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September 2012 #153



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September

2012

Into The Light

By Melissa E. Johnson

"There is no siren whose call is quite so exquisite as the music of the future. For as long as writing has existed there are records showing we have sought to know its form. Last year alone, literally billions were spent by widows, lovers, spies and presidents- all seeking, like an arrow through time, some way to answer: "In the future, what will . . .?" ~Stephan A. Schwartz

I knew I had hit rock bottom when I found myself on the phone with a pet psychic and I didn't even have a pet. Allow me to explain.

Having felt the first seismic tremors shaking the foundations of my life, I wanted someone to tell me what it all meant. Why was it happening? Where was I going? Would it all be okay? Everything was upside down. My relationship no longer worked. Professionally, I felt the need for big change but what? I knew that any change would create a domino effect in my life geographically, financially, and emotionally. I was hearing the call but I was afraid to listen. What if I got it wrong?

I was scheduled to go to Hawaii the next month for a much-needed vacation, so I decided to turn my trip into a soul-searching retreat. Maybe I can find a spiritual healer, I thought; some wise old sage to sit with me by a volcano and tell me what to do. I began with an Internet search for "spiritual healers in Hawaii," and within moments a page full of psychics and self-proclaimed spiritual advisors appeared on my screen. They promised "spookily accurate predictions" and direct lines with God. Before that day I had never called a psychic in my life, but I was a woman on the edge, desperate for answers, and I was curious to know what they could see...if they could see. I had been praying for guidance with no real-time answers and I needed to make some decisions soon, and so I started calling people on that list, growing more agitated and despondent with each call.

I was wasting my time. None of their "predictions" were the same; none even came close to identifying my concerns. They couldn't "see" my life. Then I got mad. I was mad at how vulnerable I felt. I was mad at the inconvenience of change. I was mad because no one could see my truth. I was mad because these people claimed to have the answers, preying on the likes of desperate people like me, and I fell for it!

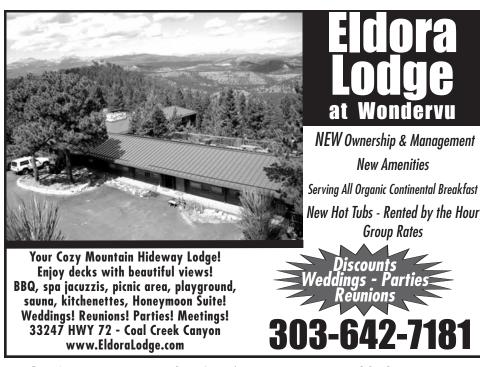
Then something took over. One-by-one I called them, all of these self-proclaimed seers. I didn't engage them in any real discussion; I just rang them up and gave them a piece of my mind, calling bullshit on their craft. "What makes you think that your 'line with God' is any stronger than mine?" I challenged, denying their exclusive link to the spirit world. I unleashed my anger on all of them until I found myself on the phone with a pet psychic, crying, exhausted and ashamed of my temporary insanity.

It was crazy, the way I behaved; so sad and hilariously pathetic that I had to share it with you now. Thing is, I know what it feels like to be out there on a limb, equally scared and enticed by change, wanting a guarantee or confirmation of my next best step. Sadly, not one thing in my years of formal education, study, practice or religious upbringing prepared me for this moment.

In law school we're trained to be aggressive in finding answers to our clients' most pressing dilemmas; to solve problems and sort through the rubbish until we get to the

truth; to counsel our clients on their next best step. It's professional malpractice if we don't. Whole industries are born and thrive around the practice of law and our need for information, supplying never-ending volumes of legal statutes, treaties, case law and continuing education seminars where lawyers network with each other. We form special interest groups to deal with very specific legal issues and solve those pesky, recurring problems that demand solutions. Even with the most difficult issues you can bet that someone, somewhere out there, has dealt with your problem and it's just a matter of how resourceful and diligent you are in finding that information.

But how do we find answers to the questions in our personal lives? There is no book or standard that we can call



Highlander Wisdom

upon to find the answer to the questions: Should I take this job? Should I marry...? Is ... the way forward in my life? Sure, we can seek comfort and perhaps some proverbial guidance by reading the Bible, Qur'an, Bhagavad Gita, Torah or other religious text. We just have to go online to find a world full of life coaches and career counselors. Ask.com and Google searches, and self-help books with formulas and ideas for finding your life purpose or dealing with a wayward relationship. Some are quite good. Still, I challenge anyone to show me in any of these books or resources a direct answer to the pressing and super dynamic question: Where do I go from here?

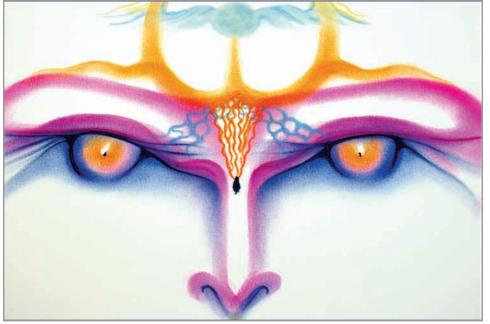
Come to know what you know ... Not what you know in your head, what you know in your heart ... Everything you need is right there waiting for you, To own ... and to give away ... in love.

~*Gail Harris, Your Heart Knows the Answer* For the record, I do believe there are people in this world who have strong connections to the Spirit realm. I am not here to discredit those who do, as many have helped to heal the sick, solve crimes and locate missing children; some are also mediums that provide an open line of communication between the living and the dead. However, I have learned that when it comes to discerning the direction of my life someone else's vision is no substitute for my own.

For light I go directly to the Source of light, not to any of the reflections. ~Peace Pilgrim In Latin terms, the word

intuition comes from the root "intueri," which can be translated as "to look inside" or "to contemplate."[1] We come into this world with all that we need to survive and thrive in the outside world, including the ability to know our personal truth-a sixth-sense that is available to us all.

Psychologist Carl Jung called it "perception by the unconscious," where answers come less by thinking and feeling and more from sensory connection. There is an instinctive, intuitive process that brings things sharply into focus, alerting us to danger so that we can get out of harm's way. But there's also the more deliberate intuitive connection that will guide us if we let it. Not a quick fix but a process that takes time and patience to discern. Some people never connect,



for reasons that I believe have more to do with the noise and chatter of our lives than lack of access to internal wisdom, but if we are committed to the process we can learn how to root down and quiet the logical mind, not empty the mind but still its processes, which allows us to connect our base of experience with our lifeline to the Divine; and it is there, in that space, that solutions arise.

It's there for the taking. We need only tune in, and trust ourselves to go into the light. [1] Carlin Flora. **Gut Almighty**. Psychology Today. Vol 40. Issue 3:68-75,2007. 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. (Original artwork above by Melissa E. Johnson.)

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2012

Highlander Horse

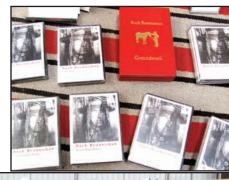
'Don't Let Anything But Fear Stop You!'

Article and Photographs by Diane Bergstrom

too.

"Buckisms" are going viral on Facebook, Deb Kinnett informed me during Buck Brannaman's latest clinics, Fundamentals of Horsemanship and Horsemanship I, held at the Boulder County Fairgrounds in August. She was "handling the desk"-warmly greeting people, answering questions, and selling

Buck's groundwork book and training DVDs. The thought ignited a flashback to last summer. While sitting at a grill in Denali National Park, I struck up a conversation with a psychologist from California who used horses in her counseling, referred often to Buck's teachings and utilized his approach. I

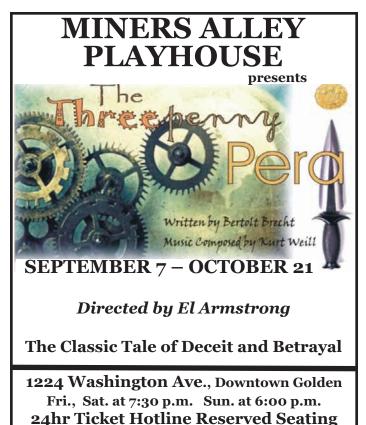


But first things first: Your last chance to see Buck in Colorado this year is from August 31st to September 3rd at his clinics in Calhan at the El Paso County Fairgrounds. He is teaching Horsemanship I & II. The rider spaces are filled but you can attend as a spectator at the bargain price of \$25 per day. This is your best chance to gather

> your own favorite Buckism and learn a great deal from this internationally acclaimed clinician. (Contact Mindy Bower/Kevin Hall at (719)541-5550 or uhohranch.com) You'll gather so much more than a great quote or two, learning: what happens to your horse



shared my favorite Buck quote, or Buckism, about fear. She quickly wrote it down and said she would be using it



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once you've been "spanked by a cow"; the three essential pelvic positions for various riding requirements; the importance of connecting with your horse's feet; practical riding and handling tips; optimum rein and legwork; and a great understanding of, as Buck puts it, the worries and needs of a horse. Horse behavior and psychology accumulated throughout Buck's 40 years of horse training experience, under the influence of the pioneers of gentle horsemanship.

While over 150 spectators listened and observed, a mix of 26 riders on a variety of horses rode around the arena. The horses ranged in age from 2 to 23 years, and included Quarter Horses, Appaloosas, Paints, Haflingers, Fox

PAGE 6



Trotter, Warmbloods and a mule. The intimidated owner of the mule had difficulty with the groundwork exercise so Buck took the reins, quickly moved the mule around the arena, and simultaneously



coached the owner, "He was training you not to get on. When you stop working a horse when his ears go back, you idea." Later the owner had no trouble instructing her mule. And the mule had no trouble *(Continued on next page.)*



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Highlander Horse

gave the message, 'Hey! When you get mad and put your ears back, that's

AWESOME!' You will train them to get there faster. If you are going to own one of these, you better be a leader. If he gets to leanin' on you, pound for pound there's no more powerful animal on earth." All eyes were

glued to him as he spoke to the mule, spoke for the mule, and within minutes, had him doing the exercise. The crowd chuckled at his final comment, "Don't blame God. He didn't make 'em. That was man's brilliant

Highlander Horse

responding.

