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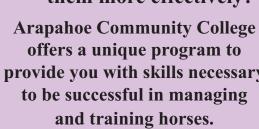
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## The Fox And The Feline

By Omayra Acevedo Nature & Wildlife Photojournalist brandnewdayphoto.com

The sun was shining comfortably on my shoulders, the breeze wrapping itself around me; the smell of spring was in the air. Suddenly, my moment of dwelling in peace was replaced by a puncture to my spirit as I heard someone say, "I hate cats." I wish I could have seen the look on my own face. If you have ever read any of my stories, you probably know that I love all creatures equally; to hear the word hate used to express an emotion toward any creature, well, pretty much leaves me wounded. I have great difficulty understanding why anyone

would "hate" anything beautiful. Perhaps beauty truly is in the eye of the beholder; clearly I must be one of the few beholders. (Cover cats pictured here.)

I was sitting in front of the fireplace, book in hand and an



alpine berry tea steeping close by. An auspicious silence filled the cabin when I heard the most bizarre growling and hissing coming from the front door. On my toes, I cautiously reached for my (Continued on next page.)





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#### **Highlander Animals**

camera and headed toward the door. To my surprise, a fox and my feline roommates were engaged in a staring contest. I lifted the camera to my eye and snapped a handful of photos. I could not hear the fox, but by simply focusing on his face I could tell he was more than curious about my kitties. Just as I placed my camera down, the fox graciously galloped away. The cats remained at the glass door vocalizing their anger and frustration until the fox was no longer in sight. I couldn't help thinking about how things could have been much worse.

I sat back to soak it all in and skim through the pictures I had just taken. For all I know, the fox and the felines could have turned out to be best friends. I just didn't want to find out. I was grateful for the glass between us. It saddens my soul when I hear horror stories of someone's companion being taken by the wild things we are trying so desperately to coexist with. I understand the want to give your pets the freedom to roam, but the mere possibility of having them eaten by something I could not stop, frightens me. Unfortunately, wild things aren't the only ones hurting our companions. I've heard tales of humans hurting animals from pure annoyance. Another risk I personally am not willing to take.

Call me paranoid, call me a hippie for loving my pets too much, but from the moment I made the decision to adopt

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them, I made the promise to love, protect and respect them. (Just the same as when I made the decision to move to the mountains, I would respect and help protect everything around me). I intend to keep my promises. In my humble opinion, through this abundance of love the cats and I share, I have been able to gain their loyalty and willingness to be trained. That's right. I have trained my cats to sit for treats, respond to their names, and understand the word no. They have even learned where it is okay to scratch and where it is not. Because of these amazing little four-legged loving critters, I no longer have the need to buy mouse traps, poison, or concern myself with finding mouse droppings. My fury feline friends are truly the best eco-friendly mice trappers anyone could have.

In this vast circle of life, we all have one thing in common; to survive one day at a time. The love I receive from my best friends helps me get through my daily stress; they stay safe within the compounds of their walls, and the wild things aren't at risk of being killed for eating anything they're not suppose to. There are so many kitties in need of good homes. If you're considering adopting one I highly recommend going to your nearest rescue center. Keeping him or her indoors for safety is another recommendation I will highly make. You will be surprised how appreciative a rescued best friend tends to be. Nowadays, your rescue sometimes includes shots, toys and food bowls.

Best friends or not, I would not want to discover what could have happened if I wasn't there, or if both species had met in the wild. I would do anything for my companions. They keep me sane. Even when the sun in my day has set, I can count on my felines to help me see the sunshine and I can return to my peaceful place. I could not have asked for better friends!

Editor's Note: Felines can have runs just like dogs do, with little doggy doors to the outside and a human built run. But they also need a top to those enclosures. There are many options to give your kitties this safe freedom and keep the litter outside too. Chainlink panels can have tops and sections with doors or even construction mesh fence attached to the top of chainlink panels will work. Diligence is necessary to keep cats inside them, by avoiding any places they might dig or squeeze through to get out.

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PAGE 6 October 2015

## Front Range Equine Rescue Files Appeal

**LARKSPUR, Colo., September 9, 2015** – Front Range Equine Rescue, a nonprofit working to end the abuse and neglect of horses, announced today it has appealed the federal decision to eliminate the population of wild horses in the West Douglas Herd Area of northwest Colorado.

The U.S. Department of the Interior's Bureau of Land

Management (BLM) plans to remove all wild horses from this sensitive region over the next three years, which FRER contends is a violation of federal law. FRER has begun the appeal process with the Interior Board of Land Appeals – focusing its efforts to protect wild horses on public lands on the Board and its review process.

According to the Wild Free-Roaming Horses and Burros Act of 1971, the BLM has a mandate to protect the health and welfare of all wild horse herds on public lands. FRER says the Act protects these horses from unwarranted

elimination, and that removing the entire herd from its native rangeland will also cause catastrophic loss of genetic diversity in the herd management areas surrounding the WDHA, which over time causes herd health problems.

"The BLM is intent on removing an entire herd, but both the language and spirit of the Wild Horse Act protect wild horses from elimination," said Hilary Wood, President of FRER. "This irreversible action will permanently alter the natural diversity of the range and damage herd health in the adjacent areas that are also under the BLM's management."

"The WDHA has long been a battleground as horse advocates took to the courts to block individual BLM roundups, but even if successful, these lawsuits do not

address the long-range issue of the BLM's plan to wipe out the WDHA population in the next three years," said FRER's attorney Bruce Wagman. "Filing our appeal, before the BLM has eliminated the herds, will protect this historic herd once and for all."

The BLM plans to begin eliminating horses in the

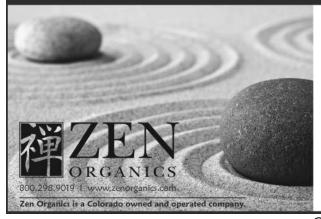
WDHA with a roundup of approximately 167 horses as early as last month. This leaves approximately 200 horses in the region, which the BLM intends to remove in the upcoming years. After the BLM contractor's low-flying helicopters round up the herds, they will be put in BLM holding facilities, and available for adoption or sale at auction.

The Department of the Interior's Board of Land Appeals is currently considering FRER's appeal. A copy is available upon request.

## About Front Range Equine Rescue (FRER)

Front Range Equine Rescue, based in Larkspur, CO, is a 501c3 nonprofit working to end abuse and neglect of wild and domestic horses through rescue and education. Since 1997, FRER has assisted thousands of horses through its rescue and educational programs. Many of FRER's rescued horses are obtained directly from livestock auctions and feed lots, and would have been shipped to slaughter without FRER's intervention. Through its legal advocacy, FRER has effectively prevented horses from being slaughtered for human food in the U.S., and is actively involved in preventing unnecessary and unlawful roundups or removal of wild horses and burros from public lands. For more information see www.frontrangeequinerescue.org

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## Clothing Swap ~ Colorado's Water Plan

#### Dear Readers,

The Coal Creek Canyon's Children's Clothing Swap is almost here! Have you finished going through all those outgrown clothes that you have been so kindly saving for the 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, on **Thursday October 29th from 4:00pm-7:00pm.** Please do not bring dirty or ragged clothes. All the clothes that are donated will be used by local canyon residents or donated to local charities.

