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About the Cover: Kelsey Kempfert with her Akhal Teke Stallion, Tay Shael (who is available for stud).
Photo by Bobbi Stuckenhoff.

Positive News for a Change!



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Springtime Conditioning

By Kelsey Kempfert - Endurance Rider & Horse Trainer

To begin springtime conditioning with your horse, whether for pleasure riding or sport, the first step is to make a thoughtful and thorough assessment of his or her post winter condition. Here are some things to consider when making this assessment: age, current weight compared to ideal weight, his or her conditioning history (i.e. a horse who has annually been conditioned to peak athletic performance versus a family horse who gives rides to the grandkids), current conditioning goals (hunting trips in the fall, endurance races, pleasure riding, etc.), and finally the animal's level of movement and exercise over the winter. Another consideration is that ALL horses, no matter their age or athleticism, soften up over the winter if they haven't been in a consistent weight bearing exercise routine. In order to avoid injury to soft and connective tissues, all weight bearing conditioning programs should be progressive, starting with significantly lower impact, slower paces, and shorter times than you are working toward. A final consideration, and one that is often overlooked, is our own fitness level as riders. Without a doubt, our muscle control, balance, and endurance deeply affects how hard our horse must work to carry us. In other words, an honest and thorough assessment of our own post winter condition is not a bad idea- we can even use the same guidelines, as scary as that may be.

The conditioning program should begin after all routine health and soundness issues have been addressed such as vaccinations, de-worming, teeth floating, and appropriate hoof care. It is also important to take into account the

probability that your horse's nutritional requirements will increase according to activity level so it may be necessary to provide supplemental nutrients. One of the easiest ways to do this is to give your horse free access to a balanced 12:12 mineral block in addition to a pure salt block. Take note that the 12:12 block is not the same as a salt block with trace minerals. It contains a balanced ratio of the vitamins and minerals horses need for optimal health and fitness. The problem with only providing a salt block containing minerals is that the horse has to consume an excess amount of salt in order to receive the required amount of minerals. A vitamin/mineral deficiency will inevitably cause health issues and this can be exacerbated by increased physical demands such as exercise or pregnancy. It is important to monitor your horse's consumption of the block for the first few days if they have never had access to one taking it *(Continued on next page.)*



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away if necessary until they acclimate. It can then be given free choice along with their salt block.

Once all spring maintenance is out of the way, the program should begin with long walks over a relatively flat surface. It is important to remain mindful that this is serious exercise and not a leisurely stroll so be vigilant about maintaining consistent collection, impulsion, and a brisk pace. Hill work can be added soon after the initial few warm up rides keeping in mind our job as the rider is to control our center of gravity at all times and interfere as little as possible with the movement of our horse. Interval training is the next step in improving both aerobic and anaerobic fitness. The idea here is to ask your horse for the appropriate amount of physical effort in order to achieve maximum muscle fatigue and oxygen use in a short burst of exercise followed by a recovery period allowing the body to return to its aerobic conditioning level. The duration of both the high intensity periods and the overall activity should be adjusted accordingly as overall fitness level increases. That said, a good rule of thumb to start with is alternating one minute of high intensity work followed by three minutes of active recovery time for a total period of 20-30 minutes. Since not very many of us have access to cushy racetracks where we can allow our horses to sprint around freely and safely, how the interval

training is implemented will have to be adjusted according to the terrain that is available. Maximum effort can quite easily be achieved by trotting uphill if there isn't the space or the footing for sprints. Monitoring weight and water consumption is a good way to gauge how well your horse is responding to the training regimen and should factor in to when and how much you increase the difficulty of the routine.

Although it may seem daunting initially, committing to a structured conditioning program at the beginning of the outdoor riding season is beneficial on multiple levels no matter what your skill level or riding goals may be. Not only will it prevent excessive soreness and decrease the overall risk of injury to your horse, it is also a means of giving yourself that little boost of motivation to get out there and enjoy spending time riding. After a winter spent faithfully trudging through snow and all manner of adverse weather conditions bundled up in cumbersome layers of insulation just for the sake of throwing them all that expensive hay, we need to consider the reason we put ourselves through all of it to begin with—a sunny afternoon spent cruising around on the backs of our equine companions.

Kelsey Kempfert has trained and bred horses, and competed with her equines for over twenty years. Her home is currently west of the Denver Metro Area but hails from the Bitterroot Valley of Western Montana. She finished the world famous Tevis Endurance Race on her Akhal Teke mare Sabel, and currently has several of the rare breed of horse for sale.

Contact: KelseyKempfert@yahoo.com with serious inquiries.

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Professional Pet Sitting Vs. Boarding

By Heather Spiker

Pet-sitting services are a great alternative to boarding for dogs and cats. When making such an important decision, ask yourself the following questions:

Does your pet have problems with large groups of animals? Though many dogs seem to like the social aspects of a boarding kennel, there are many dogs that are shy, aggressive or nervous and may be stressed by groups. Cats and birds can be intimidated by other animals as well.

Has your pet experienced separation anxiety when away from his own home and family? While many pets, especially dogs enjoy new experiences, some experience separation anxiety resulting in behavioral disruptions or destructions. They might urinate, defecate, bark, howl, chew or dig. These behaviors may be minimized or diminished altogether if the pet can be left at home where he feels safe, secure and in familiar surroundings. Keeping their habits the same can be good for their mental and physical health.

Do your pets have all the vaccinations required for boarding? For the protection of all dogs in a kennel, a bordetella (kennel cough) inoculation is required twice a year and other vaccines must be given annually. Owners of

dogs and cats that have had bad reactions to vaccinations in the past may prefer not to vaccinate often and therefore cannot board.

Is your pet older or does he/she require specific care due to health problems? Older pets are often happiest when their routines and surroundings are constant. Pets who require special health care will likely get a much better service from a pet sitter.

Do you have multiple pets? It can get very expensive to board more than one pet. Actual rates depend on the pet sitter and local kennel, but at the very least, you're looking at very comparable prices. According to the American Boarding Kennel Association, an average daily rate

hovers around \$23-26 per pet, (Continued on next page.)



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Do you want to avoid the stress of getting your pet to and from the boarding facility on time? With a pet sitter, your loving pet will be happily waiting for you when you walk through the door!

Do you worry about your home's security while you're away? There are also house-sitting benefits to hiring a professional pet sitter. Often times a pet sitter will offer to water your plants, bring in the mail/newspaper, take out the garbage/recycling, alternate lights and blinds to make it look like someone is home. You should strongly consider how a professional pet sitter could improve your pet's well being, as well as your peace of mind.

(Pictured here: Heather with Cowboy, Gus & Windam.)



Heather received her education and training as a veterinarian assistant at Pima Medical Institute, graduating in June 2012. She completed her internship at a nearby Veterinary Center in Arvada, Colorado, where she was hired on as a veterinary assistant. She now works full-time pursuing her passion of caring for animals and has started her own professional pet sitting business known as "Guarding Your Angels."

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Golden City Council Hearing On Beltway

From the Golden Newsletter

MAY 9: CITY COUNCIL HEARING ON BELTWAY

From; Bob Vermeulen, Feb 24, 2013

...On May 9th, Golden City Council will hold a public hearing and be asked to approve a new vision for completing the beltway through Golden. And yes, once again, this new plan includes tolled lanes through Golden along Hwy 93 and turning 6th Ave. into a six lane road with toll lanes once traffic minimums are met. These are the exact details in the plan that the former council, after a year of public meetings and months of negotiations, rejected less than a year and a half ago....