Buck relayed a story about a man who mentioned his boredom with his horse. Buck replied, "I haven't met a dull horse in 30 years." The man said he was afraid Buck would say that. He told the clinic, "Horses aren't lazy-that's attributing human characteristics.

They're a product of their environment.



Has to do with consistency. They might be unresponsive because that's what's been permitted and encouraged. It doesn't get easier; it gets more complex and then more enjoyable. It's about the education of the animal. Keeps you intellectually engaged. Even after doing clinics for 20 years, I still take clinics. I can't sit on the outside of the circle, I still study a lot. I don't know about you, but I want to get better. It's my passion. It's what I do. Remember you're aiming at a moving target. Keep it enjoyable. Make sure every day is fun for you and your horse. You want your horse to enthusiastically approach work-and soft!" Then he talked about riders' expectations:"If you're only going to ride your horse once or twice a week, you have to lower your expectations-you have a saddle bit horse. If you ride three times, you have a hackamore. For a bridle horse, you have to have devotion and you have to put some time



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Highlander Horse

in."

The documentary Buck was released last year at Sundance, it's broad appeal reaching worldwide audiences. A man approached Buck at a clinic and said, "Until I saw the film, I never heard of ya!" This summer's Colorado clinics have drawn attendees from Jamaica, New Zealand, Australia, Germany, Canada, Wales, Illinois, Georgia, New York, Vermont, Texas, Iowa, California,



Arizona, and Oregon. Deb said, "A lot of people have been touched by Buck's message who don't have horses. By who he is as a human being." Among the spectators in Longmont were 40 troubled teenagers from Colorado and Wyoming who came to observe a man who didn't let his own troubled past darken or determine his future. Larry McMurtry, author of the Pulitzer-winning novel, *Lonesome Dove*, is now writing the screenplay of Buck's autobiography, *The Faraway Horses*. Buck hopes that the struggles he overcame in his youth will be encouraging to others. Buck's passion entered the media mainstream as the inspiration for Nicholas Evans' 1995 novel, *The Horse Whisperer*. Robert Redford hired him on as his stunt double, horse trainer, riding instructor and to help authenticate parts of the movie script based on the novel. When filming concluded, Buck told Robert that if this movie thing didn't work out for him, to look him up. He was turning out to be a fine horseman. (It's a great clip on the documentary.)

Buck ended the clinic by thanking and commending the riders for learning in front of the public, and complimented the spectators for being there to learn and their wish to see the riders and horses do well. Then, with sincerity, he said to everyone, "You all bless my life because I get to do this. I don't take



you for granted." For Buck's schedule go to www.Brannaman.com (See past Highlander articles on Buck in issues from July and August, 2010.)



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Highlander Wildlife

Update - Buffalo Field Campaign

Idaho Kills Second Bull Buffalo Thank you all for your emails, phone calls and actions concerning the bull buffalo that was senselessly shot and killed near The Nature Conservancy's Flatt Ranch by Idaho authorities now several weeks ago. This tragic and unnecessary incident was unfortunately repeated the following Saturday when Idaho's Department of Agriculture shot a second bull bison. This migratory path from lands west of Yellowstone National Park is important to wild bison, taking them south along the Southfork of the Madison River, into Idaho over Targhee Pass and, eventually, down through Yellowstone's high volcanic plateau onto grasslands buffalo have called home for millennia. Idaho's lack of tolerance for wild buffalo - a position that ensures the extinction of wild bison in the state - is based on the same selfish and unfounded fears that Montana holds: that of the livestock disease brucellosis, which wild buffalo have never transmitted back to the cattle they originally contracted it from.

Bill Barton, Idaho's State Veterinarian, Division of Animal Industries, Idaho Department of Agriculture, issued the following statement about Idaho's bison policy: "The Idaho State Department of Agriculture is responsible for administering Title 25 Chapter 6 of Idaho Code. As stated





A wet, woolly bull buffalo emerges from a summer swim in Yellowstone's Hayden Valley. BFC photo by Darrell Geist.

in that statute, a significant potential exists for the spread of contagious disease to persons, livestock and other animals in Idaho, in particular, the spread of brucellosis to livestock...from bison immigrating into Idaho from Yellowstone National Park and its environs. The statute requires that wild bison be removed from the state by one of two options: the live bison may be physically removed or hazed from within the state or, if removal/hazing is not feasible, the bison may be destroyed."

Wild bison are a state-listed species in Idaho, critically endangered and in need of greatest conservation. And as wild buffalo attempt to restore themselves naturally, Idaho guns them down.

Yellowstone's summer bison population estimate was just released and reveals that there are fewer than 4,300 wild American buffalo left in the country.



Highlander Wildlife

Please help BFC get the word out for wild buffalo! These native herbivores, critical to the health of various grasslands ecosystems - are in dire straights. You can help spread the word to save these last wild herds by requesting newsletters to place around your community. The more people who know about what is happening to our wild, woolly friends, the sooner their mistreatment will end. Please contact Kasi <mailto:buffalo@wildrockies.org> to request any amount of newsletters that you can share with others.

Another great way to help wild buffalo is to instill the majesty and beauty they embody with others. BFC's 2013 Wild Bison calendars are a terrific way to share the wonders of wild buffalo with your friends, coworkers and family and help celebrate wild buffalo 365 days a year. The more we know about these intensely fantastic animals, the better we will be prepared to advocate lasting protections for them.

Thank you all for being with us for wild buffalo! Thank you for keeping us on the front lines, in the courtrooms, in the policy arena, and everywhere we can be to champion the sacred wild buffalo. A special thanks goes out to Stefan Bergill, who has gifted BFC co-founder Mike Mease with a fresh tool for communicating to the masses - thank you Stefan for the laptop! Thanks to each and every one of you for all that you do to make our work in defense of wild buffalo possible. Together, we are Buffalo Field Campaign, and we will press on until wild buffalo roam free again over the lands that are their birthright!

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Highlander Issues Coal Export Schemes Ignite Opposition

By Ray Ring/High Country News

On India's sweltering Western coast, Bharat Patel heads a group of traditional fishermen called Machimar Adhikar Sangharsh Samiti, which loosely translates as the Association for the Struggle for Fishworkers' Rights. Meanwhile, up in the arid breaks of southeast Montana, Mark Fix wants to preserve the rural character of his 9,700acre ranch along the Tongue River, where a couple hundred head of cattle share territory with wildlife ranging from great blue herons to beaver and prairie dogs.

Toss in grassroots environmental groups in India and China, some big worldwide green groups, plus more than 300 doctors in Oregon and Washington, local governments in towns like Mosier, Ore., and Edmonds, Wash., Sandpoint, Idaho, and Helena, Mont., numerous Northwest tribes, and the Chamber of Commerce in Burlington, Wash., a small town proud of its annual Berry Dairy Days festival. What do these disparate parties have in common? They've all recently become allies in an environmental battle in the Western U.S. All are concerned that some of the world's biggest coal and railroad companies want to begin moving huge amounts of that fossil fuel from our country's mother lode - the Powder River Basin in Montana and Wyoming - on rail lines across the Northwest to new port facilities, where it would be shipped to voracious power plants in Asian countries, mostly China and India.

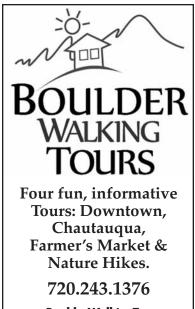
This scheme would cause pollution, noise and congestion everywhere along the rail line, and seriously worsen climate change, among other impacts. "At both ends, local communities are getting trampled," says Justin Guay, a Sierra Club staffer based in Washington, D.C., who spends part of his time in India working with Bharat Patel's group. On the Powder River Basin end, mining companies like Peabody and Arch have shipped coal by rail for decades, mostly eastward to U.S. power plants. But stricter U.S. regulations on coal combustion - which releases toxic mercury, other heavy metals, sulfur compounds and carbon dioxide, a primary cause of climate change - and the use of hydrofracturing to develop new sources have made natural gas a cheaper, better fuel for domestic power plants.

That's why coal companies want to sell to Asia, where India and China are on a coal-fired power-plant building binge. The thousands of fishermen in Patel's group oppose the construction of two gigantic coal plants on India's coast - each at least 4,000 megawatts, roughly eight times larger than the average U.S. coal plant. They say that the coal plants are blocking their access to the shore and marketplaces, spreading pollution and discharging hot water that harms fish habitat.

India already imports coal from places like Indonesia and Australia, and many in the industry think that the Powder River Basin coal, thanks to cheap federal leases and easy-to-access veins, will be competitively priced even after it's hauled all the way to Asia. Patel says that "policy makers are too focused on developing industries ... at the cost of degradation of the coastal environment," and calls for "new solutions to ... climate change."

In between the Powder River Basin and Asia, the coal must pass through many cities in mile-and-a-half-long trains, up to 60 per day, not counting the return traffic. Six new ports are proposed in Washington and Oregon to





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handle as much as 157 million tons of coal per year (roughly twice as much cargo as the states' existing ports handle). The Whatcom Docs, a group of more than 150 doctors near one of the proposed Washington ports, are "deeply concerned about the health and safety impacts," because coal dust and diesel fumes lodge in people's lungs, causing asthma, cancer and other illnesses, while long trains impede emergency vehicles trying to cross the tracks.

