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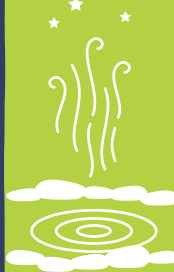
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EDITORIAL

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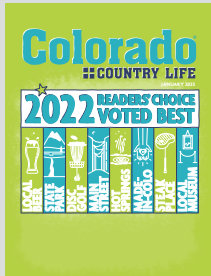
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On the
Cover

Illustration by Lisa
Padgett.



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Monthly Contests



Enter for your chance to win one of three coffee table books:

- *Silver Rails: The Railroads of Leadville, Colorado*
- *My Heart Belongs to Nature: A Memoir In Photographs and Prose*
- *The Bold Dry Garden: Lessons from the Ruth Bancroft Garden*

For official rules and how to enter, visit
Monthly Contests at coloradocountrylife.coop.



PINTEREST SNEAK PEEK

COCountryLife pinned: Be sure to try Lea Ann Brown's White Wine Chicken Potato Vegetable soup. Get the recipe at coloradocountrylife.coop.



FACEBOOK CHATTER

ColoradoREA posted: Great story on the Colorado electric co-ops' most recent Energy Trails project to Guatemala in this week's CFC newsletter: <https://tinyurl.com/v7ktpy3r>



LINKEDIN CONNECTIONS

Colorado Rural Electric Assn. posted: December 14, CREA hosted a webinar to discuss industry perspectives on resource adequacy. More than 100 people registered for the webinar.

WELCOMING LEGISLATORS

CREA shares its member electric co-ops' concerns

BY KENT SINGER EXECUTIVE DIRECTOR



KENT SINGER

New members. New leadership. New priorities. New opportunities. That's the dynamic facing CREA's government relations team as we prepare for the upcoming 2023 session of the Colorado General Assembly.

On January 9, Speaker of the House Julie McCluskey (D-Dillon) will bring down the gavel in the chamber of the Colorado House of Representatives to convene the first regular session of the 74th Colorado General Assembly. In her new role, Speaker McCluskey will preside over a legislative body with many new members and a to-be-determined policy agenda.

As a result of the November election, Democrats have a 46-19 majority in the Colorado House and a 23-12 majority in the Colorado Senate. In total, there will be 37 new members of the Colorado General Assembly. Notably, Colorado is one of only two states (the other being Nevada) where the legislature will have a majority of women starting in 2023 (51 of 100 seats).

As soon as the 2022 election was finalized, our government relations team at CREA went into high gear to greet the new members and start educating them about Colorado's electric co-ops, which CREA represents. We also reviewed the issues that are important to our member co-ops. Of course, we started this process much earlier by meeting with the then-candidates during the fall campaign. Our political action committee, CARE (Colorado Advocates for Rural Electrification), is active during each

campaign season to evaluate and support candidates who support the electric co-op program.

In early December, we held a "lunch and learn" meeting at CREA where we met with eleven newly elected legislators and gave them a soup-to-nuts overview of the electric co-op program. I gave an overview of the electric co-op landscape in Colorado, followed by presentations from Ryan Elarton, the CEO of San Isabel Electric Association, who focused on end-use delivery of electricity, and Tim Osborn, vice president of generation at Tri-State G&T, who focused on generation and transmission. We explained how electric co-ops are owned by the consumer-members who live in each co-op service territory and how co-ops work together to provide electricity to 1.5 million Coloradans.

We also talked about the fact that, while Colorado's electric utilities are working hard to implement the legislatively-mandated transition away from coal-fired power plants, we will need to continue to deploy natural-gas fired generation in the near term. The legislators in attendance at our meeting asked a lot of great questions about distributed energy resources, the challenges of making infrastructure improvements and how consumers will be impacted by the energy transition.

One of the main points we left with the legislators is that Colorado's electric co-ops are self-regulated, that is, they are not regulated by the Colorado Public

Utilities Commission. Instead, co-ops are governed by their locally-elected boards of directors, who are also consumer-members of the co-op. Working with professional management teams, Colorado's electric co-op boards develop the policies and strategies that will best serve their communities. We'll be monitoring the 2023 legislature carefully to protect the autonomy and independence of our member co-ops.

From January through May, the CREA team will use every tool at our disposal to reach out to the 100 members of the General Assembly to protect the interests of Colorado's electric co-ops.

This will include lobbying and testifying on bills and amendments; having countless conversations with legislators in both the House and Senate; working with many stakeholder groups; and helping facilitate meetings with representatives of electric co-ops from across the state. After all, electric co-ops provide electric service to over 70% of the landmass of Colorado.

Colorado's electric co-ops are committed to innovation, ingenuity, and, most of all, service. That's a message our legislators will hear often in the coming months.

Kent Singer is the executive director of CREA and offers a statewide perspective on issues affecting electric cooperatives. CREA is the trade association for 21 Colorado electric distribution co-ops and one power supply co-op.

FROM THE EDITOR

We do this all for you

BY MONA NEELEY EDITOR



MONA NEELEY

As we start 2023, I'd like to take the time to stop and thank you, our loyal readers, for being a part of this magazine.

Even in this digital age, the majority of you receiving *Colorado Country Life* from your local electric co-op open its cover each month. You still turn the pages and read the stories. You stash it in a purse or pocket and take it along to read in waiting rooms before appointments or you keep it handy at home to pick up when you may have a minute or two to read something.

How do we know this? Well, we commission a survey every few years and the most recent survey told us that 81.3% of you are regular readers, investing an average of 32 minutes a month reading what we send.

But, it's more than the numbers and stats. We know you read the magazine because you tell us. You send us notes, letters to the editor, your poems, funny stories and photos taken all over the world of you with your magazine. These notes, letters and submissions make our day. We love hearing from each of you.

We look forward to more notes, letters and photos from you in 2023.

Mona Neeley is the statewide editor of *Colorado Country Life*, which is published in coordination with your local electric cooperative. Its goal is to provide information from your local electric co-op to you, its consumer-members.

LETTERS TO THE EDITOR

Gone Native

Vicki Spencer's article about native gardening reminds me of my first attempt to plant corn in a sunny corner of our yard. My husband Joe grew up in Weld County and his aunt would pay him a nickel for each carp he pulled out of the ditch after it was drained to use on her irises.

Following this example, I placed a small piece of fish with each corn seed when I planted. The next morning, I found each seed dug up and tossed aside. Someone (see photo) had a good fish meal.