From: Marjorie Sloan [Mayor], Saturday, March 30, 2013

On May 9 council will decide an important issue: whether or not to adopt the Updated Golden Plan for US 6 and SH 93 within the city limits of Golden. The Plan specifics can be found on the GettheFactsGolden.net website: <http://www.getthefactsgolden.org/goldens-plan/>. Reading the text, clicking on the different segments of the corridor map, and then clicking on the orange buttons gives a pretty thorough depiction of the conceptual plan reached through the work of Golden and CDOT staff. The Plan is based on the earlier Muller design, a respect for Golden's unique setting, Golden residents' compiled comments from public meetings and online outreach, and an understanding of CDOT's responsibility for the roadway.

The schedule for May 9 is - 5:30 - 6:25 pm Open House Review of Updated Golden Plan for US 6 and SH 93 Corridor in council chambers - 6:30 pm. Regular business meeting 1. Staff presentation of Updated Golden Plan for US 6 and SH 93 Corridor. 2. Public Comment on a Resolution Adopting the Updated Golden Plan for the US 6 and SH 93 Corridor And Identifying Community Principles for Transportation Projects on the Corridor. 3. Council discussion and vote on the Resolution. 4. If the Resolution on the Plan is adopted, council will consider a Resolution Authorizing the City Manager to Expend Funds for Preliminary Design of Potential Transportation Projects in the US 6 and SH 93 Corridor. **GOLDEN CITY COUNCIL** citycouncil@cityofgolden.net Mayor Sloan, Marjorie msloan@cityofgolden.net 303-279-0088 cell 303-522-5661 Dist 1 Charis-Graves, Saoirse scharisgraves@cityofgolden.net 303-709-7529 Dist 2 Miller, Marcie mmiller@cityofgolden.net 720-326-8636 Ward 1 Claxton, Marcia mclaxton@cityofgolden.net 303-526-1214 Ward 2 Behm, Joe jbehm@cityofgolden.net 303-279-1529 Ward 3 Vermeulen, Bob bvermeulen@cityofgolden.net 303-218-0080 Ward 4 Fisher, Bill bfisher@cityofgolden.net 303-588-3389 www.williamfisher.com Mayor Pro Tem.



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Update - Buffalo Field Campaign

Wild buffalo calving season has begun here in the Hebgen Basin, west of Yellowstone! Recently BFC patrols were blessed to spot not one, but two brand new, tiny red buffalo in different locations on Horse Butte. As always, it was a joyful experience and cause for celebration! The next generation of wild buffalo is coming!

Grizzly bears are also awake and active! BFC field patrols have been spotting their huge tracks and other sign in various locations throughout the Hebgen Basin. A few volunteers were even blessed with spotting tracks from a wolf pack not far from our own back yard!

A few mornings later, BFC patrols drove down to the Yankee Jim Canyon cattle guard on Highway 89 to find a mixed group of forty-one buffalo contemplating this buffalo baffle. As the buffalo were on and off the highway, considering their options, a DOL agent headed towards Gardiner drove right through the group without a second glance. Patrols waited, anticipating a haze, or at least some sort of help in assisting these buffalo away from

the highway. For four hours no one came. By the time the agents did arrive, the buffalo had already moved away from the road and toward the Yellowstone River. Agents

harassed them further from there, hazing them up river and then across it, into Cutler Meadows.

The DOL is so quick to assemble when they have a chance to kill a lone bull bison they didn't even know about for weeks. But when it comes to public safety on the roads, they take their sweet time and figure since it's a highway issue then Buffalo Field Campaign will deal with it.

The next morning, these forty-one buffalo were back. But this time, instead of witnessing another haze, patrols got to see something special that once again speaks to the strong family ties buffalo have with each other: Just south of Yankee Jim Canyon are

private lands being leased by USDA-APHIS for their controversial GonaCon buffalo population control study. Separating two of these fields is a corridor that provides public access to Gallatin National Forest. Department of Livestock agents also arrived. The buffalo - both captive and wild - came as close to each other as the fence would allow. It was like visiting day at the buffalo jail. Eventually, the wild group continued up the public access corridor and into the hills, up to Dome Mountain. The DOL says if they go south from there, they are okay until they get hazed into Yellowstone on May 1st. Wild is the Way ~ Stephany

NEWS! Montana-Wyoming Tribal Leaders Council Passes Buffalo Resolution-The Montana-Wyoming Tribal Leaders Council passed a resolution on March 23, 2013, which became available to the public recently. The resolution urges protection of the wild, migratory buffalo in and around Yellowstone National Park and Montana. The resolution urges the Governor of Montana, the Montana Legislature, the U.S. Department of the Interior, Yellowstone National Park, the U.S. Department of Agriculture, and U.S. Forest Service, to recognize and honor their trust responsibilities and treaty obligations to American Indian Nations with cultural, religious, and treaty rights and affiliations with buffalo. The resolution urges these agencies to provide for viable populations of wild migratory buffalo (or bison) in the wildlife species' native habitat.

We have immediate openings for field volunteers. Between now and June we need volunteers for our front-lines patrols. <mailto:volunteer@buffalofieldcampaign.org> **Buffalo Field Campaign, P.O. Box 957, West Yellowstone, MT 59758**
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KGNU - Canyon Clean Up - Chorale - Forest Legacy

KGNU TURNS 35!

Community radio celebrates with anniversary events - Thanks to hard work by some visionary Boulderites in the mid-1970s, KGNU Community Radio took to the airwaves on May 22nd, 1978. It was a Monday. Over 12,000 days and 300,000 hours of broadcasting later, KGNU will celebrate its 35th anniversary on May 22, 2013.

"We made it this far because of our loyal listener-members, our dedicated volunteers and our core principles: community access, independence and freedom of expression," said Station Manager Sam Fuqua. KGNU is hosting three **special 35th anniversary events in May**: A talk by Noam Chomsky on Tuesday May 7th, at 7 PM in Central Presbyterian Church (1660 Sherman St., Denver) to benefit KGNU. The 84-year old Chomsky is internationally recognized as one of the most critically engaged public intellectuals alive today and a leading voice for peace and social justice. And he is one of the most influential linguists of all time. Tickets to Chomsky's appearance are available at www.kgnu.org

A special broadcast of KGNU's Friday night blues show - Blues Legacy-live from Café Sole (Table Mesa Shopping Center, South Boulder). The Boulder Blues Trio (John March, Chris Engelmann and Jay Forrest) will be joined by many special guests, including: Colorado music icon Chris Daniels and Denver blues & jazz singer extraordinaire Robert Johnson. Tune in Friday, May 10th, 6:00-9:00 PM.

A Birthday Open House at our Boulder studios (4700 Walnut St.) on Wednesday May 22nd. Everyone is welcome to stop by anytime from 9:30 AM until 6:30 PM for station tours and birthday cake.

KGNU broadcasts on two primary frequencies: 88.5 FM and 1390 AM (and in Nederland at 93.7 FM). We stream our signal 24/7 on-line at www.kgnu.org. Our website also includes extensive archives of our local news and music programs. KGNU has studios in both Boulder and Denver. The station is funded primarily by individual contributors. 4700 Walnut Street Boulder CO 80301 303-449-4885 www.kgnu.org 700 Kalamath Street Denver CO 80204 303-825-KGNU (5468)

To Coal Creek Canyon Residents & Other Canyon Drivers,

Mark your calendar for the Spring Canyon Cleanup! The Coal Creek Canyon Improvement Association and The Environmental Group are sponsoring COAL CREEK CANYON

SPRING CLEAN-UP ON SATURDAY, JUNE 1, 2013.

We are official members of the CDOT Adopt A Highway program and will be removing trash from the right-of-ways along Hwy 72 - milepost 13 to 21.5. (Railroad underpass to Wondervu) Side roads are OK too!

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

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

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Highlander Letters

Dear Readers,

Peak to Peak Chorale presents a performance of theater and song:

William, William, What Have You Done? (The Story of the First Colorado Territory Hanging) Friday, May 3 at 7 pm - Black Forest Restaurant in Nederland (special dinner menu on your own).