Rancher Fix frames it more bluntly: "It's corporate greed - making a buck on whoever's back you have to." Of course, there would be benefits beyond electricity for Asia - profits for investors and CEOs gorging at the trough, plus several thousand jobs in mining and construction (the companies would spend more than \$2 billion on the ports alone), and taxes on the operations. But there would also be costs: In the communities split by the rail traffic, for instance, constructing a single overpass would require many millions of dollars — costs that railroads typically outsource to the communities.

One portion of the scheme, the Tongue River Railroad - a proposed 80-mile-long, half-billion-dollar spur to access an incredible 1.3 billion tons of undeveloped coal in Montana's Otter Creek area - would force its way across Fix's ranch, condemning a three-mile-long path for the tracks, carving through bluffs, separating much of the ranch from the river, and destroying his peace and quiet. That's why Fix - a third-generation rancher who worked as an engineer inspecting nuclear-missile silos before he settled beside the river in 1991 - has challenged the Tongue River Railroad proposals, together with a ranchers' group



he belongs to, the Northern Plains Resource Council.

The ranchers won a 9th Circuit Court of Appeals ruling last December that says the federal Surface Transportation Board must do a new environmental impact statement; previous EISes that approved segments of the Tongue River Railroad are outdated. On June 18, that agency, which tends to be pro-industry, began the EIS process. Other EISes will be done on the proposed ports by a stew of federal, state and local agencies, including the pro-industry Army Corps of Engineers.

The opponents want thorough evaluations that weigh all the impacts, with public hearings around the Northwest that would give time to speakers like Kimberly Larson, a staffer for Climate Solutions, a Washington group that advocates for wind and solar power. "The coal companies need a new market for their drug," she says, "just like we saw with tobacco companies," which emphasized overseas sales when health warnings and taxes eroded their U.S. customer base. Industry, however, prefers narrow evaluations - a local hearing that only weighs the construction of a new dock, for instance. And industry is optimistic: In the last few weeks, a couple of companies leased additional Powder River Basin deposits - with their eyes fixed on Asia.

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



September

2012

Highlander Letters Clean Up~Chorale~Free To Breathe~Live Music!

To Coal Creek Canyon Residents,

Mark your calendar for Fall Canyon Cleanup! The Coal Creek Canyon Improvement Association and The Environmental Group are sponsoring COAL CREEK CANYON FALL CLEAN UP ON SATURDAY, SEPTEMBER 8, 2012. We are official members of the CDOT Adopt A Highway program and will be removing trash from the right-of-way along Hwy 72 - milepost 13 to 21.5. (Railroad underpass to Wondervu) Side roads are OK too!

Meet at the Coal Creek Canyon Community Center between 8am-10am for orange trash bags and safety vests. If you're unavailable on Saturday but would like to clean up your favorite stretch of roadside before CDOT makes their pick up after the weekend - please call Tom at 303-642-7121 for bags and vests.

CDOT asks that each participant view a Safety Video and a Meth Lab Waste Recognition Video prior to cleanup activities. The video can be viewed from your computer at

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http://www.dot.state.co.us/AdoptAHighway/ or at the community center before we start canyon cleanup. Thank you! Tom Mulvany (642-7121) CCCIA & TEG

Letter to the Editor

Calling all mountain singers! Join The Peak to Peak Chorale! Rehearsals are on Wednesdays, 7-9 pm at the Gilpin Library. We will start to rehearse for our Christmas performances on September 5th. Come try it out. There are no auditions and it's great fun. For more information call Carol, 303-642-3056. Karen Swigart

FREE TO BREATHE(r) DENVER CREATES **CHANGE FOR LUNG CANCER**

Run/Walk on September 30 to Raise Funds for the National Lung Cancer Partnership's Research, Education and Awareness Programs

Local residents will lace up their sneakers and join the national movement to defeat lung cancer at the third annual

> Free to Breathe Denver 5k Run/Walk at the Washington Park on September 30. Proceeds from the event support the National Lung Cancer Partnership's life-changing research, education and awareness programs. To register for this event or donate, visit

www.FreeToBreathe.org/denver.

Lung cancer is the leading cause of cancer death in Colorado and the United States, claiming the lives of more men and women than breast, colon and prostate cancers combined. Free to Breathe Denver will unite lung cancer survivors, families, friends and advocates to form a community of hope, acting as a local catalyst to create change for everyone affected by the disease. This year alone, more than 40 Free to Breathe events in 26 states will bring together tens of thousands of



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Highlander Letters

people to help increase awareness of the disease and raise funds for programs that help patients.

"Free to Breathe events connect people whose lives have been touched by lung cancer," said event organizer Kersten Baldwin of Denver, CO. "Together, we're building a movement of people committed to finding a cure for all types of lung cancer within our lifetime."

In support of Free to Breathe 2012, community members, teams and local businesses helped raise \$28,154 that directly benefits the Partnership's programs that make a difference in the lives of lung cancer patients and their loved ones.

Those who can't participate in Free to Breathe Denver

National Lung Cancer Partnership is a 501(c)(3) non-profit organization made up of leading doctors, researchers, patient advocates, and lung cancer survivors dedicated to raising public awareness of the disease and generating funding for lung cancer research. For more information, visit www.NationalLungCancerPartnership.org.

Dear Readers,

INTRODUCING INGLISH & LOUISE!

<https://www.facebook.com/InglishAndLouise> GABRIELLE LOUISE & ERIN INGLISH TO PLAY ORIGINAL, PROGRESSIVE FOLK AT COAL CREEK CANYON COMMUNITY (Continued on next page.)



can take part in the National Walk Weeks happening Nov. 3 - Nov. 9. During these weeks, the Partnership invites supporters across the country to organize teams to raise funds and show solidarity by walking around the block, around the neighborhood or around town.

Free to Breathe - The Free to Breathe event series unites people who are passionate about creating public awareness of lung cancer and raising vital funding for research. The National Lung Cancer Partnership started the Free to Breathe event series with a single 5K run and walk in Philadelphia in 2006. Since then, the event series has raised more than \$5.6 million with 100 percent of the net proceeds directly funding programs to help everyone affected by lung cancer. Together, we can inspire hope, build awareness and create CHANGE. To register for events in your area, visit www.freetobreathe.org

National Lung Cancer Partnership - The





September

2012



Join the CCCIA today and help enrich Canyon life!

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- * Marketing exposure for your business



CCCCIA Creating Community in Our Canyon Since 1947

CENTER (CCCIA)

ON SATURDAY, SEPTEMBER 22nd, at 7:00 PM

Inglish and Louise is a double-bill act with two fantastic female songwriters who are both consummate musicians and powerful singers. They are touring nationally throughout the Fall but, in September, they will be playing a local show! Erin Inglish - a native of the California Central Coast - is a solid Scruggs-style banjo picker. Erin's songwriting has been described as "an appetizing blend of sentient tenderness and charismatic vitality," and her presentation of voice and banjo is unique. (More information at www.erininglish.com)

Gabrielle Louise - based out of Coal Creek Canyon, Colorado - is a nationally touring troubadour noted for her poignant lyrics and incredible, lush voice. Gabrielle is at one moment folkie and ethereal, the next moment a smoky jazz chanteuse. More soul than special effect, she gently entices her listener to release their grip on the status quo. (More information at www.gabriellelouise.com). Over the years, these women have nurtured and maintained independent careers and are now coming together to present a strong double-bill show that is verging and emerging into a female folk duo. The show is built on excellent original songwriting, packed tight harmonies, and steeped with musical collaboration between the two singers. EVENT DETAILS: Inglish & Louise will be performing Saturday, September 22nd at 7:00 PM. \$15 suggested donation. The address is 31528 Hwy 72, Coal Creek Canyon. Editor



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Highlander Health Technology Gives Glass Bottle A Clear Advantage

From Todd Brabender

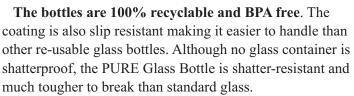
New Technology Gives The *PURE* Glass Bottle A Clear Advantage In Reusable Beverage Bottles www.PUREGlassBottle.com

"For most people, glass bottles are the preferred choice of a drink container for better taste, cleanliness and fewer health risks. But the challenge with glass has always been its durability and the risk of shattering" that is until now.

PURE Glass Bottle is a new portable re-usable glass drinking bottle that allows people to enjoy that pure taste of their favorite beverage in glass without worrying about spills or injury resulting from broken glass. Patent pending SafeShell technology is used to apply a clear protective coating to the outside of the glass bottle to create a protective covering.

If the glass does break, the coating encapsulates all the glass and liquid preventing messes and injuries from the breakage. The exterior of the bottle remains smooth to the touch so it can be disposed of or recycled safely and easily.

"The SafeShell technology alleviates peoples' fear of carrying glass bottles outside of the home," says PURE Glass Bottle, Inc. President Walt Himelstein.



The product was designed to help consumers save money and the environment by reusing the bottles over and over again, thereby eliminating the need to buy bottled drinks. The wide mouth design of the PURE Glass Bottle makes it easy to add ice, protein powder, water flavoring or any beverage.

Two styles are available: the 17.5 oz Traveler, and the 25 oz Explorer. Both styles come with a selection of convenient tops and handles.

The bottles can be purchased for \$19.95. The entire product line and additional information is available at www.PUREglassbottle.com

Business can promote their company or favorite charity by private labeling the PURE Glass Bottle. Companies that want to apply the coating to glass bottles for other commercial uses can license SafeShell Technology.