Brook E. Mark, Grand Lake
Mountain Parks Electric consumer-member



Outdoors With the Right Stuff

Just read "The Right Stuff" (Outdoors, September '22) in my parents' magazine from Mountain View Electric. I really enjoyed the down-to-earth writing style and pithy understanding and descriptions of the simplicity of fly fishing gone Hollywood — and the lack of necessity for it.

It's good to read the writing of a person with the perspective of wise simplicity.

Elaine Schuhrke, Cañon City

Poetry Masterpiece

I am certainly not a poet but enjoy reading the poems in the magazine. I always remember a favorite poem my mother saved that I wrote for an assignment in elementary school. The assignment was to complete the sentence: I used to...but now....

My masterpiece was, "I used to think the trees were waving to each other, but now I think they are waving to me."

Sue Gager, Grand Junction
Grand Valley Power consumer-member

CONGRATS DECEMBER CONTEST WINNERS

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Poudre Valley REA

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Diana Campbell, Cortez
Empire Electric Association

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Elaine Morrow, Two Buttes
Southeast Colorado Power Association

WORLD'S FAVORITE DOG CALENDAR

Cynthia Clark, Hygiene
Poudre Valley REA

WORLD'S FAVORITE CAT CALENDAR

Steve Rieke, Ignacio
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SEND US YOUR LETTERS

Send your letter to the editor to share your thoughts about CCL. To share, visit our Reader Engagement page at coloradocountrylife.coop/reader-engagement. Mail your letter to Editor Mona Neeley, 5400 Washington St., Denver, CO 80216 or email mneeley@coloradocountrylife.org. Include name and address. Letters may be edited for length.



New Year, Smarter Home

New technologies to help you save money

BY MIRANDA BOUTELLE

You've probably heard the term "smart home" a lot in recent years. "Smart" was originally an acronym for self-monitoring analysis and reporting technology. This refers to technology that can be programmed for automation or controlled remotely using Bluetooth or Wi-Fi from a smartphone app or online. A smart home is one with automated control of appliances and systems, such as lighting fixtures and heating and cooling systems.

People choose to automate their homes for reasons such as convenience, energy efficiency and security. But just because a product is smart, don't assume it's energy efficient. Added connectivity, lights and touchscreens can actually increase your energy use. Always look for the Energy Star® logo when shopping, which certifies that the products meet standards for energy efficiency.

Energy savings typically come from automating the systems, devices and appliances in your home to use less energy or use energy when it costs less. Here are a few ways you can start implementing smart technology at home.



Smart streaming for the living room

Smart TVs with built-in streaming functionality offer the most efficient way to stream content. If your TV cannot connect to the internet for streaming, opt for a streaming media player, such as Roku or Apple TV. They use 15 times less energy than a gaming console to stream the same shows and movies.



Save on suds in the laundry room

Smart washing machines can be scheduled for off-peak energy times (when people in your community use less energy), which is helpful if your electric rate is based on the time of day that energy is used. Smart clothes dryers can shut off automatically when your clothes are dry.

Smart savings in the kitchen

Smart refrigerators offer energy-saving features such as notifications when the door is left open and digital screens that show the contents to keep you from opening the door.



Smart ovens let you preheat when you are on your way home or check if you forgot to turn off the oven when you are away. Toasters, range hoods, microwave ovens and countertop ice makers are among the growing list of additional smart kitchen gadgets available.

When shopping, remember to look for products that use the same smart home apps, which will make these new technologies even easier to manage.

Miranda Boutelle, the director of operations and customer engagement at Efficiency Services Group in Oregon, writes on energy-efficiency topics for the National Rural Electric Cooperative Association.



LEARN MORE ONLINE

For more energy-saving smart home tips, visit coloradocountrylife.coop and click on Energy Efficiency under the Energy tab.

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Happy Stew Year!

Find comfort, joy and well-being in a bowl

BY LEA ANN BROWN HIGHLANDSRANCHFOODIE.COM

don't know about you, but January always has me re-thinking the topic of food. If you don't particularly like making the same old, worn-out diet resolutions, why not think of a 2023 resolution to learn a new skill in the kitchen or cooking with an ingredient that's new to you? Lentils perhaps?

Let's resolve to add comfort food to those healthy-eating New Year's resolutions with the ultimate comfort food: a big bowl of steamy, hearty stew. Routinely chock full of healthy vegetables, it's a great way to start the year.

This traditional dish of sausage and lentils becomes healthier by seeking out hot Italian chicken sausage links. Onion, celery, carrots, smoked paprika, rosemary and thyme infuse a base layer of flavor into nutritious lentils. By adding a dollop of Dijon mustard and red wine vinegar, this recipe's flavor is elevated even more to construct a recipe the whole family will love.



DID YOU KNOW? / LOVE OF LENTILS

Lentils are a variety of beans that are packed with protein and great additions to healthy recipes as they are filling, flavorful and nutritious.

Braised Green Lentils *with* Roasted Chicken Italian Sausages

- 2 tablespoons canola oil
- 1 large sweet onion (about 1 1/2 cups) chopped
- 2 carrots (about 1 cup) chopped
- 1 stalk celery (about 1 cup) chopped
- 2 cloves garlic, minced
- 2 teaspoons fresh rosemary, diced, or 1 teaspoon dried
- 1 teaspoon dried thyme
- 1 bay leaf
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon kosher salt
- 1 1/2 cups dry green lentils
- 4 cups chicken broth
- 1 pound (about 4 links) hot Italian chicken sausage
- 1 generous teaspoon Dijon mustard
- 1 tablespoon red wine vinegar
- 1/2 cup Parmesan cheese, grated, optional
- rosemary leaves, to taste, optional
- flat parsley, to taste, optional

Preheat oven to 425 degrees. Heat a Dutch oven or large deep skillet over medium high heat. Once the pan is hot, add the canola oil. When the oil is hot, add the onion, carrots and celery. Turn the heat down to medium and cook, stirring often, for about 5 minutes or until vegetables are starting to soften. Add the garlic, give it a good stir and cook until garlic is fragrant, about 30 seconds.

