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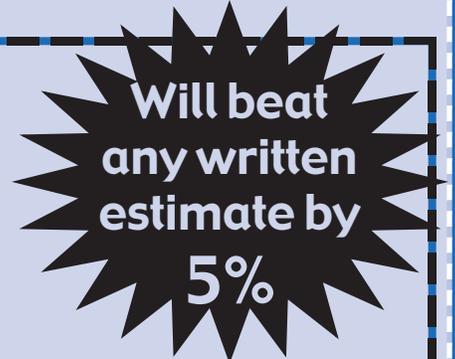
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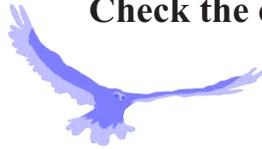
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*About the Cover: Eva -
a Grizzly cub - see story page 6.
Photography & story by
Diane Bergstrom.*

*Dedicated to Positive News whenever possible!
Check the online issue to see the pictures in color!*



CONTENTS

Pages

Wildlife - Don't Create Goldilocks in Bear Country	5
Eva's future is on the Colorado Plains	6, 7, 8
Health - Comeback Trail 5K Series May 1st	9
Dreaming - Inter-Species Mental Telepathy	10, 11
Wildlife - Update Buffalo Field Campaign	12, 13
Issues - Sec. of Interior - Missing in Action	15
Clean Power Plan Targets	16, 17
Tips - The Truth About Hot Peppers	21
Winning At Retirement	22, 23
Issues - Graffiti is NOT Art!	26, 27
Worldview - Part 18 - Overpopulation	28, 29, 30
Health - CSU Study - MS Patients & Med Marijuana	31
Environmental - A Moral Choice Emerges	32, 33

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REGULAR FEATURES	
Animals & Their Companions	18, 19
Book Review	24, 25
Ad Index & Telephone #'s	34

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Don't Create Goldilocks In Bear Country

In the well-known fairy tale of Goldilocks and the three bears it is the human that trespasses, steals food and destroys property. For folks living in the Rocky Mountains April signifies the time when bears begin to wake up from their winter slumbers. When they do they are acutely hungry, depending on how much winter fat they had and how much they foraged before they went into their dens for sleep.

As the interloper in their habitat it behooves us to be diligent about preventing their conditioning that humans and human habitat means a free meal. **Every time a person puts out their trash in merely a plastic bag it equates to a bear learning to rely upon that bag and trash day to eat instead of staying away from homes and people and foraging for their natural food stuffs.** Plus it puts everyone in that neighborhood at risk, not only on trash days but every time they walk their dog or kids ride their bikes. Thanks to the people who refuse to use trash cans in spring/summer/fall we all pay a heavy price and let us hope it isn't the ultimate price of our life.

In mountain bedroom communities that have not been regulated yet by county laws to use bear proof trash containers, it is up to residents to regulate themselves. **Be sure you're not one of the ones using ONLY PLASTIC BAGS FOR YOUR TRASH, as that habit will cause bears to become conditioned and laws to be needed.**

We must adapt to their habitat, not the other way around. Start new good habits by putting a plastic bag in your freezer with foodstuffs that make your trash smelly by trash day. Wait until you gather the trash that morning and then put the frozen plastic bag into your trashcan for the garbage truck. Rinse/wash containers before you throw them away. Since most people don't go to the trouble of airtight trashcans these habits can keep bears from scope locking on your trash until it is collected.

A neighbor once put out a frozen roasting chicken into her kitchen sink to thaw, cracked the window above it to let in new springtime air and went off to do a few errands. By the time she got back her window had been pried open, destroyed and the chicken snagged by a neighborhood black bear. She was lucky the bear didn't take up residence in her kitchen and help itself to the contents. That bear will forever equate an open window and a house to the tasty meat treat it found inside that sink.

Another neighbor and I were sitting in her front room talking in the middle of the day when a black bear strolled by the picture window heading for her open garage door. Not that there was anything in the garage to eat, but that bear had three green tags on its ears and I'm sure had eaten a meal in another garage sometime in its recent past.

My shed door was shattered a couple of summers ago during the middle of the night by a black bear looking for food. There was nothing in the shed to eat, but I have no doubt it had eaten something out of a barn-shaped shed in its past. It is a lesson that any time one of us conditions a bear - we all suffer - especially the bears. Because now days bears don't get three strikes, depending on their offenses, gender and location - they often get killed by the Dept. of Wildlife. Some only learned their tactics from their mothers, having never done the crime themselves but taught to forage in mountain bedroom communities by bears who had great results breaking down doors, climbing into windows, prying open vehicle doors or walking into open garage doors.

If we all do our parts we can keep the next generation of black bears from becoming Goldilocks and help keep them and us safer. Put your plastic TRASHBAGS in cans and wait until the trash collector is coming. Keep your foodstuffs out of smell range (**bears have a VERY good sense of smell**) by closing your doors and windows when you're not home to supervise your territory. Give the bears a chance to be wild by never providing them the opportunity to eat human, livestock or pet foods.

By A. M. Wilks



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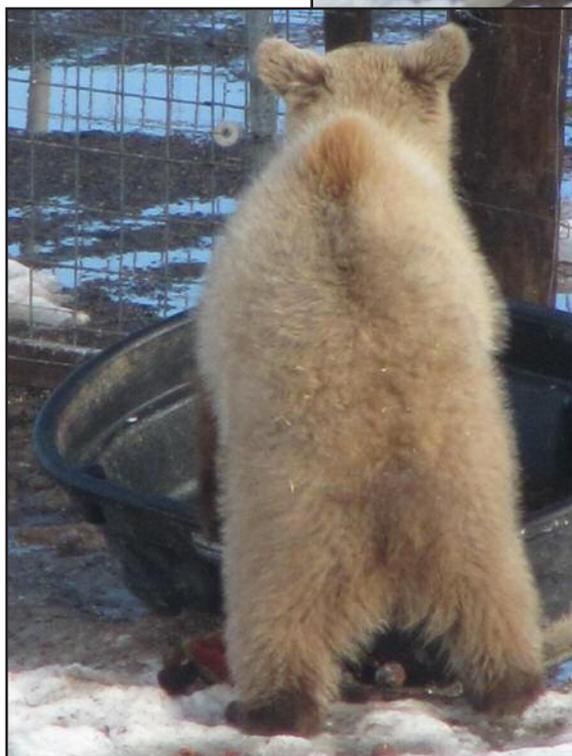
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Eva's Future Is On The Colorado Plains

Article and Photographs by Diane Bergstrom

Wild grizzly bears were hunted to extinction in Colorado in the 1800's, but Eva, a grizzly cub and this month's cover bear, will comfortably spend the rest of her life on the Colorado plains, in the safe custody of the Wild Animal Sanctuary. Located in Keenesburg, 30 miles northeast of Denver, the Sanctuary offers refuge to over 400 rescued and rehabilitated animals on 720 acres, for the rest of their lives. In Eva's case, that could be 39 more years. She recently has had some difficulty following nature's hibernation schedule and regularly leaves the underground den to chase bunnies and birds that cross the quiet surrounding natural habitat. In the photos, (thanks, Volunteer Lorna for alerting me to her walkabout!), she is caught splashing in puddles of melting snow, pulling at bark, watching heavy equipment vehicles, climbing trees, and jumping on rocks. This toddler won't nap. Go figure. There's just too much to miss! She won't be missing her previous life, though. Her first four months were pretty rough for a bear; not in the wild, but in the hands of humans for private profit and public entertainment.

Eva was born at a wildlife breeding facility which removed her from her mother days after her birth, then sold her to a Miami business which charged customers a good sum to pose with, handle, and pet exotic baby animals. There's so many things wrong with that process I don't



know where to begin. These baby animals are panicked, stressed, mishandled, and riddled with separation-anxiety, often screaming for their mothers. Bear cubs in the wild never separate from their mothers while developing into adults. Never. Think of the wild animal TV shows you've watched. Cubs stay near their moms while they sleep, eat, play, fight, travel, and even hunt. After Eva got too big for customers' comfort while taking selfies, a good soul in Florida noticed her misery and helped arrange for her release from the neurotic existence. She was relocated to the Wild Animal Sanctuary where Pat Craig, Executive Director and leading expert in large carnivore care, and his team carefully developed a rehabilitation plan which included fostering a bond with a surrogate mother grizzly, Marley. If both bears agreed. This required strategic safe introductions under watchful observation and a lot of time. Marley had also been separated from her mother after birth. She came to the Sanctuary after being rescued from a



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concrete pit containing many bears in Georgia, again, created for private profit and public entertainment. Both of her arms had been broken. She underwent surgeries, fully recovered at the Sanctuary, and finally knew what acreage of earth felt like under her paws. Despite her horrendous pre-Sanctuary life, she is known for her gentle and sweet disposition. She even helped other Georgia bear pit sows raise their young. The bonding between Eva and Marley was a complete success, as noted in an extensive Sanctuary newsletter article about them, *Such is life and the way things work out for some who are seeking the love of an equally broken spirit, so both may help each other become whole again.* Well said.