PAGE 17

Highlander Crafts

New Tri-County Mountain Crafts

This year a new group of artists and crafters have organized to promote camaraderie, encouragement and their arts and crafts. Most folks who don't live in Coal Creek Canyon are unaware that this is where three counties meet, Jefferson-Boulder-Gilpin all have a corner in our little canyon. So the members of this group decided to capitalize upon that fact and name their group the Tri-County Mountain Crafts.

They are planning an event to sell and showcase their arts and crafts on **Saturday**, **September 29th at the Coal Creek Canyon Community Center**, **31528 Hwy 72 in Coal Creek Canyon from 9am to 4pm**.

There will be refreshments for purchase too. Before the event you can see some of their things on display at the local canyon coffee shop.

There are also plans by this group to promote their arts and crafts at other venues in the region: Nederland,





Louisville, etc. and you can Like them on Facebook@Tri-County Mountain Crafts for upcoming events or email them at TCMC12ladies@yahoo.com

Linda Caldwell of On the Verge Machine Embroidery took the time to be interviewed and said the main focus is to be different than other groups by the members having non-competing offerings. So you won't find more than one type of artist or crafter among their active members at events and this they hope will offer much more variety at their shows.

The First Annual Autumn Arts Show on the 29th of this month will highlight the current members: Fine Art Drawings, Quilted & Fabric Arts, Contemporary Ceramics,

HIGHLANDER

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PAGE 18 September

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Highlander Crafts

Home-made Jewelry, and Hand Painted Pottery - just to name a few. The group is organized as an invitation type, but potential new members can contact the President, Linda Caldwell at 303.642.1422 for more information.

They are also open to alternate or non-active members for when one in the group may not be available for an event and these members may end up being the same as some active members.

Keeping the organization smaller with lots of variety than most is the plan so that customers are not overwhelmed at a show with too much packed into a small space. Most artists can relate to wanting to showcase their work without competing with other's in the same group or not being able to display the crafts so a potential buyer can really see them well.

Artists or crafters that are interesed can always contact the group to see if a fit without overlapping can be achieved.

The group has credit card ability so if you find something you can't live without, you don't have



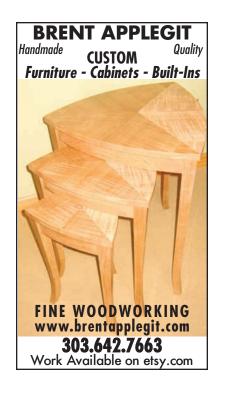
to have the cash on hand. With the holidays fast approaching and winter weather with it, now might be the time to get a jump on your shopping without the dangerous mountain driving later in the season. Plus supporting local home-based artistic businesses is always a good thing to do.

There are plans to do other shows: at the Arvada American Legion on October 20th, 6230 W. 60th Ave. In November they plan to do a show at the Emmanuel Lutheran Church in Loveland. The first weekend in December in Nederland at their Winter Festival at the Recreation Center and the week after that the Gilpin Winter Festival also, they hope.

These crafters that have handmade wares must work hard to keep an inventory for these shows and who have homemade yarn for woven and knitted or crocheted products it is a real challenge.

A website in the future is planned and may offer items for sale online when it is finished.

For city or suburban folks who want to come up and see the aspens, come see this show too. By A.M. Wilks.





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PAGE 20

Jeffco Holds Local Mtgs

Citizens are invited to attend North Mountains Community Plan Meetings in September. Residents of Unincorporated Jefferson County's North Mountains area, which includes Golden Gate Canyon and Coal Creek Canyon, will have the opportunity to shape the future of their neighborhoods as the county's Planning & Zoning Division starts the update to the North Mountains Community Plan.

Join Planning & Zoning staff at either of the two meetings in September to hear about the update process and to let staff know what is unique about the area. Staff will present what the plan is, why it is being updated and how to get involved. Then they will ask citizens questions about the area. One meeting will be held in the Golden Gate Canyon area and the other will be in the Coal Creek Canyon area. The same information will be presented at both meetings.

Meetings are scheduled for: **Thursday, September 20,** 6:30 p.m. to 7:30 p.m. **Golden Gate** Grange, 25201 Golden Gate Canyon Road, Golden - **Wednesday, September 26,** 6:30 p.m. to 7:30 p.m., Coal Creek Canyon Improvement Association (**CCCIA**) Community Center, 31528 State Highway 72, Golden

If you cannot attend a meeting, a form with a brief overview of the plan update and the questions posed at the meeting is available on the website at http://jeffco.us/planning/planning_T59_R154.htm. **Answers to the questions can be submitted through October 4**, 2012. If you have questions please contact Heather Gutherless, 303-271-8716 or hgutherl@jeffco.us.



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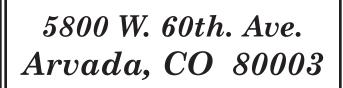
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Animals & Their Companions





Top Left: Sun Conure Parrot.

> Top Right: Riley on Sassy.

Bottom: Wyatt on Sassy and Sawyer on Rudy.

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Animals & Their Companions





Top Left: Bearded Dragon. Top Right: Glory & Toby. Bottom: Violet on Rudy.





2012

Highlander Students

Business Freshmen Attend Ethics Boot Camp

An introduction to business ethics and why they matter are at the top of the agenda for new freshmen coming into CSU's College of Business. The first annual "Ethics Matters" boot camp will be required of all College of Business freshmen and was held Aug. 17 as a part of the university's Ram Welcome orientation. Students gathered for a keynote presentation by Stephen M.R. Covey, New York Times bestselling author of *The Speed of Trust*.

Covey is also the author of *Smart Trust*, which was the primary material for the boot camp. All incoming College of Business freshmen got a free copy of *Smart Trust* during the Ram Preview freshmen orientation and were expected to read it before attending the boot camp. "The boot camp is an extension of the Daniels Fund Ethics Initiative and is designed to lay an ethical foundation for College of Business students," said Mary Beth Lewis, director of the Daniels Fund Ethics Initiative.

"The values will be discussed in a way that will provide lasting ethical guides for the students' experience at CSU and after graduation in the business world." After the keynote presentation, the students broke into smaller groups and met in Rockwell Hall for sessions led by five instructors from the College of Business. The breakout sessions provided an atmosphere for more intimate,



interactive discussions about ethics cases in the business world. The sessions provided students with a framework for 10 steps to make ethical decisions.

Students observed case studies with ethical implications, and groups were given ethical dilemmas to solve. "We want them to get a good baseline of how to handle an ethical situation," said Sara Daubert, who spearheaded the first-ever boot camp. "The program will teach students to think through how to make these decisions in their college career and beyond. It will provide the ethical foundation they will need as they move forward." Students will learn about the four cores of credibility - integrity, intent, capabilities and results - in an engaging environment.

They learned an ethics pledge incorporating eight principles from the Daniels Fund Ethics Initiative and took an oath to follow these standards. The boot camp also provided valuable advice about ethical behavior as it covers topics of talking straight, respect, transparency, correcting wrongdoings, loyalty, delivery of results, improvement, confronting reality, clarifying expectations, accountability, listening, commitments and trust.

The goal of the Daniels Fund Ethics Initiative is to enhance the teaching of principle-based ethics in the College of Business. The initiative supports the following principles, which were incorporated into the boot camp: integrity, trust, accountability, transparency, fairness, respect, rule of law and viability.



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Better, Most Cost Effective Way To Stay Warm

By Del Williams

Government bans, escalating costs, and unexpected shortages have many turning from wood burning stoves to appliances that can switch between a variety of fuel options.

For families already experiencing the pain of high home heating costs, one thing is sure to be a continual source of frustration: paying even higher costs down the road because they are locked into a fuel whose price keeps rising. Or worse, not being able to buy the fuel at all due to shortages, restrictions on emissions, or other circumstances beyond their control.

As a result, many families are instead turning to stoves, which can provide clean, low cost, and energy-efficient home heating with a variety of fuel sources including some "future

fuels" now becoming available. This can provide home heating security for families not only during the cold winter





months but also year-round for decades to come.

Too Cold for Too Long -The trouble comes from relying on a single home heating fuel source. Whether that source is wood, corn, wood pellets, propane, kerosene, fuel oil, or electricity, uncontrollable factors such as price volatility, shortages, or emission restrictions can put a family's ability to stay warm at risk. It can also force a family to invest in a

new appliance that could face similar challenges in the future if it relies on a single fuel source. This can leave families feeling trapped.

"We were tired of how much it cost to keep the house barely warm, tired of wearing extra clothes indoors and piling on blankets," says Beth Gasser, who along with her husband Steve and three daughters live in a 3,300 sq. ft., three-story home in Hutchinson, Minn.

The challenge in home heating will not be resolved by the traditional wood stove, which is at risk of being banned in some areas or restricted as regulatory standards for air quality tighten. Citizens of Libby, Montana, for instance, found themselves unable to use wood burning stoves when their air did not meet the EPA's national air quality standards, and were required to replace existing units with

cleaner-burning EPA-certified units.

Although cleaner burning options like wood pellet stoves are now a popular alternative, even this fuel source became unavailable to many homeowners across the U.S. Northwest and Canada during a severe shortage in 2008. This occurred when the rising cost of home heating fuels led to the popularity of the wood pellet stove. Unfortunately, wood pellets, a construction byproduct made from sawdust, became increasingly unavailable due to a down economy, which slowed construction, and homeowners who rushed to stockpile the pellets.

Gasser, like a growing number of consumers, was cautious about being locked into any one-fuel source, instead

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opting for a multi-fuel burning stove from American Energy Systems. The Hutchinson, Minn.-based company has engineered a stove capable of burning a variety of renewable fuels including corn, wheat, wood pellets, biomass, and more. Biomass fuels are usually made from organic materials such as grass and other plant-based waste. The EPA, in fact, invited AES to burn one of their biomass stoves on the White House lawn during a conference as an illustration of the fuels of the future.

