

Driveway Dr/Energy Excav. pg 13 303.642.0606  
 Silver Eagle Excavating -pg 30 303.642.7464

## FARRIER

Iron Horse Hoof Care, LLC pg 9 720.684.8287  
 Paul Forbes pg 20 303.725.8471

## FIREWOOD & FOREST MANAGEMENT

Lumber Jacks-pg 9 303.642.0953

## FURNITURE

Brent Applegit pg 34 303.642.7663

## GIFTS

The Silver Horse - pg 18 303.279.6313  
 The Rustic Moose - pg 18 303.258.3225  
 Wondervu Gift Shop pg 16 303.642.1258

## GROCERIES

B & F Moutain Market pg 19 303.258.3105

## HEATING

HiTech Appliance pg 17 303.665.0951  
 Indian Peaks Stoves & Serv.-pg 5 303.258.3474

## HEALTH & FITNESS

Environmental Investigations pg 33 303.642.3565  
 Kathy Gale, CMT pg 8 303.619.4708  
 Hands, Hoofs & Paws pg 23 303.503.6068  
 Massage Envy Spa inside front cov 303.423.3689  
 Naturally Chiropractic - pg 41 303.420.4270  
 Nederdance pg 38 303.258.9427  
 Therapeutic Essentials pg 12 303.642.3944  
 Zen Organics pg 36 800.298.9019

## HOME IMPROVEMENT

Anderson Carpet & Flooring pg 38 303.875.5650  
 B & H Asphalt Paving pg 32 303.810.0531  
 Ceres Greenhouse Solutions pg 6 303.900.2515  
 Canyon Colors - Painting pg 7 303.301.4298  
 Cheshire Cat pg 39 303.642.0362  
 Colorado Water Wizard pg 27 303.447.0789  
 Hearts & Soules Cleaning pg 18 303.642.7003  
 Meyer Hardware pg 10 303.279.3393  
 Mountain Broadband pg 7 303.642.3858  
 Professional House Cleaner pg 8 303.642.0304  
 Redpoint Construction pg 26 303.642.3691  
 Summit Up Prop. Maint/Rep. pg 27 303.582.5456  
 Trademark Const. & Design pg 29 303.596.6984

## HORSE BOARDING

Rudolph Ranch, Inc. pg 4 303.582.5230

## INTERNET

Mountain Broadband pg 15 303.642.3858

## LIQUOR

Town Center Liquors pg 14 303.940.5735

## LODGING

Eldora Lodge pg 22 303.642.7181

## MUSIC

Brightwood Music pg pg 4 303.258.8863

## PLUMBING

Keating Pipeworks, Inc. pg 31 720.974.0023  
 Morgan Rooter Service pg 18 303.642.3166

## PROPANE

Carl's Corner pg 39 303.642.7144

## REAL ESTATE

Front Range Mtn Properties- pg 24 303.642.8800  
 Gail Kirby - Keller Williams pg 26 303.475.9370  
 Mock Realty-Kathy Keating -Back cov 303.642.1133  
 Summit Up Property Mgt. pg 29 303.618.8266

## RENTALS

A to Z Rentals pg 25 303.232.7417  
 Arvada Rent-Alls - pg 12 303.422.1212

## RESTAURANTS

Holly West pg 35 303.232.9964  
 Roy's Last Shot ins front cov 303.642.7870  
 Malones Clubhouse Grill pg 28 303.940.1800  
 Westfalen Hof - pg 33 303.642.3180  
 Whistlers Cafe - pg 25 303.258.0614  
 Wondervu Cafe pg 16 303.642.7197

## RETAIL

Arvada Rent-Alls-pg 12 303.422.1212  
 Bales & Beers ins front cover 303.642.0124  
 Golden Mill pg 23 303.279.1151  
 Meyer Hardware pg 10 303.279.3393

## TAXES

Michelle Marciniak, CPA pg 30 303.642.7371

## WATER & WELL

Arrow Drilling pg 21 303.421.8766  
 Colorado Water Wizard pg 27 303.447.0789  
 Doctor Water Well - pg 40 303.438.6669  
 Environmental Investigations pg 33 303.642.3565

MAY  
2012

# POWER UPDATE



## Click to Save Energy

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

Visit our website and click on 'Your Energy Options' to learn more about our special rate for off-peak energy use, equipment rebates you might qualify for and easy low-cost ways to save energy and money.

[www.unitedpower.com](http://www.unitedpower.com)



## Calling Before You Dig is Easy— Dial 811 to Know What's Below

There is a national phone number that makes every digging project safer. Simply dial 811 a few days before you dig to have underground utilities located for free.

Whether you are planning to do it yourself or hire a professional, smart digging means calling 811 before each job.

Homeowners often make risky assumptions about whether or not they should get their utility lines marked, but every digging job requires a call – even small projects like planting trees and shrubs.