Add the rosemary, thyme, bay leaf, smoked paprika, salt, lentils and chicken broth. Bring to a boil, then reduce heat to low and simmer, uncovered, for about 30 minutes. During this cooking time, you can start roasting the chicken sausages. Place chicken sausages on a baking sheet fitted with a wire rack. Spray the sausages with avocado oil (preferred) or cooking spray. Roast the chicken sausages for about 20 minutes. Turn the sausages after 10 minutes of cooking. Cook until the sausage is golden and crispy.

Once the chicken broth is mostly absorbed by the food in the skillet, stir in the Dijon mustard and red wine vinegar. Remove from heat and let stand for about five minutes. To serve, scoop the lentils on a serving platter and top with the sliced sausages. Sprinkle with Parmesan cheese, rosemary leaves or chopped flat leaf parsley for garnish, if desired.

Be sure to try Brown's **Ginger Lemon Chicken Soup.**

Find it under the Recipes tab at coloradocountrylife.coop or at highlandsranchfoodie.com.



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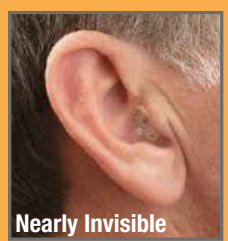
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— Don W., Sherman, TX

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Copper Theft on the Rise

In recent months, there has been a huge uptick in copper thefts across the United States and in Colorado. In the last five years, copper thefts have risen by more than 500% with over 32,000 incidents being reported nationwide.

In some of these cases there have been power disruptions that require additional resources to help restore services. The

estimated annual costs of these incidents is approximately \$1 billion and they are occurring in both major metropolitan cities as well as small rural areas.

As a result of these incidents, Tri-State G&T, which supplies electricity to 17 of the state's 22 electric co-ops, has formed a copper theft mitigation group that consists of several Tri-State member

co-ops, other utility companies and several law enforcement agencies. The group meets at least once each quarter to discuss new trends and best industry practices.

The group also discusses copper theft mitigation strategies that individual utilities can implement.

In addition to these efforts, Tri-State has also reached out to district attorneys and state legislatures to help change current laws regarding copper theft from utility companies. The goal is to increase awareness and the penalties associated with this crime due to the disruption of service, high costs associated with lost/damaged equipment and the danger it places on utility crews who have to make repairs.

CREA Legislative Directory Now Available

CREA's 2023 Legislative Directory is available, both as a paper booklet and through CREA's legislative app. The popular directory includes contact information for the governor and other state officers, as well as state senators and representatives and Colorado's congressional delegation.

Download the app for mobile devices at no cost from the App Store or Google Play. Search for Colorado Legislative Directory. Maps of the state political districts are included on the app. You can also directly call or email your legislator through the app. And you can click through to their social media channels.

Contact the CREA communications department at 303-455-4111 for more information.



Ditch the Gas Stove for Better Health

It's an old debate. Which cooks better: a gas or electric stove? Data today suggests a different question should be asked: Which is better for your indoor environment?

It turns out that gas stoves, particularly those that are unvented, can be a primary source of indoor pollution. Scientific research shows that pollutants released by gas stoves can have negative health effects and often exacerbate respiratory conditions such as asthma, according to a report by the Rocky Mountain Institute that focuses on the health impacts of gas stoves. (rmi.org/insight/gas-stoves-pollution-health)

According to the RMI report, cooking with gas can spike emissions of nitrogen dioxide and carbon monoxide to levels that violate outdoor pollutant standards. Homes with gas stoves can have nitrogen dioxide concentrations that are 50% to 400% higher than homes with electric stoves.

Going electric in the kitchen can eliminate the problem.

CO-OPS TELL CONGRESS: GRID RELIABILITY CRUCIAL

A resilient, reliable electric grid that provides affordable power is crucial for rural communities as America transitions to cleaner energy, an electric cooperative CEO told a Senate committee in early December.

As cooperatives look to the future, they are exploring all options, technologies and ideas to work to meet the evolving energy needs of their local communities.

Co-ops are facing three key challenges:

- Responding to consumer-members' desire for a diverse energy mix.
- Maintaining reliable baseload power as part of a lower-carbon future.
- Providing services beyond electrification, including rural broadband.

However, unlike the rest of the electric sector, electric co-ops sell the majority of their power to households rather than businesses. Keeping rates down for rural families at the end of the line is especially important for co-ops.

A new \$9.7 billion USDA program created by Congress this year as part of the Inflation Reduction Act will also help interested



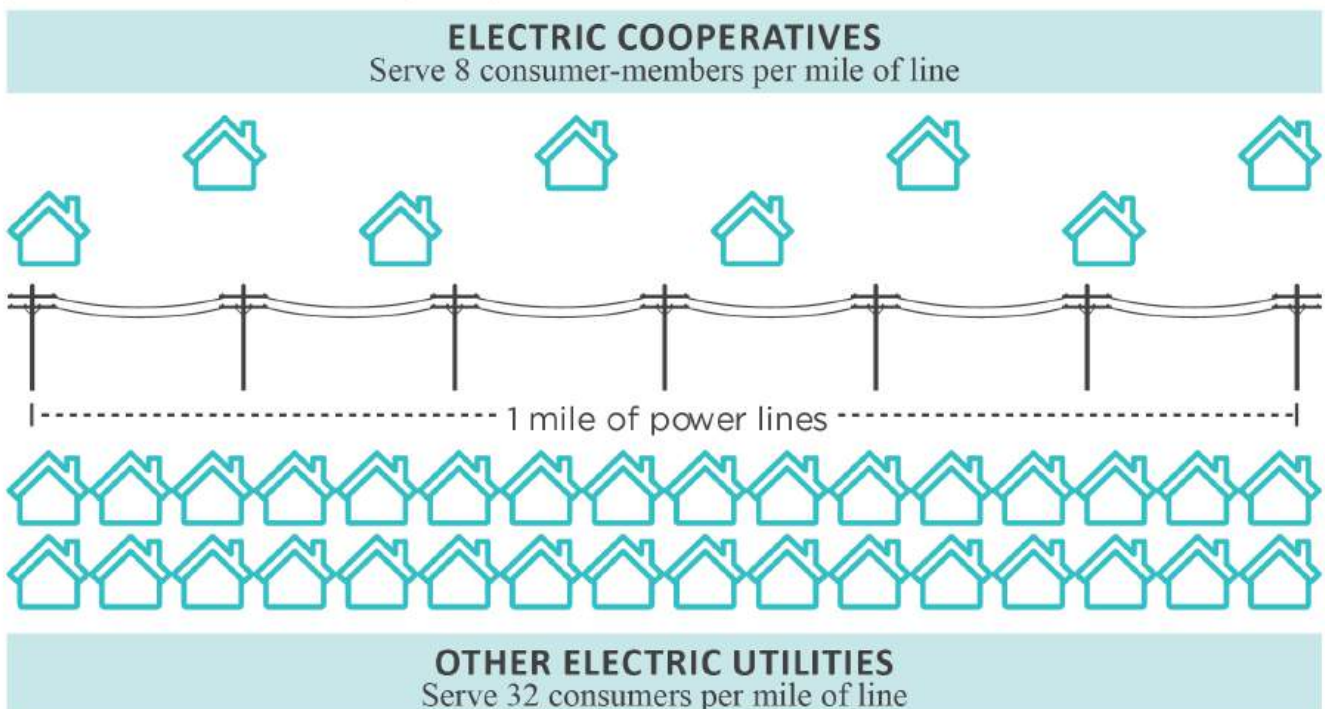
co-ops build new clean energy systems by providing grants and loans for projects that include renewable energy, energy storage, carbon capture, nuclear power and generation and transmission efficiency.