The Countryside Pedestal model stove Gasser purchased was installed in the main floor family room, and provides ample heat for the entire home, plus direct radiant heat that makes the room a favorite gathering place on cold winter nights.

"We burn mostly corn because we can buy it in bulk from our neighbors down the street," says Gasser. "But if there's a storm, hail, drought or anything that makes corn too costly or unavailable, we can switch to other fuels such as wood pellets, wheat, barley, or biomass pellets at any time. The multi-fuel stove gives us options, and we're saving about \$3,000 a year in home heating costs."

According to Mike Haefner, President of AES, the key to burning a variety of fuels today as well as the fuels of the future is a scientific approach to stove design. In figuring out how to make corn burn optimally, for example, AES employs a team of chemists and scientists to determine how to make corn burn cleanly, continually, and efficiently.

Self-Sufficient and Saving \$2,500/Year in Home Heating Cost - Dan Deboer, a Kalamazoo, Mich. homeowner, believes in self-sufficiency. Deboer, his wife Jan, and his youngest son live in their 2,500 square ft., two-story farmhouse on a 200-acre property where he and his brother raise hay, corn, and heifer cows.

Deboer began burning corn in his stove for home heating when its price was low. When the price of corn rose, he switched to wood pellets. "But a few years back, I couldn't buy wood pellets at any of our stores," says Deboer. "My friends and neighbors couldn't buy wood pellets either because there was a shortage and they were in trouble."

Deboer was able to turn to a free, local, burnable source of biomass product, a plant-based waste from a company that extracts oil from herbs. He purchased a pellet-making



machine and began making his own biomass pellets to burn in his multi-fuel stove.

"I'm now taking a free waste product and turning it into heat and saving about \$2,500 a year in fuel costs," says Deboer. "If you want to become more self-sufficient, save money, help the environment, or reduce America's dependence on foreign fuel, multi-fuel stoves are a great place to start." Units such as those from AES can be powered by electricity, solar, wind, and even DC power for maximum energy efficiency off the grid. For more info, call 800-495-3196; or visit www.americanenergysystems.com *Del Williams is a technical writer based in Torrance, CA*.





September

2012

Turn Recycling Into TareWare

By Liz Brown Morgan - Founder, Backyard Agrarian Adorable, reusable food storage containers eliminate the need for plastic bags and wasteful packaging. Americans use 15 million sheets of paper every 5 minutes,

Americans use 15 million sneets of paper 60,000 plastic bags every 5 seconds, and throw away enough aluminum to rebuild our entire commercial air fleet every three months. ~ Mother Jones, 2009

I think there's something gnawing at the hearts of Americans because deep down, below the frantic surface of our hectic, always connected, rush-hour lives, we know that the throw-away culture is killing the planet and poisoning our families. For about the last 65 years, the packaged food industry has convinced us that we are too busy to wash our dishes and cook our meals. They have sold us on processed, packaged chemically laden and genetically altered "convenience foods." They have sold us on taking pride in being too busy to take care of ourselves.

What started off as convenience options to utilize just sometimes (a frozen pizza for the kids on Friday movie night when the parents go out on the town), has turned into

an all out cultural shift towards massive wastefulness and a food-industry sponsored war on our health.

I don't buy it. I don't think we are too busy to conduct the basic necessities of living good lives. Living decently means eating decent food and using cloth napkins and drinking out of real glasses. It means eating food with ingredients that were not invented in a food science laboratory. It means taking pride, not in quickly



unwrapping plastic and gulping down some invented foodlike-substance that will give you diabetes, but in taking a bit of care in how we deal with our food strategies. Figuring out how to eat real food and eliminate wasteful

and toxic packaging is just part of basic survival in the year 2012. Opting to lead our lives in ways that avoid poisoning ourselves, destroying the planet, and giving our hard earned dollars to evermore powerful and destructive agribusiness corporations - that's just plain old-fashioned common sense.

We're only a couple of generations off track. My 94-year old grandmother saw this all happen. She grew up before supermarkets and processed foods. We are now raising the first generation that is expected to be sicker and live shorter lives than their parents. But we can reverse this trend - household by household, backyard by backyard, and community by community.

Local Colorado company, Backyard Agrarian, has invented a way to stop the single use disposable madness and go package-free. It's called **TareWare** and it

is a durable label that can transform your used pasta sauce jar, screw top wine bottle or any container into an artistic food storage vessel.

Take **TareWare** to the grocery store, weigh it and write the container weight right onto the label in the place provided with a permanent marker. The container weight is the tare weight - hence the name: **TareWare**. It's like Tupperware but with the tare weight! Fill it with bulk food

> (coffee, dried apples, rice, raisins, olive oil, soy sauce...). The cashier will subtract the container weight and charge you only for the food inside. It's fun. It's easy and it's adorable. And you never have to use a plastic bag again!

> **TareWare** is one step towards transforming our personal food strategies towards health and rejuvenation. Check out **TareWare** user Tare-imonials at www.BackyardAgrarian.com/Tare-imonials and see what people are saying about **TareWare**.

Read Liz's blog on going 30 days without packaged food at www.BackyardAgrarian.com/30-days-withoutpackaged -food Buy **TareWare** online at

www.BackyardAgrarian.com or call Liz Morgan for more info at 303-642-7646. Tare it Up!

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Highlander Environmental Where Is Commercial Whaling Today?

Dear EarthTalk: Commercial whaling was banned around the world years ago, but some nations continue to hunt whales. Why is this and what's being done about it? Jackie O'Neill, Hershey, PA

Sadly for our world and its biodiversity, whales are still being killed despite an international ban on commercial whaling. Indeed, rampant whaling over the last two centuries has decimated just about every whale population around the globe. According to Greenpeace, many whale species are down to around one percent of their estimated former abundance before the days of commercial whaling.

Fourteen whaling nations came together in 1946 to form the International Whaling Commission (IWC) to manage whale stocks and recommend hunting limits where appropriate. But the continuing decline of populations forced the IWC to call for an outright ban on all commercial whaling in 1986. But Japan, Norway and Iceland continue to defy the ban, each harvesting hundreds if not more whales every year.

"The Japanese invented the concept of 'scientific' whaling in 1987 as a way around the moratorium on commercial whaling," reports Greenpeace. "Their research is not really research. It is an excuse for supplying whale meat on the Japanese market." The research consists, among other things, of analysis of the contents of the digestive tract. The data on what the animals eat is then used to argue that whales eat too much commercially important fish and that the populations should be culled to save the fish, argues Greenpeace, and that the Japanese selectively release data on certain species and ignore data on others.

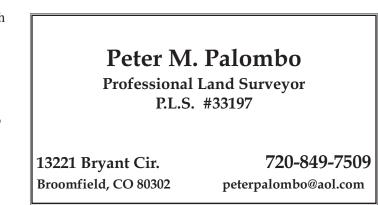
Norway resumed whaling in 1993 "as an attempt by the political party in power at the time to gain popularity in

northern Norway," says Greenpeace. "In order to justify its hunt, Norwegian scientists calculated a population estimate, which was later found to be much higher than the data supported."

And Iceland increased its whaling dramatically in recent years. "In 2010 alone, Icelandic whalers killed hundreds of whales-including endangered fin whales-and shipped more than 750 tons of whale meat and products to Japan, whose market is already glutted with whale meat from its own 'scientific research whaling' program," reports the non-profit Natural Resources Defense Council (NRDC).

Several green groups including NRDC recently petitioned the Obama administration to take action against Iceland under the Pelly Amendment to the Fisherman's Protective Act. "The Amendment allows the President to impose trade sanctions against a country that is 'diminishing the effectiveness' of a conservation agreement-in Iceland's case the whaling moratorium and another international treaty that prohibits trade in endangered species," says NRDC. The petition names several Iceland firms-including major seafood companies with ties to Iceland's whaling industry-as potential targets for trade sanctions.

Greenpeace has been pressuring Japan to not only end its own whaling but also its support of whaling by other nations not abiding by the IWC moratorium. "We are working around the world to increase the pressure put on Japan by conservation-minded governments at the IWC to close the political loopholes that allow the reckless hunt to continue," says Greenpeace, "and to highlight the votebuying that keep these loopholes in existence." *IWC*, *www.iwcoffice.org; Greenpeace, www.greenpeace.org; NRDC, www.nrdc.org.*





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Highlander Book Review Let The Birds Drink In Peace

By Jenny Shank

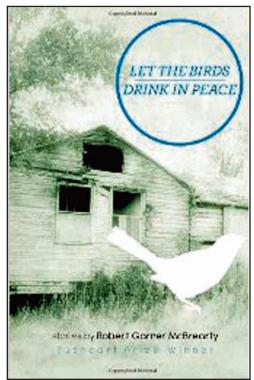
Robert Garner McBrearty 152 pages, softcover: \$14.99. Conundrum Press, 2011.

In Colorado writer Robert Garner McBrearty's fresh and funny new story collection, Let the Birds Drink In *Peace*, a boy tells his mother he plans to do something great when he grows up. "Everybody feels like that when they're young," she replies. And yet, in McBrearty's third — regular guys do experience an instant of greatness as they save other people from danger and then struggle with the consequences.

In "The Acting Class," for example, a young man working at an Austin mental hospital rescues a patient from a bathroom assault, inspiring a

coworker to fall in love with him. He invents a war-hero past to match his new girlfriend's romantic ideas, but as his lies unravel, so does their relationship. In "The Helmeted Man," 43-year-old college student Alex tries to write about the time he rescued a woman from an armed mugger at an ATM, and ends up finally questioning how heroic he actually was.

