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About the Cover: FORWARD
President Obama campaigns at
Lion's Park in Golden, CO
on 9/13/12 by Dave Schemel.

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FORWARD!

By Dave Schemel

President Obama campaigns at CU/Boulder and at Lions Park in Golden

President Barack Obama made a campaign stop at the CU Boulder campus on 9/2. The sun splashed crowd estimated at over 13,000 gave the President a rousing ovation. He commented on his initial visit to Boulder in April of this year, including his stop at the famous college haunt on The Hill named The Sink. He said there is now a pizza named after him called the POTUS and that he signed his name on the ceiling there as is the custom. The crowd loved it!

His address focused on helping the middle class via the current tax cuts, education, jobs, healthcare and renewable energy. He highlighted his work that has increased Pell grants for college students. He said "I want to make sure we can have more young people afford a college education right here at CU-Boulder." The

President's campaign explains that new college tax credits helped close to 150,000 Colorado students in 2011. He also

highlighted the voter registration and get out the vote competition between the student bodies of CU and CSU.

The President was introduced by senior Ryan Case who is attending CU with the assistance of a Pell Grant. The other speakers at the event included CU Regent Joe Neguse, U.S. Senator Michael Bennet and Colorado Governor John Hickenlooper.

The President made his eighth campaign stop in Colorado this year on 9/13 at Lion's Park in Golden. It was



Top: 'Hello CU' President Obama greets enthusiastic crowd on the Norlin Quad at CU/Boulder.

Below: 'Hello Golden' President Obama greets crowd at Lion's Park.

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a beautiful morning with a crowd estimated at 8,500. He received a great introduction by Jeffco teacher Lisa Cilllessen. She is the mother of three with one more on the



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Top Left: 'Thank You' President Obama thanks Jeffco teacher Lisa Cillessen for her service and excellent introduction.



Top Right: 'Fired Up' President Obama energized the students at CU/Boulder when he said "I want to make sure that America is standing by you every step of the way, because if you succeed we succeed."

Bottom Right: 'High Five' A young supporter receives a high five from the President at Lion's Park.



way. She commended the President for his strong support of education, healthcare, equal pay for women (the Lilly Ledbetter Act) and support for the middle class. Lisa said her husband is a registered Republican who voted for Obama in 2008 and will be voting for him again on November 6th!

Obama began his address with a vow to bring to justice those responsible for the attack on the American Consulate in Libya that killed ambassador Chris Stevens and three other Americans. He also reiterated that the US military would be out of Afghanistan by the end of 2014. He said "We will use the money we are no longer spending on war to pay down our debt...After a decade at war, it's time to do some nation building right here." The crowd clearly agreed. Obama received another round of applause when he mentioned the repeal of the military policy of "Don't Ask, Don't Tell."

He vowed not to raise taxes on the middle class while allowing tax cuts for millionaires to expire. He reaffirmed his support for renewable energy and his work to lower the cost of college education. He emphasized the Affordable Care Act (Obamacare)

and his desire to further lower the cost of healthcare. He received another loud round of applause when he

(Continued on next page.)



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Highlander Politics

mentioned that being a woman is no longer listed as a pre-existing condition by the insurance companies!

It was a solid rally for the President to be sure. The other speakers included Secretary of the Interior Ken Salazar, former Lt. Governor Barbara O'Brien and Amanda Sill from Organizing for America. Colorado is an important swing state and voter turnout is the key. **The last day to register to vote is October 9th.** You can register online at www.registercolorado.org/.

You can also register at your local DMV. Early voting starts on 10/22. Please remember to vote the entire ballot!

Forward!

Above: 'A quick glance' The President takes a quick look towards those of us on the press riser at Lion's Park. Below Right: White House Press Pool Pass for Dave! Thank YOU Mr. Schemel!



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Presidential Debate Schedule

Each debate will be broadcast live on ABC, CBS, FOX and NBC, as well as all cable news channels including CNN, Fox News and MSNBC among others.

Live Stream - Each debate will be streamed live online.

October 3, 2012 - Topic: Domestic policy - Air Time: 9:00-10:30 p.m. Eastern Time - Location: University of Denver in Denver, Colorado - Participants: President Barack Obama and Mitt Romney, Moderator: Jim Lehrer (Host of News Hour on PBS).

The debate will focus on domestic policy and be divided into six time segments of approximately 15 minutes each on topics to be selected by the moderator and announced several weeks before the debate.

The moderator will open each segment with a question, after which each candidate will have two minutes to respond. The moderator will use the balance of the time in the segment for a discussion of the topic.

October 11, 2012 - Vice Presidential - Topic: Foreign and domestic policy. Air Time: 9:00-10:30 p.m. Eastern Time-Location: Centre College in Danville, Kentucky - Participants: Vice President Joe Biden and Congressman Paul Ryan. Moderator: Martha Raddatz (ABC News Chief Foreign Correspondent).

The debate will cover both foreign and domestic topics and be divided into nine time segments of approximately

10 minutes each. The moderator will ask an opening question, after which each candidate will have two minutes to respond. The moderator will use the balance of the time in the segment for a discussion of the question.

October 16, 2012 - Topic: Town meeting format including foreign and domestic policy - Air Time: 9:00-10:30 p.m. Eastern Time - Location: Hofstra University in Hempstead, New York - Participants: President Barack Obama and Mitt Romney - Moderator: Candy Crowley (CNN Chief Political Correspondent).

The second presidential debate will take the form of a town meeting, in which citizens will ask questions of the candidates on foreign and domestic issues. Candidates each will have two minutes to respond, and an additional minute for the moderator to facilitate a discussion. The town meeting participants will be undecided voters selected by the Gallup Organization.

October 22, 2012 - Topic: Foreign policy - Air Time: 9:00-10:30 p.m. Eastern Time - Location: Lynn University in Boca Raton, Florida - Participants: President Barack Obama and Mitt Romney. Moderator: Bob Schieffer (Host of Face the Nation on CBS). The format for the debate will be identical to the first presidential debate and will focus on foreign policy. **Editor's Note: Even if you are decided, please watch to confirm your understanding of the issues.**

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Green Box Abuse Will Cause Loss Of Local Use

CCCIA GREEN BOX RECYCLING PROGRAM IN JEOPARY DUE TO ABUSES

Tom Mulvany - CCCIA-President

Anyone that has been using the recycling program GREEN BOX located at the Coal Creek Canyon Improvement Association hall parking lot on Highway 72, knows that it has been challenging at times, due to the box being either FULL when you take your recycle items or even Gone. Then there are the times when it is full, and the inconsiderate users just leave their boxes and bags on the ground next to the container.

Who do you suppose has to pick up all that material on the ground? Well primarily it has been Suzy, the hall manager, Bruce, the hall grounds and maintenance volunteer, or Tom, the association volunteer and now

President. Also John Moore, the owner of *Clean It Waste Solutions* and donator of the recycle container when he comes to switch the container.

The box was absent from the parking lot for a number of days during the third week of September because of contamination. When John took the box to the recycling sort yard in Denver, guess what they found this time? Several car batteries with spilled acid on the materials in the box, 2 X 4 lumber, also several containers of muriatic acid, of which one had spilled, again, further contaminating the other materials. John had to pay to have this load dumped in another landfill and then had to decontaminate the box to neutralize the acid and steam clean it before it could be returned to the canyon.

John Moore has DONATED these containers so our Canyon can have a recycling program and reduce the impact of so much solid waste going into our local landfills. Now, this valuable program is in jeopardy due to the lack of responsibility of some of our local residents. There have been car batteries and motor oil deposited in the container before-and yes, it was necessary to decontaminate and steam clean the boxes. So now the sort yard has told John, *if this happens again, they will NOT take recycle containers from Coal Creek Canyon. THAT WILL BE THE END OF THE PROGRAM!*

There are postings on and close to the box as to what items are not allowed in the containers. This has not stopped people from leaving garbage bags, dog waste, diapers, Styrofoam, the batteries, motor oil, wood, plastic



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bags, and numerous other items. **When items are left on the ground, on private property (CCCIA Parking Lot) it is in violation of county and state littering statues. In other words, it is against the LAW!**

If these contaminations and violations happen again- - WE LOSE THE PROGRAM! John will not have a source to take the recycle material and he does not make any money to cover his investment, his fuel, and his time. So we have a few inconsiderate individuals up here that are going to spoil the whole program for the rest of our environmentally conscious residents.

Please follow the rules.

(This article also appears in another local publication.)