For more information on the Sanctuary, see my article in last month's issue at www.highlandermo.com, under Archive. Also visit www.wildanimalsanctuary.org, and view the Sanctuary's website to plan a visit and learn how to support them. The phone number is (303)536-0118. On Mothers Day, May 8, there is no cost for human mothers. Funding raising events planned for the summer include Summer Safari Dinners and *Into the Wild* Running

Festival. Don't let a visit be diverted by April snowfalls; the tigers LOVE the snow!

Educate yourself about the Captive Wildlife Crisis. The Wild Animal Sanctuary has information on their website; click on the tab *Sanctuary*, then click on *Captive Wildlife Crisis*, and scroll to Pat's succinct ten minute video about the historical circumstances which led to the crisis. Over 7,000 tigers are in captivity which is more than exist in the wild. Rampant unregulated breeding operations continue, especially with tigers. Some of the tigers at the Sanctuary were

rescued from fur farms, where they were to be raised to adulthood, killed and skinned for profit. Historically, surplus zoo animals were sent to auction houses and often bought by hunting ranches. Zoo animals, mostly carnivores like tigers and lions that were (Continued next page.)

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Highlander Wildlife

acclimated to being on public display, were released onto private ranches for customers who paid large fees to “hunt” them down and shoot them. Surplus zoo animals currently sold at auctions are not supposed to be sold to hunting ranches but are also not closely followed after a sale.

I don’t go to zoos any more, or aquariums. After watching an otter circle in place in an aquarium tank for minutes, obsessively chasing its tail, I had to tearfully walk away. While observing otters in oceans and rivers for decades, I have never seen this behavior. I vote with my wallet. I have never walked into front range furniture stores who regularly use big cats in their print and TV ads. I wouldn’t subscribe to a very popular magazine after the CEO posed with captive wild animals for her cover shot. I was sickened when I learned how the engaging Wookiee vocalizations were constructed for the first Star Wars movie. The sound effects staff explained, during a televised interview, how they teased a hungry caged bear cub with food while he whined and begged to



be fed. They recorded his whimpers for private profit and public entertainment. I feel my money is better used by supporting the animals that have been mistreated by my fellow humans. I wrote my Sanctuary donation check with a deep apology in my heart, from one species to another, and another, and another. Eva is one of the lucky ones. She’ll grow up knowing she’s a bear, receive proper care and



nutrition, have room to roam, bonded to a protective mom—not her biological but the only one she has known. The one she will eventually learn to snuggle with through the winter hibernation.

I recently found an old sticky note in a book, noting a bible verse location. Curious, I looked up **Job 12:7-8** and read, ***But now ask the beasts to teach you, and the birds of the air to tell you; or the reptiles on earth to instruct you, and the fish of the sea to inform you.*** Not one mention of private profit and public entertainment anywhere.

Note for ***Give Your Furs Back To The Animals*** campaign: Through Earth Day, April 22, you can bring your fur items to any Buffalo Exchange clothing store to be donated to wildlife rehabilitators, in conjunction with Coats for Cubs. The furs are used to provide comfort and familiar bedding for orphaned and injured wildlife. See CoatsforCubs.org for more information on this nationwide campaign.



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Comeback Trail 5K Series May 1st

National Stroke Association

Comeback Trail 5K Series in Denver May 1st

Stroke is the fifth leading cause of death in the U.S., yet millions of those who survive have had no unifying symbol around which to rally. That changes in 2016, with the launch of National Stroke Association's Comeback Trail 5K Series, a nationwide series of 5K run/walk events that encourage stroke survivors, caregivers and the broader community to Come Back Strong from stroke.

Registration is now open for the Denver area event Sunday, May 1, kicking off National Stroke Awareness Month in May.

"The Comeback Trail 5K Series is symbolic of the physical, mental and spiritual journey of recovery for stroke survivors," said Robyn Moore, CEO of National Stroke Association. "The events give stroke survivors and caregivers an opportunity to celebrate recovery and enable the broader community to support stroke."

The inaugural Comeback Trail 5K run/walk will kick off Sunday, May 1, at 8:30 a.m. at Hudson Gardens in Littleton. Registration opens at 7:30 a.m. Participants will make their way through the gardens and out on to the Mary Carter Greenway, as they symbolically celebrate stroke survivors making a come back.

Participation fees for stroke survivors are \$20 and \$25 for all others. Comeback Trail 5K Series registration supports the Centennial, Colorado, -based National Stroke Association, the only U.S. organization focused solely on reducing the incidence and impact of stroke through prevention, treatment and rehabilitation support for stroke survivors and caregivers. Registration is now open at comebacktrail.org.

"This is a wonderful way to celebrate coming back from stroke," said Karl Neerhof, a 65-year-old stroke survivor from Littleton. "I am excited to walk with my family and the rest of the stroke community as we raise awareness for stroke and get support from our Denver-area community." Neerhof experienced a stroke in November 2014 and today volunteers one day a week at National Stroke Association headquarters in Centennial, supporting fellow stroke survivors and their families.

For Neerhof, National Stroke Association was integral in his recovery. "The organization anticipates what a stroke survivor will need and offer resources and insights that are helpful to someone coming back from stroke."

The Comeback Trail 5K Series is part of Come Back Strong, a national movement championed by National Stroke Association. The movement signifies the journey of stroke recovery, hope and survivorship. The movement is particularly relevant given the significant, but often overlooked, prevalence of stroke in the U.S.:— Every 40

seconds, someone in the United States has a stroke. — More than 6 million stroke survivors live in the U.S. today, a number projected to increase to 10 million by 2030. — Stroke kills twice as many women each year than breast cancer. — Since the 1990s, strokes in young adults under the age of 45 have increased by more than 50 percent, yet 75 percent of young American adults are unaware of, or underestimate, the urgency of stroke symptoms and would delay going to the hospital for treatment.

Learn more about stroke prevention, treatment and recovery at stroke.org. **Signs of stroke are: Weakness in face, arms or legs. Trouble walking or sudden loss of balance, vision, reflex or sensation. Blurred speech, dizziness, seriously painful headache, fatigue. Heart palpitations. Time is so important! Get help right away.**

ABOUT NATIONAL STROKE ASSOCIATION: National Stroke Association offers people Hope After Stroke, so survivors and their circle of care can begin their journey to Come Back Strong. Founded in 1984, National Stroke Association is the only U.S. organization focused solely on reducing the incidence and impact of stroke through prevention, treatment and rehabilitation support for stroke survivors and caregivers.

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Inter-Species Mental Telepathy

By Elena Johnston

Last night I dreamed that I was living in a house, different than the one we have now. D was away, traveling still, and I had come home early to take care of the dogs. They were not the dogs we have now (*see next page Kona and Carmel*) but big dogs, almost as big as great Danes. I know that I loved them, and I thought of them as *the boys*. I was saying, I got home to a house that was cold and the dogs were not there to greet me. That was very strange, because they were always there to greet us when we got home.

I went into one of the front rooms, and there was a hole in the wall where the air conditioner used to be. I went over to that hole and saw the air conditioner outside, just laying there. "What in the world happened here?" I thought to myself, trying to figure out how the air

conditioner got knocked out of the wall. Was there a thief still lurking? Had we been robbed? I was about to call D when I then heard some noise from the back of the house *Oh my God* I thought, there is a thief in the house still. What am I going to do? I remembered that D had put a large wooden baseball bat in the hall closet, and I started to go get it. I took a step or two in that direction then stopped dead in my tracks. I could not believe my eyes.

To my utter surprise, there was a very large bear wandering out of one of the back bedrooms. It all happened so fast, I did not have time to be afraid. This huge lumbering creature did not threaten me in any way, but nodded his huge head at me as he passed me and went directly towards the hole in the wall. He turned and gave me a sheepish look and then he stepped through the hole in the wall and was gone.

Then the first dog, Palermo, came out from the back of the house looking really guilty with his head hung down as if to say "Sorry Momma, but it was so cold and they had no place else to go and they were so hungry, so we told them that there was plenty of dog food for them. They wondered how to get into the house. We told them that they could just jimmy the AC out of the wall, if they all worked on it together and pulled. Which they did." "You what?" I asked telepathically.

Just then another big bear came padding out, his big mouth grazing my fingers as he passed, not biting, but allowing my fingers to run along his gum. "Good Lord," I thought, he could take my head off with a swipe of his paw, and here he is gently saying "Thank you, Ma'am for the food and shelter" as he passed by. Then, it hit me. "They" Palermo had said. OK, that was two bears. But just as I was wondering where Jake, my second dog was, he came out from the back of the house, head hung low, like the first one. "Momma, we did not tear anything up, or poop or pee back there, we just slept there." He sent the hologram, wagging his tail in a feeble manner as if he knew the trouble they were in, but still hopeful for early forgiveness.