We are also accepting other items related to children; but please do not bring games, toys or stuffed animals. Please contact Lia Brooks 303-642-0798 if you have any questions or need a special drop-off time.

We hope you will join us on **Friday October 30th from 4:00pm to 7:00pm at the CCCIA Hall for The Swap**. There will be a voluntary donation at the door, but if that is a hardship, please come anyway.

We ask you take only what you can use and do not sell or use any items for consignment. We hope to see you there! Thanks,

Lia Brooks and Mama & Cubs in Coal Creek Canyon

#### Dear Editor,

Please advise your readers to employ their critical thinking skills to the article in the September issue of the Highlander by High Country News writer Sarah Tory titled *Colorado's Water Plan*. I'm sure the article was well intentioned, but the writer appears to have inadvertently fallen into the hands of misleading proponents of the

Moffat Collection System (Gross Reservoir & Dam Expansion) and Windy Gap Firming projects - Denver Water and Western Resources Advocates.

The article correctly reports the existing controversy as to whether the guidelines in the Colorado Water Plan for big new water projects make it unlikely that big new water projects will be initiated in the future. However, the article doesn't make clear the fact that the proponents of the Moffat Collection System (Gross Reservoir & Dam Expansion) and Windy Gap Firming projects don't consider these projects to be new projects, even though their purpose is huge new diversions of water from the Colorado River.

Let me assure your readers that neither of those projects has been approved, and the supporters of those projects, in this case Denver Water and Western Resources Advocates, wouldn't be supporting those projects if they thought the Colorado River Compact would somehow impede the ability of those projects to divert huge new amounts of water from the Upper Colorado. To be "approved" those projects both need a permit under Section 404 of the Clean Water Act.

That section of the Clean Water Act was a gift from my parents' generation to my generation and future generations so that we would have the ability to restore and protect rivers like the Upper Colorado from organizations representing the interests of billionaire investors like Denver Water and Western Resources Advocates. Those two new water projects, if they receive a permit under Section 404 will not only destroy the Upper Colorado as a naturally functioning river, they will destroy any faith we

may still have that we can elect representatives to Congress who can enact legislation and make it stick. What are at stake are not only the river, but also our system of government or what might be our naïve faith that our system of government is democratic.

One would expect that Denver Water would be essentially trying to repeal the Clean Water Act by means that are not legal. However, many people might actually think that Western Resources Advocates is a legitimate "environmental" organization. I consider that organization to be essentially a front organization that runs interference for the big corporations and billionaires that are trying to convert what is left of our ecosystem into more profit for the 1%.

Jeff Thompson



PAGE 8 October 2015

#### 100 Looks Good On Her

Article & Photographs by Diane Bergstrom

On September 4, 2015, Rocky Mountain National Park celebrated the centennial of its establishment and was officially rededicated. President Woodrow Wilson





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designated the park in 1915, one year before the National Park Service was created to oversee and maintain the parks. Rocky Mountain National Park (RMNP) is the fifth most popular National Park destination. Thanks to Enos Mills, John Muir, the Colorado Mountain Club, and all the women's groups addressed by Enos who then lent their support to push the park status! In its first year, RMNP hosted 31,000 visitors. Last year, a record 3.4 million visitors toured the park and this year, those records will be broken. VIPs were present to help commemorate the event through short speeches, including the Director of the National Park Service, Jon Jarvis (pictured here), Governor John Hickenlooper, Senator Cory Gardner, Senator Mark Udall, and RMNP Superintendent Vaughn Baker. Mark Udall, who received a warm welcome from over 1,000 visitors, was the honorary chair of the centennial. Visitors, National Park Service employees and volunteers, Rocky Mountain Park Conservancy vendors, and period-dressed Estes Park Woman's Club members enjoyed a beautiful Colorado day from the expansive meadow within the Glacier Basin campgrounds. The Estes Park Woman's Club served cake, donated by the YMCA, to everyone. Even mounted rangers were on hand to patrol the area but more noticeably, to chat with visitors (Continued on next page.)



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#### Highlander Nature

and let them pet their horses.

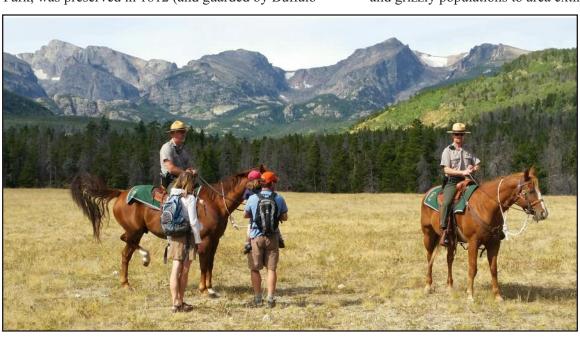
Director Jarvis gave a brief history lesson, reminding that the first park, the Mariposa Grove of Yosemite National Park, was preserved in 1812 (and guarded by Buffalo

the parks. As I have written in previous articles, the RMNP area was being overrun by prospectors, miners, loggers, lodge operators, and market hunters, who drove the wolf and grizzly populations to area extinction. Lands used by

the Ute, Arapaho and Cheyenne were taken over by industry. I would be remiss to omit that as many national parks were being established, resident indigenous people were pushed off those lands. I can, in good conscience, be a park supporter because history suggests lands and the natural resources were preserved from being decimated, not from those originally living on the land, but from

those intent on taking them over. Government land grabs and private/corporate staked claims, characteristic of the European settlers and a market driven economy, were exercised and expanded across the country. The original area proposed for Rocky Mountain National Park spanned from Mt. Evans to the Wyoming state line.

Governor Hickenlooper paraphrased poet/writer Wallace Stegner in his speech, stating the national parks were America's best idea. He also shared his verbiage that even if one just drives up to the edge and looks in, it can be a part of the geography of hope. He emphasized the need to get children outside and into nature, citing a disturbing recent report that American children, on average, spend four to seven minutes of unstructured time outside every day. Four to seven minutes. The time spent in front of screens, from computers to TVs to smart phones, was around seven hours. He said, "Respect for nature can only be formed by experiencing nature." After the Colorado



soldiers), while the Civil War gripped the country and Abraham Lincoln was president. In 1916, President Wilson and other leaders realized an agency was needed to protect





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#### **Highlander Nature**



flood in 2013, the park shut down to assess damage for visitors' safety. It reopened only to be closed for the government shut down. The governor stepped up and got it reopened, during the elk rut and high aspen season, the second busiest time in the park. The crowd cheered for this action. He introduced Cowboy Brad, a park ranger and singer/song writer, who looks and sounds like John Denver. He got a chuckle from the crowd by noting that Brad's upcoming song had taken on new implications due to recent Colorado legislation changes. Everyone sang along to *Rocky* Mountain High, many of us getting a little choked up on the refrain.