Editor's Note: I have lived up here in Coal Creek Canyon since 1976, long before any waste disposal companies were offering to come pick up our garbage, much less our

recycling, I have seen this problem on a major scale. In the past it was lazy folks littering into gullies and onto remote properties. Multiple truck loads of trash had to be hauled off to landfills (and paid for) by local residents to eliminate much illegal littering.

It only takes the one bad apple to spoil an entire bushel and this is a prime example. **If anyone has a surveillance camera** that could be used to catch these law breakers it would probably allow local law enforcement to prosecute the bad apples for littering. The fines amount to a lot of cash plus the black mark on their records.

Year's ago, littering was high on the list of crimes we all were on the lookout for and turned in offending people. If Canyon Clean Up Days is any indication of the lack of understanding about littering being illegal then we must work to bring it back into our collective conscience.

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Update - Buffalo Field Campaign

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BFC's summer coordinator, Demmi, sports BFC's new *Wild is the Way* tee-shirt, designed by BFC volunteer Cindy Rosin. In celebration of Buffalo Field Campaign's 15 years in the field working in defense of America's last wild buffalo, we have launched a new line of merchandise.

We are very excited to offer you these lovely and practical items that you can use every day to show your love for wild bison and support the work of Buffalo Field Campaign.

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Interview: Candidate Casey Tighe–Jeffco Comm.

Dear Mr. Casey Tighe,

Thank you for being willing to answer questions regarding issues important to my particular readers in your campaign for a seat on the Jefferson County Commission.

Q. What in particular encouraged you to run for political office?

A. I want to bring a new tone and more collaborative approach to Jefferson County government. Many Jeffco citizens, county employees, and local government officials have told me that they have become frustrated in their dealings with the Board of County Commissioners. They feel that public involvement is not always welcomed and the Board does not listen to their concerns. I will work to create a more open environment in Jefferson County government.

Q. How do you stand on the issue of Jefferson County helping the efforts to complete a bypass and what about the plutonium contamination question in the soil on the 300 feet allotted for a toll road on the eastern edge of the Rocky Flats Wildlife Refuge?

A. It is my understanding that this matter is currently in litigation, and various parties have had the opportunity to present arguments to the court. Hopefully the court decision will provide some guidance on the plutonium contamination questions and on some of the other environmental and transportation issues.

Q. Do you think Denver Water should implement real conservation before enlarging Gross Reservoir and Gross Dam, i.e. The Moffat Project?

A. Whether dealing with water or energy resources, conservation should always be a priority. As the population grows along the front-range, we must be responsible in how that growth impacts our precious resources.

Q. Since Denver Water’s own figures prove they do not need the water from this proposed expansion -that would deplete the Fraser River even more than it already is - except to provide Arvada with water to go to the Candelas Commercial & Residential Development, do you support this project?

A. It is generally agreed from the projections I have looked at, that the front-range is going to continue to grow. People want to come to Colorado because of its scenic beauty and great quality of life. As residents of Colorado, we have a responsibility to work to maintain that quality of life, and protect Colorado’s environment as growth occurs. I need to learn more about the Gross Dam project and the impacts on the Fraser River. I am a proponent of developing sensible long-range plans, that will balance the competing needs of the community.

(Continued on next page.)



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Q. How would you protect your constituents in Coal Creek Canyon from this devastating and unnecessary project should FERC give the amendment to the existing hydroelectric license in the dam?

A. I need to study where and how the county can impact federal regulations and federal decisions. I will be a strong advocate for local citizen participation in these discussions and to have local citizen involvement in the decision making process.

Q. Have you watched a video called:

www.nowatertowaste.com - a grass-roots effort - and given accolades at the Environmental Film Festival in Golden earlier this year, about how these three projects are all interconnected and not needed or wanted by anyone but big business?

A. I have watched the video and water, transportation and development have always been a part of the history of the western United States. The challenge before us is to balance the need to protect Colorado's rich natural resources while accommodating population increases expected to occur over the next 25 years. It is clear the Jefferson County is unique in the way the land and resources of the county has been preserved



through a robust open space program. I support continued growth of open space within the county.

Q. Is there anything I haven't asked you that you would like voters to know?

A. As a longtime resident of Jefferson County, I understand the desire to preserve and protect as much of the natural beauty of the county as possible. I want to see the citizens of the county thrive with Jefferson County being a great place to live, work and play. Striking the right balance between growth, and preservation will be difficult to achieve without extensive community (citizen) involvement. I will work to include citizen input in county decisions, and I will work to create a cooperative environment with the cities in the county.

By A.M. Wilks

Editor's Note: You can google Casey Tighe and see his website for more in depth information about his stance on other issues and policies. He is running against an appointed commissioner who has been instrumental in pushing not only the bypass but also the Keller Farms massive development just north of Golden along Hwy 93.

Kathy Gale CMT

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Dear Jeffco Voters/Readers:

It has come to my attention after looking on the Colorado Secretary of State Voter Information site, that Jefferson County Election Day Polling Place for the General Election (11/06/2012) will be at the Jeffco Public Works Bldg- 21401 Golden Gate Canyon Rd. in Golden not at CCC K-8. Please be aware, if you do not have mail-in ballot status you will have to drive down the canyon to vote on Election Day.

Also if you didn't vote in the 2010 general election, your "permanent mail-in voter" status has been changed, even if you received a mail-in ballot for the June Primary Election. To update, verify, or request a mail ballot for the November General Election, visit www.GOVoteColorado.com or call the Jeffco County Clerk's Office @ (303) 271-8111 Reminder: Tues., Oct. 9th is the last day to register to vote.

Bottom line is...Vote. It is your right. Concerned Citizen, Coal Creek Canyon resident since 1980, Sue Fields.

Dear Editor,

It probably doesn't come as news to most people that regular exercise is a real health-booster. Now, however, there is even more compelling evidence showing that physical fitness lowers the risk of dozens of serious diseases. "We have always known this to be the case, but it is good to have another confirmation of the positive link between exercise and good health," says Bobby Zuniga, a personal trainer at Twice The Results Fitness in Lakewood, CO.

This is in referece to a study published in the Dec. 2010 issue of the International Journal of Clinical Practice, a medical publication that covers a variety of health-related topics. The research, which analyzed the results of 40 different studies carried out worldwide, reiterated that exercise reduces the risk of some deadly forms of cancer, dementia, type 2 diabetes, heart disease, stroke, depression, hypertension, osteoporosis, and sexual problems like erectile dysfunction, among many other diseases.

"Aside from quitting smoking, regular exercise and sensible eating habits are the most important steps people

can take to improve their physical and mental health, as well as reduce the risk of untimely death," Zuniga notes. "But that's not all - these studies also found that regular physical activity can slow down the rate at which our bodies deteriorate with age."

What are some of the specific health benefits that the new study has linked to regular exercise? Regular moderate to intense physical activity is associated with decreased risk of coronary heart disease and stroke. Physical activity can reduce the risk of osteoporosis, type 2 diabetes, depression, obesity, and high blood pressure.

There is a correlation between higher levels of physical activity and reduced cancer death rates. For example, an hour of exercise a day lowers the incidence of certain cancers by 16%, but as little as 30 minutes is associated with reduction in cancer rates as well. Also, regular physical activity after cancer diagnosis can help in recovery and prognosis. **There is growing evidence to suggest that physical exercise could decrease the risk of dementia in the elderly.**

The message here is clear: Regular exercise can prevent, forestall, or help manage dozens of the most serious illnesses. Bobby Zuniga

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Gathering Strength From The Continental Divide

By Jane Koerner/High Country News

The Continental Divide of my childhood rises up the moment I spy the fractured, uplifted horizon formed by the Rocky Mountains. Ahead lies Longs Peak, and the log cabin my family has rented for the summer. Ahead lie weeks full of freedom and possibility. Left behind, so close to Missouri it barely qualifies as Kansas: my neighborhood in Prairie Village, neither a prairie nor a village in the 1950s, but a post-war housing development on the outskirts of Kansas City. In Prairie Village, a chain-link fence keeps me out of the concrete creekbed, troops of boys dispense vigilante justice to outlaws, and gangs of girls gather in their bedrooms to smother their Barbie dolls with dresses that beautify their bald, featureless bodies. My dolls reside in cardboard shoeboxes, three beheaded corpses to a casket. The girls make fun of me. The boys label me 'it' and hunt me down in the forsythias. See Jane kneel. The

diamonds in the fins of her eyeglasses are made of plastic. Her laughter is as fake as the tulips in Mrs. Jensen's milk can. See Jane beg half-heartedly for mercy as the boys lay her down in ant-infested crabgrass, tie her by the ankles and wrists to stakes, and leave. It is 98 degrees. Jane does not deserve to die like this. What is her offense? 'You're a girl,' shouts Cousin Charles as he flees.