He came to my feet and threw himself down and offered me puppy belly. Jake did this to garner my favor when he had been naughty. It usually

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melted my anger. I was still taking this all in, when a third big bear looked around the corner and came out from that back room. He touched my hand with his snout as he passed, not totally looking me in the eyes, but still being polite in his greeting. Then a fourth bear came out, and stood up on his hind feet, so tall and big. I thought to scream, but no sound came out. But the bear actually brought his right paw across his body in a bow. I was flabbergasted. He went down on all fours and scurried to the exit in the wall.

I looked for a place to sit down, because my knees were shaking. I did not get very far when a fifth bear emerged. This one looked me straight in the eyes and nodded slowly at me. Then he walked by me and followed his kind out of the house. As they were passing, I could feel the interspecies communications happening as if the dogs and bears were nodding to each other, the bears saying "Thanks you guys, for the hospitality and the food. Hope you don't get into too much trouble" with the dogs responding "Yeah, don't worry. You guys stay warm and keep in touch, OK?"

I remember in my dream that I just stood there in amazement, and then I heard my husband in the bathroom and I woke up, because it was time to let the puppies out for their first morning pee.



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Buffalo Field Campaign-buffalofieldcampaign.org

On March 8th and 9th, Yellowstone National Park organized a media tour of their Stephens Creek bison trap, where 150 wild buffalo were being held captive for slaughter and potentially quarantine. All of what you see at our website is paid for with your federal tax dollars. Some of the footage was shot by BFC's Mike Mease and some was captured by the Park Service's GoPro cameras. One hundred fifty of America's last wild buffalo were run through the gauntlet of Yellowstone's Stephens Creek capture facility; 93 buffalo were shipped to slaughter by the InterTribal Buffalo Council and the Confederated Salish & Kootenai Tribes, both of which are signatories to the Interagency Bison Management Plan. Another 57 buffalo — all orphaned calves and yearlings — are still being held in the trap. (Pictured Here) Every person working at the trap is employed by Yellowstone National Park. These acts by Yellowstone National Park are horrific and criminal.



There should not even be such a facility inside the world's first national park, much less anywhere else. There is no justification for the Park Service to commit these atrocities. Yellowstone justifies its actions under the banner of the Interagency Bison Management Plan, which it could pull out of anytime. They may face a lawsuit by livestock interests if they did so, but, so what? So much new information has come to light, so much change has come to the landscape, and such a groundswell of public support has emerged for wild, migratory buffalo, that a lawsuit might be hugely beneficial. The callous behavior of Yellowstone Park Rangers and biologists who are harming the buffalo reveals the gross disconnect that these people have from the sacred beings whom they are charged with protecting, and how wantonly they are willing to betray, not only their mission, but the sacred buffalo that the whole world expects them to protect. The video will break your heart. After watching, you will want to do something. Here are a few suggestions: Share this video with everyone you know, send it to your local and regional media, and share it with the White House and your members of Congress. Tell them all to visit Buffalo Field Campaign and learn more.

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Many thanks to the Animal Legal Defense Fund who made this media tour possible by representing BFC's media coordinator Stephany Seay and journalist Christopher Ketcham in a lawsuit to gain full access to the trap. Showing the world even this brief glimpse of what Yellowstone is doing to the beloved buffalo — in service of Montana cattle ranchers — will bring us that much closer to putting an end to this madness, and bringing this trap down. Wild is the Way ~ Roam Free!

Why does Yellowstone want to kill America's last wild buffalo? Because Montana's livestock industry pressures them to. There is no justification for it, no matter what the Park Service tells you. Wild bison are not overpopulated, and the so-called brucellosis threat is a livestock industry smokescreen. The livestock industry's intolerance is directly responsible for most of the threats the buffalo currently face. To end this control we must insist that federal funding is pulled from harming and killing this country's last wild buffalo, and repeal or amend Montana law, MCA 81-2-120, that places the Montana Department of Livestock in charge. With endless pressure, endlessly applied, we can get Yellowstone out of the buffalo slaughter business, and end livestock industry control.

PLEASE TAKE ACTION TODAY to help regain wild buffalo their rightful, ancestral place on the landscape. CALL PRESIDENT OBAMA AT THE WHITE HOUSE: #202-456-1111 Tell President Obama to stop Yellowstone's buffalo slaughter! There is no justification for killing members of the world's most important bison population, beloved the world over. Tell the President you do not want your hard-earned tax dollars spent on destroying a natural, national treasure. CALL MONTANA GOVERNOR STEVE BULLOCK: #406-444-3111 Tell him you stand with the majority of Montanans who want wild, migratory bison restored in this state. Tell him bison slaughter hurts tourism, and insist that he work to end livestock industry policies of intolerance. CALL YELLOWSTONE'S SUPERINTENDENT DAN WENK: #307-344-2002 Demand that he cease catering to livestock industry intolerance, release the captured buffalo, and end plans to slaughter! His willing participation in slaughtering America's last wild buffalo goes against the National Park Service's mission and Yellowstone's own bison science! Thank you so much for taking these actions for the country's last wild buffalo! **Editor's Note:** The recent rumor that culling this herd is good for them goes against scientific ecological data, they need at least 5,000 in number to maintain a viable gene pool. America doesn't tolerate treating other wild animal populations as livestock. When they are allowed to migrate naturally the grasses survive just fine - so end the grazing of cattle in their migration path. This is similar to problems with the wild horse populations, end cattle grazing on public lands.

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Secretary Of Interior - Missing In Action

By Matt Jenkins

The takeover of the Malheur National Wildlife Refuge in Oregon was the latest in a series of fights against federal management of Western land that have, for better or worse, been lumped together as the Sagebrush Rebellion. The story will now unwind in the relative safety of the courts, yet I haven't been able to shake one question: Where was Sally Jewell when the West needed her?

The former REI executive who is now the Secretary of the Interior is in charge of national wildlife refuges like the Malheur; public grazing lands like the ones the Bundys run their cattle; Indian sacred sites like those of the Burns Paiute Tribe; as well as of our national parks, our endangered fish and wildlife, and our water.

Jewell ought to be the first person to stand up for these treasures when they come under attack. Instead, we got complete silence. Meanwhile, the occupiers tramped out to hold daily press conferences, laying forth a litany of grievances wrapped in anti-government venom, and the news media lapped it up. Bafflingly, Jewell has been a no-show not once but twice now. Before the 41-day siege at the Malheur, there was the showdown on Cliven Bundy's ranch in Nevada, in 2014.

This time, there was something oddly touching about the occupiers' misspelled signs and earnest malapropisms - to say nothing of the care packages stuffed with sex toys. But there was also a heartbreaking sense of renegades being carried off by their own strident sloganeering, swept toward a calamitous rendezvous with the FBI's counter-terrorist assault teams. And so Robert "LaVoy" Finicum would die an almost farcical death in the snow after trying to blow through a roadblock, Dukes of Hazzard-style.

The occupiers' manifesto was a toss-it-all-in-the-blender purée of complaints and resentments. It was sometimes hard to remember that the occupation was also a manifestation of a genuine tension between different ways of seeing the West, with its roots firmly in some of the core issues involving the public lands, like grazing management and endangered-species protection.

Most importantly, though, this was part of an argument about how we work out our differences in a region where land and resources are at the heart of many fights. The takeover forced soul-searching in the communities of eastern Oregon. And

what emerged was a message to the occupiers that went something like this: We know your rage is real. It has deep roots. But whatever our differences, this is not the way we solve problems in the West. This tears communities apart - and this is the way people get hurt.

We needed Jewell's voice to tell us this, too, or something like it. Instead, she took a trip to Africa. That trip, her press handlers will be quick to point out, was part of an international effort to stop wildlife smuggling. Fair enough. Standing up to people like the Malheur occupiers is not an enviable job, but it is, ultimately, Jewell's job.

Her absence from the Malheur debacle felt like flat-out dereliction of duty. And the optics, as the media flacks say, were terrible. Incomprehensibly, in the midst of an armed seizure of one of her offices, the Interior Department's media office released a video clip of Jewell in Kenya, "making friends with a baby rhinoceros."

It will be a long time before this latest chapter of the Sagebrush Rebellion finds its proper place in the annals of history. But Jewell will be remembered - if at all - as an indifferent bureaucrat in fleece, who jetted off to Africa at a time when her voice and leadership were sorely needed at home.

Matt Jenkins is a contributor to Writers on the Range, an opinion service of High Country News (hcn.org). He is a longtime contributor to the magazine.