Director Jarvis wants kids to



experience nature beyond screen saver images. Good point. Adults should too. He explained the program, Every Kid in a Park, which targets giving every 4th grader a family park pass, good for one year. Why 4th graders? Because the program is scheduled to last twelve years so it will touch every child alive today in America, under the age of 4th grade. There's potential to

reach four million kids, plus their families. Go to www.nps.gov to check the details of the program. He asked that we rededicate the park and also recommit so that each generation will experience and value our parks. He suggested, "Share your experience with one other person, a friend, a nephew, someone new to Colorado..." Then he asked us all to stand, raise our right hands, and repeat after him, "As a junior ranger, I promise to help protect Rocky Mountain National Park, my neighborhood parks and all other natural areas by taking care of the environment.

(Continued on next page.)





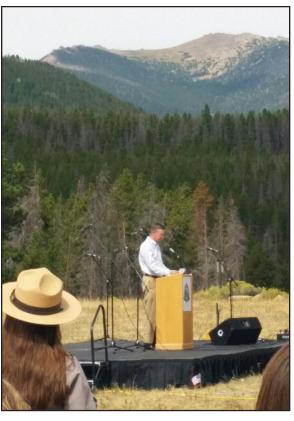
#### **Highlander Nature**

I will help keep wildlife wild by not feeding animals. I will protect plants by not picking them. I will help keep parks beautiful by placing trash in recycling bins or trash cans. I will enjoy nature safely and be a good example to others." It was heart tugging to hear over 1,000 voices commit to something positive, and the spirits of the happy crowd lifted even higher. Rocky Mountain high.

So get up to the park. The summer crowds are gone and the elk are at the end of the rut. Some may still be bugling. The fall temperatures support comfortable hiking or walking. Spend the \$40 on a year-long pass. Colorado has twelve National Park Service properties and needs \$205 million to handle backlogged maintenance and upgrade projects including work on trails, campgrounds,

roads and facilities. The National Park Service has been

begging Congress for more funds. It would be a shame to resort to bake sales. Keep safe distances from wildlife. If they alter their behavior because of your presence, you are too close, too loud, or too intrusive. Interpreted, that means, if they start watching you, stop eating, move away from you or towards you, act edgy, or start calling their young. Waterton Canyon, trailhead of the Colorado Trail west of Denver, was closed to the public this season by Denver Water because people were taking "selfies," (photos of themselves using smart phones), while standing in front of wildlife. In this case, bears. It's social media vs. survival common sense. It's also animal harassment. I have observed (and subsequently educated) visitors while they sneak (they think) up on resting elk to crouch down in order to get in



the same photo frame as a 450pound protective cow elk with a calf nearby. Not dissimilar to how a mountain lion might get ready to pounce on its prey. And the elk cow simply doesn't get the nature of selfies, but does of hungry mountain lions. The Park hasn't had any elk encounters yet and wants to keep it that way. (Although in past years, a bull elk did go after a rumbling idling truck whose owner refused to turn off the engine. In journalistic integrity, I guess his front grill did have an elk encounter.) A respected ranger told me years ago of her encounter with a couple of young men approaching a bull elk and his harem during the rut. She told them the bull had two things on his mind: mating or fighting, so if they wanted to approach, they just needed to be prepared to do one or

the other. Then she walked away. So did they.







PAGE 12 October 2015

## Dangerous Encounters

By Maya Silver

This June, I attended my first snake class. It was not a tutorial on snake charming, but rather a training session designed to teach dogs to avoid rattlesnakes.

Classes like this take place in many Western states where rattlesnakes slither - from California to Idaho to the Front Range of Colorado, where I live. My dog and I were candidates for such a class because Uinta, our big German shepherd mix - the jury is out on whether she's part husky or wolf - likes to investigate anything that moves, especially if it's on the ground.

Last summer, a rattler worked its way down South Table Mountain, which backs up to our yard in Golden, and bit Uinta multiple times on the snout. One look at her sorrowful caramel-colored eyes, and my longtime stance on limiting the amount of money I thought we should spend on our pets changed as quickly as Uinta's neck swelled. Anti-venom injections, a three-day hospital stay and thousands of dollars later, Uinta returned home in one piece.

The reality of owning dogs out West had finally sunk in for this former cat owner and native of Washington, D.C. But I had to admit that this was not Uinta's first time at the wildlife rodeo. From batting paws at a cougar to taking down an apparently rabid deer to defending our home when a bear tried to raid the kitchen, she's no stranger to the local wildlife.

This may be because the West enjoys wide-open spaces and relatively few people. With the exception of California, all the states in our region settle into the bottom 50-percent of states ranked by population density.

If you live in the rural areas or mountain towns that dominate much of the West, your dog-walking trails, like ours, are likely to border public land containing mountains, canyons and forests. We live in semi-wild country, where open space meshes with our yards, and where feral, as well as wild, animals roam alongside our domesticated pets. So our dogs don't trot around in embroidered sweaters and booties; instead, they display the marks of old battles — scars and ripped ears from predatory run-ins with other creatures.

My first lesson in this fact of life came several summers ago, when I housesat a condo in Mt. Crested Butte, Colorado, with two black Labs and a cat named Kitty. Casey, then my boyfriend and now my husband, often stayed over, bringing Uinta to play with the Labs — grumpy old Holden and energetic Piper. The Labs, I'd been warned, should not be let out to roam together or they'd get into trouble — namely by messing with the porcupines that called the surrounding hillsides home. Several times in the past, the dogs had escaped only to return with quill-decorated faces. (Continued next page.)

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#### Highlander Wildlife

Sure enough, they ran off together under my watch. We'd tied up Holden in the back yard, but he soon managed to chew through the climbing rope, determined to join Piper in her porcupine-seeking quest. When we found the dogs

several hours later, Holden looked like the victim of an acupuncturist gone mad; surgery was in order. On another occasion, Uinta and Holden disappeared for no more than fifteen minutes, yet Uinta returned with ten or so quills pocking her face.

Later that summer, I awoke in the middle of the night to the sound of pots clanging and dishes breaking. When I saw Uinta pawing and barking at our closed bedroom door, I finally realized what I'd been hearing: A black bear was preparing a little midnight snack in our kitchen. We called animal control, and luckily, only a few warning shots were

necessary before the bear decided to exit through the window it had broken to enter, leaving behind broken dishes, scattered Cheez-Its, and a half-drunk can of Pabst Blue Ribbon. Good guarding, Uinta.

Uinta has been helpful in other ways, too. On a run one winter's night, when I heard a mountain lion yowl, she helped me stay calm as she trotted by my side. Then there

was the embarrassing time she tackled a sickly deer in the parking lot of the nearby Coors Brewery, as dozens of tourists looked on in horror. I'm sure there are many late-night encounters with wildlife that we'll never know about - and it's probably just as well.