In Rocky Mountain National Park, the mountains shelter me from harm. They pinch the sky into a faint ribbon, shutter our meadow in intermittent shadow and silence. One mountain distinguishes itself from the rest of the range with its singular height, flat top and precipitous east face: Longs Peak. From the front window of our cabin, I study Longs Peak in the crystalline brightness of morning as elk graze in the meadow below. At this time of day, the mountain seems closer and less formidable than it is. In the graying dimness of a gathering storm, it retreats - a puzzle with missing pieces. When the clouds finally lift, the mountain is dusted in snow. Sometimes it emerges from the mist, its dome gold or polished silver. Similar delights await me atop the hill behind our cabin, once I've scrambled through the jungle of ponderosas and boulders.

I wait until the kettle on the wood-burning stove whistles. Preoccupied with breakfast, Mother forgets to bolt the back door, and I slip out unnoticed, Huck Finn making his getaway. I am not prepared for the steep gravel. Instinctively I lean outward to counteract the ankle-turning slippage, and I side-hill like the elk do when they ascend from the meadow to the forest. Hummingbirds buzz by in flashes of iridescent green. Ponderosas soar beyond my range of vision, their uppermost branches lost in the sky.

Lichen-splattered boulders look as if they could come to life at any moment and speak - trolls from the underworld warning me away from the forest. I am not afraid. I will climb a boulder and when I reach the top, I will shout triumphantly at the top of my lungs, letting the whole world know of my achievement. I reach for a handhold and then another, my feet secure on the bottom shelf. Half way up, the lichen sponge me off. I pick myself up, dusting off the gravel, and hike beyond the boulder. On the other side, a ramp leads to the top.

I am not afraid of the height. The chipmunks have crowned me queen of the boulder, their forepaws extended for the royal dispensation. I share the crumbling biscuit I stuffed into my

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pocket before departing, but it fails to satisfy their hunger, and they scamper into my lap and stand on their haunches, scratching at my jacket. I could shake them off but they are my loyal subjects, and I am their benevolent benefactor. 'Lunch time,' my father shouts. 'Mom baked chocolate chip cookies.' The search party has caught up with me. I do not want



(Photo by Erik Erwin.)

to be rescued. The rest of the summer, my scrambles are confined to the summit of our log cabin - until I am caught and ordered down. From then on I sit on the front steps after breakfast, waiting for the elk to descend from the forest or Longs Peak to emerge from the morning mist. I can be patient. My father, a Western American history buff, has given me a nickname that sustains me not only throughout the rest of the summer but throughout the school year and well into adolescence. At lunchtime, when the cheerleaders at the table start debating over which shade of lipstick - Cherry Kiss or Peach Blush - will bag the most suitors, I keep my opinions to myself. Who cares? I am Jane Clark, Precocious Explorer.

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




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Founder Of Prieto Battery Honored

White House Honors CSU's Amy Prieto, Founder of Prieto Battery, with Presidential Early Career Award

The White House recently honored a CSU chemistry professor with a Presidential Early Career Award for Scientists and Engineers for her work to develop new methods to create a battery that could revolutionize the hybrid/electric vehicle industry. Prieto, an associate professor, received the award at the end of July in a White House ceremony. She is one of 96 scientists who received the award and the only one from CSU in 2012.

She was nominated by the National Science Foundation. "Dr. Prieto and her team embody the spirit of enterprise and complex problem-solving at CSU, with research focused on devising solutions on a global scale," said President Tony Frank. "It's particularly notable that her

students have been a key piece to her discoveries, learning from one of today's leading scholars while also gaining remarkable experience in research and creating spinoffs in renewable technologies." "We are proud of Amy and the faculty in the College of Natural Sciences whose innovations are making a difference in people's lives," said Jan Nerger, dean of the College of Natural Sciences at CSU.

"Discoveries in science and technology not only strengthen our economy, they inspire us as a people," President Obama said in a White House statement. "The impressive accomplishments of today's awardees so early in their careers promise even greater advances in the years ahead." In 2009, Prieto co-founded Prieto Battery Inc., a company expected to commercialize a non-toxic battery technology up to 1,000 times more powerful, 10 times longer lasting and cheaper than traditional batteries. The development of this technology could revolutionize the transportation, communication and energy storage industries.

Prieto co-founded the company with Cenergy, which is the commercialization arm of the university's Clean Energy Supercluster. The company aims to produce lithium ion batteries based on tiny or nanostructured materials on a mass scale. How it works: Using a process called electrodeposition, Prieto deposits or grows a novel anode material onto a high surface area copper foam or as nanowires. The anode is then used as an electrode for the electrodeposition of polymers, organic materials that coat the anode and conduct lithium ions but keep the anode and cathode electrically separated. The separation is important

for keeping the battery from shorting. The cathode material is added, and the result is a three-dimensional battery. The nanowires that make up the anode cover a surface area that is 10,000 times greater than a traditional battery. By comparison, roughly 1,000 nanowires could fit in the width of a human hair. Prieto also continues to focus her research on developing methods for making nanoscale materials that have applications in solar cells, lithium-ion batteries and hydrogen storage. Prieto has won numerous awards for her scientific discoveries. In 2011, the Colorado Cleantech Industry Association honored her and three other CSU researchers as "Research Rockstars."



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Classic Landscapes By Adams At DAM

The Denver Art Museum (DAM) will present **Rocky Mountain Majesty: The Paintings of Charles Partridge Adams**, a survey of Charles Partridge Adams (1858-1942), a Colorado landscape painter active during the late nineteenth and early twentieth centuries. The exhibition marks the first time that Adams' masterworks will be displayed together at a major art museum; and the DAM will be the sole venue for this important exhibition that highlights his greatest paintings of Colorado. Rocky Mountain Majesty will be on view December 16, 2012, through September 2, 2013, in the Gates Family Gallery on level two of the Hamilton Building.

"No one dedicated themselves to painting Colorado more than Adams," said Thomas Smith, exhibition co-curator and director of the Petrie Institute of Western American Art at the DAM.



Adams became one of the finest Colorado artists and is best known for his paintings of Longs Peak near Estes Park and other mountain ranges in Colorado. He was a highly prolific painter who created more than a 1,000 paintings during his lifetime. The DAM will exhibit 37 of the most outstanding of his oil and watercolor paintings depicting Colorado and will show the diversity of Adams' oeuvre, which includes such styles as realism, tonalism and impressionism. Rocky Mountain Majesty will also feature two of the museum's own paintings, Moraine Park and Sunset in Colorado, alongside loans from lenders across Colorado.

Born in Massachusetts, Adams moved to Colorado as a teenager for the arid climate, hoping to save his younger sister from tuberculosis. He remained in Colorado and

began his painting career by befriending local artists who helped him develop his working method and style. Adams, a mostly self-taught artist, learned his craft by interacting with others in the field, practicing techniques and experimenting with different styles.

His early attempts yielded mostly realistic depictions that had almost no suggestions of impressionism. However, by the late 1890s-early 1910s, he established his signature style that was based on impressionism with an added colorful touch. He then moved on to even more dramatic brushwork, a livelier palette and more impasto. He began neglecting subject details, a characterizing trait of impressionism. His paintings express a

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deeply individual and poetic reaction to the Colorado landscapes, with stunning understanding of the varying effects of light and air.

The exhibition is co-curated by Thomas Brent Smith and Nicole Parks, curatorial assistant for the Petrie Institute of Western American Art. The Denver Art Museum is located on 13th Avenue between Broadway and Bannock Streets in downtown Denver. Open Tuesday-Thursday, Saturday-Sunday 10 a.m.-5 p.m., Friday 10 a.m.-8 p.m., except the final Friday of the month January-October when the museum stays open until 10 p.m. for the Untitled event; closed Mondays, Thanksgiving and Christmas.

Admission for Colorado residents: \$10 adults, \$8 seniors and students. Admission for non-Colorado residents: \$13 for adults, \$10 for seniors and students, \$5 for visitors aged six to eighteen, free for children under 6.

General Museum admission is free the first Saturday of each month, thanks to Target and the citizens who support the Scientific and Cultural Facilities District (SCFD). Additional ticket may be required for some special exhibitions, such as Becoming Van Gogh. The Cultural Complex Garage is open; enter from 12th Avenue between Broadway and Bannock or check the DAM website for up-to-date parking information. For more information, call 720-865-5000 or visit www.denverartmuseum.org.



(Photo previous page: *In the Colorado Mountains*, this page: *Platte River at Sunset*. In color in online issue.)