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Clean Power Plan Targets

By Bryce Gray

The 27 states challenging the Clean Power Plan in court count five Western members among their ranks: Montana, Wyoming, Colorado, Utah and Arizona. Those states filed a lawsuit in October contesting the legality of President Obama's signature action on climate change, claiming that the federal government and the Environmental Protection Agency have exceeded their regulatory authority. Further complicating things, a stay imposed by the U.S. Supreme Court has halted implementation of the plan and cast even more uncertainty onto the energy futures of the states that are suing and the rest of the West.

Some of these states are suing for primarily ideological reasons as a way to push back against federal regulations, while others — like Montana and Wyoming — are worried about losing the multi-state markets for their coal power. Most, though, don't like the Clean Power Plan because they have such a steep climb to hit the emissions targets, and say it's not feasible. Many experts, however, say that not only are the targets reachable, but that some utilities are already well on their way to achieving them, with or without the Clean Power Plan.

In 2014, Wyoming generated 8.9 percent of its commercial electricity from wind. Modeling of projected emissions shows that the Western states contesting the plan have the "biggest reach" to hit their targets, according to Tom Carr, an attorney and economist at the Western Interstate Energy Board. For example, Montana and Wyoming, where backlash has been forceful, respectively rank first and third in the nation in the rate of emissions reductions that the Clean Power Plan calls for. On top of that, emissions cuts in other states could imperil Montana and Wyoming's coal-dependent economies.

"(The opposition) makes political sense, because that's where their bread is buttered," says Amanda Ormond, managing director of the energy policy and technical organization, Western Grid Group. But renewable energy proponents tout the immense potential of fossil fuel alternatives and say the outlined emissions goals are attainable. "Really, the potential is unlimited. I'm not using that flippantly," says Ormond. She is confident that continued growth and cost-competitiveness of renewable energy is "going to take us most of the way there."

That optimism is not unfounded. Though renewables still account for a relatively small percentage of each state's commercial energy output, recent years have seen a remarkable surge in production. In the last five years for which data is available, Arizona saw its commercial solar production skyrocket from a mere 15,000 megawatt-hours to 3.1 million megawatt-hours annually — a two-hundred-fold increase. In the same interval, Colorado doubled its rate of wind power generation, from 6.8 percent to 13.7 percent of the state's energy portfolio. Even coal strongholds like Montana and Wyoming saw notable expansion of state wind operations, as did Utah, though at a slower rate.

Continued growth will be further aided by improved tax credit policies for renewables, experts say. For wind energy, for example, national tax credits used to be renewed in brief one- or two-year spurts. Now, however, the tax credit for wind power has been extended to a



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five-year period, providing more certainty to investors. “That tax credit will drive renewable development with or without the Clean Power Plan,” says Ormond.

Of course, emphasizing renewable energy growth is not without its challenges, and is not the only strategy at policymakers’ disposal. For instance, aiming for compliance by retiring coal plants and swapping in solar or wind farms to offset the loss in energy production could have major implications for reliability and presents the grid with significant engineering challenges. “In theory, (that’s compliant), but in reality, is it reliable?” asks Carr at the

Western Interstate Energy Board. Other strategies include improving efficiency of existing power plants and increasing generation from cleaner-burning fuel sources such as natural gas.

States can also trade emissions credits, with carbon emitters that surpass their targets for reduction selling leftover permits to other places struggling to comply. Regional trading networks already exist across a number of Northeastern states and in California; if the Clean Power Plan goes ahead, that strategy could spread. “With the potential for trading, it certainly looks a lot more doable,” says Carr.

Former Colorado Gov. Bill Ritter has been one prominent figure pushing for Western utilities to have Clean Power Plan discussions that span state lines. However, uncertainty from the Supreme Court stay and the ongoing (if not stalled) planning phase for states complicates collaborative planning between neighbors. Even within individual states, experts say they cannot accurately forecast a detailed energy outlook with so many variables in play. Ultimately, all the legal wrangling could be a moot point. Ormond says

that a number of utilities – even in states challenging the law – have been bracing for implementation of such a policy and are prepared to usher in the rise of renewables. Experts maintain that the continued march of renewable energy, combined with policy changes, pave a way forward with or without the Clean Power Plan. Certainly, clarity would be great for investment and for planning purposes, but Ormond says in meetings she’s attended, most utilities made clear they “were not going to change the trajectory they were on...Utilities are going to keep moving forward with the clean energy plans they had.”

But the pace of that change will be determined by the fate of the Clean Power Plan. Ormond says the plan provides the opportunity for facilitating a transformation of the grid more quickly than the organic change that’s already — and unstoppably — underway.

Bryce Gray is an editorial intern for High Country News.



The Campbell Hill Windpower Project dominates the horizon above grazing pronghorn near Casper, Wyoming. Duke Energy/Flickr Creative Commons

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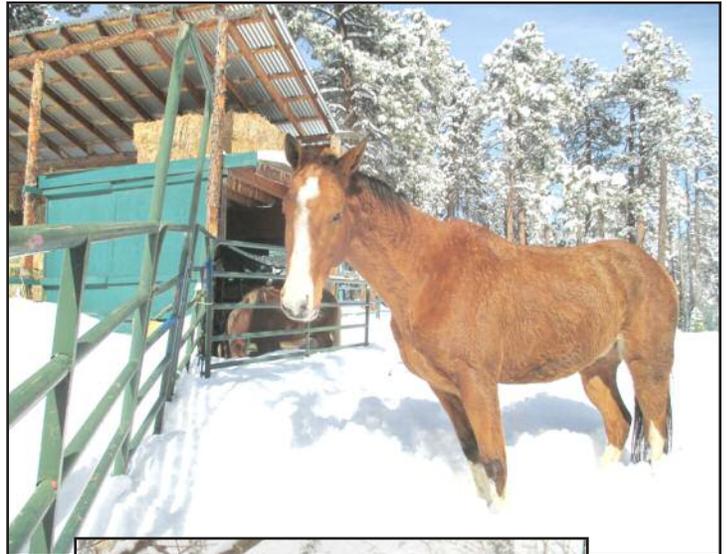
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Previous Page:

Left: Highlander Horse, Sascha as a newborn foal with Kelsey and mare Aidjah in 2008.

Right: Sascha celebrates his 8th birthday this month.

Below: Chanel in new snow.

This page:

Left: Carmel

Right: Kona

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The Truth About Hot Peppers

By Melinda Myers

Don't be afraid to add a little spicy heat to your meals this season by growing a few hot peppers in the garden or containers. It's easier than you think and many of the hot pepper myths floating around the garden are simply not true.

Don't worry about your hot peppers heating up your sweet peppers. Peppers are normally self-pollinated. If an insect happens to move the pollen from a hot to sweet pepper, it will not affect the flavor or heat of this year's harvest. If you save the seeds from a cross-pollinated pepper and plant them in next year's garden, the plants they produce may have hot or sweet fruit (or a little of both), but only time will tell.

And don't assume all green peppers are sweet or you will be in for a surprise. Jalapenos are typically harvested when green and others, like habanero, Anaheim and Poblano are hot, whether harvested when green or red. You'll also find that hot peppers can be yellow (*pictured here*), orange, brown and of course red.

You can turn down the heat when preparing your favorite recipes, too. Contrary to popular belief, all the heat in hot peppers does not come from the seeds. While partially true, the majority of the capsaicin that gives hot peppers their heat is in the white membrane that houses the seeds. When the seeds are growing they may also be coated with extra capsaicin from the membrane. So remove the white



membrane and the seeds, just to be safe, if you want to turn down the heat.

The spicy heat of hot peppers is measured in Scoville Heat Units. The ratings are based on the amount of sugar water needed to neutralize the spicy heat in the extracted capsaicin that has been diluted in an alcohol-based extract.

The Scoville heat unit ratings vary from one type of hot pepper to another, with Poblano rating between 1000 to 2000, jalapenos 2500 to 6000, habaneros at 100,000 to 300,000 and one of the hottest, the ghost pepper, at 1,000,000 to 2,200,000 Scoville heat units.

Whatever kind you grow, **be sure to label hot peppers when planting, harvesting and storing to avoid any mix-ups.** The sweet banana pepper, for example, can easily be confused with hot banana. This could make for an unwelcome surprise when preparing, serving and eating.

Also, consider wearing rubber gloves and avoid touching your face and eyes when working with hot peppers, as they can burn. Wash your hands, utensils and cutting boards when finished to avoid any future issues.

And don't worry if you are having a bad day when planting your hot peppers. Contrary to some old adages, planting hot peppers when you're angry won't make the peppers hotter, but unknowingly taking a bite of a hot pepper may very well change your mood.

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Winning At Retirement

From Jim Plane - State Farm Insurance

Who can forget those four spirited, side-splitting, single senior ladies who lived together in a bungalow in Miami. We're talking of course about *The Golden Girls*. Each with her own personality and past, Dorothy, Sophia, Rose and Blanche took us through their golden years and comical shenanigans that all began with a simple misunderstanding. They made us laugh, cry and think.