Sunday, May 5 at 3 pm - CCCIA Hall in Coal Creek Canyon. Tickets \$15 advance, \$17 at door, \$7.50 child, includes desserts. For tickets or more information call Karen Swigart 303-642-7491 or Carol Mirarck 303-642-3056.

Dear Forest Landowners,

Colorado State Forest Service Accepting Proposals to Protect Private Forestlands

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

The purpose of the Colorado Forest Legacy Program is to protect environmentally important private forest areas that are threatened by conversion to non-forest uses. The program provides an opportunity for private landowners to

retain ownership and management of their land, while receiving compensation for unrealized development rights. The application deadline is July 26, 2013, for federal fiscal year 2015 funding.

Forestlands that contain important scenic, cultural, recreation and water resources, including fish and wildlife habitat and other ecological values, and that support traditional forest uses, will receive priority. Landowners who elect to participate in the program are required to follow a land management plan approved by the CSFS. Activities consistent with the management plan, including timber harvesting, grazing and recreation activities, are permitted.

The Colorado State Forest Stewardship Coordinating Committee will evaluate proposals and recommend to the state forester those proposals that have sufficient merit to forward to the USDA Forest Service. Forwarded proposals will then compete at a regional level; those selected at the regional level will compete nationally for funding. For additional information or to obtain an application packet, contact Naomi Marcus at 970-491-6303. Applications also are available under the "Funding Opportunities" link at <http://csfs.colostate.edu>. **Completed proposals must be submitted by mail and received no later than 4 p.m. July 26.**

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As their websites says: Supports the local community and agriculture while promoting eco-literacy. The costs are listed on the website and while not cheap they do say they provide truly gourmet food.

Editor's Note: This information was provided in the form of a press release and is in no way anything other than dissemination of information. If you check them out and have a great time, please write and tell us about it.

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Communion

By Melissa E. Johnson

*If ever there was a symbiotic relationship . . .
you know, like leaf hoppers and meat ants. . .
each of which thrives because of the existence of the other,
it's me and you, babe.*

Include me in your every thought, as I do you.

P.S. - You have something in your teeth,

Love, The Universe

(Mike Dooley, Notes from the Universe)

I've been thinking a lot about these symbiotic relationships or, more specifically, the mutualistic type where two organisms of different species "work together" to exist, each benefiting the other in some way and from the relationship as a whole.

Consider the flower and the bee. Furry winged friends buzz about from flower to flower, checking things out, gathering nectar, which they make into food, and collecting pollen, the flower's great sperm, carrying it on their furry little bodies to the next flower. The bees get yummy nectar to eat and the flowering plants reproduce. It's a win-win situation.

Or ponder the relationship between bacteria and humans. It's everywhere, really, and kind of gross, I think. But in many ways this bacteria helps us along, like the intestinal kind, aiding us in digesting food that we couldn't digest on our own. The bacteria get to eat and we get help in breaking down the food we've already eaten. Everyone's happy!

In many environments, in fact, these mutual relationships between animals and plants are critical to the healthy organization of life and its processes. Still, scientists say, no species acts completely altruistically towards another. Instead, their relationships evolve when their paths cross and one manipulates the other for its own benefit. True, both might benefit in the end, but it begins with the selfish motivation. We're not so different, are we?

My friend's therapist swears that all of our relationships exist-and the way we operate within them-on some level, because we're getting something out of it. I resisted that thought at first. I prefer to believe that I do things like volunteer or help my neighbor because I'm a good person. But truth be told, I do get something out of volunteering. It elevates my mood, it gives me perspective and, ultimately, I feel better about my own life. Not exactly manipulative behavior, I suppose, but not entirely altruistic either.

The same is true when I help my neighbor. Sure, I extend a hand whenever I can and I'm glad to do it-we have a



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great relationship with our neighbors-but having helped, it frees me up to ask for help, like on those days when we can't get home fast enough to let the dog out, or when we're traveling and want to be notified straight away if someone starts loading our things into a moving van while we're gone.

Then I think of the selfless acts of daring and rescue initiated by people who have no relationship or connection to those they seek to defend. I dare say that Good Samaritan family who rushed from their restaurant to help injured runners during the Boston Marathon bombings acted from anything other than their desire to help. They knew nothing of the injured; they owed them nothing. But they helped them all the same.

Still, I wonder: aside from these random acts of kindness, in our day-to-day relationships, do we act from purely altruistic motives? Giving our time or resources, expecting nothing in return? Helping even when we don't benefit in some way? Extending ourselves to those we love, work or socialize with without etching marks on some mental scorecard to remind us of who did what for whom and when?

As we peel away the winter layers and warm into spring, I challenge you (and myself) to explore those underlying



motivations that spur action. Why do you do what you do? Why do you commune with certain individuals or groups to the exclusion of others? Then do one thing each day in May that benefits another without also benefiting yourself. I'd love to hear from you! Please share your discoveries. (melissajesq@aol.com.)

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



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Meeting A Predator

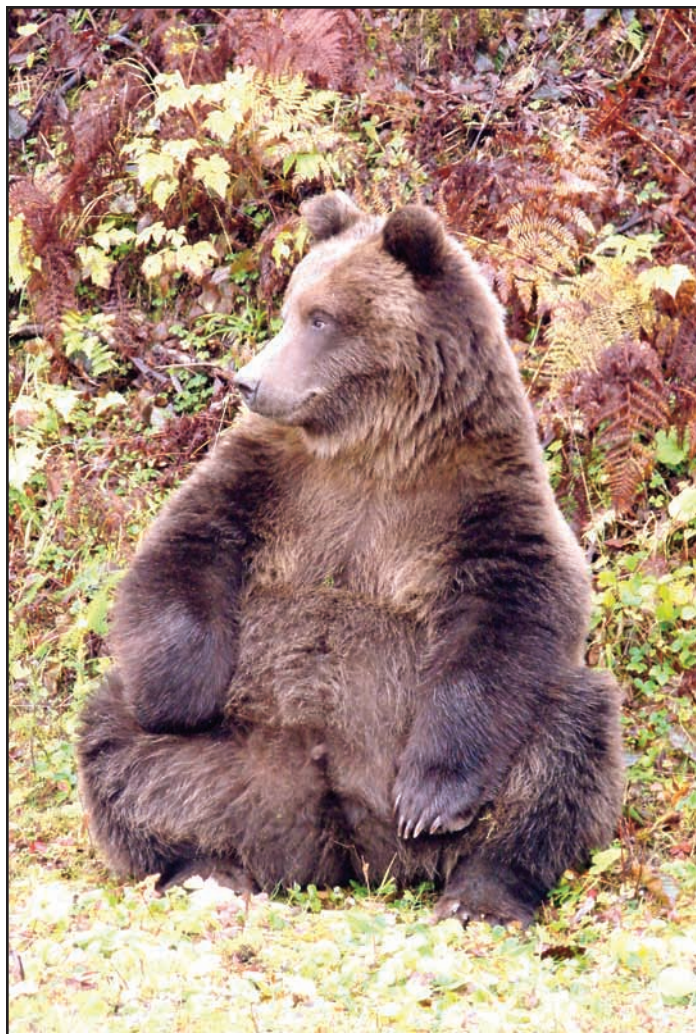
By Christina Nealson

The March day in western Colorado was crystalline clear. North-facing mountain slopes held up to a foot of snow; the south faces, however, were bare. I made my way up a favorite isolated mountain valley along a stream of beaver ponds. I saw no beaver, but I did see a small mountain lion track. It's a common experience: My cougar sightings have all occurred close to beaver activity. I stopped to rest on a log in the sun as a raven checked me out from on high, and a flock of chirpy cedar waxwings worked the aspen catkins. The air brimmed with the exhilaration of spring.