Electric co-ops rely on funding from USDA's Rural Utilities Service Electric Program to help pay for essential electrical infrastructure projects. But often RUS loan approvals are complicated by environmental reviews and decision delays.

"To meet our nation's growing electricity needs, electric cooperatives would benefit greatly from reforms to the federal permitting process that maintain robust environmental protections while ensuring determinations are made in a timely manner," the electric cooperative spokesperson said.

GOING THE EXTRA MILE

Electric co-ops maintain more miles of power lines per consumer than other electric utilities. Even though we power fewer consumers on our lines compared to other utilities, we'll always go the extra mile for you, the consumer-members we proudly serve.



2022 READERS' CHOICE VOTED BEST

Morgan County Shines in 2022's Best of Colorado Contest

As expected, this third year of our annual Best of Colorado contest brought in an outstanding collection of endorsements for popular food, fun and destinations across the state. Readers answered our call to action and shared their favorite things about Colorado across eight categories — and we received more nominations than ever. This year, magazine readers pointed a bright spotlight on Morgan County in the northeast corner of Colorado. That may seem a little bit unexpected to you, but you'll read why in the following pages.

Those who participated in the contest were automatically entered into a drawing to win \$100. Congratulations to the following readers who were randomly selected as this year's winners: Mountain Parks Electric consumer-member Cathy Justice, Rand; Yampa Valley Electric consumer-member Robin Hall, Steamboat Springs; and Highline Electric consumer-member Ramona Phipps, Sterling.

Read all about the Best of Colorado in the following pages, as voted by your fellow CCL readers. Visit our Reader Engagement page at coloradocountrylife.coop/reader-engagement and share if you agree!

Thank you to writers Erica Meyer, Denise Moore and Amy Higgins for their contributions to this story.



Photo: Kylee Coleman

BEST LOCAL BEER

Black Forest Brewing Company, Black Forest

Created not just out of a love of beer, but as a gathering place for all, it's no surprise Black Forest Brewing Co. was voted "best beer" in Colorado by *Colorado Country Life* readers.

Brewery owner Donovan Routsis and his wife, Tara, are military veterans with a combined 45-plus years of service. When they retired, they wanted to put down roots in Colorado — the state where they met and married. Black Forest Brewing Co. began with a passion for brewing and a love of community. It's been almost two decades since Donovan first brewed, and his appreciation for beer is evident in every batch he makes.

Black Forest Brewing Co. may have won best beer in Colorado, but they could also take home the award for the best brewery to host an electric co-op event, which is exactly what Mountain View Electric Association does each year with this neighborhood brewery.

"We love partnering with Black Forest Brewing Co. for one of our Brews, Brats and Kilowatts events each September — our members always rave about the beer, the friendly staff and the relaxed atmosphere," said Nikki Ricciardi, MVEA communications specialist.

Boasting two locations — one in the heart of Black Forest and the other in Falcon — both locations offer up bubbly beer, spirits and a great selection of food. The Falcon location is also the first all-electric brewery in the area, a point of pride for both Donovan and MVEA, whose office is located just down the road.

Next time you're in the area, make sure you raise a glass and discover your new favorite watering hole. Learn more at blackforestbrewingco.com.



Photo: Valerie Mosley

BEST MAIN STREET Downtown Fort Collins

CCL staff was curious which area would top the charts as the Best Main Street in Colorado. Lo and behold, Downtown Fort Collins took the cake.

Located in the area's Old Town Square, the happenings in this neck of the woods are countless. Family-friendly activities include visits to the Fort Collins Museum of Discovery, Poudre River Public Library and Park, Northside Aztlan Community Center, Avery House, summertime splash pads and more.

Beautifully maintained and brimming with breweries, bars, grills and diverse dining, downtown Fort Collins has something for everyone's taste. See what you can sample at the Foodie Walk held the third Friday of every month where gobs of culinary professionals share their provisions with the public.

Shop to your heart's content, partake in one of the area's many signature events, enjoy a theater performance, take a trolley, create your own artistic masterpiece, peruse professional artworks and much more. See for yourself at downtownfortcollins.com.



Photo: Brian Balfour

BEST PLACE FOR STEAK Shiloh Steakhouse, Cortez

Shiloh Steakhouse has been a restaurant staple in Cortez for over two decades. New owners, Ernie and Christina took charge of the restaurant in August 2022. The interior is beautifully updated with new paint, light fixtures, artwork and a few new architectural details.

The updates, plus the friendly staff and fresh food, all contributed to making Shiloh Steakhouse the best in Colorado.

Your dining experience starts off with a complimentary loaf of fresh homemade bread, butter and raspberry-strawberry-rhubarb jam, which is brought to your table on a wooden cutting board. They have a nice wine list, bottled beers and mixed drinks.

Steaks are juicy and cooked to perfection. Salads are crisp, colorful and fresh. If you have a craving for something other than a steak, order a giant burger, salad, soup or a fish option from the menu. They have a nice list of sides to choose from; try out the sweet potato or waffle fries for something different. Evening dinner reservations are a good idea as the restaurant can get busy. But you don't have to wait for dinner to eat at Shiloh Steakhouse; it's open for lunch and offers a lunch menu during the week.

In warm weather, the outdoor patio opens. It's shaded by vines and trees and even features a Koi pond.