Their hijinks and hilarity had us wondering what our own golden years would look like. Will we have roommates? Maybe we will trade our sleepy, Midwestern towns for warm beaches. Will we still be living with our mothers? The girls may have said goodbye to audiences in 1992, but their fabulous lives and sharp one-liners still have a lot to teach us about winning at retirement.

1. Single? Get some roommates.

The *Golden Girls* model of living with single and retired friends is a trend that's been taking off. Divorced people and widow(er)s are moving in together and some are not just renting, but actually investing in real estate together. Rent and mortgage payments and the cost of upkeep are

more affordable when you're splitting them with others. Also, many *golden* roommates report that they feel safer than if they were living alone.

2. Life is never boring.

There may not be the thrill or stress of a new, high-stakes deal at work, but retirement will never be boring. The girls taught us that the golden years will promise new relationships and the re-emergence of old friendships. You may encounter fewer celebrity guest appearances than they did, but no fewer surprises.

3. Accept the changing world with an open mind and open heart.

The ladies faced trying times and controversial issues. They took time to field the new curves life threw at them, but inevitably they came around to accept the world and the people in it by the end of every 30-minute episode. Because you never know what life may throw at you, a trusted and supportive group of friends can help you navigate the winding and exciting world of retirement. Socializing is good for the body and spirit. Your social

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circle will empower you to take on the world (and, as the song goes, thank them for being friends).

5. Take an active role in your finances.

Rose learned this one the hard way. After her spouse passed away, she found out then that he wasn't as savvy with the couple's nest egg as she thought. To enter retirement on a stable financial footing, know what's going on and prepare accordingly beforehand.

6. Stay active.

Those ladies looked great and knew how to keep in shape. Good physical health is just one of many benefits of regular exercise among seniors; it may also lower your risk of Alzheimer's.

7. Keep working.

The ladies also remained active by staying employed. Just because you've retired from a career doesn't mean you must stop working completely. Keep your mind active and the stress of finances lower with a light, manageable job. Even Sophia had entrepreneurial drive with her homemade sauce.

8. Life's too short to hold grudges.

They sure got on one another's nerves from time to time, but they also knew that their friendships (and living situation) meant more than any man or piece of cheesecake.

9. Respect your parents.

You will never know when you may need to share a room with them, or have them get you out of a jam.

10. Have a strong self-worth.

Many of us focus on our faults too much. Self-awareness is important, but so is knowing the worth you bring in retirement. You have wisdom and experience that makes you an asset to friends, mentees and family. Consider volunteering, as well. You've seen the good and bad in life

and know how to keep it all in perspective — and that can make you a delight to be around.

11. Be aware of the con artists.

The ladies were no fools. Though they may have been hoodwinked at times, they caught on in the end, always finding ways to right the wrong that had been done to them. They also taught us that swindlers come in all varieties. Seniors are often the targets of such cons, so remember to never judge a book by its cover.

12. Enjoy life and cheesecake.

Don't overthink things and enjoy the simple pleasures of life. Pleasures like sweet, delicious cheesecake.

State Farm wants to help you and your family through any and all life changes. We want to provide you with all retirement planning resources like retirement calculators and helping you figure out how long your retirement savings will last. Find this and more resources like how to maximize your nest egg to help you make the most of your fixed income & enjoy life as a retiree throughout the Learning Center at www.statefarm.com.



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Where Roads Will Never Reach

By Doug Scott - HCN

The Northern Rockies are America's epic mountains, bastion of grizzlies and other wildlife, the awe-inspiring terrain that Lewis and Clark explored and chronicled two centuries ago. In *Travels with Charley in Search of America*, John Steinbeck called Montana "a great splash of grandeur. The scale is huge but not overpowering. The land is rich with grass and color, and the mountains are the kind I would create if mountains were ever put on my agenda."

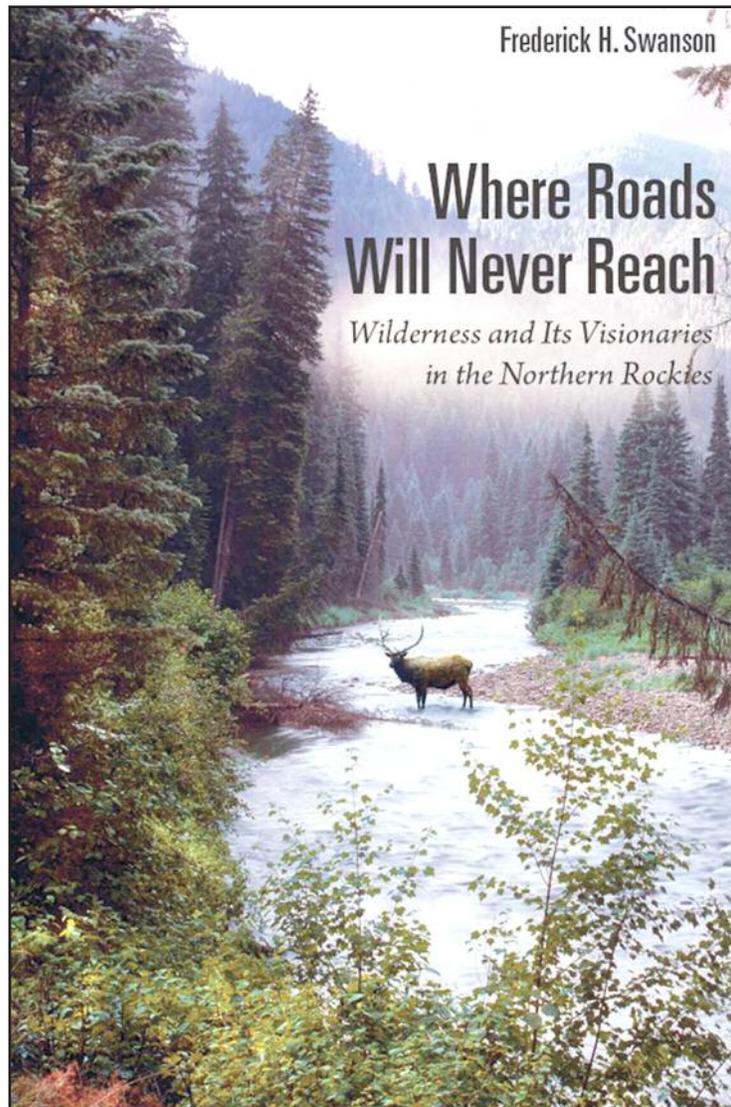
It's a landscape whose wild spirit draws backpackers, hunters and anglers. And that spirit appears on every page of *Where Roads Will Never Reach: Wilderness and Its Visionaries in the Northern Rockies*, Frederick Swanson's history of wilderness preservation in the region. The book is scrupulously footnoted, yet accessible to the general reader, with maps to show where the writer is taking us.

When you love a place, you want to save it, not just for yourself but for others. You cherish memories of a backpacking trip into the Absaroka-Beartooth Wilderness Area or a horse-packing trip into the great complex of the Bob Marshall, Great Bear

and Scapegoat wilderness areas. We're talking big landscapes here — over 7.4 million acres preserved in 17 wilderness areas.

Such preservation does not come unbidden, like a wind across the plains. It reflects hard work by people who passionately love a favorite wild landscape. This is the story Swanson sets out to tell, by getting into the hearts of those people, interviewing many who were there at the creation. Swanson begins with a full disclosure: "My heart is, and always has been with the preservationists." I plead guilty here, too, for I had a role in some of the successes recorded in this book. But my role was minor; the preservation of wilderness areas requires — requires — that the local congressional delegation be behind any proposals for them to succeed. And that can only happen when there is broad grassroots support. And that, in turn, means support not so much from environmental groups, but from the butcher, the

baker, the candlestick-maker — and the hardware dealer. Cecil Garland, for example, a thickly accented North Carolina native who owned a store in Lincoln, Montana.



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Hearing that the Forest Service planned to log his favorite hunting area, Garland just said, "Nope." As the ink dried on the 1972 law establishing the 256,647-acre Scapegoat Wilderness, the regional forester grouched: "Why should a sporting goods and hardware dealer in Lincoln, Montana, designate the boundaries? If lines are to be drawn, we should be drawing them."

Wrong. The 1964 Wilderness Act, which chartered our national program of preserving the wildest, most natural portions of our national forest and other federal lands, gave that boundary-drawing authority to Congress. But it took devoted, hard-working volunteers to motivate their elected officials to push wilderness-protection bills through Congress, with the help of legislative giants like Sens. Frank Church, D-Idaho, and Lee Metcalf, D-Mont.

This is the heart of Swanson's story, and here he makes a unique contribution, by introducing us to unlikely heroes like Doris Milner, a housewife from Hamilton, Montana, who noticed trees marked for logging in the wild country where she and her family loved to camp. When asked why she got involved, she seemed puzzled by the question: "I just got mad!" And she got her senators involved. In 1980, President Jimmy Carter signed the law, adding Milner's magical place to the Selway-Bitterroot Wilderness Area.