When I decided to go higher, the wind was in my favor; perhaps I'd see an elk. I rounded the high overlook and continued a few steps when I suddenly noticed that the hair on the back of my dog's neck stood on end. I peered into the valley below and saw nothing. Then I followed Teak's eyes. Thirty yards directly below us was a mountain lion. I watched as the lion, intent on putting distance between the dog and me, leapt a small stream and disappeared into the thick forest, tangled with downed debris. Then, another lion appeared. It, too, walked the bank of the stream, jumped over it and disappeared. I couldn't believe my eyes. I stood spellbound when danged if a third lion didn't come into view. Within a few seconds, after this one disappeared, the mother finally appeared, dwarfing her yearlings, which, until that moment, had seemed huge.

She was magnificent. Having assured the triplets' safety, the lion strode upstream about 10 yards and climbed onto a trunk snag that bridged the stream. She was halfway across when she looked back at me, let loose with a tremendous snarl revealing razor-sharp canines, and sprang to the other side as if propelled by the thickness of her powerful tail. My body, frozen in awe, eventually relaxed, as my breath returned. I moved up a few yards and looked back on the spot where the family had been. It was a dry, south-facing slope, hidden under a slight rock overhang. I imagine that they were lazing in the spring sun, relaxing in these quiet weeks before the backcountry opened up to throngs of hikers.

I would have missed it all had it not been for Teak's keen nose and our good luck in being downwind. To witness the wild is to step into an extraordinary space. I wonder why that mother didn't feel threatened by either the dog or me, and act on her fear by charging us. My response to our encounter was just as surprising: Avid photographer that I am, I never thought to reach for my camera. I simply watched in fascination as my body received information that lay far beyond the reach of my conscious brain. That is why I didn't flee; I stood my



reappeared on a mountainside farther away. I want to find meaning in these encounters that left me breathless and yet unharmed. Even though lions and bears are fierce predators, when they noticed me watching them, they suddenly seemed vulnerable and alone. I was privileged to see those two mothers make the wiser choice, protecting their young not by confrontation but by their decision to move on. I, too, was able to walk away, deeply humbled by the experience. I knew that I was the intruder, forcing wild animals on their own wild turf to react to me. The imperative of wilderness weighs heavily on us all.

Christina Nealson is a contributor to Writers on the Range, a service of High Country News (hcn.org).

She is on the road promoting her latest book,

Drive Me Wild: A Western Odyssey.

(Reader provided file photo from Yakutat, Alaska.)

Editor's Note: We are now in a time of year that bears can be out and about. Always be cautious, wear a jingle bell in your shoelaces or on your backpack when hiking alone.

ground and sent out whatever nonthreatening and nonverbal vibes take over at a time like that.

I had a similar experience once above timberline in the Canadian Rockies when I met a mother grizzly and her three cubs, I rounded a corner and there they were, moseying across the mountainside, turning over huge rocks in search of insects. I grabbed the dog and stood still, watching, until the mother noticed me. She could have been on me in a nano-second. Above timberline, there was no place to run, no trees to climb. I directed every drop of energy I had toward her presence, trying to communicate the fact that I meant no harm. She looked at me, stuck her nose into the air, and, as if by magic, her cubs gathered around her. They all stood still for a moment, then turned on a dime and headed down the mountain, the three cubs following like the tail on a kite.

A few moments later, they

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Above: Missy Blue.



At Right: Lion Cub.

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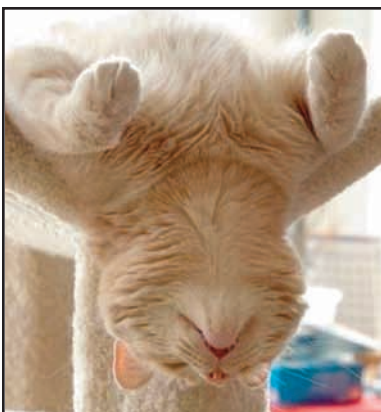
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*Above:
Missy Blue out
grazing.
At Left:
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an Akhal-Teke
with little pig,
photo by Betsy.*



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A Special Experience In National Parks

By Henry Ring/High Country News

Big Bend National Park, Texas - The Rio Grande is slow and muddy along the Mexican border, at the base of Santa Elena Canyon, on a sunny November day. My roommate, Alex Brachman — like me, a fresh-out-of-college intern volunteering in Big Bend National Park — skips stones from bank to bank. The truck backs up, and we start unloading dull-green National Park Service canoes. There are 14 of us on the river cleanup today, including a mother and son from the tiny town of Terlingua, Texas, and nine retirees. Nearly all of us work for Big Bend National Park one way or another. We just don't pull a park paycheck.

Seasonal volunteers here typically sign up for three-month stints. Many of the retirees come in RVs, and for their required 32 hours of volunteering a week, they're rewarded with free hookups in this wild, remote sprawl of west Texas. It can be a powerful experience, and it's

pursued by a surprising number of people: In 2012 alone, the Park Service as a whole attracted 253,000 volunteers who donated 6.7 million hours, with about 50,000 hours going to Big Bend.

Volunteer Steve Blythe, a retired comptroller from Louisiana who's doing maintenance work here, says, "I would feel very bored and not very good about myself if I just played for the rest of my life." Riley Caton, a retired municipal fire chief from Washington, is even blunter: "Retiring and waiting to die is not on our agenda." He and his wife, Karen, a former FEMA disaster assistance employee, volunteer as evaluators for the park's Structural Fire Crew. Today, they're paddling the sweep canoe.

About half of all Park Service volunteers are retirees, and in Big Bend the percentage is even higher. The rest tend to be a mix of short-term volunteers in for just a few days and young interns like Brachman and me. During our three-month stints here, we're volunteering a full 40 hours a week, through a group called the Student Conservation Association. It's not financially rewarding, but we love it.

Our guides on the river cleanup are a retired couple from Michigan who volunteer for the park's law enforcement program. On river patrol (their regular assignment), Elaine and John Jonker have logged more hours on the Rio Grande than many of their paid coworkers. This is relatively common; career Park Service employees are encouraged to switch parks as they rise through different pay grades, but volunteers are usually selected for the same park year after year.

The hours vary from park to park, and becoming a volunteer isn't that easy. Even though Big Bend has about

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260 volunteers annually - more than twice the number of paid employees - only 120 are lengthy, seasonal positions. And Big Bend has an average return rate of about 80% for these positions, so it can be difficult for newbies to get a spot. Experience volunteering in other parks, wildlife refuges, or national seashores or forests can help you get a foot in the door, but luck and timing also play a role.

Sometimes family emergencies or health problems suddenly open up positions that have been occupied for years. Unpaid labor's not for everyone, of course, and some volunteers have to work elsewhere part of the year to get by. Lew McCool, a volunteer park interpreter here, works seasonally collecting fees at Mesa Verde National Park in Colorado. Steve Blythe in maintenance sold his antiques and even his house to fund his volunteering. The Catons also just closed on their house sale, becoming full-time RVers. They joke, "We tell people we're not homeless now, just houseless."

If you're a college student or a recent graduate, the Student Conservation Association offers interns some support (a food stipend, housing, reimbursement of some travel costs) in a wide-ranging program that assists many parks and other federal conservation areas. On occasion, the SCA also partners with Americorps to provide money toward student loans. And the non-monetary perks are incredible. During my two-week orientation and training in Big Bend, I paddled a different stretch of the river on an overnight trip that featured beer, tacos and guacamole, made at the campsite with fresh avocados.

Highlander Volunteer

As my internship proceeds, I hike with the park geologist, botanist and archaeologist, down-climb out-of-the-way canyons with a park interpreter, and monitor backcountry wells with a physical science technician. On a flight in the park's Cessna with a law enforcement officer, I help spot some people illegally crossing the Rio Grande, headed north lugging big plastic bags that likely contain marijuana or other contraband.