Is it risky owning pets in the Wild West, where adventures like this can be commonplace? And does it get expensive when those risks become realities? Yes. But I'd rather Uinta and her canine colleagues continue to explore the wild that their ancestors once inhabited, long before we tamed them.

Maya Silver is a contributor to Writers on the Range, the column service of High Country News (hcn.org). She is an editor at DiningOut magazines and the author of My Parent Has Cancer And It Really Sucks.

She lives in Golden, Colorado. (Highlander file photo of bear at door by Gary Emerson.)







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## Buffalo Field Campaign ~ www.buffalofieldcampaign.org

Buffalo Field Campaign has seasonal openings for field volunteers. We have opportunities for every season, but are in great need of folks during our field season which runs

from November through May. This is the time of year when wild bison are migrating into Montana and facing death and harassment. Any buffalo within Montana's borders is in danger of being shot on sight, hazed, or captured and shipped to the slaughterhouse. All volunteers are provided room, board, gear, and training in exchange for staffing our field patrols. We cater to most any dietary need. We are located in a warm log cabin by beautiful Hebgen Lake, just a few miles outside of West Yellowstone, Montana, and we also run a camp north of Yellowstone, in the Gardiner Basin. See you on the front lines!

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If you are flying or taking a bus into Bozeman and will need a ride to camp it is best to arrive on a Wednesday when we do our weekly town runs.

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Agreement both available at our website.

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## What Is Biophilic Design?

**Dear Earthtalk:** What is biophilic design in architecture and where can I see it implemented? — Winston Black, NJ

Biophilia is defined as the inherent human inclination to affiliate with nature. The moral imperative of biophilia is that we cannot flourish as individuals or as a species without a compassionate and considerate relationship to the world beyond ourselves of which we are a part. Biophilic design, an extension of biophilia, incorporates natural materials, natural light, vegetation, nature views and other experiences of the natural world into the modern built environment.

According to Stephen R. Kellert, author of Birthright: People and Nature in the Modern World, humans may have evolved in the natural world, but the habitat of contemporary people has largely become the indoor built environment where we now spend 90% of our time. The result has been an increasing disconnect between us and nature. However, the emerging concept of biophilic design recognizes how much human physical and mental

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well-being relies on the quality of our relationships to the natural world.

"We put people in windowless offices and give them a computer and a desk and think they should be able to work just fine because they've got all the obvious things they need, like air to breathe, artificial light to see by and access to all kinds of information," Kellert says. "But we find that they don't actually work all that well in those kinds of environments. They are more likely to experience fatigue, lack of motivation and higher rates of absenteeism. If you just put certain aspects of nature into these environments, it actually results in improved well-being and productivity."

Current low-impact design, like the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) system, emphasizes avoiding pollution, eliminating chemical toxins, minimizing waste, increasing energy efficiency and decreasing water use. However, due to rapidly evolving technological advances, energyefficient solar collectors and other low-impact design features quickly become outdated. Biophilic design's aesthetic, sensory-rich fusion with nature, along with its health benefits, make it the missing link in most sustainable design, Kellert says, and only development which incorporates both biophilic and low-impact design can achieve true and lasting sustainability.

Furthermore, Kellert says. "... you need to create a sense of affiliation or attachment to these structures that motivates people to want to sustain them over time, which is just as important as reducing harmful impacts. We've done ourselves in the environmental field a disservice [by] only focusing on the negative impacts and forgetting the

> root of the environmental movement, which, whether it's Henry David Thoreau or Ralph Waldo Emerson or Aldo Leopold, was very much a celebration of our connection to the natural world and how it's fundamental to who we are as individuals and as a species."

Recent biophilic design can be seen in structures. Kellert says one of the most satisfying projects he worked on last year was an elderly health care complex in Indiana. By incorporating biophilic design into the complex, it created a less alienating, more positive, therapeutic environment for people with memory loss.

Stephen R. Kellert, www.stephenrkellert .net; USGBC LEED Program, www.usgbc.org/leed/; Cook+Fox Architects, www.cookfox.com. www.earthtalk.org

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#### **Animals & Their Companions**





Left: Anais & Barney
Right: Ava the Doberman

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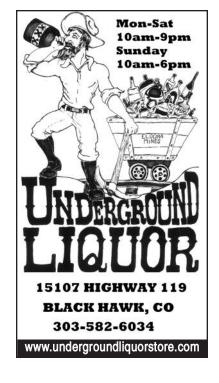


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#### **Animals & Their Companions**









Top & Right:

Dehji, a pot bellied pig

(as baby and grown up with
her dogs, Capri (top)

and Mister & Leelu (right).

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## Is Yucca Mountain Back On Table?

By Kate Schimel - HCN

Obama mothballed the nuclear waste storage project. Now some Republicans seem determined to bring it back out.

Last month, a long-debated proposal for a controversial nuclear dumping site took a small step forward. The Nuclear Regulatory Commission released a report examining potential groundwater contamination from burying the toxic remnants of nuclear energy production under Yucca Mountain, in Nevada. The report found that leakage from the site, a desert ridge 100 miles west of Las Vegas, would likely have only small impacts on cancer rates or hereditary diseases in humans and minimal impacts on the downstream environment.

The report was the latest in a series from the NRC and a supplement to the site's original environmental impact statement, first completed in 2002. The first four reports focused on the safety of the site

before, during and after construction, and examined the

Department of Energy's ability to build the site. In recent months, Republicans, emboldened by the NRC reports and the impending departure of the site's strongest opponent, have been trying to revive the long-dormant project.



(Photo of Yucca Mountain courtesy U.S. Dept.Energy.)

Yucca funding is shaping up to be a topic of lively debate this fall during the 2016 budgeting process, but it faces considerable obstacles to being approved. For decades, nuclear waste has been kept in facilities around the country intended only to temporarily store the dangerous and slowly decaying material. Yucca Mountain was supposed to be a more permanent fix: a safe, remote location to bury the waste forever. But since the site was originally designated in 1987, local opposition and wider concerns about the site's safety have grown. President Obama revoked federal backing for the application in 2010, and

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#### **Highlander Environmental**

licensing to develop the site stalled out. Harry Reid, the senior senator from Nevada and a longtime opponent, applauded the move and declared the project effectively dead.

But it got a boost in 2013 when the U.S. Court of Appeals in D.C. forced the NRC to complete the long-delayed reports on the site's safety. Those reports started coming out shortly after court decision and the technical safety evaluations were completed this spring. They offered mixed statements on the potential safety of the site. Still, their release pushed the project back into the national conversation, and potentially back into play. Congress faces an Oct. 1 deadline to come up with a national budget. Though it seems likely the two chambers will try and pass a stopgap bill that will keep funding at current levels and give Congress time to negotiate a more long-term budget plan. Yucca could play a role in those budget negotiations; the House 2016 budget bill includes funding for the embattled storage facility and Reid, the project's staunchest opponent, announced plans to retire at the end of his term next year. In recent months, House Republicans, led by Rep. John Shimkus from Illinois, successfully pushed to request \$150 million for Yucca licensing.