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What Remains

By Melissa E. Johnson

*“All I have seen teaches me to trust
the Creator for all I have not seen.”*

~Ralph Waldo Emerson

What nobody says about faith is that even in the most idyllic, peaceful of circumstances-when you somehow find a way to stand firm in your belief that you are where you need to be at any given time experiencing what you need to experience-having absolute faith in that for which there's no tangible proof or guarantee is a tumultuous process at best.

Something good happens. Let's say you land your dream job with a little elbow grease but, in all honesty, not much effort on your part. Perhaps they sought you out, the job literally fell in your lap, and you're



(Photo by Melissa Johnson, “Mature Walnut Tree.”)
certain that it's divinely inspired. Your income and

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notoriety is on the rise, shining star that you are, and you are certain you are where you need to be. Your faith is unstoppable!

Then something bad happens. Let's say you find yourself on the receiving end of a cancer diagnosis. It's aggressive but there are some good treatment options available, and so you roll up your sleeves and embark on the journey of a lifetime to beat that cancer and say YES to life. But not before you go through the ringer. Why me? What did I ever do to deserve such misfortune? You might ask, as you spiral out in your mind with those sort of counterproductive questions for which there are no immediately available answers but which are inevitable given the circumstances of your Life. There you are, shipwrecked in your faith and struggling to stay afloat.

Some people want to know that nothing happens by chance-not without their prior consent (in this or another life), a belief that some new age philosophies champion as absolute truth. To which some folks may say, "yeah, right...I chose cancer! You're crazy!"

Others say, "Well it was God's will..." What was God's will? That you get cancer? YOU, singled out from everyone around you, while someone else gets slated for their dream job? That hardly seems fair. Then again, as one of my law professors was keen to say whenever I cried 'foul,' "Miss Johnson, a fair is a circus with pigs!"

Either way, it seems to me that Life doesn't much care how "in control" we think ourselves to be. We're all tested in one way or another, without discrimination, to discover our strength, connect with our faith, and see how well we cope with obstacles and struggles. Perhaps if we want to be rid of both we need only accept that it's not only impossible but completely unnecessary to hold on so tight in an effort to retain control over that which we have so little control over. That's why they say that struggle is sometimes necessary but always optional.

And so I was thinking that maybe the key to our peace of mind as we navigate Life is to approach it with the unwavering faith that it takes to grow a walnut tree, a process that can take 40 to 60 years from planting to harvest. Depending on when you plant that seed you may or may not live to see it become all that it was meant to be. Still, those trees are planted and their harvests are highly coveted whether you're there to witness its final glory-the expression of Life itself-or simply rest in the knowledge that you had a hand in creating its beauty. What kind of seeds are you planting?

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



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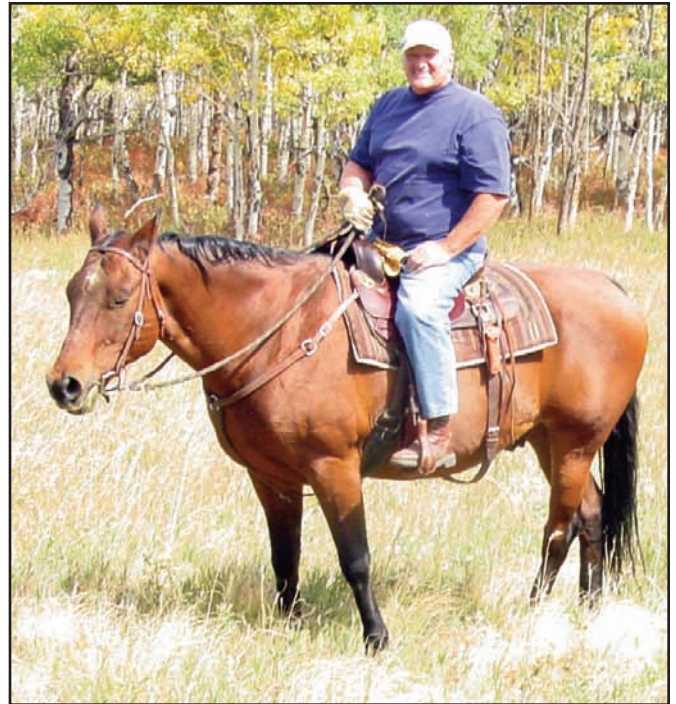
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Apple Season Is Here!

By Shirley Perryman - CSU

Fall signals the arrival of the bountiful apple crop. The aroma of baked apples, the crunch of a juicy fresh apple and the assortment of ways to cook with apples make them a desirable fruit to keep on hand. Apples may be the original ready-to-go fast food. They are an affordable addition to any meal or snack. Try these quick and easy ways to make apples part of your menu:

Fresh apple crisp- Toss unpeeled, diced red and green apples with lemon or orange juice. Top with your favorite crunchy granola and chopped nuts for a quick treat.

Apple slaw (or salad)- Grate or dice crunchy apples and add them to your favorite tossed lettuce salad or cabbage slaw for a hint of extra sweetness. Kids especially enjoy this surprise of sweetness with fresh leafy greens.

Grilled apple skewers- Thread apple chunks and other firm fruit such as pears and pineapple on skewers. Grilling releases the juice which will combine with the sugar naturally present to result in a delicious caramelized flavor.

Muffins and quick breads- Many muffin and quick bread recipes lend themselves to the addition of diced, peeled apples. If you're feeling adventuresome, try adding a handful to your next batch of gingerbread.

If you keep an apple in plain sight— on your desk or in a clear bowl in the refrigerator — it's more likely to be eaten, and that's a good thing for your health. A standard-size apple has only 80 calories since it is high in water content. If you're budget conscious, a fresh apple is a great buy and loaded with nutrients when compared to commercially prepared and packaged snack foods. The pectin naturally present in apples can moderate blood sugar levels. Apples contribute fiber, vitamin C and antioxidants to your diet. Preliminary studies indicate that apples are protective for heart health and may help inhibit cancer. Most of the phytonutrients and fiber are in the apple peel; if you discard it, you'll lose about half the available beneficial fiber.

Before you bite into or cook an apple, rinse it well with fresh water to minimize pesticide residue and any bacterial contamination. You may choose to buy organically grown apples to avoid pesticide residue, but a recent study confirmed earlier findings there is no evidence of increased nutritional value, and you'll still need to wash organic apples carefully to avoid bacterial contamination. Fresh pressed apple cider and unpasteurized juices usually found in the refrigerated section of stores may potentially be contaminated with bacteria on the apple peel. To avoid the risk of foodborne illness buy juice and cider that note on their label that they have been pasteurized.

While apple juice and cider provide nutrients, if consumed in excess, juices can be a major contributor to extra pounds both for children and adults. Because eight

ounces of juice or cider contain about 120 calories, enjoy juices in moderation. Naturally present sugars can make calories add up quickly. Limit fruit juices and eat whole fruit instead—you'll also get the added fiber and other nutrients that are discarded in the juicing process. There are more than 2,500 varieties of apples grown in the United States with a large variety of apples grown in Colorado. Apples will keep best stored in the refrigerator and can last from four to six weeks. Eating fresh: fuji, cameo, winesap, gala, honey crisp, jonagold, granny smith, golden delicious and red delicious. Contact your local CSU Extension Office for more information on apples or visit <http://www.farm-totable.colostate.edu/eat.php>

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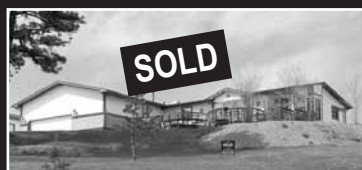
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When You're Out There, Take Your Chances

By Charles Finn

When I travel in grizzly bear country (admittedly less often than I used to and far less frequently than I would like), I leave the bear spray at home. In fact, I've never even owned a canister of it. Never wanted to. My basic rationale, if you can call it that, is that I would rather be mauled to death by a bear than pepper-spray an animal that has a sense of smell thousands of times greater than my own. Honestly, I simply can't imagine the agony a bear goes through when it gets a snout full of capsaicin, and I, for one, don't want to be the person responsible for such pain.

The second reason, which is actually the stronger of the two, is that I want to meet the wilderness on its own terms. I know this sounds naïve, and even worse, cavalier or arrogant. But it is also honest. In nearly every way I can think of, we as a society are obsessed with being safe. We have tried, in every conceivable way and place, from playgrounds to campgrounds — and all too often these amount to the same thing — to make the world safe, tame, digestible, comfortable, and ultimately, bland and soulless. And nowhere is it more evident than in our approach to

wilderness, those few pockets of reservation-like habitat we've crowded our animal neighbors onto.