Among park volunteers, Big Bend is considered one of the best opportunities. There's a healthy volunteer community here, with a monthly newsletter and constant email dispatches describing events like group triathlons and moonlight bicycle rides, a hiking club, a seasonal awards banquet and community recycling days. Perhaps most important, the volunteers feel accepted by the paid employees. Not every experience is idyllic. I spent several months before Big Bend doing a volunteer stint in Denali National Park as part of the Exotic Plant Management Team - in other words, on weed patrol. I wandered Denali parking lots with a GPS, pulling dandelions, and on field weeks, I strapped on head-to-toe anti-mosquito clothing, including a hooded shirt with a built-in mesh faceplate, and roamed the endless shrubby dwarf birch in that park's swampy west end.

(Continued on next page.)



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Highlander Volunteer

While the Denali botany crew was supportive and lively, I struggled to break into the larger community of employees and volunteers in the Great North. Big Bend came as a pleasant surprise after that. Our morning briefing in Santa Elena Canyon is short and to the point: Safety first, trash second. Avoid landing on the Mexico side. The river is shallow here, so we'll probably do some boat-pushing. Skip Jiru, a volunteer with the maintenance division, jokes about canoe-assisted hiking and gets a few chuckles. Brachman and I have hiked with him out to remote archaeological sites and up into the Chisos Mountains, which rise higher than 7,000 feet, to inspect backpacking campsites and make sure all the bear boxes are in working order.

When it comes time to push off, Jiru paddles his canoe over a shallow turn with an enthusiastic whoop. A day trip on the Rio Grande can cost more than \$150 a head if you go through local guiding companies, but we volunteers get it free as part of the river cleanup. Today's stretch runs along the base of a huge mesa on the Mexican side that drops abruptly to the river in 1,500-foot limestone cliffs. We stop on a wide sandbar for lunch and redistribute some of the tires we've dug out of the sand. We've got six tires so far, but we're hoping to break the record: 13 for this stretch. Somewhere upstream a while back, a rancher tied

over a thousand tires to his portion of the riverbank in a vain attempt to control erosion.

The big flood in 2008 had other ideas: The Mexican dams on the Rio Conchos tributary opened their waterways full-bore to let that flood rage, and now the tires keep showing up on sandbars and riverbanks in the park. Each year, volunteers come back and fish out a few more. Our river cleanup ends on a muddy beach. I jump out and sink up to mid-thigh in mud and water. We wrestle the canoes onto the bank and unload piles of trash and 14 tires - a new record! On the way back to the park's small residential neighborhood, we drive through the creosote-filled Chihuahuan desert, skirt a smaller canyon lined with volcanic ash, bump over a few lava dikes and stop at a historic trading post - almost a hundred years old - for ice cream, because, after all, it's November in Texas and we're all hot, sweaty and sunburned.

A few days before Christmas, the Catons knock on the door of the funky doublewide trailer that houses Brachman and me, across the street from the retirees' RVs. They propose a Christmas party for all of the spare volunteers in the area: "Us orphans have to stick together." Since many of the park's paid employees take their annual leave over the holidays, a good deal of the work this time of year falls to volunteers. On Christmas day, we host eight volunteers and two park employees in a potluck dinner in our trailer, where we've wrapped our living-room window with a string of festive chile lights. As the eggnog and the pot roast disappear, the conversation turns to the park itself. Riley Caton asks the group of gray-haired retirees, including a former preacher, a former nurse, and a former journalist: "If you had it all to do again, what would you change?" One by one, they all answer with some version of: "I wish I had volunteered with the Park Service sooner."

Henry Ring is a freelance writer and conservation volunteer with roots in Montana, who is temporarily based in Washington, D.C., as one of the countless unemployed 20-somethings looking for a paid job in the Great Recession. This story originally appeared in an issue of High Country News (hcn.org).



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Professor Temple Grandin Earns Top Honor

CSU Professor Temple Grandin Earns Top Honor from National 4-H Council

The National 4-H Council with its Distinguished Alumni Medallion honored Temple Grandin, the Colorado State University professor world-renowned for using insights gained from autism to design humane livestock-handling systems, during a gala event in New York on April 18th.

The annual National 4-H Council Legacy Awards Gala is the organization's premier fund-raising event, honoring corporations and individuals who have made lasting contributions in support of millions of 4-H youth. The National 4-H Council uses proceeds from the Legacy Awards Gala to support 4-H programs, curriculum and projects across the country.

Grandin, who has autism, often talks about the crucial role of animals in her life: She began riding and showing horses as a girl and was a member of a 4-H club in New Hampshire, where she attended boarding school. Her early experiences with horses provided Grandin with comfort and a sense of accomplishment during a difficult time in her life. "As a teenager, horses were my life. My passion was horses, and I showed horses in 4-H shows. Riding horses was a refuge away from teasing and bullying," she said.

Grandin later served as an assistant 4-H leader for beef and lamb projects, a role that sparked her first research in animal handling. This work with farm animals led Grandin into the fledgling field of animal behavior. She has since used her insights - and her ability to "think in pictures" - to design humane

livestock-handling systems that have revolutionized animal agriculture around the world.

Grandin has built her career in teaching, research and service in the CSU Department of Animal Sciences; she joined the faculty in 1990. Here, she teaches hundreds of undergraduate students principles of livestock behavior and humane handling; she also advises graduate students who are studying and researching welfare issues in animal agriculture. In the course of her successful career, Grandin has become a hero to people with autism and their families.

Grandin's honor during the National 4-H Council Legacy Awards Gala comes during World Autism Awareness Month. Earlier in April, Grandin received a tribute for her accomplishments from the Colorado General Assembly.

During talks across the country (Continued on next page.)

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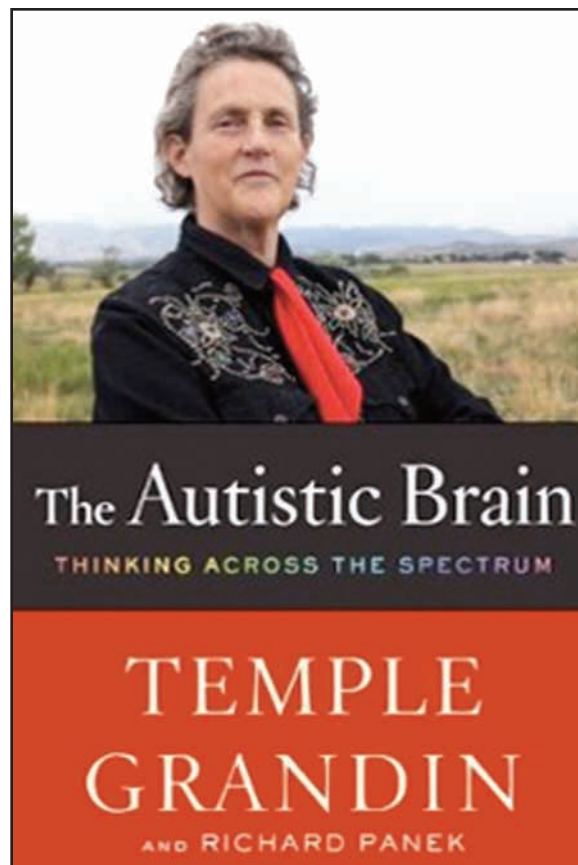
Highlander Personality

and internationally, Grandin often encourages families to help children with autism gain skills that will allow them to succeed in social and work settings.

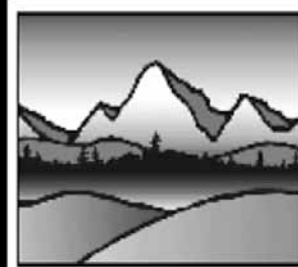
4-H was one of the routes that helped her, she said. "Young people need to be exposed to agriculture in order for them to become interested in it," she said. "4-H is an ideal way to expose children and teenagers to agriculture. I know a number of students who had no background in agriculture, and they found out that they enjoyed working with livestock when they had an opportunity to do it."