Although House Republicans are angling for progress on Yucca, that provision is unlikely to make it past the Senate. The Senate budget bill has no additional funds for the project and Democrats have staunchly opposed the addition of any. Even if Senate Democrats' objections were overruled, a final budget that includes funding for Yucca could face a veto from Obama.

The logistics of getting the facility online again also pose a barrier to renewing the Yucca project. When Obama shuttered Yucca, which once hosted researchers and operators, five years ago, the site's staff were moved elsewhere and day-to-day operations in the current facilities were shut down. To get it going again, basic functions would have to resume, a costly proposition. On top of that, the licensing process, which is only about halfway done, is likely to be lengthy and expensive. And at least for now, the Department of Energy has withdrawn its support for the now-languishing application.

Instead, Democrats say the focus for the nuclear waste problem should be on acquiring funds for short-term storage. Also, Sen. Dianne Feinstein, D-Calif., says, focus should be on repairing the only permanent facility in existence, the Waste Isolation Pilot Plant, near Carlsbad, New Mexico. An accident there last year caused a small but noteworthy nuclear waste leak. "You could fill Yucca tomorrow and you'd still need more (space), so what we want to do is get on with the WIPP facility (getting) fixed," Feinstein told E&E News in June. Instead of Yucca, which has been mired in politics for years, she said lawmakers should focus on areas where they could actually make progress. "We know there are other states that would like to have a repository and get some of those things going."

Kate Schimel is a correspondent for HCN and is based in Seattle, Washington.



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## Can Changing Environment Change Evolution?

Does an individual's response to environmental conditions within its lifetime predict evolutionary changes in future generations? In a recent study by Colorado State University researchers, the answer to this long-standing question is yes, but not for the reason many scientists have historically assumed.

Cameron Ghalambor, professor of biology at CSU, and his colleagues transplanted guppies from waters rife with natural predators to streams with few enemies. Previous research had shown guppies could rapidly evolve genetically based differences in their appearance, behavior and physiology to adapt to the presence or absence of predators. The new research demonstrates that how guppies initially respond to a new environment influences which set of genes evolve first.

"These results have implications for not only predicting how plants and animals might respond to changing environmental conditions such as those associated with climate change, emerging diseases and habitat modification, but also for how bacteria or pathogens will respond to an antibiotic or other drug," said Ghalambor. The results, which were published recently in the journal *Nature*, show that guppies from the transplanted population initially respond to a lack of predators with coping mechanisms that include changes in the expression of genes in the brain; some of the changes were beneficial, while others were disadvantageous.

When the researchers compared how the brains of the introduced guppies evolved to incorporate the initial coping responses, they found that the genes that exhibited the initially maladaptive responses evolved rapidly to allow future generations to thrive better in the new environment. The study, which is funded by the National Science

Foundation, is being hailed as groundbreaking. "In the presence of predators, animals spend more time looking around and hiding instead of foraging for food and reproducing," says George Gilchrist, program director in the National Science Foundation's Division of Environmental Biology, which funded the research along with NSF's Division of Integrative Organismal Systems. "These scientists have shown that guppies from high-predation environments rapidly evolve both genetic and non-genetic changes when moved to low-predation environments. Surprisingly, the non-genetic changes apparently increase natural selection on the genetic adaptations."

The findings counter the common assumption that plasticity, or the ability of an individual to respond and

cope with changes in the environment, is always beneficial. The study is noteworthy, Ghalambor said, because the inappropriate initial response to a new environment actually caused more rapid evolution. The full study can be found at http://dx.doi.org/10.1038/nature15256.







## Gender Based Wage Gap Rages On!

New Study of Colorado's Gender-Based Wage Gap Reveals Significant Costs for the State's Women and Families

Analysis of Just-Released Census Data Looks at Income Loss for Women Nationally and in All 50 States, as Measured by Food, Housing and Gas.

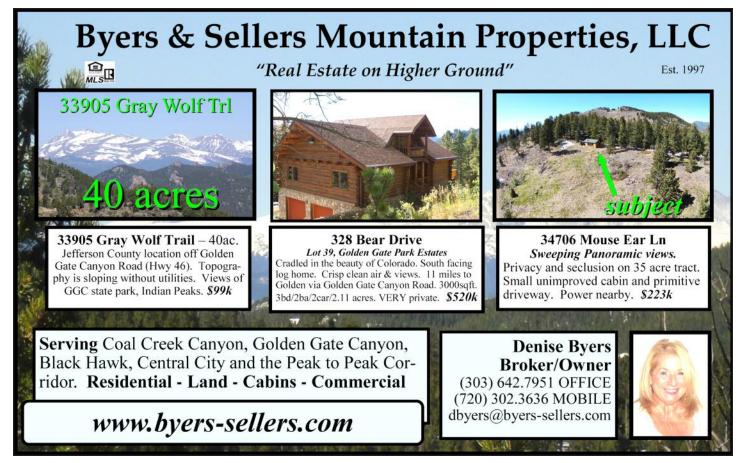
An analysis of U.S. Census Bureau data released recently shows that the gender-based wage gap is hurting women and families in every single state. Overall, women who are employed full time, year round in the United States are paid 79 cents for every dollar paid to men, amounting to a yearly gap in wages of \$10,762. If the gap were eliminated, on average, a working woman in this country would have enough money for 1.6 years' worth of food, more than seven months of mortgage and utilities payments, more than 11 more months of rent, or 4,635 gallons of gas.

The analysis was conducted by the National Partnership for Women & Families and spans all 50 states and the District of Columbia. It can be found at

NationalPartnership.org/Gap.

The full set of findings for Colorado can be found here. "This study confirms that a punishing wage gap persists for women in every corner of the country and the costs for women, their families and our national and state economies are significant," said Debra L. Ness, president of the National Partnership for Women & Families. "That women in their states are losing tens of thousands of dollars in critical income each year should be enough to compel lawmakers to act, but too many have failed to do so, especially at the national level. America's women and families – and our nation – cannot afford to wait any longer for the fair and family friendly measures that would help."

The National Partnership's analysis finds that the states with the largest cents-on-the-dollar pay differences are Louisiana, Utah, Wyoming, West Virginia and North Dakota. Each state-by-state fact sheet includes an analysis of what the wage gaps mean for women's spending power in terms of costs for food, housing and gas. Loss of income that could go toward these basic necessities is especially relevant for the more than 15.2 million households in the United States that are headed by women, 31 percent of whom live in poverty, according to the new Census data.



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#### Highlander Issues

The new study also includes the wage gap for women of color at the national level. African American women who work full time, year round are paid 60 cents for every dollar paid to white, non-Hispanic men who work full time, year round. Latinas are paid just 55 cents for every dollar paid to white, non-Hispanic men. For Asian American women, the gap is smaller but persists. On average, Asian American women are paid 84 cents for every dollar paid to white, non-Hispanic men.