Call me old-fashioned, but to my way of thinking, if a mountain lion or grizzly bear or even a stray branch from an old tree wants to take me out, well, hell, that's part and parcel of the risk of traveling in the backcountry, trespassing across the animals' land and home. To go even further, I'm of the school that believes that we should set aside huge swaths of country on which human beings aren't allowed to set foot on, or even fly over. Let the animals, at least the ones that are still out there, have at least a smidgeon of privacy and security. My sole argument for this is simple: It's the right thing to do. But I know it won't happen any time soon, and therefore, in the meantime, wildlife and human visitors are bound to interact. That means each person's responsibility when traveling in the backcountry is to know what he or she is doing, and that includes taking precautions to avoid running into a grizzly unexpectedly. Viewing wildlife, especially the megafauna found out West, is often the highlight of any trip. It may be a remote chance, but I'm always hoping to see a bear, lion, elk, caribou or wolf. At the same time, I'm not trying to count coup with a camera, or doing anything as blatantly

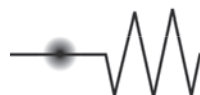


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foolish as cooking right next to my tent, sending out olfactory dinner invitations. A little common sense goes a long way on the trail, and in my experience you generally have to go out of your way to have a personal encounter with one of these wild creatures. Ninety-nine times out of 100, they see or hear or smell us first and — intelligent creatures that they are — want nothing to do with us, and our obnoxious and hideous ways.

I think part of what leads to our exaggerated ideas of safety is that people forget, or maybe don't even understand, why they want to be in the wilderness in the first place.

News flash: It's not supposed to be safe. It is supposed to be mysterious and at least slightly (and I emphasize slightly) dangerous. (Driving a car is the single most dangerous thing a person can do, and yet most of us drive nearly daily without a thought about the potential disasters.) For those brave souls who get out of their Winnebagos and backpack into Glacier National Park or Yellowstone, the whole point is to be in the wilderness with all its beauty, sublimity, transcendence, hardships and dangers. Daisetz Teitaro Suzuki, a Buddhist monk, said, "When mountain climbing is made easy, the spiritual effect the mountain exercises vanishes into the air." Safety first, of course, and be



prepared. But, really: There's got to be a line here, somewhere.

My sister has jokingly given me the Indian-style name Eaten-By-Bears. I certainly hope this isn't a prophecy, but if it is, then, well, fair is fair. At least I'll know I died serving a purpose - helping to fatten a bear up for winter. After all, they were here first, and the odds of survival are decidedly not in their favor. If anyone deserves to be pepper-sprayed, it's us.

Charles Finn is a contributor to Writers on the Range a service of High Country News (hcn.org). He is the editor of the High Desert Journal. (Greg Joder Photo.)

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Eco-Friendly Cat Litter~Consumption Craze

Dear EarthTalk: Which are the most eco-friendly and non-toxic (to people and cats) cat litters? Sam Barnes, Macon, GA

It makes sense that environmentally enlightened cat owners would want cat litter made from natural products that will not potentially compromise their health or that of their beloved pets. Many mass market cat litters contain significant amounts of silica dust which has been linked to upper respiratory issues in cats and even humans. Likewise, the chemical fragrances in many cat litters can also be toxic to cats.

Yet another issue is the sodium bentonite clay in “clumping” cat litters. The fact that this type of clay can swell up to 15 times its original volume when a cat urinates or defecates into it makes it an excellent cat litter substrate, as waste clumps can be scooped out and filled in without changing the entire litter box. But when cats ingest this material it can cause gastrointestinal distress that in some cases can lead to death. Also, the clay commonly used can be derived from environmentally destructive strip mining.

But thanks to increased concern for cats’ health and the environment, there are plenty of greener options out there. To wit, Yesterday’s News cat litter is made from recycled newspaper and is reportedly three times more absorbent

than clay. It is non-toxic and contains no scented fragrances, but its makers say it is still tough on odors, and is 99.7 percent dust-free. It also comes in recyclable paper packaging.


Wood shavings and sawdust also make good cat litter substrates. NEPCO’s Cedarific Natural Cat Litter is a blend of hardwood and cedar chips with no clay or silica dust. Besides being inexpensive, it is easy to handle, has a pleasant odor, and is biodegradable and compostable. Other wood/sawdust alternatives include Feline Pine, which is made from dust-free pine chips, and Better Way Cat Litter, which combines clay with cedar chips for natural odor control. Yet another great choice is Eco-Shell’s Purr & Simple Cat Litter, made from a proprietary blend of fibrous material from annually renewable tree-nut crops.

SwheatScoop Natural Wheat Litter keeps odors at bay through the power of natural enzymes in renewable wheat crops; it is low-dust and low-tracking besides being biodegradable and compostable. Meanwhile, World’s Best Cat Litter is made from whole kernel corn. And Benevo Cat Litter is made from non-genetically modified maize and other vegetable derivatives.

Frugal eco-conscious cat owners might consider making their own cat litter by repurposing everyday materials that would otherwise end up in the waste stream. Plain sawdust makes great cat litter, but doesn’t control odor as well as other substrates and might be hard to find in urban areas. The website treehugger.com offers instructions on how to turn old newspapers into cat litter; the process is a bit involved but can save money while extending the life of discarded newsprint.

Cat litter made from natural materials can also be composted as a way to reduce waste while creating rich soil for the garden. The Glenbrook North Zero Waste Blog in Vancouver, BC provides instructions on how to get healthy compost from cat litter derived from wood, sawdust or vegetable products. *Yesterday’s News*, www.yesterdaysnews.com; *NEPCO*, www.nep-co.com; *Treehugger’s “Make Your Own Newspaper Cat Litter,”* www.treehugger.com/culture/pet-topic-make-your-own-newspaper-cat-litter.html; *Glenbrook North Zero Waste Blog’s “How to Compost Your Cat’s Litter,”*

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Dear EarthTalk: I read that a single child born in the U.S. has a greater effect on the environment than a dozen children born in a developing country? Can you explain why? — Josh C., via e-mail

It is well known that Americans consume far more natural resources and live much less sustainably than people from any other large country of the world. "A child born in the United States will create thirteen times as much ecological damage over the course of his or her lifetime than a child born in Brazil," reports the Sierra Club's Dave Tilford, adding that the average American will drain as many resources as 35 natives of India and consume 53 times more goods and services than someone from China.

Tilford cites a litany of sobering statistics showing just how profligate Americans have been in using and abusing natural resources. For example, between 1900 and 1989 U.S. population tripled while its use of raw materials grew by a factor of 17. "With less than 5% of world population, the U.S. uses one-third of the world's paper, a quarter of the world's oil, 23% of the coal, 27% of the aluminum, and 19% of the copper," he reports. "Our per capita use of energy, metals, minerals, forest products, fish, grains, meat, and even fresh water dwarfs that of people living in the developing world."

He adds that the U.S. ranks highest in most consumer categories by a considerable margin, even among industrial nations. To wit, American fossil fuel consumption is double that of the average resident of Great Britain and two and a half times that of the average Japanese. Meanwhile, Americans account for only five percent of the world's population but create half of the globe's solid waste.

Americans' love of the private automobile constitutes a large part of their poor ranking. The National Geographic Society's annual Greendex analysis of global consumption habits finds that Americans are least likely of all people to use public transportation—only seven percent make use of transit options for daily commuting. Likewise, only one in three Americans walks or bikes to their destinations, as opposed to three-quarters of Chinese. While China is becoming the world's leader in total consumption of some commodities (coal, copper, etc.), the U.S. remains the per capita consumption leader for most resources.

Overall, National Geographic's Greendex found that American consumers rank last of 17 countries surveyed in regard to sustainable behavior. Furthermore, the study found that U.S. consumers are among the least likely to feel guilty about the impact

they have on the environment, yet they are near to top of the list in believing that individual choices could make a difference.

Paradoxically, those with the lightest environmental footprint are also the most likely to feel both guilty and disempowered. "In what may be a major disconnect between perception and behavior, the study also shows that consumers who feel the guiltiest about their impact—those in China, India and Brazil—actually lead the pack in sustainable consumer choices," says National Geographic's Terry Garcia, who coordinates the annual Greendex study. "That's despite Chinese and Indian consumers also being among the least confident that individual action can help the environment."


Readers can discover how they stack up by taking a survey on National Geographic's Greendex website. But brace yourself if you are a typical American: You might not like what you find out about yourself. *Sierra Club's "Sustainable Consumption,"* www.sierraclub.org/sustainable_consumption; *National Geographic Society's Greendex,* www.nationalgeographic.com/greendex.