As a land-grant university, CSU works with counties across Colorado to guide 4-H youth-development programs. Grandin was inducted into the Colorado 4-H Hall of Fame in 2010. That was the same year HBO released an acclaimed feature film titled "Temple Grandin," based on the CSU professor's early life and career. She later was named to TIME magazine's list of 100 Most Influential People in the World. For more information about the National 4-H Council Legacy Awards Gala and 2013 honorees, visit www.4-h.org.

This month a new release of Prof. Grandin's book, *The Autistic Brain* will become available and this is a picture of the book's cover. Also available at Amazon.com is her book *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior*, a great read and reference book.



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Emergency Plans For Animals

Pet Aid Colorado to Help Colorado Communities Develop Emergency Plans for Pets

CSU Extension agents across Colorado - from Gunnison County to Larimer County - are helping their communities prepare or improve emergency plans for pets and service animals thanks to a grant from the U.S. Department of Agriculture. Dr. Frank Garry and Dr. Ragan Adams of CSU's internationally recognized College of Veterinary Medicine and Biomedical Sciences are principal investigators on the grant and are working with Pet Aid Colorado, formerly the Colorado Veterinary Medical Foundation, to train 14 Extension agents representing nearly half of Colorado's counties.

Only 20 percent of pets were reunited with their owners after Hurricane Katrina in 2005, according to the Louisiana Society for the Prevention of Cruelty to Animals. Of those people who chose to ride out the storm, a whopping 44 percent reported they did it because they could not evacuate with their animals.

The federal Pets Evacuation and Transportation Standards Act, passed after Katrina in 2006, ensures that local and state emergency preparedness plans address the needs of individuals with household pets and service animals following a major disaster or emergency. "At the present time, Florida has the most comprehensive and robust local and state emergency plan and response capability for pets and service animals of any state in the nation and Louisiana also has a very detailed and effective plan, but their

challenges are very different from those in the Midwest and western regions of the country," said Debrah Schnackenberg, director of Pet Aid Colorado Disaster Services and former senior vice president of the American Humane Association's National Emergency Services Program.

"Colorado is taking the lead in this region to develop plans for an area with different demographics, challenges and hazards." Extension agents will help their communities develop efficient plans to accommodate pets and service animals during emergencies or natural disasters such as wildfires. A prepared community is a resilient community that can bounce back from unexpected tragedies and natural disasters.

(Continued on next page.)

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Highlander Animals

The \$100,000 grant for the program was provided by the USDA's National Institute of Food and Agriculture and required an equal matching contribution from CSU Extension. "It's hard for emergency managers to know what to do with pets," Garry said. "And because all emergencies are local, emergency response plans need to be built from the local level. One of the great things about Extension agents in their counties is that they know so many people and they're wonderful facilitators. They will be instrumental in facilitating the ability of the community to develop an emergency system."

Two professors in CSU's School of Social Work - Victoria Buchan and Louise Quijano - will also assist with

the grant by providing program evaluation support that could include examining best practices and roadblocks and comparing rural and urban areas. "We can compare how things go in each county, how things develop and compare counties, demographics and socioeconomic situations," Adams said. "Eventually, the report will be published on a national website, the Extension Disaster Education Network, so the whole country can benefit."

Participating counties are diverse, geographically and socioeconomically. They include counties along the Front Range, on the Western Slope and in the San Luis Valley, southeast part of the state and eastern plains.

Editor's Note: While it is heartening to know authorities are planning and working towards providing resources and aids for emergency situations, it is best to also have your own plans and coordinate with friends and neighbors with how best to deal with emergencies. As summer approaches prepare and be ready.

Have halters & lead ropes out in plain sight for your equines, cat carriers and dog leashes for your indoor animal companions. Stickers on your doors to let firefighters know of pets inside can be life savers. Talk with neighbors to decide who can be available to hook up trailers and how. It never hurts to do a drill and then you know how long it might take to actually evacuate. Make a list and put valuables in easy to take containers - ready for removal.

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The Responsibility To Heal History

Article and Photograph by Diane Bergstrom

First, I must address the present before writing of the past. My heart, thoughts and prayers go out to the people of Boston, the marathon attendees, their supporters, our first responders, and the victims of the violence. I wish them deep peace and complete healing. As I wrote this, the town of Watertown, Massachusetts, was under lock down with the suggestion for all to stay indoors while authorities combed the area to find the second suspect accountable for the bombings. When criminals are identified, we are resolved. When they are captured, we are reassured. It is the enemy identified, and that piece can bring some relief. Through all of our loss, we, as a country, can collectively breathe and begin to heal.

And what do we do when the enemy is us and we have done damage to our own?

It becomes our responsibility to acknowledge the truth, educate with honesty, repair the destruction, heal with awareness, and never, ever forget. This emphasis rose repeatedly during my research for the series of articles focused on Colorado's current educational outlets and events surrounding the history of 1864, specifically the Sand Creek Massacre. Stewards of historical truths, both

past and present day, are true heroes, and have risked everything from lives to jobs to authenticate history, and heal into the future. As a friend has told me for years, once we learn something, we can never unlearn it. We can no longer operate in ignorance and we must be responsible for the knowledge we have acquired.

A candlelight vigil within the wheel sculpture outside the Denver Art Museum was held in support of the annual Sand Creek Massacre Spiritual Healing Run/Walk last November. As a friend and I stood among the respectful group gathered, the man next to me introduced himself. He is a representative of a Methodist bishop, had traveled from Montana, and quietly offered that the Methodist church acknowledged and wished to repair their connection. Conscientious acknowledgements on behalf of the Methodist Church, in the name of healing. In 1860, Colonel John Chivington came to Colorado as the presiding elder of the Methodist Episcopal Church of the Rocky Mountain District, and was nicknamed the "Fighting Parson," leaving the pulpit for military life. Margaret Coel, in her book *Chief Left Hand* wrote, "He viewed Indians as less than human," and during a haunting speech made to a Denver public, *(Continued on next page.)*

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Highlander History

stated, “(My Policy) is to kill and scalp all Indians, little and big...nits make lice.” Later in the year, on November 29th, 1864, he led the Third Regiment of the Colorado Volunteer Cavalry, approximately 700 soldiers, in an attack on the peaceful encampment of Cheyenne and Arapaho at Sand Creek, about 175 miles southeast of Denver. Both the American flag and a white flag flew over the encampment, as they were told to do, to show they were peaceful and under the protection of the military. White Antelope is quoted to have said, “Soldiers no hurt me. Soldiers be my friend.” Among the approximately 200 killed were: thirteen Cheyenne chiefs, one Arapaho chief, including White Antelope, Tall Bear, the elderly, and the remaining men who had not gone hunting that day. The majority were women and children. Chief Left Hand (Niwot) died a week later from his wounds.

Possessions were looted, horses and ponies were killed, lodges were destroyed and bodies were mutilated. Soldiers



later put body parts on display in Denver. But not all. Capt. Silas Soule and Lt. Joseph Cramer of the First Colorado Volunteer Cavalry realized that attack was planned on “the friendly Indians camped on Sand Creek,” and as Soule wrote, (he went to where) “officers of the 1st and 3rd were congregated and told them that any man who would take part in the murders, knowing the circumstances as we did, was

a low lived cowardly son of a bitch.” When threats to hang him had no effect, Chivington lied to Soule and Cramer about their final destination. Upon arriving at Sand Creek and realizing the truth, Soule and Cramer ordered their men to hold their fire. The orders were followed.