"Closing the wage gap would help keep women and families from losing much-needed income while benefitting our communities and country," Ness continued. "Lawmakers in some states have taken steps to combat the wage gap by passing legislation that makes it easier to discover and address discriminatory pay practices. It is past time for federal lawmakers to take real action to promote equality and economic security for America's women and families by passing the Paycheck Fairness Act, which is a reasonable and common sense proposal that has languished in Congress for too long."

The **Paycheck Fairness Act** would close loopholes in the **Equal Pay Act**, help to break patterns of pay discrimination, and establish stronger workplace protections for women. In a 2014 nationwide survey,

62 percent of likely voters said they supported the Paycheck Fairness Act – 83 percent of Democrats, 58 percent of independents and 44 percent of Republicans. President Obama has called on Congress to pass the bill, and the administration just issued a final rule that will eliminate a barrier to fair pay for 28 million people who work for federal contractors.

In April, the National Partnership released a report, An Unlevel Playing Field: America's Gender-Based Wage Gap, Binds of Discrimination, And A Path Forward, that outlines several measures that would help close the wage gap including: the Paycheck Fairness Act; the Healthy Families Act, which would establish a national paid sick days standard; the Family And Medical Insurance Leave (FAMILY) Act, which would create a national paid family and medical leave insurance program; and proposals to increase the minimum wage, strengthen pregnant worker protections and promote fair scheduling.

The National Partnership's analysis of the wage gap uses data from the U.S. Census Bureau and spans all 50 states and the District of Columbia. The findings for each state, along with state rankings, are available at NationalPartnership.org/Gap.



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## Colorado Trail Experience

#### By Anne Marie Holen

This summer, I hiked approximately half of the Colorado Trail, from Waterton Canyon to Highway 50 near Salida, covering about 250 miles in 23 days. Overall, it was a good experience, though not a great one. Among the factors limiting my enjoyment were the many road crossings and noise from nearby cars, ATVs and - sometimes unnervingly - gunshots.

I was also dismayed to discover that the first 130 miles of the trail are dominated by mountain bikers, with the exception of the Lost Creek Wilderness Area, which excludes them. Although I have more than 40 years experience backpacking in the western U.S. and Alaska, sharing the trail with mountain bikers was a new experience for me.

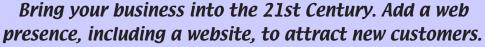
Don't get me wrong: I am not anti-mountain biking, but it is a fundamentally different experience than backpacking. A large part of what makes backpacking worth all the effort is that it is so conducive to reverie - reverie that is fed by beauty and solitude and the rhythm of walking.

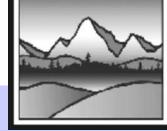
For mountain bikers, the word "focus" might substitute for reverie. And focus and mastery provide their own kind of high, as rock climbers and mountaineers and river runners can attest. I am not knocking any of those activities. The problem is that when mountain bikes dominate the trail, hikers get startled out of our reverie and rhythm as we are forced to step off the trail again and again to make way for mountain bikes. I am not saying that the mountain bikers I encountered were rude. They almost invariably said "Thank you!" when they went by. I appreciated that. But it doesn't alter the fundamental dynamic and the impact it has on the hiking experience.

The official Colorado Trail guidebook notes that trail courtesy calls for mountain bikers to yield to hikers. But out of the countless encounters I had with mountain bikes, only twice did the rider stop, dismount and wait for me to get by before racing on again. The notion that mountain bikers will yield the trail to backpackers simply does not reflect reality. In reality, it is typically easier for the hiker to step off the trail, and so, being the reasonable people that we are, that's what we do. The mountain bikers clearly expect it and will slow down while the hiker finds a place to step off. Rarely, however, do the mountain bikers move aside for the sake of the hiker.

Some might say that our hiking reverie is also broken when we meet other hikers on the trail. True enough. But the other hikers are traveling at close to our own speed, so the startle factor is rarely an issue. Also, there is a

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#### **Highlander Issues**

camaraderie that exists among backpackers, which compensates for any inconvenience involved in making way for each other. There is no such camaraderie between hikers and mountain bikers.

I met a young man on the Colorado Trail who had hiked the Appalachian Trail and the Pacific Crest Trail, and asked

him whether he encountered many mountain bikers on those trails. His answer was no, because they're not allowed there. He noted that on the Colorado Trail, the mixture was kind of a drag: "I'm sort of in my own little world, you know, and every time a mountain bike suddenly appears, I get the shit scared out of me."

What to do? Well, backpackers could demand that mountain bikers yield the trail the way they're "supposed to." We could hold our ground rather than step aside. If that happened, though, we can all predict a dramatic rise in animosity

and tension between trail users. But maybe there'd be some positive benefit in the end, because the animosity and

tension might fuel enough motivation to create a better solution — development of a Colorado Mountain Bike Trail that is separate from the hikers' Colorado Trail. Even more effective in providing the impetus to construct a separate trail would be to close the Colorado Trail to mountain bikes, starting next summer.

The population of Colorado is expected to grow substantially over the coming decades, and pressures on its famous, 486-mile-long trail are only going to increase. I hope that serious discussions are already taking place about how to recapture and preserve the quality of experience for backpackers that was envisioned when the Colorado Trail was first developed.

Anne Marie Holen is a contributor to Writers on the Range, the column service of High Country News (hcn.org). She lives in Salida, CO.



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

(Pictured here is a sample of what designated mountain bike trails look like: Trestle Bike Park in Winter Park, CO.)





## Tombstone's True Grit

By Jenny Shank - HCN

Review of *Epitaph: A Novel of the O.K. Corral* 

by Mary Doria Russell.

Epitaph: A Novel of The O.K. Corral Mary Doria Russell

592 pages,

Hardcover: \$27.99.

Ecco, 2015.

Every day in Tombstone, Arizona, actors recreate the famous gunfight of October 1881, when the Earp brothers — Virgil, Morgan and the legendary Wyatt — along with their friend, Doc Holliday, confronted a gang of local troublemakers known as the "Cow Boys," in a shootout that wounded several and left three dead. The battle lasted a mere 30 seconds, though in modern cinematic slow-motion it goes on forever. In *Epitaph*, Mary Doria Russell goes beyond the bloody melodrama, turning painstaking his-

torical research into an absorbing 600-page novel that seeks to understand these men and the context in which they lived and fought.

Russell writes of the participants, "Whether you live another five minutes or another fifty years, those awful thirty seconds will become a private eclipse of the sun, darkening every moment left to you."

Russell ended her terrific 2011 novel, *Doc*, before Holliday's brief stint in Tombstone, largely because she felt the O.K. Corral overshadowed the rest of a remarkable life. But now Russell carries forward Doc's story, as he is increasingly incapacitated by tuberculosis and seldom able

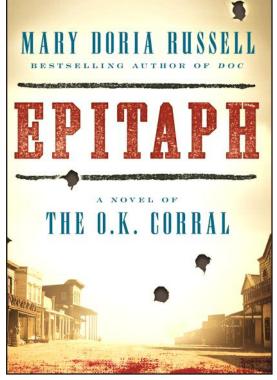
to practice his chosen profession, dentistry. As Russell tells it, in fact, Doc first comes to Tombstone in 1880 as a

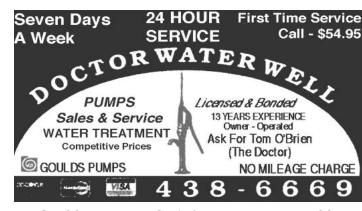
special favor in order to tend Wyatt Earp's toothache. Russell vividly depicts Holliday's suffering, both physical and mental: A man whose reputation as an outlaw gunslinger becomes increasingly ridiculous as his strength wanes.