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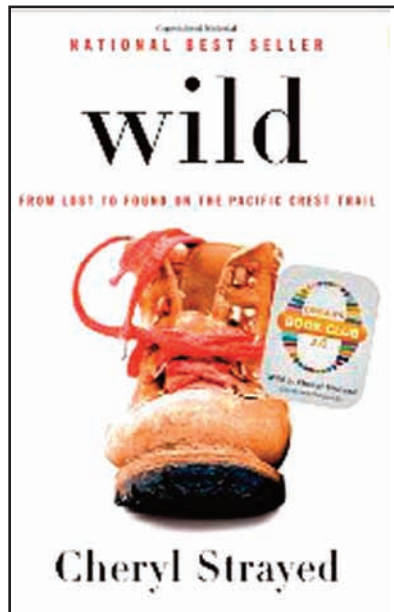
Hiking The Pacific Crest Trail Memoir

By Tracy Reseigh

The Pacific Crest Trail (PCT) is a 2600 mile hiking trail that winds its way from the Mexico border through California, Oregon, Washington and Canada. It is a trail that covers a multitude of eco-zones such as the scorching heat of the Mojave Desert, the snowfall in the Sierra Nevada mountain ranges and the Cascade volcanoes, Mt. Hood and Mt. Rainier. Cheryl Strayed made a decision to hike the PCT with hopes of putting her shattered life back together. *Wild From Lost To Found On The Pacific Crest Trail* is her memoir of that journey.

When Strayed was 22, unknown to her at the time, things were put into motion to lead her to the PCT. Her mother was the one constant in her life up to that point. Strayed's father left the family when she was a young girl. Her mother always found a way to provide her three children with the necessities of life and unconditional love. Strayed was about to finish her college degree when she found out about her mother's condition. She left college and waited for her mother to die.

After Strayed's mother passed away, her life got further and further away from the life she had always thought she would live. Her family scattered and became mere strangers to one another, she cheated on and then divorced her husband, and she began a succession of dangerous relationships trying to dull the ache of losing her mother.



One day at an REI checkout line she glanced at a book, *The Pacific Crest Trail Volume 1: California*. At 26, months after that initial REI visit, Strayed went back. She bought *The Pacific Crest Trail Volume 1: California*, and decided that she was going to hike the PCT from the Mojave Desert to Washington State, alone. Strayed was not a hiker or a camper, she was a woman undone. In fact, the first time she even put on her hiking boots was the morning she set out to hike the trail.

Armed with her backpack she nicknamed Monster, *The Pacific Crest Trail Volume 1: California*, and a fear for what she might be in for, she began her

trek. Strayed described the trail, the outposts, the wildlife, the weather, and the other hikers she encountered with as one review put it, "a charming intrepid trial by fire." With each mile Strayed logged, she began putting the pieces of her own life back together.

People often refer to the "it" factor, the unknown thing that pushes a person to succeed or fail in any endeavor be it a job interview or a baseball game. At one point on the PCT, as Strayed is nursing blisters and bruises, she discovered the "it" factor of the PCT. The PCT did not care that she lost her mother to cancer, the PCT did not care that she had an affair on her husband. The PCT only cared "how it felt to be in the wild...what it was like to walk for

miles for no reason other than to witness the accumulation of trees and meadows, mountains and deserts, streams and rocks, rivers and grasses, sunrises and sunsets." Strayed discovered that the PCT was a place where she could be herself and accomplish anything, and everything before that time was put into perspective for her.

Wild is a book for anybody who has ever thought of doing that one "crazy" thing. Run a marathon, compete in a triathlon, or participate in an Outward Bound trip. It is the story of one woman who took the leap of faith and did that "crazy" thing, and came out on the other side a much happier and stronger person. Published by Alfred A. Knopf, it is available in hardback at Barnes & Noble for \$14.91.

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as the river that carves this canyon

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venerate its waves with every step

trust that in time i'd break down
even the hardest of obstacles and

soften each surface i touch
i would like to course with the

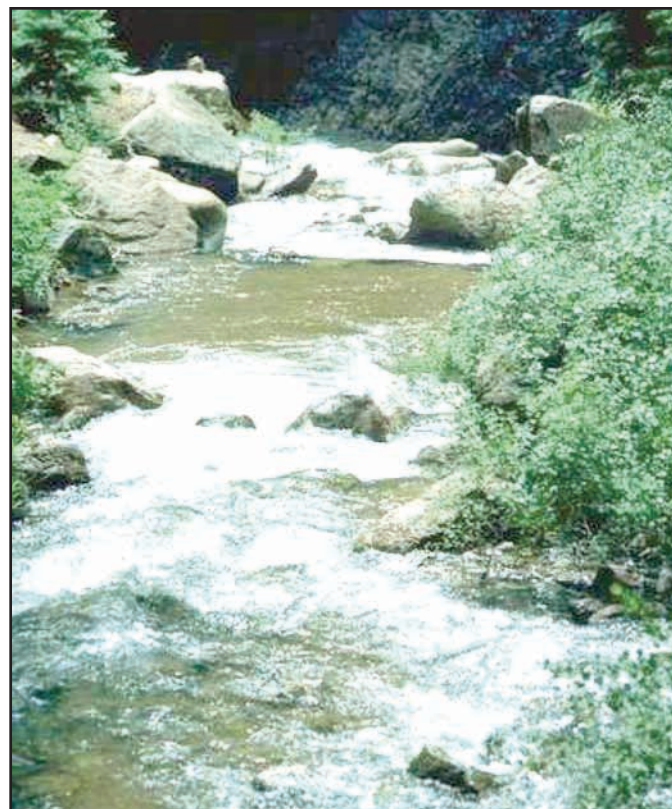
force of 10 million gallons of snow-
melt, rage with angry floods of spring

pool into imperfect eddies of endless
circling, circling, circling

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Love & Tomatoes – A Natural Combination

By Jeremy N. Smith/High Country News

When other women ask me how I proposed to my wife, the first thing I tell them is that Crissie doesn't like diamonds. They look at me with either contempt or condescension - the former if they think I'm going to lecture them about African child armies, the latter if they think I'm fool enough to believe that Crissie didn't really want the rock. Either way, their follow-up question never varies: "Well, what did you propose to her with?" And I say, "A tomato."

My wife is from Mississippi. There, the tomato-growing season starts the day after the Super Bowl and ends the night before Christmas. Drop seeds in the soil and the vines rise like tree trunks. Or so Southerners say. "My grandmother turns 92 this summer and still gardens by golf cart," Crissie told me the spring we started dating. "I would never eat a tomato out of season." But we lived in Montana. "What's tomato season here?" I said. "Half of August and half of September," Crissie said. "Depending on first and last frost." "That sounds like a lot of work for a sandwich topping." Crissie pursed her lips.

Southern women consider the word "stubborn" a compliment. "Tomatoes are important to me," she said. I am not myself a gardener. At the same time we started

dating, however, I joined a special community-supported agriculture farm. Run by a bearded, quick-to-laugh Army veteran and grizzly bear expert named Greg, it provided food not in the weekly shopping-basket style of other CSAs, but one vegetable at a time, once or twice total, in massive quantities: 150 pounds of potatoes, 120 pounds of onions, 100 pounds of squash, and so on. The idea was that this way one could store food for consumption all through the long Montana winter and spring. Basil and garlic became frozen pesto, for example, and winter squash was transformed into pumpkin pie. Tomatoes could be sliced and dried or canned as sauce. Cucumbers, of course, found their destiny as pickles. So it was that Crissie and I became masters of different edible domains. She built backyard raised beds; stirred compost; planted, watered, weeded and harvested. I checked my email for messages with subject lines like "BEETS ARE IN!" then rode my bike trailer to the farm to haul home major poundage.

Summers, Crissie cooked. Winter meals were my responsibility. Two and a half years passed. Like other roots, my relationship with Crissie grew and deepened, and one feverish day in late August I decided to propose. First and foremost, I was in love. As well, though, Crissie had already agreed to spend the evening with me. Greg's cucumbers were in. She was going to help me make pickles. At 5:00, Crissie met me in the kitchen. Assembled before us was a canning pot, glass jars and lids, sugar, vinegar, garlic, dill, mustard seeds and 10 pounds of fresh cucumbers. Crissie rolled up her sleeves. She washed her hands. She began to fill the pot. "Hey," I said, through suddenly chattering teeth. "Wait. Can I t-t-talk to you?" Crissie killed the water. "Before pickling?" she said. "Or after pickling?"