Among those who worked with Sen. Church on the huge River of No Return Wilderness Area were his longtime Idaho camping cronies, led by Ted Trueblood, an editor of Field and Stream. Environment groups joined in and national lobbyists provided advice, but the real power lay with the Cecils, Dorises, and their like across the country. Well into the 1970s, the leadership of the U.S. Forest Service was on the wrong side of the wilderness. In part, this reflects the agency's deference to its corporate logging clientele, and in part a strong dislike to giving up its discretion over the lands under its care — in this case, the decision regarding which should be protected as wilderness and what boundaries might be folded back to accommodate roads into wild country.

But a balance has been struck in the Northern Rockies. Wilderness has done well, without destroying the region's economy. After long struggles, a sustainable timber

industry is emerging. "A century hence," Swanson writes, "the Northern Rockies could be a place where generations of loggers still work in the woods, passing along their knowledge of good practices; where families can drive to and camp by peaceful lakes and clear, undammed streams; where agricultural lands fill verdant valleys."

Where Roads Will Never Reach: Wilderness and Its Visionaries in the Northern Rockies

Frederick H. Swanson
376 pages, softcover: \$24.95.
University of Utah Press, 2015.

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Graffiti Is NOT Art!

By Marjorie "Slim" Woodruff

The Coconino sandstone at Grand Canyon means many things to many people. To the hiker, it indicates that he or she is almost at the top. To the artist, it is a graceful sweep of sculptured stone, and to the geologist, it evokes the trade winds blowing across Aeolian dunes 265 million years ago.

But to the graffiti punk, it is a blank canvas.

It's a snap to scratch names, drawings and dates into sandstone. Fortunately, most of the time it is easy to erase the same, using water, a scrub brush and some occasional blue language. For vandalism that's not as easily removed, such as marks made by paint or with black or colored markers, park rangers have more powerful tools at their disposal, using rock-colored resin mastic to cover the panel, for example. In the worst cases, however, sometimes they end up having to cut out part of the rock.

Graffiti is surging at Golden Gate National Recreation Area, Joshua Tree, Arches and Zion national parks, and Glen Canyon National Recreation Area. At Capitol Reef and Independence Rock, ignorami scrawl their names over 100-year-old pioneer inscriptions. Even 4,000-year-old drawings from the Archaic Period have been scribbled on.

Some pieces of "art" are so elaborate, you have to wonder that no one was caught in the act. One gentleman composed a 200-word eulogy to his late wife on the South Kaibab Trail - lovely sentiment, wrong place for it. Patriotic hikers executed a 4-by-6-foot Swiss flag.

Park Service policy is to remove such vandalism within 24 hours. Unmolested graffiti invites others to leave their mark. Not to mention that it is ugly.

Why do they do it? One tourist explained, "If I don't write my name, how will anyone know I was here?" Sometimes foreign visitors express amazement that graffiti is prohibited. One Canadian perpetrator explained that the place was so beautiful he wanted to bring his grandchildren back to show them where he had spray-painted his name. The Park Service was not sympathetic.

Some parks believe that the recent explosion in graffiti is related to social media. Now, you can gain immediate gratification by sharing your "masterpiece" via smartphone. One young woman chortled online about leaving her mark: "I know, I'm a bad person."

But technology works both ways. Some parks have installed hidden video cameras, and the Park Service has a visual database that enables it to compare graffiti across parks. This has allowed the parks to occasionally track down wide-ranging vandals.

I'm still surprised when people tell me that because pioneers and Ancestral Puebloans wrote or drew on the



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rocks, visitors these days should also be allowed to. Some add that people have been leaving marks on walls since we lived in caves. In 100 years, they say, visitors will thrill to read, "Fred loves Zelda."

What is the difference between historic inscriptions and graffiti? Pioneers trudged across the country to settle in the back of beyond with no water, no food and no support. Some signed their names on the rocks at Capitol Reef, signaling their survival.

These days, tourists drive, park and walk almost a whole mile. After this horrendous ordeal, they sign their names. Nope, I don't buy it; I know who the real pioneers were, and you are not pioneers.

Native Americans tell us that rock art sites are not abandoned sites. They are law books, story locales and places of power. Even now, young men will spend the night nearby, seeking visions. "I heart Grand Canyon" is not vision-inducing.

Fans of graffiti as art argue that if Picasso or Monet painted on a wall, we would consider it a masterpiece. Critics of this view counter that if initials scrawled on a wall count as art, an overflowing trash container may also be considered art.

Wilderness was defined by law in 1964 as "untrammelled by man, where man himself is a visitor who does not

remain." Graffiti is trammeling. If you're in a public space and you didn't get permission to change it, that's vandalism.

My acquaintances and I share a common fantasy of catching one of these clowns in the act. We have imagined elaborate scenarios of revenge, from scratching a name on the vandal's car to spraying "Hayduke lives!" across a perpetrator's shirt.

Actually, I have caught people in the act. Small children I simply admonish: "This is a national park and it is not fair to spoil it for everyone else," I say. I am less polite to adults; I tell them that it is obvious they don't hike much, because experienced hikers know better.

Recently, I came across a young tween who was industriously drawing on a flat rock. I produced my squirt bottle and brush, erased the offending intaglio and advised her that graffiti is not only illegal but also unsightly and rude. Then I continued on my way.

When I returned, I realized that she had reproduced the drawing on the same rock.

Next time I will dislocate her little thumbs.

Marjorie "Slim" Woodruff is a contributor to Writers on the Range, an opinion service of High Country News (hcn.org). She is an educator in Grand Canyon National Park.

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Part 18 - Overpopulation

By Frosty Wooldridge

1,000,000 (million) vertebrate creatures lose their lives 24/7 on America's roads because of collisions with cars, trucks, trains, planes and boats—11.1 lost lives every second. That results in 365 million deaths annually. Some experts say the actual figures exceed 400 million deaths yearly. "For North Americans to kill 11.1 vertebrate creatures every second as they scurry across our roadways or fly through the air or swim in bodies of water around the clock without end and without reason—must be the most amoral and unprincipled savage act in the universe. To kill one million a day and 365 million annually runs beyond the scope of understanding." FHW

(Over 365 million creatures end up as road kill annually in the USA. The number must be into the billions around the world.) Wikipedia.com

On one of my bicycle rides from Canada to Mexico down the Continental Divide, wildlife experts placed colored flags for ten miles alongside the road for every animal that cars or trucks or busses ran over. (It's Route 3 in Canada that leads into Route 93 in Canada and continues south into the

United States.)

I picked up a brochure that gave the species of the animal signified by the flag color. On a bicycle, at 12 miles per hour, I don't just fly by the flags as so many colored flowers, but in this case, every flag signified a creature that suffered an instant death or endured a horrible death from being wounded by a vehicle traveling at 65 miles per hour.

(When a turtle moves at .1 miles per hour, it stands no chance against a 4,000-pound car or 20,000-pound truck racing at 60 miles per hour on our nation's roadways.)

Photo by Wikipedia.org

The colors astounded me because they equated to: bear, deer, antelope, eagles, hawks, black birds, geese, robins, blue birds, turtles, skunks, swans, mice, fox, coyotes, elk, moose, crows, ducks, hummingbirds, rats, squirrels, bats, chipmunks, wild pigs, mountain lions, lynx, beavers, rabbits, owls, martens,

ferrets, prairie dogs and well, you get the picture because it extends to another 100 colored flags.

As I pedaled my bike down this "death alley," I couldn't help but feel a kind of sickening feeling welling up in my



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stomach. "My God," I muttered. "We humans kill an astounding number of other creatures with no thought whatsoever. And, we kill them not for food, but because they were going about their own lives. We kill them because they chose the wrong time to cross our asphalt jungles covering the wilderness."



(This eagle could end up along with the rabbit as road-kill if he's not alert or doesn't hear the next car heading at him at 65 miles per hour.) Photo by Wikipedia.org

The Numbing Numbers: "Everyday in the U.S., 254 million motor vehicles hit the road, and one million animals get hit by motor vehicles. That's counting cars, buses, motorbikes, and trucks, but not ATVs, snowmobiles and other off-road vehicles. The figure includes mammals, birds, reptiles, and amphibians, but not insects and bugs, which somehow never count. Every year our nation's experimenters kill 100 million lab animals, hunters kill 200 million "game" animals, and motorists kill nearly 400 million road animals. For every dead animal counted, three or four more die unnoticed. Even at 55 M.P.H., we smell the remains of far more dead skunks than we see. The walking wounded die far from the road, so only instantly killed animals are seen and get counted." Source: www.CultureChange.org

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A pronghorn antelope features the body-shape of a deer with long legs, a short tail and a long snout. In the early 19th century, pronghorn numbered an estimated 35 million in North America. Today, about 700,000 remain, and the majority of them live in Wyoming.