"For ten years, Alex had coasted on the big moment,"



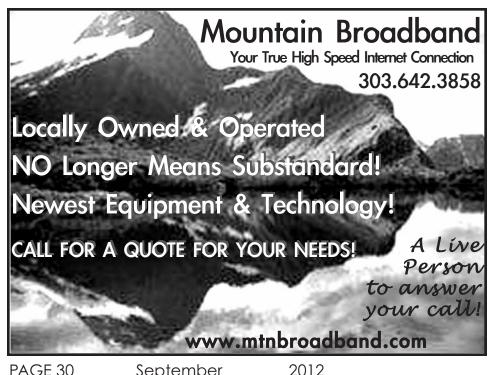
McBrearty writes. Fortunately for readers, McBrearty has not coasted on his own big moment, when he won the prestigious Sherwood Anderson Award in 2007. His stories remain as sharp and hilarious as ever, such as the "The Dishwasher," with its deadpan approach — "I'm a dishwasher in a restaurant. I'm not trying to impress anybody. I'm not bragging. It's just what I do."

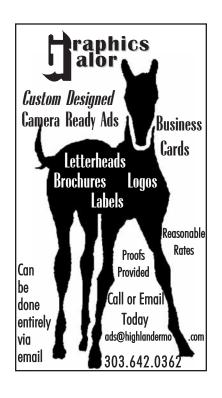
Other stories playfully eviscerate the myths of the Old West. In "Back in Town," a reformed rapscallion of the Deadwood sort promises his wife he won't go into town and carouse. "It has been a year now since I've given up drinking and whoring and looting and stealing horses and robbing banks and shooting up the town and using foul language," he explains. And in "Alamo Dreams" and "Colonel

Travis's Lament," McBrearty tackles the legend of the Alamo, finding comedy amid the chaotic bloodshed.

McBrearty's ability to transform tragic or scary events like this demonstrates his generous perspective. Let the Birds Drink In Peace proves that anything can be funny if you consider it from the right angle.

This book review originally appeared in an issue of High Country News hcn.org





Highlander Poetry

This Mountain Knows Secrets

By Rosemerry Wahtola Trommer 'if you listen'

this mountain knows secrets

this mountain knows secrets that poems never touch

no verb cunning enough to capture it no noun knowing enough to know it

these are secrets we can learn only by listening day after day

> come to the mountain with a quiet step

> what once was silence now is voice



what once was silence now is voice

what once was silence now is

Photograph by Erik Erwin. (Both reprinted with permission.)



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Highlander Environmental Endangered Species Act~Recreational Trails Prog.

Dear EarthTalk: Do environmentalists think the Endangered Species Act has been a success or failure with regard to protecting biodiversity in the U.S.? — Ron

McKnight, Trenton, NJ

While that very question has been a subject of debate already for decades, most environmental advocates are thankful such legislation is in place and proud of their government for upholding such high standards when it comes to preserving rare species of plants and animals.

That said, critics of the legislation make some solid points. For starters, only one percent of species (20 out of 2,000) under the protection of the Endangered Species Act (ESA) have recovered sufficiently to qualify for delisting. And the millions of dollars spent on often failed recovery efforts are difficult to justify, especially in these otherwise tough economic times.

But even though the vast majority of species protected under the ESA have not recovered doesn't undermine the significance of those species-bald eagles, gray wolves, and grizzly bear to name a few-that have rebounded thanks to forward thinking legislation and wildlife management. Louisa Wilcox of the Natural Resources Defense Council is grateful to the ESA for the continued existence of grizzly bears in and around Yellowstone National Park. "After listing, the government cleaned up the massive garbage problems in Yellowstone Park, which reduced the habituation of bears to human foods-a pattern that often leads to grizzly deaths," she reports. Commercial sheep herds were moved out of core grizzly habitat while hundreds of miles of roads on public lands in the region were closed to improve the iconic bears' chances for survival. The result: The Yellowstone grizzly population more than doubled while human/bear interactions and incursions by hungry grizzlies onto local ranches have declined. "So, by any reckoning, the Yellowstone grizzly bear story is an ESA success," concludes Wilcox.

To test whether or not the ESA has been effective on a grander scale, the Center for Biological Diversity (CBD), another leading green group, compared for its 2012 "On Time, On Target" report the actual recovery rate of 110 listed species with the projected recovery rate in their federal recovery plans. The 110 species occupy all 50 U.S. states, include all major taxonomic groups, and have various listing lengths.

CBD found that the ESA had "a remarkably successful recovery rate: 90 percent of species are recovering at the

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rate specified by their federal recovery plan," adding: "On average, species recovered in 25 years, while their recovery plan predicted 23 years - a 91% timeliness accomplishment."

CBD also confirmed the hypothesis that the majority of listed species have not enjoyed protection for long enough to warrant an



of the new surface transportation agreement law called MAP-21. Minnesota Democratic Senator Amy Klobuchar was instrumental in the retention of RTP by introducing it as an amendment to MAP-21 as a stand-alone program with its own dedicated funding. Overall, MAP-21 allocates \$105 (Continued on next page.)

expectation of recovery yet. "80% of species have not yet reached their expected recovery year," reports CBD, adding that on average species have been listed for just 32 years, while their recovery plans required 46 years for success. This recent study's findings echo the results of an earlier (2006) analysis in the Northeastern U.S. that found some 93% of federally listed species there were stabilized or improving since getting ESA protection and 82% were on track to meet recovery goals. "When judged in the light of meeting recovery plan timelines for recovery, the Endangered Species Act is remarkably successful," says CBD. "Few laws of any kind can boast a 90% success rate." *CBD, www.biologicaldiversity.org; "On Time, On*

Target" Report, www.esasuccess .org. earthtalk@emagazine.com.

Dear EarthTalk: What exactly is the federal government's Recreational Trails Program and is it true that it's on the chopping block? — Randy Caldwell, Lyme, NH

The Recreational Trails Program (RTP) is a federal assistance program that helps states pay for the development and maintenance of recreational trails and trail-related facilities for both non-motorized and motorized recreational trail uses. The Congressionally mandated program was in jeopardy due to budget cuts, but its backers in Congress announced this past July that RTP would be retained to the tune of \$85 million per year as part

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"Then the time came when the risk it took to remain tight in a bud was more painful than the risk it took to blossom" ~Anais Nin

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billion for fiscal years 2013 and 2014 to improve safety, reduce traffic congestion, maintain infrastructure and improve the overall efficiency of highway transportation.



RTP is one of several provisions of MAP-21 that bolster transit, bike and pedestrian programs across the country.

Funding for the RTP portion of MAP-21 comes from a portion of the motor fuel excise tax collected across the country from non-highway recreational fuel use in snowmobiles, all-terrain vehicles, off-highway motorcycles and off-highway light trucks, and comes out of the Federal Highway Trust Fund. Half of the RTP funds are distributed equally among all 50 states, and half are distributed in proportion to the estimated amount of non-highway recreational fuel use in each state. Individual states are responsible for administering their own RTP monies and soliciting and selecting qualifying projects.

That said, the use of RTP funding is restricted to maintenance and restoration of existing trails, development and rehabilitation of trailside and trailhead facilities and trail linkages, purchase and lease of trail construction and maintenance equipment, construction of new trails, acquisition of easements or property for trails, and assessment of trail conditions for accessibility and maintenance. RTP funding may not go toward property condemnation (eminent domain), construction of new trails for motorized use on federally managed public lands or for facilitating motorized access on otherwise non-motorized trails.

States must allocate 30 percent of their RTP funding for motorized trail use, 30 percent for non-motorized use, and the remaining 40 percent for so-called "diverse" (motorized and non-motorized) trail use. Projects may satisfy two categories at the same time, giving states some flexibility in how to allocate their share of the RTP pie. States can use up to five percent of their funds to disseminate related publications and operate educational programs to promote safety and environmental protection related to trails.

> Trail lovers across the country are thrilled that Congress extended RTP, which began in 2005 with a \$60 million allocation and was increased each of the following years until it plateaued at \$85 million in 2009. The continuation of the \$85 million allocation was also good news to those who feared that if it wasn't cut entirely it would be scaled back significantly. With new funding for the next two years, Americans can look forward to the creation of many new trails and continued maintenance of existing ones. RTP info,

> www.fhwa.dot.gov/environment/recreational trails/index.cfm;

American Trails overview of RTP funding, www.americantrails.org/rtp. www.earthtalk@emagazine.com

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Highlander Issues Oil Play Spurs A Booming Business In Water

By Nicholas Kusnetz/High Country News

The first thing you notice in North Dakota's oil patch are trucks. They dominate a landscape defined not long ago by cattle and wheat, and not long before that by bison and grass. Trucks groan through Watford City all night. They pile up traffic on highways designed for the occasional car or combine and whip dirt roads into dust storms that locals mistake for prairie fires. They're the first thing anyone mentions when you ask what has happened here in western North Dakota.

Thanks to the Bakken shale, the state has become the country's second-biggest oil-producer practically overnight. And while the world still runs on oil, with the rise of hydraulic fracturing, or fracking, oil increasingly runs on water. Drillers inject 1 million to 3.5 million gallons of pressurized water into each well to shatter the rock and free the oil. More of the trucks you see are carrying water than anything else, some 400 to 800 truckloads per well. In the low, early-morning light one fall day, the trucks are already lined up eight deep at a water depot outside Watford City.