My heart beat hard. My mind went black. In my eagerness to propose, I realized, I had never thought through the exact requirements of the occasion: knee, question, ring. I blinked and bit my nails. "Instead of pickling?" Crissie said. "Come." I led her to a backyard bench. "Sit," I said. "Close your eyes. I'll be back in a

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orb. "Honey?" Crissie squirmed. "Is that you?" "Almost ready!" I said. I grabbed the tomato from the vine. Back in the kitchen, I cut a slice from the center, placed it in the ring box atop a tiny square of wax paper, and seasoned the red circle with a pinch each of salt and pepper. Then, unable to help myself, I cut another slice, seasoned it, too, and popped it on my tongue. When CSA tomatoes came, I'd get them by the score. Greg, though, waited until the last day possible for harvest. I needed something to steel the heart now. Indeed: firm but giving, sweet but substantial, the tomato in my mouth was round, smooth, warm and ready as love itself.

I swallowed hard and walked back outside, box in hand. My stomach rumbled - happily. I knelt before Crissie. "OK," I said. "You can open your eyes." Now tomatoes are important to me, too.

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

minute." I ran inside and, in our junk drawer, found an empty pale blue ring box originating I knew not where. But what to put in it? I searched further for the proper token of my esteem for her. A Mao watch? No. Disneyland ears? Unh-uh. The high school letter I received for a three-month junior-year stint on Quiz Bowl? No way. For a few desperate seconds, I considered using the antlers from a friend's recent hunting trip. Yet these were not only too big by several orders of magnitude, but also the traditional symbol of the cuckold. Not an auspicious start to an engagement.

Dazed and disappointed, I walked outside empty-handed. I prepared to tell Crissie that my "surprise" would have to wait. Each step I took, anticipating the final letdown, felt like hours. Finally, to buoy myself, I stopped, closed my eyes, took a deep breath - and smelled fresh soil. When my eyes opened again it was to see our garden and the sight, twinkling brighter than a diamond, of a resplendent red



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Childhood's End

By Auden Schendler

My 7-year-old daughter Willa came home from school last week and said she knew what sex was. Her friend Melissa had told her. "OK, what is it?" My wife Ellen asked, as I poured the bourbon for the Manhattan I knew I'd need. "It's when a man and a woman lie down together and kiss." There was a long and thoughtful pause. I looked at Ellen, holding the bottle of bourbon tipped, still pouring it into the shaker. Perhaps a stiff cocktail tonight. "No, that's not what sex is, Willa," Ellen said. And she muttered to me: "I'll be damned if Melissa is going to be the one to teach her about sex." I can't believe this is happening, I thought. The iconic experience of parenthood, coming five years early, on a nondescript fall evening with no time to prepare.

Parenthood can be summed up simply: You try to insulate and protect your children, at least for a while, and you fail right out of the gate. The true nature of the world, experience, maturity, the meanness of things, it all sneaks up. The world offers endless hardship along with its graces, and only luck can tip the scales. Willa and Ellen retreated

to her room, protected by its flowered comforter and small glass animals. "Uh, hey, do you want me in here, I mean. ..." "NO!" Willa and Ellen both yelled. I started doing dishes. Then went back and hovered outside the door, missing the most important conversation of my daughter's life. I felt I should be there, but was relieved I wasn't.

To be honest, I had no idea what I would say, though I'm certain my first word would have been "Uh. ..." I scrubbed at the cast iron skillet, a legendary culinary instrument meant to work flawlessly, the original nonstick. Never for me. I chipped off vulcanized omelet with a paring knife. I ought to have known all this was coming. Not six months ago I was brushing Willa's teeth. She asked me to stop. "What do you think of this?" She pulled the strap of her pajamas over her shoulder, a red and white ensemble that said "Cutiesaurus" below a ridiculous cartoon dinosaur, let a curl of hair hang over her eyes, canted her hips, and looked into the mirror with a sultry pout. Six years old then. The poet Julia Kasdorf says the first gesture we learn is good-bye. "You look beautiful," I said, panicking. "Open wide, I got to get the molars."

One summer afternoon, I biked to the supermarket with Willa and her 5-year-old brother, Elias. Almost there, we stopped to pet horses and play on a stump by a ditch. The weather had been threatening all day. Now, ominous clouds billowed to the south. You could see the arcing lines of precipitation; there was thunder, lightning. It was spectacularly beautiful, and also terrifying. "Hey, guys, we better head out now, it's probably going to rain." They played. The storm was about four miles off; we had maybe 15 minutes. But the weather has been odd this year, and this storm came onto us faster than I had anticipated. "Yeah, OK, we gotta go here!" I said. The kids hopped on their bikes, and within 30 seconds it was pouring. I was as wet as if someone had doused me with a bucket from the

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blindsided. "Come on guys! Let's go!"

I looked back and they were pedaling their tiny bikes frantically, expressing some slight concern, getting soaked. And then came the hail. "Dada!" little Elias was yelling, the ice hitting hard on his hands and face, on the verge of tears. Willa looked terrified. "We have to stop!" And I was thinking: stop where? And do what? Crawl under a tree? Or into a culvert? What could I do, short of laying on top of them? "We can't stop! We have no choice! I can't help you!" I yelled, drowned out in simultaneous lightning and thunder. I didn't want to circle back, because I worried they'd stop, and we'd get annihilated. So I stayed ahead, yelling and exhorting like some crazy World War I Lieutenant with a bugle and a soccer ball, leading my men off into catastrophe, an apt metaphor for parenthood.

Squinting back into the sideways-blowing, bitterly stinging hail, I watched my two children, their heads down, hands bright red, legs pumping furiously, making their way as best they could into a world they'd find to be part pig iron, part gold, and theirs alone.

Auden Schendler is a contributor to Writers on the Range a service of High Country News (hcn.org). He lives in Basalt, Colorado, and works for the Aspen Skiing Co.



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Make Globalization Adapt To People

By Craig Gurian - Remapping Debate

The incessant calls to adapt to “the reality” of a globalized economy have been ringing in our ears now for more than 20 years. The preachers in this choir - from Clinton to Obama, from Bush to Romney - have either extolled the benefits that would trickle down from removing barriers to the free and unrestrained movement of capital across the globe, explained that there was no way to turn away from globalization without “falling behind,” or both.

The spectacle of nations prostrating themselves to demonstrate fealty to fickle markets has been repeated again and again, here and in Europe. The hollowing out of middle classes is at an advanced stage, a global race-to-the-bottom to secure corporate crumbs has severely constricted the ability of workers to bargain for decent pay and benefits, and everything - from essential foodstuffs to entire nations - is seen merely as a tradable commodity to be speculated on as though doing so resulted in consequences no weightier than betting on a horse race.

The fever has been caught by the higher education sector: Preparing our students to compete in a globalized world. Having a globalized presence. Being able to seamlessly move and communicate across borders. That’s the pitch. And the U.S., we’re told, has to strive mightily to stay in the game - if we don’t follow the new rules (for example, bring manufacturing back home by slashing prevailing wages), then next thing we know...we’ll be a second-rate power.

Wait a second. Slow down. Time to take a breath. The

United States today - despite the deep economic pain that has been needlessly inflicted on millions of our fellow citizens - remains the largest economy in the world. Assume for a moment that, in the years to come, China will indeed “surpass us” and that we will no longer be the biggest. Maybe the European Union, viewed as a single unit, will surpass us, too. The obsessive fear of not being the biggest probably demands some intensive national psychoanalysis. But even a little short-term cognitive therapy (thinking through the limited actual consequences of coming to lag behind China and the E.U.) should provide a significant measure of comfort.

The simple fact is that the third biggest economy in the world will be a market in which every other country in the world will want to participate. That means we have the opportunity to set some new rules of the road - rules that don’t prize unfettered capital movement over all other values; rules that insist that restoring and maintaining an ever-higher standard of living (for example, a standard by which every American not only gets minimum medical care but excellent medical care) is our highest priority.

And it means that even if some business sectors in other countries (or entire nations) were to deny themselves the benefits of doing business with the U.S., we could still have a healthy and robust economy. Ironically, the very same people who shout about the need for adaptation to the particular flavor of globalization that has taken hold say nothing about the possibility of countries to adapt in a very different way.

Once one frees oneself from the view that countries are

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and should be subservient to markets and recognizes that countries need to assert authority to counterbalance corporate and financial demands that care nothing about citizen welfare, then one quickly realizes that cross-national cooperation is a very useful adaptation to fight back against the subordination of humane values. Some European countries will soon take a modest step in that direction with the imposition of a financial transactions tax that will both raise revenue and discourage speculative, high-frequency trading.