(Once a beautiful pheasant flying through the air, one car reduced this creature into mashed feathers and bone in a



split second. Notice this human smiling over her road-kill.)

Photo by Sfgate.com

Today, wind machines rip through the air in California, Wyoming, Colorado, Pennsylvania and many other states: those huge 50 yard long blades travel at 179 MPH at the tip and act like a razor on any bird that

unsuspectingly flies into their whirling clutches: According to the Associated Press, turbines kill 573,000 birds annually in the USA. Source: *(Continued next page.)*

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(When I cycled around Australia, kangaroos died like flies on the highways. Trucks and SUV's feature "Boong Bars" to crush any animal before it gets to the grill of the vehicle. They run over snakes, emus, kangaroos, frilled lizards, birds and just about anything that hops, flies, crawls or breathes. In China, they add 27 million new cars to their roads annually. I'll be amazed if they have any animals left to run over by mid century.) Photo by www.dreamstime.com

When you understand that the United States faces a projected doubling of its population to 625 million within the next 80 years or less, the figures I report will double the mayhem, slaughter and outright extinction of countless animals. According to the U.S. Department of Interior, Americans kill off 250 species every year, or 2,500 every decade.

Extinction: it's forever.

What kind of a sentient species do we consider ourselves? Moral? Ethical? Religious? Responsible? Principled?

As of 2014, we fail the Natural World at every juncture. We fail our fellow creatures on this planet. In the end, we fail ourselves. Because, at some point, animals' extinction rates will cripple the

natural world. Those extinction rates will cascade into enormous vacancies in the animal kingdom. Finally, as we devour the building blocks of Mother Nature by killing all her creatures in the vast web of life, we most likely will hang ourselves in the cosmic gallows in the process. Payback will be a bitch!

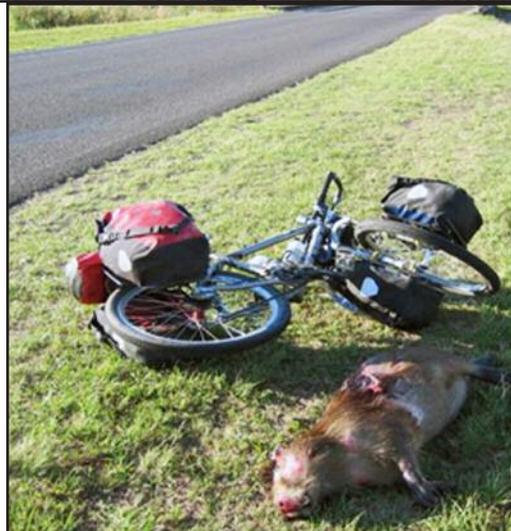
Solutions: we must gather leaders from our cities, our states and our nation to move toward a concerted "population stabilization" path for the United States that should expand to the rest of the world. We cannot continue on our current endless "slaughter" of the Natural World.

"Humanity is a biological species, living in a biological environment, because like all species, we are exquisitely adapted in everything: from our behavior, to our genetics, to our physiology, to that particular environment in which we live. The earth is our home. Unless we preserve the rest of life, as a sacred duty, we will be endangering ourselves by destroying the home in which we evolved, and on which we completely depend." Edward O. Wilson

(A friend's touring bike beside a poor critter that didn't make it across the road.)

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CSU Study - MS Patients & Medical Marijuana

Some multiple sclerosis patients use medical marijuana to reduce their pain and muscle spasms, and a Colorado State University researcher is launching a crowdfunding campaign to study possible benefits and side effects of this long-term marijuana use. The research project will not involve providing cannabis or encouraging its use; it will simply examine existing users who have decided to treat their MS symptoms with medical marijuana and voluntarily agree to participate in the study.

Thorsten Rudroff, director of CSU's Integrative Neurophysiology Lab, said local clinicians estimate that up to 50% of their patients are using marijuana to alleviate their symptoms. "Marijuana use may have additional benefits, such as improving motor function, but this is all based on anecdotal evidence," Rudroff said. "We don't have scientific evidence that this is working, so we think this research could provide valuable information."

Rudroff would like to conduct tests on at least 20 MS patients in northern Colorado who are already using medical marijuana and compare them to a control group of the same size who don't. He said that Colorado, which voted to allow medical marijuana use in 2000, is an ideal location for the study.

"This research can't be done in many other states that don't have the same marijuana laws," Rudroff explained. "Also, Colorado has one of the highest rates of MS in the country. More and more dispensaries are coming, and we need to give patients solid information."

In addition to administering exercises that measure

patients' physical stability, strength and walking ability, Rudroff will use a high-tech scanner to monitor their muscle activity and central nervous system activity to detect any differences between cannabis users and non-users. The CSU lab will be one of the few labs in the world using a PET/CT (positron emission tomography/computed tomography) scanner to track muscular and neurological activity immediately after patients walk on a treadmill.

Rudroff, an assistant professor in CSU's Dept of Health and Exercise Science, said MS patients typically display lower-than-average glucose uptake in the brain and spinal cord, along with unnecessary muscle firing in the legs or in one side of the body, which may cause weakness and fatigue. He will be looking at whether the scans of MS patients who take medical marijuana display more efficient muscle activation or changes in the central nervous system's glucose uptake by injecting a sugar-based tracer into subjects' veins before they exercise on the treadmill. "With MS, something along that path from the brain to the legs goes wrong," Rudroff said. "Maybe cannabis somehow improves this drive to the muscles."

In addition to the physical tests and scans, Rudroff recently launched an anonymous survey on the National Multiple Sclerosis Society's website that asks those who have neurological disease about their medical marijuana use, its effects and their views on it.

That survey is available at <http://col.st/Rvg4K>. The study has been approved by the CSU Research Integrity and Compliance Review Office's Institutional Review Board (Protocol ID 126-16H). The Dept of Health & Exercise Science is part of CSU's College of Health & Human Sciences.

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A Moral Choice Emerges

By Lisa Westberg Peters

I recently inherited a dilemma. After my elderly uncle died, several of his nieces and nephews, including me, became owners of his North Dakota mineral rights. I had mixed emotions about this, but the dominant one was dismay: I would soon find myself profiting from the extraction of fossil fuel, an environmentally damaging practice.

Four years ago, my family and I saw some of that damage first-hand when we traveled to the North Dakota oil patch. We drove the battered gravel roads, listened to the hiss of natural gas flares, and sniffed the rotten-egg smell of hydrogen sulfide.

During a tour of one of my uncle's 19 active oil wells, the worker on the site carried an empty plastic water bottle into a small building. It contained equipment that separated the

natural gas and wastewater from the oil produced by the well. He soon returned, the bottle filled with a bubbly, greenish fluid.

We all stared. We were seeing Bakken crude as it comes out of the ground. Cellphone cameras clicked, someone said something about the fizziness. I held the bottle, shook it, and more bubbles appeared. At the time, Bakken oil trains had not yet started derailing and exploding, so my next question was fairly innocent: "If I put a match to this, would it burn?" The worker looked surprised, and perhaps more than slightly alarmed. "Probably."

We left the oilfield and went home, but the North Dakota oil boom raged on. Oil companies continued to break up the rolling plains with access roads. They drilled thousands of wells, burned off billions of cubic feet of natural gas for lack of pipelines, injected millions of gallons of toxic wastewater back into the earth, and spilled millions of gallons of toxic fluids onto the ground and into the creeks.

Today's low oil prices have forced a slowdown in drilling, but production remains relatively high. Meanwhile, climate scientists tell us we should leave most of the world's remaining fossil fuels in the ground.

As a new mineral-rights owner, I have wondered whether I could keep one well's worth of oil in the ground by refusing to sign any future leases. Unfortunately, North Dakota and other oil-producing states make that option almost impossible. Oil development is considered the greater good.

I've also pondered legal action that challenges North Dakota's oil-promoting mentality. Given the international



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mandate of the 2015 Paris climate agreement, such actions will likely become more common. But the North Dakota judiciary has been hostile to “theoretical” lawsuits. And it might be hard for me, a North Dakota property owner who lives elsewhere, to claim I’ve been harmed by the state’s oil policies.

Maybe I could challenge the North Dakota Industrial Commission, the regulatory group that issues drilling permits. Its members, all elected officials, have accepted campaign contributions from the energy industry, according to the Center for Public Integrity and the New York Times. Are some North Dakotans angry about this?

I could try to support any homegrown efforts to shift the state away from oil. After all, the North Dakota Constitution says: “Government is instituted for the protection, security and benefit of the people, and they have a right to alter or reform the same whenever the public good may require.” It seems to me that the public good now requires it.

Hiring an expensive lawyer to challenge North Dakota’s oil-loving ways would be hard, exactly as Merriam-Webster’s defines the word: “difficult to experience, having a lot of pain, trouble, or worries.”