At the corner of 15th and Arapahoe streets in downtown Denver, a brass plaque mounted on a corner office building memorializes Captain Silas S. Soule, and reads, “At this location on April 23, 1865, assassins shot and killed 1st Colorado Cavalry Officer Capt. Silas Soule. During the infamous Sand Creek Massacre of November 29, 1864, Soule had disobeyed orders by refusing to fire on Chief Black Kettle’s peaceful Cheyenne and Arapaho village. Later, at Army hearings, Soule testified against his commander, Col. John M. Chivington, detailing the atrocities committed by the troops at Sand Creek. His murderers were never brought to justice.” The National Park Service documents on the Sand Creek Massacre, courtesy of Byron Strom, include, “Capt. Silas Soule’s condemnation of the attack was not his first act of moral courage. Son of a New England abolitionist, at 17 he was a conductor on the Kansas Underground Railroad and at 21 attempted to free two of John Brown’s men after Brown

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was hanged. At Sand Creek he barred his men from joining the massacre, later writing: '...I refused to fire and swore that none but a coward would.' Serving there as Provost Marshal five months after the massacre, the newly-married Soule was gunned down in the street." Soule and Cramer couldn't have estimated the future important impact of their letters to Major Edward Wynkoop, detailing the incriminating events before, and the horrific acts during and after the massacre.

In November 2012, on the last day of the Spiritual Healing Run started by LaForce **Lee** Lonebear, and 148 years after the massacre, a speaker stood on the steps of the Denver Capitol and reflected on Soule. Reginald Killnight Sr., Northern Cheyenne Tribe of Montana, told the audience at the Capitol, "His letters served as the first written record of the massacre to alert authorities in Washington so justice could be done. (This resulted) in two congressional committees to condemn Sand Creek as the travesty it is. He gave his life so some Cheyenne and Arapaho might live and in doing so, gave opportunity to those to live, some who stand behind me."

In 1865, Cheyenne, Arapaho and their allies escalated raids and attacks on settlements in retaliation, and stopped all traffic between Denver and the east. Colonel Chivington and Territorial Governor John Evens both resigned. Patty Limmerick, Chair of the Center of the American West and author of *The Legacy of Conquest: The Unbroken Past of the American West*, explained Chivington maintained the Sand Creek warriors had attacked and that he had "made the plains safe for white western expansion." Patty commented, "The events of 1864 show humanity at its worst." The US Government took testimonies, apologized for the massacre, and promised reparations to the Cheyenne and Arapaho that were never fulfilled. No participants were ever tried in court or indicted. But congressional investigations stirred a national wave of public indignation over the killing of elderly men, women and children. Stories rose of women and children on their knees before soldiers, begging for mercy. In the 1880's, journalist and poet Helen Hunt Jackson, a contemporary and friend of Emily Dickinson's, exchanged letters with Rocky Mountain News founder William Byers in the New York Times. She spread Soule's story to east coast readers. According to Ari Kelman, *A Misplaced Massacre: Struggling over the Memory of Sand Creek*, Byers dismissed her as a woman with New Englander sensitivities. She became an activist for Native Americans, moved

to Colorado, and wrote, *A Century of Dishonor*, about the adverse effects of government actions (1881). Over 130 years later, Soule's letters were brought to Washington, read by Senator Ben Nighthorse Campbell to a Senate Committee, and placed in the congressional record. Senator John Warner (WWII veteran) offered his support and stated he had never heard such awful and disturbing testimony. In 1998, President Bill Clinton signed into effect Public Law 105-243, the **Sand Creek Massacre Site Study Act**. In 2000, the National Historic Site at the Sand Creek site was authorized and the National Park Service worked with Cheyenne and Arapaho tribes, the Conservation Fund and the State of Colorado to buy private lands to establish the site. In 2001, the Sand Creek Massacre Site was placed on the National Register of Historical Places. In 2007, Sand Creek Massacre National Historic Site is formally opened to the public. The 150th anniversary of the Sand Creek Massacre is in November 2014. The annual Sand Creek Massacre Spiritual Healing Run/Walk will continue...



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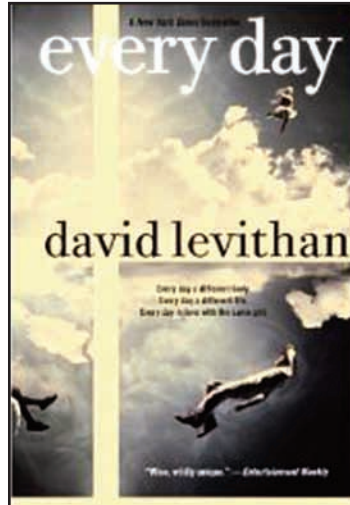
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It's What's On The Inside That Matters

By Tracy Reseigh

Every Day, by David Levithan is the story about A. The only thing that is known about A is that A is 16 years old. A is genderless, nameless and family less. A spends A's life in 24 hour increments occupying the lives of different 16 year olds. Every morning, A wakes up in an entirely different body and spends 24 hours in that body observing, thinking, creating, fighting, living the life of that teenager for the day.

A has developed a personal mission statement about the existence A lives. A tries to stick to the everyday routines and habits of the people A wakes up in. A does not want to alter the path, or destroy something important in the lives of which A inhabits. A may wake up a girl with a splitting hangover, or a star athlete, or an Indian boy who wants to break up with his boyfriend. A inhabits teens of any race, sexual preference, gender and body shape and size. A's physical appearance constantly changes, but A's inner being remains the same.



One day A wakes up in the body of a not so nice boy who is very unkind to his girlfriend Rhiannon. Normally A would focus on getting through the day (the unkind souls are the hardest for A). However, on this day A ends up falling head over heels in love with Rhiannon. A spends his allotted time with her in her boyfriend's body, and then she is gone.

The second half of the book is about A trying to stay in contact with Rhiannon via the multiple other bodies that A is in. This book is written in the modern day, so A has e-mail access, cell phone access, sometimes car access. The trick is convincing Rhiannon that all of these different people are A, for just that particular day.

The story may sound complicated in its presentation, but the message is one that will resonate with readers. It's the message we have heard from grade school on, it's not what is on the outside of a person that matters, it's what is on the inside. A convinces Rhiannon that A is the real person she fell in love with, and the different bodies that A manifests in are not what is important, A's feelings for her, and hers for A are what matter.

I read this book about 8 months ago, and it is unlike any other book I have read (I have not reviewed it until now because it's very difficult to relay the story with no pronouns). On spec, A is a typical 16 year old kid dealing with family dynamics, high school bullies, true love, sexuality and tolerance. Unlike most teenagers though, A has to experience those relationships and feelings while literally walking in everybody else's shoes.

This is a book for people (I would even include 14-16 year olds, but fair warning there are some mature sexual scenes involving same/different gender teens) who like stories focusing on teenagers just trying to get through the nuances of high school. Published by Alfred A. Knopf, *Every Day* is available at Barnes & Noble in hardback for \$10.98, or in e-reader format as well.



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Steps To Take & Solar Shingles

Dear EarthTalk: What would you say are the most important steps we need to take as a nation to counter the impacts of climate change? Ned Parkinson, Chino, CA

Americans care more about the environment than ever before and the overwhelming majority of us acknowledges that climate change is real and human-induced. But still we continue to consume many more resources per capita than any other nation and refuse to take strong policy action to stave off global warming-even though we have the power to do so.

Reducing greenhouse gas emissions can be achieved in a bottom-up fashion with individuals and businesses doing their part by driving and flying less, conserving more and embracing greener forms of energy. Environmental leaders would like to see Americans take paths to cut greenhouse gas emissions as fast as possible.

The Natural Resources Defense Council (NRDC), a leading green group, has proposed a five-step plan for Americans to follow to cut greenhouse gas emissions by 80% by mid-century. Step One is to cut global warming pollution that makes polluters pay for the global warming gases they produce. Step Two involves investing more in green jobs and clean energy. Producing more fuel efficient

cars constitutes Step Three. Creating green homes and buildings is Step Four. Step Five: Build more sustainable communities and transportation networks.