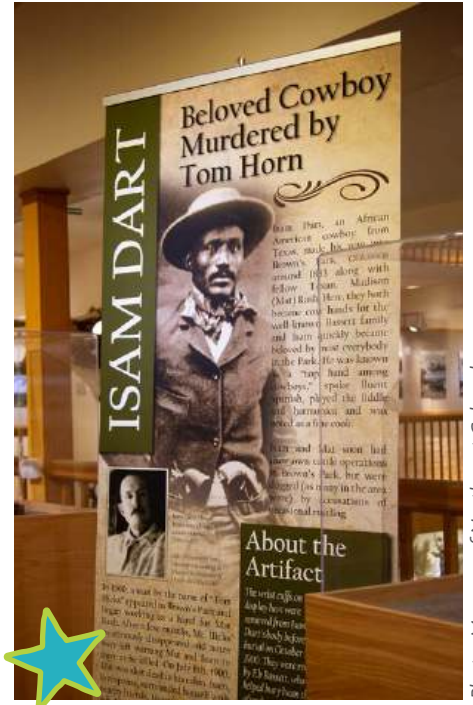


Photo: Museum of Northwest Colorado

BEST LOCAL MUSEUM Museum of Northwest Colorado, Craig

Topping the vote count for Best Local Museum is the Museum of Northwest Colorado in Craig. Featured in CCL's January 2022 issue was the museum's newest exhibit at the time: the world's largest watercolor mural. Yet, the painting is the youngster at this historical, fan-favorite museum.

The Museum of Northwest Colorado houses historical artifacts that collectors near and far covet. From historical transcripts and trading post ledgers to Old West weaponry, apparel, accessories and photography, the museum is well worth the drive for residents living outside of Moffat County.

Want a sneak peek? Take a look through "Museum Marvels" at museumnwco.org/cowboycollection-2 to see and read about some impressive artifacts housed here in our own Colorful Colorado. The website also details additional research, exhibits and hours of operation. Call 970-824-6360 for additional information.



Photo: Adobe Stock

BEST DISC GOLF COURSE
Riverside Park Optimist Disc Golf Course, Fort Morgan

Is it the appeal of playing next to the winding South Platte River? Or is it the challenge it offers to pro-level players and beginners alike? A resounding yes is the answer to these and many other reasons the Riverside Park Optimist Disc Golf Course in Fort Morgan is recognized as the clear winner of this category.

Boasting 27 holes on relatively flat terrain, the course starts players in the groomed city park. According to Dave F. from Fort Morgan, holes six and seven are next to a pond and there's a challenge of not throwing your disc into the "drink." After hole eight, the course winds its way through an abundance of cottonwood trees and tall grasses by the river. There can be lots of wildlife to view along that stretch of the course. And one reviewer says it's a "spectacular course populated with an abundance of trees, as opposed to an abundance of people."

Reviews of the course regularly mention the course's great upkeep, maintenance and year-round playability. Disc golf players also comment that the tee pads and baskets are high-quality and consistent. The signage and maps at the start and along the course make for easy navigation during a round.

Dave F. says the course "probably fits the more advanced and pro-level players best, but all in all, it's fun for any level." Riverside Park is a great place to play and test your disc golf abilities. Are you up for the challenge? For more information, visit facebook.com/optimistdiscgolfcourse.



Photo: Delaine Voloshin

BEST MADE-IN-COLORADO PRODUCT
Good Vibes River Gear, Craig

Clearly, people mesh well with Good Vibes River Gear in Craig. This outdoor gear and apparel shop located near the Yampa River was selected by CCL readers as this year's Best Made-in-Colorado Product.

According to its website, "Good Vibes River Gear is all about good vibes and enjoying the water and wilderness." Primarily focused on rafting gear yet sellers of all sorts of outdoor necessities, the folks at GVRG hand sew all their mesh gear with American-made products and offer customization so buyers get exactly what they're looking for — think duffel bags, speaker bags, gear covers and more.

Curiously, their mesh grocery bags are a best seller. "They help reduce single use plastics and are durable enough to hold as much weight as you can carry," said co-founder Maegan Veenstra. "Once a customer buys one bag, they usually come back and buy more because they are so awesome."

Take a gander at GVRG's products and rental gear at goodvibesrivergear.com to find out for yourself why these makers of mesh merchandise were voted in as one of this year's favorites.



- 1. BEST LOCAL BEER**
Black Forest Brewing Company, Black Forest
- 2. BEST MAIN STREET**
Downtown Fort Collins
- 3. BEST PLACE FOR STEAK**
Shiloh Steakhouse, Cortez

- 4. BEST LOCAL MUSEUM**
Museum of Northwest Colorado, Craig
- 5. BEST DISC GOLF COURSE**
Riverside Park Optimist Disc Golf Course, Fort Morgan
- 6. BEST MADE-IN-COLORADO PRODUCT**
Good Vibes River Gear, Craig
- 7. BEST HOT SPRINGS**
Mount Princeton Hot Springs Resort, Nathrop
- 8. BEST STATE PARK**
Jackson Lake State Park, Orchard (west of Fort Morgan)



Photo: Adobe Stock

BEST HOT SPRINGS

Mount Princeton Hot Springs Resort, Nathrop

It will be an unforgettable trip. There is nothing better than soaking in natural hot springs while surrounded by a treelined canyon at the base of Colorado's 14,000-foot Collegiate Peaks. While our great state is home to many hot springs, *CCL* readers voted Nathrop's Mount Princeton Hot Springs Resort as Colorado's best hot springs.

Established in 1879, this resort offers its guests the ultimate relaxation experience. Located between Buena Vista and Salida, Mount Princeton Hot Springs Resort is the perfect year-round family-friendly destination.

Begin your visit by soaking in the natural 104-degree Fahrenheit hot spring right in the middle of Chalk Creek. After surrendering to complete relaxation, head to the spa for a massage in the creek-side massage room. At the spa, you will find a complete menu of spa services, a juice bar (be sure to try a smoothie), saunas, steam rooms and a schedule of complimentary fitness classes, including the popular water yoga class.

If you bring the whole family along, rest assured the resort has you covered. In addition to over five soaking areas and a lazy river, Mount Princeton Hot Springs Resort has a 400-foot hot waterslide to keep the kids entertained (or anyone who is a kid at heart). If you are looking for food and drinks, there is a restaurant, coffee shop, deli, bar/lounge and even a poolside bar all on-site.