Holliday was the main focus of **Doc**, but dozens of distinctive characters populate *Epitaph*, a story that Russell tells with omniscient aplomb. One standout character is Josephine Marcus, the daughter of a San Francisco Jewish baker who ran away as a teenager to become an actress. She winds up living with Johnny Behan, eventual sheriff of Cochise County, Arizona, a man determined to further his political career by any means necessary, including exploiting the violence plaguing Tombstone. Behan discreetly allies himself with

the Cow Boys, thereby rousing Wyatt Earp's ire and eventually estranging Marcus, who becomes Earp's lover.

*Epitaph* shows how a single bloody skirmish in the streets — a rare occurrence historically — becomes the mythic model of daily life in Western frontier towns. Russell ably evokes this epic myth, which continues to fuel our imagination, but what she really excels at is immersing readers in the reality of life in the early 1880s — the clashing tempers and political factions of people striving for power, fortune or at least a toehold in life amid the day-to-day grit of a rugged desert outpost.







## Part 12 - Overpopulation

By Frosty Wooldridge SERIOUS REALITIES FACING OUR CIVILIZATION IN 21ST CENTURY

In the final analysis, this series could continue into some very heavy, if not sobering material, but for now, it gives Americans an idea of what this civilization faces and what we must do to change course.

These quotes give you an idea of our predicament from some of the finest minds in the world. "The raging monster upon the land is population growth. In its presence, sustainability is but a fragile theoretical construct. To say, as many do, that the difficulties of nations are not due to people, but to poor ideology and land-use management is sophistic." Harvard scholar and biologist E.O. Wilson

"Most Western elites continue urging the wealthy West not to stem the migrant tide [that adds 80 million net gain annually to the planet], but to absorb our global brothers and sisters until their horrid ordeal has been endured and shared by all—ten billion humans packed onto an ecologically devastated planet." Dr. Otis Graham,

**Unguarded Gates** 

"Somehow, we have come to think the whole purpose of the economy is to grow, yet growth is not a goal or purpose. The pursuit of endless growth is suicidal."

David Suzuki

"Growth for the sake of yet more growth is a bankrupt and eventually lethal idea. CASSE is the David fighting the Goliath of endless expansion, and we know how that one turned out." ~ David Orr

The green revolution was instigated as a result of the efforts of Norman Borlaug, whom while accepting the Nobel peace prize in 1970, said: "The green revolution has won a temporary success in man's war against hunger and deprivation; it has given man a breathing space. If fully implemented, the revolution can provide sufficient food for sustenance during the next three decades. But the frightening power of human reproduction must also be curbed; otherwise the success of the green revolution will be ephemeral only."

"The cheap oil age created an artificial bubble of plentitude for a period not much longer than a human lifetime....so I hazard to assert that as oil ceases to be cheap and the world reserves move toward depletion, we will be left with an enormous population...that the ecology of the earth will not support. The journey back toward non-oil population homeostasis will not be pretty. We will discover the hard way that population hyper growth was simply a side-effect of the oil age. It was a condition, not a problem with a solution. That is what happened and we are stuck with it." James Howard Kunstler,

The Long Emergency

"We must alert and organize the world's people to pressure world leaders to take specific steps to solve the two root causes of our environmental crises – explodingpopulation growth and wasteful consumption of irreplaceable resources. Over-consumption and overpopulation underlie every environmental problem we face today." Jacques-Yves Cousteau, Oceanographer

"Upwards of two hundred species.. mostly of the large, slow-breeding variety.. are becoming extinct here every day because more and more of the earth's carrying capacity is systematically being converted into human carrying capacity. These species are being burnt out, starved out, and squeezed out of existence.. thanks to technologies that most people, I'm afraid, think of as technologies of peace.

I hope it will not be too long before the technologies that support our population explosion begin to be perceived as no less hazardous to the future of life on this planet than the endless production of radioactive wastes." Daniel

Quinn, Nature – Life – People – World – Technology –
Peace – Environmental

"We've poured our poisons into the world as though it were a bottomless pit.. and we go on gobbling them up. It's hard to imagine how the world could survive another century of this abuse, but nobody's (Continued next page.)





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#### Highlander Worldview

really doing anything about it. It's a problem our children will have to solve, or their children." Daniel Quinn Nature – World – Insanity – Greed – Problems – Environmental – Responsibility

"As we go from this happy hydrocarbon bubble we have reached now to a renewable energy resource economy, which we do this century, will the "civil" part of civilization survive? As we both know there is no way that alternative energy sources can supply the amount of per capita energy we enjoy now, much less for the 9 billion expected by 2050. And energy is what keeps this game going. We are involved in a Faustian bargain—selling our economic souls for the luxurious life of the moment, but sooner or later the price has to be paid." Walter

Youngquist, Energy

"The U.S. will set a record in the rate of rise—and fall of an empire. Between wide open borders and fall of the dollar and growing population against a declining resource base, the US will be defeated from within. Mobs will rule the streets in the nation that is now the third largest in the world and unable to support its population except by taking resources from other countries." Arnold Toynbee, historian

"A simple look at the upward path of global greenhouse emissions indicates we will continue to squeeze the trigger on the gun we have put to our own head." Eugene Linden,

## The Winds of Change: Climate, Weather and the Destruction of Civilization

"The ship is already starting to spin out of control. We may soon lose all chance of grabbing the wheel. Humanity faces a genuinely new situation. It is not an environmental crisis in the accepted sense. It is a crisis for the entire life-support system for our civilization and our species." Fred Pearce, The Last Generation: How Nature Will take Her Revenge for Climate Change

"At this point, it's almost certainly too late to manage a transition to sustainability on a global or national scale, even if the political will to attempt it existed, which it clearly does not. Our civilization is in the early stages of the same curve of decline and fall as so many others have followed before it. What likely lies in wait for us is a long, uneven decline into a new Dark Age from which, centuries

from now, the civilizations of the future will gradually emerge."

"We are strong and adaptable animals and can certainly make a new life on the hotter Earth, but there will only be a fraction of inhabitable land left. Soon we face the appalling question of whom can we let aboard the lifeboats? And whom must we reject? There will be great clamor from climate refugees seeking a safe haven in those few parts where the climate is tolerable and food available. We will need a new set of rules for limiting the population in climate oases." James Lovelock, The Vanishing Face of Gaia: A final Warning

"Imagine we live on a planet. Not our cozy, taken for granted planet, but a planet, a real one, with melting poles and dying forests and a heaving, corrosive sea, raked by winds, strafed by storms, scorched by heat. An inhospitable place. It needs a new name, Eaarth." Bill McKibben,

#### Eaarth: Making a life on a Tough new Planet

"If present growth trends in population, industrialization, pollution, food production and resource depletion continue unchanged, the limits to growth will be reached sometime in the next 100 years."