Individuals need to play a role by altering our behaviors to reduce our individual carbon footprints. Walking, biking or using public transit instead of driving is one. If you must drive, make sure for best gas mileage that your car is tuned and your tires are properly inflated. If in need of a new car, look into a hybrid or electric.

On the home front, weatherization can go a long way to lower heating and air conditioning needs, thus saving significant amounts of energy. Switching out old lightbulbs with new compact fluorescents (CFL) or LEDs will keep carbon footprints down.

But perhaps the most important tool we have as individuals for battling global warming is our voice. "Send a message to your elected officials, letting them know that you will hold them accountable for what they do-or fail to do-about global warming," instructs NRDC. On the group's website you can customize a letter to President Obama urging him to finalize a carbon pollution standard for new power plants, and direct the Environmental Protection Agency to set tough (Continued on next page.)

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Each of us will continue to play an important role through how we lead our own day-to-day lives. *NRDC*, www.nrdc.org - earthtalk@emagazine.com.

Dear EarthTalk: I'm getting my roof redone and have heard about solar shingles. Are they available-and are they practical for the Northeast? John Denson, Glastonbury, CT

Solar shingles are photovoltaic cells designed to look like

and integrate with conventional asphalt roof shingles. First commercially available in 2005, solar shingles were much more costly than traditional "bolt-on" photovoltaic panels, and thus were used mainly by those wanting to go solar but maintain a traditional roofline. But more recently solar shingles have become price-competitive with bolt-on panels, and are getting much more popular accordingly. Eco-conscious home and building owners might find solar shingles especially attractive when they are re-shingling anyway since the solar shingles also double as functional, protective and weatherproof roof shingles in their own right.

They are wireless, snap together and can be installed by regular roofing contractors just like (or alongside) conventional asphalt shingles (an electrician needs to set up the inverter box).

Dow reports that a typical residential cluster of 350 solar singles on a roof could slash one's household electric bill by 40-60%. Powerhouse shingles are currently available (from Dow-authorized contractors) in California, Colorado, Connecticut, Louisiana, Maryland, Massachusetts, Michigan, New York, North Carolina, Texas and Washington, D.C.

Another leader in solar shingles is building products manufacturer CertainTeed. The company's Apollo line of grid-tied monocrystalline solar shingles and roofing tiles offers efficiency similar to larger "bolt-on" photovoltaic arrays at around the same price but with less bulk: Each Apollo tile is less than an inch thick and will integrate with, replace, or lay on top of existing asphalt roof shingles or tiles and generate 12 watts of power per square foot.

CertainTeed says a typical installation will save homeowners 40-70% on their electric bills.

Now is an especially good time to go solar-shingles or otherwise-because costs have started to come down and the federal government is still offering 30% tax credits with no cap on the purchase of solar electricity equipment. Twenty-seven states and several cities offer additional incentives that can get pricing on solar gear and installations down even lower. For more information check out the Database of State Incentives for Renewables and Efficiency (DSIRE), a free online resource provided by the North Carolina Solar Center and IREC with funding from the U.S. Department of Energy.

Dow Powerhouse, www.dowpowerhouse.com; CertainTeed Solar, www.certainteed.com/products/roofing/solar; DSIRE, www.dsireusa.org.

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Since the passage of the Wild Free-Roaming Wild Horses and Burros Act of 1971, BLM has adopted more than 225,000 wild horses and burros to private citizens like YOU! Due to severe drought conditions in many areas where these animals roam, the BLM needs your help.

Please consider adopting a wild horse or burro at a location near you.

ADOPT A LIVING LEGEND

Find out where, and how, you can adopt an untrained or trained wild horse or burro:

blm.gov/wo/st/en/prog/whbprogram.html

TRAINER INCENTIVE PROGRAM -See other

locations where you can adopt a trained wild horse:
mustangheritagefoundation.org/horse-search.php

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POWER UPDATE



Click to Save Energy

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

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

www.unitedpower.com



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

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

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

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

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

For more information about the new Call Before You Dig number, visit www.call811.com.



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

Two New Directors Elected at 2013 Director Election

Building a New Foundation was the theme of United Power's 74th Annual Meeting, held on April 17th at the Waymire Dome at the Adams County Fairgrounds. Nearly 600 members members attended the event—an unprecedented crowd for a United Power Annual Meeting.

Members cast 6,285 ballots in the annual director election that re-elected unopposed incumbent Beth Martin from the East District. Bob Grant won the seat in the South district left open by the retirement of Susan Petrocco. Ursula J. Morgan unseated incumbent director Lewis Foster in the West district. Full election results are available on the cooperative's website www.unitedpower.com.

Directors elected new officers at the cooperative's regular board meeting on Friday, April 19th. Ginny Buczek was elected to serve as President for the 2013/2014 term. Brian McCormick is the new Vice President, Beth Martin is Secretary-Treasurer and Doug Pryce is the Assistant Secretary-Treasurer.

Pancake Breakfast Saturday 5/11 - A Nice Treat for Mom's!

NEW LISTING!



Under Contract!

929 15th Street
Charming Craftsman Bungalow
3 BD/ Office/ 2 BA. **\$695,000**

Retro Charm



SOLD!

33867 Ave de Pines Lane
Perfect Mountain Retreat!
1 BD/ 1 BA **\$169,000**



SOLD!

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



SOLD!

11794 Vonnie Claire
Loaded with Charm & Character!!
2 BD/ 1 BA 2-Car **\$229,000**

NEW LISTING!



11935 Vonnie Claire
Raised Ranch on 2.5 Acres
3 BD/ 3 BA 1-Car **\$334,000**



SOLD!

267 N. Beaver
10 Acres - SNOWCAPPED VIEWS!
3 BD/ 3 BA + Office. **\$479,900**



Under Contract!

11863 Camp Eden Road
Privacy & 5 Ac. Surround Custom Res.
4 BD/ 3 BA 3-Car **\$434,900**



SOLD!

734 8th - Longmont
Perfectly Updated in Old Town.
3 BD/ 1 BA **\$244,000**



Under Contract!

25 Crescent Lake Road
Perfect Horse Property!
3 BD/ 2 BA. **\$349,000**



33966 Nadm Drive
Twinkling City Lights Views!
Private 1.08 Acres **\$75,000**



Under Contract!

4 Leon Lane
Flat, Dream Home Lot.
.73 Acre **\$46,900**



11883 Lillis Lane
Well, Septic, Electric & Drive In!
4.62 Acres **\$164,900**



Under Contract!

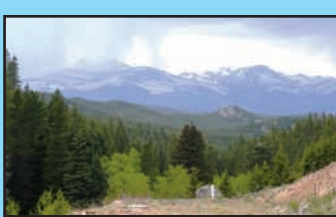
175 Rudi Lane
Passive Solar + Luxury
3 BD/ 3 BA 4-Car. **\$449,500**



11547 Shimley Road
Views! Motivated Seller!
1.15 Acres **\$39,000**



101 Kirkwood Way
Thorn Lake Privileges!
3 BD/ 3 BA **\$379,900**



595 Black Gulch
Spectacular Divide Views!
21.7 Acres **\$184,900**



Under Contract!

6372 Cole Lane
Ranch Townhome - Wyndham Park
2 BD/ 2 BA 4-Car. **\$269,000**



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Under Contract!

1628 Karlann Drive
Amazing Green Built Solar Home
3 BD/ 3 BA 2-Car **\$319,900**



Under Contract!

11777 Brook Road
Wonderful Open Floor Plan!
4 BD/ 4 BA + Loft/Office. **\$389,000**

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



MOCK
REALTY



For additional information and photos:

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kathykeating@mockrealty.com
303.642.1133