If you hit an underground utility line while digging, you can harm yourself or those around you, disrupt service to an entire neighborhood and potentially be responsible for fines and repair costs.

For more information about the new Call Before You Dig number, visit [www.call811.com](http://www.call811.com).



**Know what's below.  
Call before you dig.**

## Incumbent Directors Retain Seats in all Districts in 2012 Director Election

*Make it Cooperative* was the theme of United Power's 73<sup>rd</sup> Annual Meeting, held on April 18<sup>th</sup> at the Armory in Brighton. Approximately 150 members attended the event and were presented updates from United Power CEO Ron Asche, Board President Susan Petrocco, and Secretary-Treasurer Ginny Buczek.

Members cast 5,027 ballots in the annual director election that re-elected unopposed incumbents Brian McCormick from the West District and Rick Newman from the Mountain District. Members also voted to re-elect Tim Erickson in the East District and Bill Berens in the South District.

Tim Erickson was declared the winner of the seat in the East district and received 2,780 votes while opponent Cheryl Ferne garnered 2,138 votes. Bill Berens won the seat in the South District with 2,368 votes, while Larry Ford received 797 votes and David (Dave) Jacovetta received 1,801 votes. Unopposed director Brian McCormick from the West District received 4,482 votes. Rick Newman from the Mountain District, also ran unopposed and received 4,465 votes.

Customer Service: 303-637-1300

Coal Creek Office: 303-642-7921

[www.unitedpower.com](http://www.unitedpower.com)



# Pancake Breakfast 5/12 – a nice treat for all Mom’s!

Don't Forget,  
Mother's Day is  
May 13th!



**29578 Loomis Way**  
Amazing Snowcapped Views!  
3 BD/ 2 BA home. **\$324,900**



**34106 Gap Road**  
Fabulous horse property!  
2 BD/ 2 BA **\$259,000**



**11970 Spruce Canyon**  
Desirable Crescent Park!  
4 BD/ 3 BA **\$288,900**



**99 Rocky Ridge Road**  
Stunning Mtn. Top Retreat!  
3 BD/ 4 BA **\$324,000**



**11777 Brook Road**  
Beautiful newer home!  
4 BD/ 4 BA. **\$414,900**



**34982 Pine Ridge Road**  
Views - Privacy - Tranquility  
3 BD/ 4 BA. **\$382,000**



**578 Meadowlake Drive**  
Backs to Golden Gate State Park!  
3 BD/ 2 BA **\$309,000**



**11340 Shimley Road**  
Majestic Log Residence!  
4 BD/ 4 BA **\$489,000**



**105 Stone Cliff Circle**  
Gorgeous, loaded, custom!  
3 BD/ 3 BA. **\$599,900**



**96 Elliot Lane**  
Your Sanctuary is Here!  
3 BD/ 2 BA **\$324,900**



**34862 Pine Ridge**  
5 Ac! Beautiful Remodel!  
4 BD/ 3 BA **\$449,000**



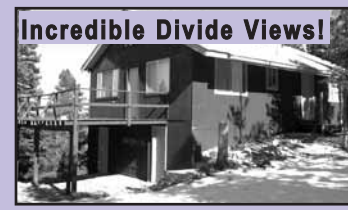
**261 Evergreen Road**  
Missouri Lakes!  
3 BD/ 4 BA **\$296,500**



**33080 Janelle Circle**  
Panoramic Views Abound!  
3 BD/ 4 BA **\$349,000**



**3072 Coal Creek Canyon**  
Top to Bottom Remodel!  
3 BD/ 1 BA **\$179,900**



**Incredible Divide Views!**

**426 Indian Peak Road**  
2.03 Ac Nicely Wooded Lot.  
3 BD/ 2 BA **\$249,000**



**4237 B Monroe Drive**  
Boulder Great Location!  
2 BD/ 2 BA **\$229,000**



**6331 Cole Lane**  
Arvada's Wyndham Park!  
3BD/ 3BA **\$319,000**



**11468 Ranch Elsie Road**  
Amazing Remodel in 2012!  
3 BD/ 1 BA **\$239,000**



**11673 Hillcrest Road**  
Charming mountain cabin!  
1 BD **\$89,500**

**Vacant Land Listings**

- 33966 Nadm Dr. \$75,000
- 11547 Shimley \$49,000
- 11883 Lillis Ln. \$164,900
- 595 Black Gulch Rd. \$184,900
- 4 Leon Ln. \$46,900
- 0 Moss Rock \$74,999
- 0 Coal Creek Canyon \$50,000



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



For additional information and photos:  
[www.kathykeating.com](http://www.kathykeating.com)  
[kathykeating@mockrealty.com](mailto:kathykeating@mockrealty.com)  
**303.642.1133**