Of course, I could sell my mineral rights, but I would still

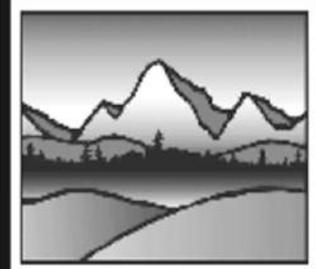
face the dilemma of enjoying the convenience of a harmful product. If I keep my mineral rights, I have a say — however small — in North Dakota’s oil future.

I could also simply sit back and deposit my oil money in my grandchildren’s college accounts. Their parents would love it. That seems easier, and the dictionary agrees with me about what I mean by the word “causing or involving little difficulty or discomfort.” But easy also means “requiring or indicating little effort, thought, or reflection.” In other words, the way we have long responded to the profound damage caused by fossil fuel.

I don’t yet know what I’ll do. But I’m tempted to go beyond what I did several years ago when the worker handed me the bottle of Bakken crude. That time, I just briefly shook things up. This time, I want to light a match as well. After all, my grandchildren will someday inherit not just the family oil rights, but also the world that results from burning that oil.

Lisa Westberg Peters is a contributor to Writers on the Range, an opinion service of High Country News (hcn.org). She is a writer in Minneapolis, Minnesota, and author of Fractured Land: The Price of Inheriting Oil.

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EXCAVATING

Driveway Doctor pg 10 303.642.0606
Silver Eagle Excavating pg 11 303.642.7464

FARRIER

Forbes Farrier Service pg 32 303.642.7437

FIREWOOD & FOREST MANAGEMENT

Lumber Jacks - pg 7 720.212.1875

GIFTS

The Silver Horse - pg 7 303.279.6313
The Rustic Moose - pg 7 303.258.3225
Wondervu Gift Shop pg 20 303.642.1258

GROCERIES

B & F Mountain Market pg 15 303.258.3105

HEALTH & FITNESS

Caregiving Concepts pg 17 720.326.6190
Hands, Hoofs & Paws pg 25 303.503.6068
Nederdance pg 21 303.258.9427
9 Health Fair pg 14 9HealthFair.org

HOME IMPROVEMENT

ACE Indian Peaks Hardware pg 17 303.258.3132
B & H Asphalt Paving ins cov 303.810.0531
Big D Dumpsters pg 16 303.642.7995
Colorado Water Wizard pg 19 303.447.0789
Meyer Hardware pg 3 303.279.3393
Redpoint Construction pg 6 303.642.3691
Summit Up Prop. Maint/Rep. pg 5 303.582.5456

HORSE BOARDING

Rudolph Ranch, Inc. pg 31 303.582.5230

INSURANCE

Jim Plane-State Farm- pg 23 720.890.5916

LIQUOR

Mid-County Liquors pg 32 3093.642.7686
Underground Liquor pg 21 303.582.6034

PLUMBING

JMCleary Mechanicals pg 5 303.642.0885
Keating Pipeworks, Inc. pg 24 720.974.0023
Morgan Rooter Service pg 30 303.642.3166

PROPANE

Carl's Corner pg 26 303.642.7144

REAL ESTATE

Black Hawk-Jerry Baker pg30 303.881.3953
Byers-Sellers Mtn Properties pg 22 303.642.7951
Janet Ingvaldsen-Re/Max All. pg 3 720.600.9006
Mock Realty-Kathy Keating -Back cov 303.642.1133
Summit Up Property Mgt. pg 25 303.618.8266

RENTALS

A to Z Rental Center pg 11 303.232.7417

RESTAURANTS

Ralston Road Cafe pg 6 303.420.6650
Sundance Cafe pg 16 303.258.0804
Westfalen Hof - pg 12 303.642.3180
Wondervu Cafe pg 20 303.642.7197

RETAIL

ACE Indian Peaks Hardware pg 17 303.258.3132
B & F Mountain Market pg 28 303.258.3105
Meyer Hardware pg 3 303.279.3393
Mountain Man Store pg 29 303.258.3295
The Silver Horse - pg 7 303.279.6313
The Rustic Moose - pg 7 303.258.3225

REVERSE MORTGAGES

Universal Lending Corp. pg 9 303.791.4786

STEEL STRUCTURES

Steel Structures America ins cov 970.420.7100

TAXES

APT Accounting pg 8 303.642.1040
Michelle Marciniak, CPA pg 12 303.642.7371

HORSE/STOCK TRAILER for SALE

Small Stock/Horse HALE pg 27 303.642.0362

WATER & WELL

Arrow Drilling pg 13 303.421.8766
Colorado Water Wizard pg 19 303.447.0789
Doctor Water Well pg 31 303.438.6669

APRIL
2016

POWER UPDATE

ON-PEAK AND OFF-PEAK PERIODS

ON-PEAK

2 p.m. - 10 p.m.
Monday-Saturday

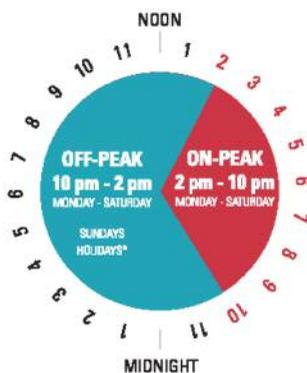
OFF-PEAK

10 p.m. - 2 p.m.
Monday-Saturday

Sunday (all day)

Federal Holidays

- New Year's Day
- Memorial Day
- Fourth of July
- Labor Day
- Thanksgiving Day
- Christmas Day



2016 Residential Time-of-Day Rate

2016 Rate Restructuring

United Power's Board of Directors voted in February to approve a rate restructure effective beginning with April 1, 2016 usage. The rate adjustments were a result of the findings from the Cost of Service study conducted in the fall. The rate changes do not increase total revenues for United Power, but each rate class will see some changes due to the restructuring. The following information highlights the changes to the Time of Day rate:

- The Time of Day monthly facility charge will increase \$4, from \$15 to \$19. All members use the services associated with the facility charge including meter reading, billing, account maintenance, and member services.
- The On-Peak energy rate will decrease from \$0.15910 per kWh to \$0.15075 per kWh.
- The Off-Peak energy rate will remain the same.
- On-Peak periods will extend one hour to run from 2 p.m. - 10 p.m. Mondays - Saturdays.
- All Sundays and six major federal holidays will now be considered Off-Peak. This change adds up to an additional 99 Off-Peak hours annually, depending on when holidays fall.

TIME-OF-DAY RATE DETAILS

Facility Charge (monthly)	\$19.00
On-Peak Rate (per kWh)	\$0.15075
Off-Peak Rate (per kWh)	\$0.05601

- The above rates will be effective beginning with April 1, 2016 usage. Members will see the new rate reflected on their bills in May.
- Members on this rate continue to enjoy significant savings over households utilizing the standard electric rate.

Members utilizing time clocks, controllers, thermostats or other third-party apps to manage on-peak energy use will need to adjust the programming in these devices to reflect the new on-peak period of 2 p.m. - 10 p.m.

**UNITED
POWER**

Your Touchstone Energy® Cooperative



9Health Fair coming to Coal Creek Canyon!

Now recruiting medical & non-medical volunteers
to work the Coal Creek Canyon 9Health Fair.
Sign up to volunteer at :
canyoncares.org@gmail.com or visit
www.9healthfair.org/volunteer

Basic Blood Chemistry Screen
Ask a Medical Question – Get a Referral

MARK YOUR CALENDAR!
Saturday, April 9th
7:00am to 12:00noon
Coal Creek Canyon Community Hall
31528 Hwy. 72

Blood Pressure Screen
Body Mass Index Screen
...and MORE!

Follow Coal Creek Canyon 9Health Fair on Facebook for exciting updates!



CANYON CARES



NEW LISTING!
34010 Skyline Drive
Remodel - All New! Beautiful VIEWS!
4 BD/ 4 BA 4,395 sq.ft. **\$729,000**



Under Contract!

TBD Rudi Lane West
.73 Ac. **\$30,000**



SOLD!

11944 Vonnie Claire Road
Complete Remodel!
3 BD/ 2 BA 1,872 sq.ft. **\$339,900**



Under Contract!

33566 Coal Creek Canyon Drive
Beautiful Updated Log Home + Cabin
4 BD/ 4 BA 4,236 sq.ft. **\$389,000**



NEW LISTING!
11 Leon Lane
Longs Peak View!
3 BD/ 3 BA 1,917 sq.ft. **\$369,000**



Under Contract!

33901 Skyline Drive
Private Wooded Lot
3 BD/ 2.5 BA 3,174 sq.ft. **\$510,000**



Under Contract!

33189 Janelle Circle
Beautifully designed & crafted
3 BD/ 2 BA 3 car Garage **\$374,900**



NEW LISTING!

11566 Coal Creek Heights
Amazing Views!
4 BD/ 3 BA 3,250 sq. ft. **\$479,900**



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