In the time it takes to smoke a cigarette, one trucker from Minnesota pumps 4,200 gallons from the ground into his chrome tanker. The job is good enough that, after two years of living away from home, he says his wife will soon be joining him here. The water business is good for locals, too. Several dozen farmers and ranchers with access to water and \$150,000 to spend have built water depots like



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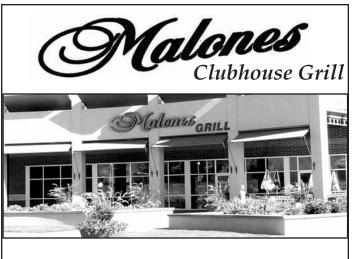
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this one - trailer-sized aluminum pump-sheds with eightinch pipes sticking out of the sides. These private water sellers pulled in \$25 million to \$30 million last year, according to Steve Mortenson, who heads the Independent Water Providers, a group that represents the industry in the state capital.

Several local towns have built depots to sell excess municipal water, pulling in another \$10 million or so last year, Mortenson estimates, a substantial sum given their average population of a few thousand people. The sales are raising uncomfortable questions in a region where fewer than 15 inches of rain falls each year. In many places, the nearest water is 1,000 feet down in a large aquifer that flows freely to the surface in low-lying areas. But it recharges slowly, and the level at which it flows without pumping is dropping more than a foot per year from overuse.

Meanwhile, most of the fracking water comes from a series of smaller, shallower aquifers, some of which are already stretched to meet drinking and irrigation needs. The Missouri River has begun to provide some relief, though federal agencies are already tussling over the possible negative effects of withdrawals. To make matters worse, the fracking water ends up *(Continued on next page.)*



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contaminated and must be injected thousands of feet underground, removing it from the hydrologic cycle. There's plenty to supply the oil companies for now, says Bob Shaver, director of the water appropriations division for the Water Commission, which monitors the state's aquifers and regulates all surface and groundwater withdrawals.

The best estimate for oil-field use is about 3 billion gallons, based on last year's activity, with demand projected to double over the next decade. But it's only a matter of time before the state's water is fully appropriated, he says, and any new use will have noticeable effects. That day is nearing as the oil rush drives population growth in rural areas with little infrastructure, further straining water supplies. McKenzie County, in the heart of the boom, has grown 20% in two years. Each new depot draws more opposition from neighbors and other interests, Shaver says, highlighting the resource's increasing value - and scarcity. "To me, water is going to be the oil of the 21st century."

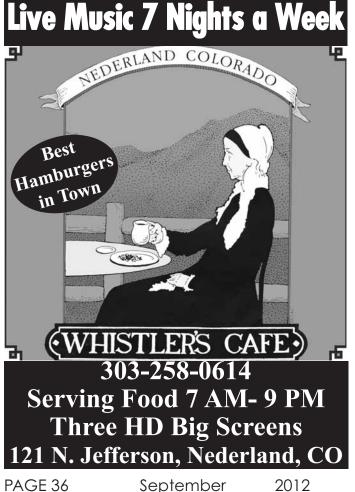
Nationwide, energy companies have been using more and more water for hydraulic fracturing over the past decade, spurring worries about impacts, from the arid West, where many rivers are fully appropriated, to relatively waterwealthy Pennsylvania. The EPA estimates that fracking uses between 70 billion and 140 billion gallons of water total each year. That's small compared to irrigation, which uses about 128 billion gallons every day. But much of the

irrigation water runs into the ground or streams, and a lot of the rest evaporates to rain down elsewhere.

In contrast, water used for oil and gas is usually disposed of or otherwise removed from the system. Even relatively small withdrawals can have local impacts. "Will oil and gas use limit other uses?" asks Reagan Waskom, director of CSU's Colorado Water Institute. In dry years such as this, he says, the answer is sometimes yes. So far, it's seldom happened. But Colorado officials project the industry's water consumption for fracking will grow 20% over the next three years, to more than 6 billion gallons per year.

Meanwhile, during last year's drought in Texas, drilling hardly slowed even as farmers and ranchers lost crops and cattle, and towns restricted water use. Regulators predict the annual fracking-water use there will triple over the next decade to 39 billion gallons. Environmental groups in the state have begun pushing the Legislature to enact conservation requirements for drillers and other industries. While North Dakota has produced oil since the '50s, this boom's water use is unprecedented and cuts to an ongoing concern.

Delegates writing the State Constitution in 1889 enshrined water as a public resource, held in trust by the state. But anyone with physical access to an aquifer or surface water can apply to the Water Commission for a withdrawal permit. (You don't need a permit for most domestic or livestock use.) Other than a few hundred dollars in fees, the water is free. Between 1980 and 2007, when the current oil boom started, the state issued just 10 permits for water depots. It's awarded at least six times as many since then. The process isn't onerous so long as the





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new use won't "unduly" affect existing permits, which have priority. The commission has even urged farmers to temporarily convert irrigation permits to help drillers; nearly two dozen have done so.

For the most part, oil companies here have not begun reusing wastewater, nor have regulators pushed them to. With the Missouri River bisecting the oil fields, the prevailing view is that nothing, least of all water, should slow drilling. That some individuals have reaped millions selling this water is simply a bonus. Few have done as well as Mike Ames, who says he's had a hand in about two-thirds of the 70-plus depots. Ames, a burly man with a broad nose, grew up across the border in Montana and began selling irrigation equipment in Williston, northwest North Dakota's largest town, in the 1980s. Seven years ago, Ames opened his first depot, selling water for 35 cents a barrel - equal to 42 gallons - to farmers for mixing with pesticides. Then came oil.

"I was in the right place at the right time," he says. Today, he charges 60 cents a barrel. He's also hired 20 people in the past year to look after the dozen depots he runs - he owns three and operates the rest for other farmers. He says he and the other water providers are helping wean the country off imported oil; thanks in part to the Bakken, U.S. oil production is rising consistently for the first time in over 25 years. But private sellers face growing competition. Oil and oil field services companies are applying for their own permits as they settle into the state. One Texas-based company, Select Energy, acquired permits to draw nearly 6 billion gallons annually from Lake Sakakawea, a giant reservoir on the Missouri.

The other new competitor is public. Because quality drinking water is scarce in western North Dakota, the state has worked for decades to build pipelines to deliver river water to residents. A system in the southwest, begun in 1977, still isn't complete; projects in the northwest have not materialized. Pushed to the limits of their existing water supplies by oil-driven population growth, the area's towns recently established the Western Area Water Supply Authority to build their own project. To lower the construction time to just a few years, they're borrowing \$110 million from the state - and plan to ask for another \$40 million - to be paid back by selling water to oil companies. They already have four depots running, with plans for eight more.

From the air, the need for water-supply projects is clear. Amid the prairie hills, new developments sprawl everywhere: water depots and drilling rigs like playing pieces in an elaborate game, a yard full of drill pipe here, a field full of campers there, new motels. In Watford City, the largest town in McKenzie County, the population leapt from 1,744 in 2010 to an estimated 6,500 today, and city officials are planning for 15,000 over the next decade. Just behind Water Supply Authority Executive Director Jaret Wirtz's office, a local trucking company has cut several acres out of the surrounding *(Continued on next page.)*

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prairie to build housing for 1,000 people. "Everybody wants to do 500 homes here, 300 homes there," Wirtz says. "Well, those all take water."

The drillers may soon be able to get more water from Lake Sakakawea, relieving some stress on groundwater. The Army Corps of Engineers opened the lake to oil-field use this spring after determining there would be little environmental effect, though it could be a year before planned projects are complete. In written comments, the Environmental Protection Agency said the Corps presented limited evidence to support its conclusion, failed to examine the impacts of withdrawals on downstream areas and as a result, "may not fully recognize potential direct, indirect, or cumulative impacts."

The Missouri River - the country's longest - supplies drinking water to 3 million people, irrigates 550,000 acres and cools 25 power plants. The utilities want more water released from dams for increased power production. Downstream states want more for barge traffic. Meanwhile, back in the oil fields, one utility has begun building two 45-megawatt natural gas plants that will require up to 75 gallons per minute. Fargo, North Dakota's biggest city is still pushing for completion of a Sisyphean engineering feat begun in the 1950s to reroute water from the Missouri across the state to supplement its water supply.

"Eventually, that river is going to get tied up," Wirtz says. Lee and LaShell Tjelde live near the Montana border, where the land begins to undulate, exposing bare hillsides of striped earth. Lee is tall and strong, with a red face and wire-rimmed glasses. His family has ranched here for three generations. On a drive through the couple's pastures, he points out stock dams nearly dry in mid-May. When they run out, Tjelde pumps groundwater for his cattle. He holds one permit to irrigate from the same groundwater, and he applied for a second nearly two years ago. Such requests once took months to process, but since drilling began, the Water Commission has been overwhelmed. The aquifer here is among those showing signs of stress, and hydrologist Alan Wanek says he will be cautious about issuing new permits.

Even as the Tjeldes and several neighbors wait, five other neighbors have temporarily converted existing irrigation permits to sell to the drillers. "To my eyes," Tjelde says, "that's just not right." Water is already hard to find. When the Tjeldes built their home, they drilled fruitlessly and eventually resorted to a "water witch," who divined a narrow seam of water in the ground. The well only pumps about four gallons per minute, and it's too salty for the garden. So LaShell collects rainwater in two 500-gallon barrels, one of which is nearly empty. Some neighbors must haul water from town. "If these aquifers are dried up through industrial use, what's left for us?" Lee says. "This is our life out here."

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



Highlander Environmental CSU Study Air Quality Re: Natural Gas Drilling

CSU researchers, in collaboration with Air Resource Specialists Inc., were recently scheduled to propose a non-partisan scientific study to examine air emissions from natural gas extraction operations in Garfield County. The Garfield County Commissioners heard formally about the three-year study at their regular meeting on Mondays in the Administration Building, 108 8th St., Glenwood Springs.

"The overall goal of this project is to produce a highquality, peer-reviewed assessment of air emissions and dispersion from well drilling, hydraulic fracturing and flowback activities in Garfield County, which has substantial drilling activities, like other parts of Colorado," Collett said. Collett is an expert in atmospheric chemistry and air quality.