France is poised to impose substantially higher taxes on its wealthy elite, despite warnings that those Frenchmen and Frenchwomen will flee, caring more for their pocket-books than for their homes or their country. I'm skeptical of the argument, but mutual defense - a NATO analog deployed not against the Warsaw Bloc but against rapacious global financial elites - would help.

It is surely the case that the broader imposition of higher taxes on wealthy individuals and corporations would leave those players with fewer places to run and fewer places to hide, and, critically, would reduce pressure on participating governments to compete with each other to undermine their workers and, ultimately, their sovereignty.

If the U.S. were to join EU nations in such an effort, that would create a formidable alliance. Just don't look for either President Obama or Governor Romney to lead the way. *(This article originally appeared in Remapping Debate an online public policy news journal, remappingdebate.org - reprinted with permission.)*



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BioGems ~ Green Scissors

Dear EarthTalk: I heard of an effort to save what are being called "BioGems." What are BioGems and what is being done about them? - Larry Dibner, Tallahassee, FL
"BioGems," a term created by the Natural Resources Defense Council (NRDC), describe the most endangered natural treasures around the Americas. NRDC selects special places in our hemisphere that face an imminent threat of destruction, from pristine coastlines that could become industrial ports to ancient forests that could be stripped of trees to unspoiled wildlife habitats that could be sacrificed to oil and gas drilling. "Our imperiled BioGems are irreplaceable remnants of wilderness that curb global warming, preserve biodiversity and provide sanctuary for rare and extraordinary wildlife, from threatened polar bears to endangered gray whales," reports NRDC.

NRDC launched its BioGems Initiative back in 2001 as a way to harness the power of online citizen activism to help save threatened lands. The group mobilizes its 1.3 million members and online activists "to bring overwhelming pressure to bear on governments and companies bent on industrializing the world's last wild places."

Never afraid of a little attention, NRDC has enlisted the

help of several celebrity partners in championing the cause of saving the BioGems. Robert Redford is spearheading NRDC's campaign to keep the Polar Bear Seas safe from oil drilling, while Pierce Brosnan is leading the charge to try to bring an end to the commercial slaughter of whales. The group has also brought the star power of Leonardo Di Caprio, Paul McCartney, Alec Baldwin, Seth Myers, Jason Mraz and others to bear for the sake of saving BioGems.

"Together, BioGems Defenders and our local partners on the ground have scored dozens of historic victories for the environment, proving that individuals can be a powerful force for conservation," reports NRDC. Some of the campaign's recent successes include: helping to persuade Iceland to call off its fin whale hunt for the second year in a row; protecting the last 340 beluga whales of Alaska's Cook Inlet through filing a lawsuit; helping secure a breakthrough agreement for wild buffalo that allows them to roam outside Yellowstone National Park during the harsh winter months; and winning in court over trophy hunters keen on stripping the polar bear from its endangered status.

Currently NRDC is focusing on a half dozen primary BioGems campaigns: keeping Shell out of the American

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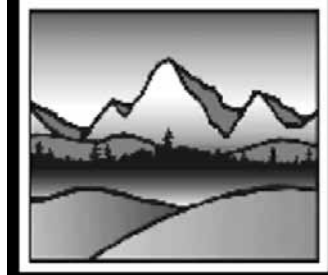
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Arctic (unfortunately the company's drills just went in); stopping Big Oil's attack on whales in Alaska's Cook Inlet and up and down the Atlantic seaboard; stopping the pipeline from Alberta's tar sands to Texas refineries (Obama has kyboshed the pipeline for now); stopping the Pebble Mine in Bristol Bay, Alaska; and saving British Columbia's Spirit Bear coast.

Individuals can get involved by customizing and sending pre-written e-mail messages to decision makers who are key to the particular locales in need of protection. NRDC will also gladly take donations of any size toward the BioGem campaign of the giver's choosing. Of course, telling your friends, neighbors, co-workers and family members what you have learned about the potential despoliation of natural treasures, many in our own backyard, is also a big help. NRDC BioGems, www.savebiogems.org.

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Dear EarthTalk: What is the "Green Scissors" campaign, which I understand can help the environment and has support from both liberals and conservatives? - Jeff Nickson, Butte, MT

The Green Scissors Campaign was launched in 1994 as a partnership between the environmental group Friends of the Earth (FoE) and budget watchdog Taxpayers for Common Sense (TCS) to call attention to subsidies and programs that both harm the environment and waste taxpayer dollars-and which should be cut accordingly. The campaign has been issuing reports since 1996 detailing how Congress can cut specific programs to save money and the environment.

For the most recent report, Green Scissors 2012, the two organizations were joined by free market think tank R Street, which was started by former staffers of the libertarian Heartland Institute (previously a Green Scissors partner). This unlikely trio that spans the political spectrum left to right identifies some \$700 billion in wasteful and environmentally harmful programs that could be scrapped over the next decade. Such savings would amount to almost

two-thirds of the \$1.2 trillion in spending cuts Congress is required to make beginning in 2013 (Continued on next page.)

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Highlander Environmental

under the terms of last year's Budget Control Act.

"It is perverse that we are staring down the barrel of budget cuts that will lead to dirtier drinking water as we reward corporations with tens of billions of dollars a year to poison the public," said Benjamin Schreiber, tax analyst with FoE. "We need to take the common sense solution of saving money by ending environmentally harmful spending."

The proposed cuts include \$269.78 billion from energy programs, including \$158.7 billion of fossil fuel subsidies; \$167.09 billion of agricultural subsidies, including \$89.82 billion of federal crop insurance disaster aid; \$212.02



<http://www.TEGColorado.org>

billion of transportation subsidies, including \$125.80 billion of general revenue transfers to the Highway Trust Fund; \$101.8 billion of federal flood, crop and nuclear insurance subsidies; and \$24.99 billion from wasteful or environmental damaging public lands and water projects. Given the collaborative nature of the Green Scissors campaign, only those programs that FoE, TCS and R Street agreed were both wasteful and environmentally harmful were included on the list of recommended cuts.

"As lawmakers argue over what to do about the enormous deficit and looming automatic budget cuts, we have come together to present them with almost \$700 billion in cuts," said Ryan Alexander, president of TCS. "Whether it's getting rid of high-risk energy loan guarantees, reining in wasteful crop insurance or ending lucrative oil and gas tax breaks, eliminating wasteful spending that harms the environment just makes sense."

"Taxpayers want Congress to stop bickering and get cutting," adds Alexander. "Green Scissors shows them where to start." Those interested in finding out more specifics can download the entire Green Scissors 2012 report for free in PDF form from the campaign's website. *Green Scissors Campaign, www.greenscissors.com; FoE, www.foe.org; TCS, www.taxpayer.net; R Street, www.rstreet.org.*

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Golden Mill, 1012 Ford St., Golden
Golden Public Library, 1019 10th Street, Golden
Holly West Restaurant, Applewood Shopping Ctr, Wheat Ridge
Golden Skillet, 807 13th St., Golden
Meyer Hardware - 1103 Arapahoe St., Golden
Miners Alley Playhouse, Above Foss Liquors, Golden
Mutual of Omaha Bank - 770 Heritage Rd, Golden
Roast & Toast Cafe, 1030 Johnson Road, Golden

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Malones's Clubhouse Grill, 64th. & Indiana, Arvada
Susan Duncan YMCA, 6350 Eldridge, Arvada
Town Center Liquors, 14455 W. 64th Ave., Arvada
West Bros. Feed & Tack Repair, N. Indiana St., Arvada

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Dory Hills Campground, Hwy 46, Golden Gate Canyon
Nederland Information Center, First Street & Hwy 119
New Moon Bakery & Internet Cafe, 1 W. First St., Nederland
Roy's Last Shot Restaurant, 17268 Hwy 119, Peak to Peak Hwy
Mountain People's Coop, First Street, Nederland
Rustic Moose, 26 E. First St., Nederland
Sundance Cafe, Hwy 119 S, Nederland
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- Do not carry tools by their cords.
- Pull the cord out of the outlet by the plug, not by pulling on the cord.
- Do not use in a wet or damp job sites, unless the tool is specifically approved for those conditions. Store them in a dry place when not being used.
- While carrying a tool, do not touch the switch or trigger that operates it to avoid accidental starts.
- Ensure your work area is well-lit.
- Unplug tools when cleaning or fixing, while changing other parts of the tool such as blades or bits, and when not in use.
- Ensure that all extension cords are not worn or frayed.
- Wear proper clothing – no ties, jewelry, or other loose items that could get caught.

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