The Club of Rome 1972

"The power of population is so superior to the power of earth to produce subsistence to humanity that premature death must in some shape or other visit the human race."

Thomas Malthus 1798

"Can you think of any problem in any area of human endeavor on any scale, from microscopic to global, whose long-term solution is in any demonstrable way aided, assisted, or advanced by further increases of population, locally, nationally, or globally." Dr. Albert Bartlett

www.albartlett.org

"All causes are lost causes without limiting human population." Dr. Paul Ehrlich, Stanford University

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## Vandals Target Western Parks

By Gloria Dickie - HCN

Park Rangers use brushes and spray bottles to remove scratch marks from rock faces in Arches National Park.

(Photo courtesy NPS.)
Across the Western National
Park System, vandalism of
natural features, like rock faces
and trees, has risen steadily in
recent years, with more than
600 incidents reported since
2013. The hardest-hit areas are

near large urban centers — such as Lake Mead National Recreation Area, a mere 39 miles from the Las Vegas Strip. Joshua Tree, located about two and a half hours east of Los Angeles, had to close portions of its historic Barker Dam in February 2013, and, months later, it closed Rattlesnake Canyon as well. Superintendent David Smith says the vandalism ranges from run-of-the-mill high-school-type inscriptions (*Nancy loves Carl*) to gang tags and unwanted works of "art," like the bright blue giraffe hikers found on a boulder in February.

This year, there have been more than 150 incidents in

the Pacific West and Intermountain West regions. Such vandalism is difficult to undo, though workers can scrape off paint with spatulas, or use chemical treatments, provided they won't damage archaeological features.

People "have a desire to leave a permanent mark," says Smith, "but the difference between prehistoric times and now, is we have other mechanisms to leave a permanent record without defacing or destroying something that belongs to every American."

Editor's Note: There are laws against vandalizing and littering, in parks and along highways, in campsites or even parking lots - DON'T LITTER or vandalize - respect the laws.



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## Seasonal Light Solutions

From Jim Plane - State Farm Insurance

#### To Help You Through the Winter

Some of us in northern climates approach winter with a growing sense of dread — the days get shorter, the weather gets colder, and sooner or later many of us succumb to the "winter blues." Severe and chronic seasonal depression is a serious issue and should be treated by a medical professional. However, for many of us, winter tends to bring on lesser problems along the line of "cabin fever" or "the blahs." There are, however, ways to weather winter, including seasonal light solutions and other positive habits that help fend off stress and sadness.

The winter blues aren't just a folksy saying — there are physiological (and psychological) reactions to how much sunlight we soak up on a daily basis. In the northern hemisphere, the tilt of the Earth means we get fewer winter daylight hours (and less direct sunlight) the further north we live. For example, around the Winter Solstice, Anchorage, Alaska, gets less than five hours of daylight, the northernmost part of Minnesota gets eight, while Miami, Florida, gets more than ten hours of sunshine each

day. Shorter days mean less sunlight, which can mess with our biological clocks and circadian rhythms and bring about changes in our bodies' sleep schedules, our eating habits, and our moods.

That's why some people notice that during winter months they might sleep more, have less energy and interest in their usual activities, feel more irritable or moody, and may even want to eat more (especially foods heavy in carbohydrates). There are doctor-prescribed light therapies that include bright light boxes or dawn simulators, but if your symptoms are not that severe, there are other things you can do on a daily basis to fight off the blues or blahs.

#### Let the Light In

Throw open the shutters. Seasonal light solutions can be as simple as opening up the blinds and curtains and removing things (like tree branches) that block sun-facing windows

Sit in the sunlight. Move your desk or kitchen table into an area that's getting more sunshine. Take some time during the day to sit near a bright window and read or work. Mornings are a good time to grab some extra sunlight exposure, as it can both help keep your biological clock set right and raise your spirits for the rest of the day.

#### Get Up and Get Out

Go Outside. Sure, it might be colder out, but bundle up and try to get out more during the daylight hours. Make a daily walk part of your winter routine — even on a cloudy day, your body is still soaking up sunshine. When an unseasonably warm winter day comes along, consider eating lunch outdoors.

But also take time to relax. Don't push yourself too hard—take a little time each winter day to chill out, so to speak.

Be social. When you're feeling blue or cranky, sometimes the last thing you want is to be around other people, but sometimes that's also exactly what you need.



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Head for the sun. If you're planning a winter vacation, consider going somewhere warm and sunny to give yourself a brief mid-winter recharge.

#### Take Care of Your Mind and Body

Get enough sleep. While sleeping all day or finding it increasingly hard to get out of bed can be a sign of more severe depression, make sure you're getting a normal and healthy amount of rest each night. Lack of sleep can raise stress levels.

Eat right. Follow healthy eating tips; and no matter how much your winter body might crave them, try to cut down on foods heavy in fats, sugars, and carbs. Instead try to eat foods rich in nutrients and vitamins, including fish, nuts, and vegetables high in Omega-3 fatty acids.

Exercise regularly. Not just because you want to get a head start on your summer beach body, but because it helps reduce stress and anxiety and strengthens your body's physical and mental system.

If your winter blues get worse and you feel you might be

#### Peter M. Palombo

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experiencing continuing depression, seek help from a medical professional. If, however, you feel like your mood and attitude just need a little boost during the cold, dark winter months, follow these tips to fight off the blahs and get as much happiness and fun out of winter as you do the other, warmer seasons.



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## POWER UPDATE



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## Tell Us Why You Love Living Among the Trees for a Chance to Win a Prize

In summer 2012, United Power began clearing an easement under power lines traveling through parts of Coal Creek Canyon and The Hill community. Although the project was needed due to communities decimated by previous wildfires, it was hard for some residents to watch the area be cleared.

To help ease the process for individuals in the community, local author Marilee J. Ross wrote "The Spirit Tree," a story about a wise old pine tree that guided and protected

its forest friends. The story goes on to describe how the tree finds a way to keep the spirit of the forest alive, despite changes forced upon those living on The Hill.

United Power would like to share Marilee's story with residents in the Coal Creek Community. Tell us the reasons why you love living among the trees and we'll enter you into a drawing to receive a United Power gift and a copy of "The Spirit Tree."

Submit your story for a chance to win!

Email unitednewsline@unitedpower.com or send your story in the mail to:

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## United Power Mourns the Loss of Director Bill Berens

The United Power Cooperative Family is saddened by the loss of Director Bill Berens. Bill passed away on Sept. 7, 2015.

Bill was elected to the United Power board in April 2009 as a South district director. He was extremely proud of his affiliation with United Power and was always a strong supporter of the United Power workforce.



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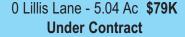
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