If you want to turn your visit into a weekend getaway, the resort has several lodging options including suites, cabins and lodges. These different options accommodate guests' preferences and budgets. All overnight guests enjoy free hot springs entry and VIP access to the Mountain Princeton Hot Springs Resort Spa and Club.

To learn more about the resort, book a room or explore things to do while in the area, visit mtprinceton.com.



Photo: Colorado Parks and Wildlife

BEST STATE PARK

Jackson Lake State Park, west of Fort Morgan

Jackson Lake State Park is in the northeast corner of the state near the town of Orchard, about 20 miles northwest of Fort Morgan. Known by the locals as an oasis on the High Plains, this Colorado park offers exceptional outdoor activities. The 2,700-acre Jackson Reservoir is open to boating and fishing year-round. Scattered throughout the park grounds are 240 campsites, picnic areas and multi-use trails. The park facilities include showers, toilets, laundry, electric hookups and a marina.

Although this state park has been a sought-after destination for camping, fishing and watercraft sports, it is now also considered a premier stargazing destination. In 2020, the International Dark-Sky Association recognized Morgan County's Jackson Lake State Park as an official Dark-Sky Park.

So just what does an IDSA designation mean and what can you expect when you visit? All the lights being used inside the park are for safety only. The lights have been adjusted to a certain color temperature, are fully shielded and emit no blue light. With this high-class honor and park accommodations, visitors can see the Milky Way without equipment; everything is visible to the naked eye.

Jackson Lake State Park has 5,295 acres of land and water for all your adventures — both day and night. Remember, you will need a Colorado state park pass to enter and reservations for camping must be made in advance and can be booked at cpwshop.com.

2023

GOOD NEWS FOR OUTDOOR ENTHUSIASTS!

Did you know that beginning January 2023, Coloradans will be charged \$29 for a state parks pass when registering a vehicle with the Colorado DMV? Coloradans registering their car can opt out of the Keep Colorado Wild pass. However, if kept, this pass will give you access to all 43 state parks and boost funding for natural resources in our great state. Plus, the \$29 price point is more than half off the \$84 price tag of the 2022 annual state parks pass.



What to Plant When Water is Scarce

A xeriscape garden works when you can't count on rain

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

Given the extreme drought conditions of last summer, January isn't too early to start planning for another challenging gardening season. If you can reduce outdoor water usage, you will see a significant decrease in your summer water bill. That's a welcome prospect with high inflation and an added bonus when water conservation is crucial. Although most of us can't afford a complete landscape overhaul, we can make changes incrementally.

Less lawn means less water usage, so year after year I've expanded my drought-tolerant garden beds a little at a time. When grass dies and weeds emerge along the border, I simply remove the weeds, turn the soil and widen the garden area. Sometimes I need to remove healthy grass to give existing plants more room to grow

I cut the sod into patches (approximately 12" square), dig down a couple of inches to get roots, and transplant the squares in the occasional bare spots that emerge after a cold, dry winter.

Other times, I simply need a larger garden bed to accommodate new plants I couldn't resist buying after looking at garden catalogues over the winter. Regardless of the motivation, my lawn area has consistently decreased in size and my drought-tolerant garden has become more interesting.



Weigela

It's always important to consider soil, light and water conditions when planning drought-tolerant gardens. For instance, a corner of my garden (next to the driveway on the south side of the house) gets lots of sunshine and is always dry, regardless of repeated attempts to adjust my drip system.

Weigela, which is a sun-loving plant, would not thrive in such a dry area. It's much happier in my east-facing garden, while water-wise plants such as Pot of Gold, ice plant, Colorado Gold, sedum

and bottlebrush do well in the dry corner. I share hummingbirds' attraction to the blood-red flowers of Little John Dwarf bottlebrush and am particularly fond of the non-invasive Jewel of Desert Ruby Ice Plant with its high tolerance for poor soils.

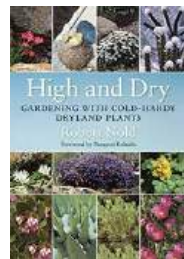
These border plants are recognized by Denver Water as "xeriscape" plants, a term the utility coined after imposing water restrictions in the late 1970s. At the time, I realized I had been practicing xeriscape gardening for years, having learned from relatives who suffered the trials of dry land farming and survived the Dust Bowl.



Sedum

Effective xeriscaping requires that you cluster drought-tolerant plants and trees with greater water needs in one area and those with lesser needs in another and water accordingly.

I used so little water with drought-tolerant plants that I have never entertained Robert Nold's philosophy of cultivating a completely "dry garden." Although admirable in concept, the degree of plant loss and associated expense mentioned in his book *High and Dry* was not palatable to this gardener living on a budget. However, the book is an invaluable resource with extensive descriptions of North America's drylands plants. Scientific names, photos and plant peculiarities make choosing the best drought-resistant plants for your own conditions much easier.



Gardener Vicki Spencer has an eclectic background in conservation, water, natural resources and more.

 [LEARN MORE ONLINE](#)

Read previous gardening columns at coloradocountrylife.coop. Click on Gardening under Living in Colorado.

Advertisement

If your tired, achy legs and feet are preventing you from moving easily...

Now, a prickly herb has been discovered to....

BOOST BLOOD FLOW TO YOUR LEGS, FEET, AND HANDS WITH A 95% SUCCESS RATE VERIFIED BY CLINICAL STUDY

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and foot pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb – it was almost like magic how quickly their problems got much better. They called it the “horse herb”. Then somehow with Europe’s ongoing wars, this herbal secret got lost in time.

“It works for people who’ve tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement” says Dr. Ryan Shelton, M.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

... meaning, discomfort, water retention, leg swelling, tiredness and circulation improved in 95% of test subjects



Swollen legs are a warning sign. They mean blood and fluid is forced out of the blood vessels into the surrounding tissue. This causes non-stop pain. This is where Neuroflo’s active ingredient is such a big help.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today’s treatments don’t work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

HOW IT WORKS

Here’s why you have pain now: Your arteries have weakened. Your arteries can’t carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.



The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Katerina King from Murrieta, California says, “I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn’t even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away.”

WHAT DOCTORS ARE SAYING

“Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I’m delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects” says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, M.D. says “This is new and different. It works for people who’ve tried many other things before. It is natural with no side effects. Don’t give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it.”

“Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support



WORKS IN AMAZING WAY: A prickly plant was used in Europe in the 1600s to revitalize ailing legs. Lost over the centuries, it is now making a comeback as US doctors rediscover its impressive results – sending relief to thousands of users with:

- Burning, Tingling, Numbness
- Painful Legs & Feet
- Swollen, Achy Feet
- Varicose Veins

of this herb show it is very effective for safe and fast relief,” said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

Now you can get a good night’s sleep – peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don’t risk irreversible damage to your feet and hands. Don’t get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

50% OFF FOR THE NEXT 10 DAYS

This is the official release of NeuroFlo for readers in the state. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL FREE 1-877-323-5157 and provide the operator with the special 50% OFF discount approval code: NEF158.

Important: Due to Neuroflo’s popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

How Do Electric Vehicles Impact the Grid?

BY KATHERINE LOVING

Last year saw a record increase in electric vehicle sales, and experts are predicting that many major vehicle manufacturers will only produce electric models by 2035.

A 2021 study by the Department of Energy showed that increased electrification, or replacement of direct fossil fuel use with electricity, would account for a 38% increase in electricity demand by 2050 — and EVs will play a major role in this increased electrification.

The need for more electricity will have a major impact on the nation's grid, which means power supply and grid infrastructure must be carefully planned to accommodate the increased need for electricity.

EV charging presents new challenges in maintaining the electric grid. Fully charging an EV battery requires the same amount of electricity needed to power a home during peak energy use times. However, EV charging is a concentrated pull of energy over an extended period, which can add stress to the local power grid by increasing the amount of electricity a utility has to provide.

Additionally, the neighborhood transformer needs adequate capacity to handle

the increased load. EV charging can shorten the life span of transformers by straining and overloading their capacity if they are not matched to a neighborhood's energy needs.

Electric cooperatives are currently identifying ways to manage this new pattern of electricity use, although exact strategies will vary based on each utility's unique needs. Analyzing energy load patterns or identifying where and when the local grid has spikes in demand can provide electric co-ops with data on where to place higher-capacity transformers. This analysis can also provide a picture of overall energy use and patterns to help forecast energy consumption for the future.

Planning system maintenance and upgrades are also part of that long-range forecasting; however, this has been recently complicated by supply chain issues for transformers with wait times that are upward of one year.

EV owners can play a role in reducing energy costs and system stress associated with charging. Some electric cooperatives offer a designated EV charging rate that you may want to consider. Typically, an EV

rate incentivizes charging during the night, when electricity demand and wholesale energy rates are lower. Check with your electric cooperative to find out if it offers this incentive. Charging at night is also a great way to ease demand in your neighborhood, even without a special EV rate.

Another potential change on the horizon is a new energy peak time. EV drivers who plug in to charge as soon as they return home from work would create even more electricity demand during this busy time of day. But if EV drivers use a timer to schedule charging at night, the electricity demand could be spread over a longer period to reduce stress on the grid. This would be especially beneficial for neighborhoods with multiple EV drivers.

EVs are only expected to increase in number. Electric co-ops and EV owners both have roles to play in accommodating increased demand. If you own an EV, let your electric co-op know so it can better plan energy demand for you and your neighbors.

Katherine Loving writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

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Fly Fishing in February's Flux

Trapping trout is not a simple task

BY DENNIS SMITH | OUTDOORS@COLORADOCOUNTRYLIFE.ORG

I'm not a winter fly fishing fan, but several years ago during one of those pleasantly weird, weeklong February thaws we sometimes get around here, I found myself on the Big Thompson with a fly rod in my hand. The weather was so inviting I couldn't help myself, so I grabbed my rod, waders and vest and headed for the river to see if I could catch a trout or two.

I parked just west of the Dam Store to string up my rod and pull on my waders. Flows here are usually too low to hold fish during the winter months, but occasionally a good head of water will be coming downriver and, if it holds for more than a few days, trout will mysteriously begin to appear in the long, flat pool there. Where they come from is anybody's guess.

I couldn't tell you why, but they were in there thick as fleas on a boar coon that day. Clouds of midges were boiling out of the riffle at the head of the pool and the trout were on them like sharks on a school of wounded tuna. Naturally, I figured catching them would be as easy as shooting fish in a barrel.

It wasn't.

I tied on a Griffith's Gnat (a tiny dry fly known to fool trout during midge hatches like this one), and crept down the bank. I began casting, and immediately proceeded to not catch fish. An hour and several fly changes later, I still hadn't hooked so much as a single trout.

I'll spare you the ugly details, but it wasn't until after I'd spent the next two days there that I finally figured out those fish weren't feeding on the winged adults after all. They were singling out those insects that had partially hatched and lay trapped beneath the surface, struggling to free themselves from their pupal cases. Experienced anglers can identify these partially hatched insects and know how to mimic them with their flies. Trout apparently find them easier to catch than winged adults and will feed on them to the exclusion of all others.

I mention this because we'll probably have one of those weird February thaws again next month and a bunch of you will be headed out to fish the midge hatches. I don't want you to think that, just because the weather's nice and the trout are jumping all over the place, catching them is going to be as easy as shooting fish in a barrel. It may not be.

Dennis Smith is a freelance outdoors writer and photographer whose work appears nationally. He lives in Loveland.



MISS AN ISSUE?

Catch up at coloradocountrylife.coop.
Click on Outdoors under Living in Colorado

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

Legendary “special herb” gives new life to old joints without clobbering you. So safe you can take it every day without worry.

According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in Journal of Food Lipids reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

Relief That’s 10 Times Faster... and in Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine



The active ingredient in Mobilify soothes aching joints in as little as 5 days

takes as long as eight weeks to work.

Yet in a study published in the International Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, BMJ (formerly the British Medical Journal) reports that Indian Frankincense is safe for joint relief — so safe and natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two weeks after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get Mobilify

To secure the hot, new **Mobilify** formula, buyers should contact the Sears Health Hotline at **1-800-334-5303** TODAY. “It’s not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Mobilify**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I’ll send you all your money back.”