A diverse panel of air quality experts will advise the study team. This panel includes representatives of the U.S. Environmental Protection Agency, the U.S. Bureau of Land Management, the Colorado Department of Public Health and the Environment, industry scientists and the National Center for Atmospheric Research. Also assisting are CSU graduate students and postdoctoral researchers. The proposed study would review the well development process from drilling to completion, including the use of hydraulic fracturing.

A variety of chemicals can be released to the atmosphere

as part of well development activities including benzene, toluene, ethylbenzene and xylenes along with a wide variety of other volatile hydrocarbons, Collett said. Together with methane, these compounds comprise a complex mix of volatile organic compounds. Other emissions of interest include nitrogen oxides, which can also be produced through local traffic and power generation activities.

Collett and his team expect to provide periodic progress updates on the project for Garfield County officials and the public over the course of the proposed three-year study, but to protect the integrity of the study data is not expected to be released prior to its completion in 2015. Increasingly, industry leaders, environmental groups and communities are looking to Colorado State to provide credible, nonpartisan solutions to the complexities facing the oil and natural gas industry and the general public including issues related to water, land use, production, air, policy and cultural/social changes.

CSU is known nationally for its work with natural gas beginning with the earliest elements of the exploration process - from training geologists and controlling emissions to land reclamation. The university is committed to working with industry to tackle environmental problems and to serve as good environmental stewards at the local, national and international scale.



Highlander Opinion

Art As Elegy

By Sarah Gilman

How do we grieve? How do we grieve for all that disappears into the maw of human appetite? How do we grieve for something as beautiful and terrifying as the polar bear? The white-haired woman's voice broke as she stood to ask her difficult question, the other audience members turning somber faces toward her - lines of attention spun inward like the spokes of a wheel, like mourners reaching hands to their most bereaved. We panelists, the poet Kim Stafford, author Luis Alberto Urrea and myself, paused to exchange glances. We were supposed to be discussing the future of writing in the West, closing a conference celebrating 25 years of Fishtrap, a nonprofit in Enterprise, Ore., dedicated to Western writing.

It was an unwieldy topic, but it seemed suddenly manageable in comparison. How do we grasp the obliteration of so much we have known and loved? Biologists once collected specimens of life from all corners of the world just to understand the variety it contained. These days, we catalog and collect to forestall complete loss and to understand our role in that loss, not just of distinct species, but also of our collective memories of them, of what the world has been. National Geographic photographer Joel Sartore has his *Photo Ark*. Trish Carney has her meditation on road kill. Even architect and artist Maya Lin, perhaps best known for the Vietnam Veterans Memorial, is working on a memorial to the nature-thatwas, perhaps the most ambitious project of them all.

Lin's *What is missing?* seeks to raise awareness that we are in the midst of - and are ourselves mostly responsible for - Earth's sixth mass extinction. It includes permanent and traveling installations and sculptures displayed around the world - larger-than-life gramophone-inspired listening cones that play film clips and sounds of threatened and endangered species, an "empty room" where viewers enter a darkened space and see species only by catching flickering projections on a hand-held screen, electronic billboards in Times Square, and over 75 films.

Its center, though, is a spare website that opens with a black screen and a constellation of bright dots that rearrange themselves into mammal, bird and amphibian shapes before resolving into a map of the world's losses - a



Highlander Opinion

global Map of Memory - including the West's once mind-boggling abundance of salmon and bison, its California grizzly bear, its undisturbed rivers and topsoil.

Viewers can add to this catalog: the meadowlarks they no longer see at the ends of their driveways, the horned toads that used to haunt their gardens. But here is where the traditional concept of elegy breaks down. For Lin's is a pre-emptive memorial, insisting that the cascade of loss-yet-to-come can be prevented. It lists ways to shrink your environmental footprint. And if you turn the clock on the map to the present, descriptions of current conservation efforts appear across the globe.

The clock turned forward will eventually present A Greenprint for the Future, satellite images of Earth by night, with the lights rearranged to reflect how it would look if human needs were balanced with, well, those of everything else. What is missing? will allow people to see an entire river system as a place, or the African Plains migratory corridors as a place - habitats that must be seen outside of man-made boundary zones," Lin writes in her artist's statement. More than that, though, it asks viewers to see the Earth itself as a whole place, characterized not just by its collective losses, but by the up swell of efforts to stem them and to re-imagine our lives.

Perhaps here is an answer to that woman's question at Fishtrap. Looking forward, grieving for what has been, we must remember that loss is not new to the world, and that loss is also possibility. In basic ecology, you learn that destruction is itself a creative force. Mass extinctions are followed by the frenzied development of new life. And

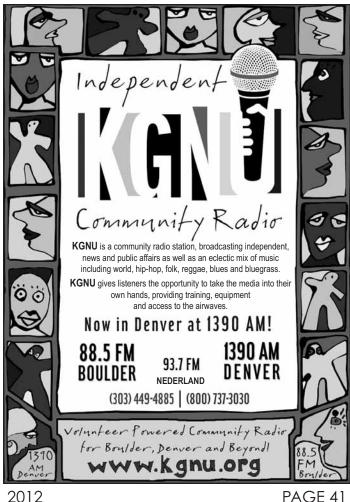


habitats prone to strong forces of change - volcanoes, blow downs, wildfire, extremes of weather and disease - are often the richest and most diverse.

These landscapes provide a greater variety of niches for creatures to occupy, and force innovation through evolution. The end (and never-ending) result is a living menagerie that is continually reborn with improbably spectacular results. You can think also of the creative world this way. As the writer David James Duncan pointed out at that same Fishtrap conference, artists often produce their best work from places of great pain, the personal and societal disasters that shape their vision. Perhaps this world of deepening wounds is already multiplying our creative opportunities - and our capacity to reflect, reinterpret, innovate and ultimately, hopefully, act.

Sarah Gilman is a contributor to Writers on the Range, a service of High Country News (hcn.org) in Paonia, Colorado. She is the magazine's associate editor.

Editor's Note: Our local Green Box one-stream recycling has had phenomenal response from our community, which is our local effort to reduce a carbon footprint and help the cause, keep up the good work. (For those who leave trash and foodstuffs, you're attracting bears to any unsuspecting folks who are coming to recycle, **<u>stop it!</u>**)



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POWER UPDATE



Important Safety Message from United Power

When access to your electric meter is blocked, cluttered, or otherwise restricted, our meter readers safety is at risk and their accurate and timely reading of your meter is affected. Please help by providing them with a clear and safe pathway to your electric meter.



Is Your Phone Number Accurate?

Occasionally, United Power will try to contact members via the phone to notify them of planned outages, emergencies, or most recently, to warn members of a scam attempt where an imposter was posing as a United Power employee and trying to collect money from member's homes. If the phone number on file with United Power is not up-to-date, United Power is not able to alert you to these events. Please verify that the phone number on your account is correct by calling Customer Service at 303-637-1300 or logging into your e-bill account at www.unitedpower.com. You may be missing important information!

We'll Pay if You Have That Old Fridge Hauled Away

When an old refrigerator is moved to a garage or basement, it takes twice as much energy to keep your food cold and can cost over \$130 a year to operate.

United Power members qualify for rebates on new Energy Star® refrigerators and a \$75 refrigerator/freezer recycling credit is available for members who send their old refrigerator or freezer away for proper disposal by a reputable appliance recycler. Reselling or donating a refrigerator does not qualify as proper disposal.

Visit www.unitedpower.com for the rebate application and details on refrigerator recycling. Proof of haul away by a retailer or a receipt from a reputable appliance recycler is required with the rebate application.

UNWANTED Appliances offers curb-side pick-up of refrigerators and freezers and is willing to pick-up from select areas in the United Power mountain territory. Contact UNWANTED Appliances at 1-888-8-UNWANT (1-888-886-9268) to schedule an appliance pick-up, or to get details on the closest facility available for drop-off. Request a



receipt from UNWANTED to submit with your rebate application as proof of recycling.

Don't move that old refrigerator to the garage, recycle it to save energy and money!



Customer Service: 303-637-1300

Coal Creek Office: 303-642-7921

www.unitedpower.com

Don't Miss the Pancake Breakfast & Flea Mkt 9/22



11536 Coal Creek HeightsAmazing 300 Degree Views!3 BD/ 3 BA.\$524,900



1095 Rudi Lane Lovely Custom with Views! 3 BD/ 3 BA. \$289,900



105 Stone Cliff Circle Beautifully Crafted – VIEWS! 3 BD/ 3 BA. \$599,900



175 Rudi Lane Carefree - Luxury Retreat! 3 BD/ 3 BA \$449,500



33848 Ave de Pines Lane Bring Your BIG Toys Here! Parking for 6! 3 BD/ 2 BA \$279,000

Please call Kathy for information on Vacant Land





33867 Ave de Pines Lane Retro Charm - Amazing Views! 1 BD/ 1 BA \$169,000



<u>267 N. Beaver</u> Gorgeous, loaded, custom! 3 BD/ 3 BA + office. **\$499,000**



11846 Crescent Park Impeccable & Meticulously Maintained! 3 BD/ 2 BA \$322,500



3072 Coal Creek Canyon Top to Bottom Remodel! 3 BD/ 1 BA \$169,900



12634 Irving Circle Sought after Ranch-Style 2 BD/ 2 BA + office. \$315,000

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



NEW LISTINGI

200 The Lane Road 2 Ac! Beautiful Horse Set-Up 3 BD/ 2 BA \$249,900



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

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102 Highpoint Circle Dory Lakes, Move-In Ready! 3 BD/ 2 BA \$319,000



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