Use Promo Code **COMB123** when you call to secure your supply of **Mobilify**. Lines are frequently busy and due to heightened demand, supplies are limited. To secure your supply today, call **1-800-334-5303**.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY FROM PERSON TO PERSON. NO INDIVIDUAL RESULT SHOULD BE SEEN AS TYPICAL. 9

THE WONDERS OF WOOL

MAKING IT WITH WOOL

In anticipation of the national Make It With Wool competition later this month, the Colorado Make It With Wool event was November 19 at the Adams County Fairgrounds in Brighton. This contest is the culmination of hours and sometimes months of hard work and ingenuity for people who sew with wool. Four judges rate each finished piece on construction, how well the garment fits and how it hangs. Judges also rate the contestant's poise and ability to answer questions. The body of each garment must be made with fabric that's at least 60% wool.

Not your grandma's wool

Wool can be more than just that scratchy blanket — much of it is softened before it's turned into fabric. Sheep are the most common wool producers and one animal can make 30 pounds of wool each year.

According to Gloria Cundall, director of Colorado MIWW, wool is a natural fiber that prevents blisters, wicks moisture, offers UV protection, remains odor-free, is eco-friendly and is durable.

And the winner is...

Morgan Stults of Wray won the junior division this year. She presented her knee-length, windowpane plaid dress and a coordinating, cropped, navy blue jacket lined with paisley-patterned silk. The 15-year-old completed her outfit in about 5 hours over the course of a couple of months with guidance from her 4H leader, Sharon Blackham. Sharon, a 4H leader for more than 40 years, shared that she appreciates the contest because kids expand on their sewing skills and enjoy making something original. Morgan loves how she gets to "think outside the box" when sewing with wool.

As the junior winner, Morgan received a new sewing machine and 2 1/2 yards of Pendleton wool fabric. And she qualified to go to Make It With Wool's national contest this month in Fort Worth, Texas.



MORE INFORMATION

Do you work with wool? Consider entering this year's contest which will be held in Brighton on November 4, 2023. Applications to compete are due October 1, 2023. The national MIWW competition is also coming to Denver in January 2024. For more information, contact Gloria at gacundall@outlook.com.



Beethoven's Fifth *en flambe*

Audience settles in
Orchestra tunes, then quiets
Bernstein enters the orchestra pit stage left

The Maestro lifts his baton and
The music begins
Ta-ta-ta-tum
Ta-ta-ta-tum

Brass to his right
Strings in front of him
Percussion on the left

Bernstein directs with oceanic waves of his arms
Orchestra responds with percussion crashes on
the shore

Now the drums thunder
Strings scream
then sing

The flames in the heating stove
Dance
Dive
Ebb and Flow

Hear the music
See the show

Carol McDermott, Montrose
GCEA consumer-member

ARE YOU A POET? DO YOU WRITE POETRY?

Submit your best works to our Reader Engagement page at coloradocountrylife.coop or send via email to info@coloradocountrylife.org.

MY HYMN TO JOY AT EIGHTY THREE

IF MY WORLD BE FITTED SNUGLY TO A SINGLE YEAR
WOULD THAT WORLD BE FILLED WITH FRIENDS AND JOY
TO FILL THE YEAR, I MUST RUSH, RUSH, EVER RUSH
TIME FLIES, SHOPWORN WORDS WITH SUDDEN BITE
OUCH! WELL, PERHAPS MORE, THAN THAT SINGLE YEAR
PERHAPS MORE, COULD BE TWO OR THREE, EVEN MORE
STILL MORE TIME TO FULLY SAVOUR A JOYFUL LIFE

Fred Koch, Red Feather Lakes
Poudre Valley REA consumer- member

Cowboy Ways

Tender heart, calloused hands, owned the ranch and worked the land, in the sun many a day, fixin' fence, baling hay.

Tough as nails on his skin, he can do most anything; ride a horse, brand a calf, sit with the boys and have a laugh.

He worked the land most all his life, he has three children and a wife, but inside he's like a child, underneath, meek and mild. Likes newborn calves and little girls in cowboy boots, with golden curls; those little puppies by the door, he could hardly ask for more.

He's gettin' gray and walkin' slow, enjoying his time here below; he likes old trucks and that John Deere, city folks might think him queer.

But out on the range he is the king, understands most everything; with tender heart and calloused hands — all those years out on the land. Might see a tear come in his eye, thinking back to days gone by. With tender heart and calloused hands, he loved the range, he loved the land.

His hands are clean, his heart is pure, those like him, they will endure. With tender heart and calloused hands, they love the range, they love the land.

Robert Miller, Loma
Grand Valley Power consumer- member

Buying anvils—blacksmith tools—cast iron (Griswold & Wagner). Old toys – colored pyrex – cowboy hats, boots, & spurs. Will come to you & we buy whole estates!
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BRILLIANT UNC
Never circulated and retains original mint luster



PROOF
Specially struck, uncirculated coin with sharp elements and mirror-like backgrounds

Actual size is 30.6 mm

On November 22, 1963, President John F. Kennedy was assassinated in Dallas, Texas. To pay tribute to the beloved American President, Congress authorized the abrupt ending of the Franklin Half Dollar series, replacing it with the Kennedy Half Dollar. Following its release in January 1964, just two months after the tragic assassination, this Kennedy Half Dollar became the year's most sought-after American coin!

The president's wife, Jackie Kennedy, was given the choice of denomination and chose the Half Dollar because she did not want to see George Washington removed from the quarter. Interest in this first-year issue coins was very high, and people lined the streets outside the Treasury Building to obtain the coin.

The Only Kennedy Half Dollar Struck in 90% Silver

This 1964 Kennedy Half Dollar is a first and only—first year of issue and the only

Kennedy Half Dollar struck for circulation in 90% silver. The U.S. Mint reduced the silver content to 40% the next year in 1965—where it stayed until 1971 when the Mint again changed the content to copper-nickel.

Very Limited. Act Fast!

It's surprising that any of these coins still exist because when the price of silver skyrocketed in the 1980's, and again in 2011, people melted countless numbers of these coins for the precious metal, leaving only a fraction of the original mintages, and making them more difficult to find.

You're guaranteed to receive a first-year, 90% silver, 1964 Kennedy Half Dollar. Depending on your budget, you have your choice of three—Good, Brilliant Uncirculated, and

THE FIRST KENNEDY HALF DOLLAR, AND THE ONLY ONE STRUCK IN 90% SILVER!

Proof Quality Collector Condition (see above for condition explanation). But hurry—if you want one of these history-soaked coins, you should immediately call the toll-free number below because the limited supply will not last.

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     READERS' PHOTOS

 FUNNY STORIES



Suzanne Cook and sister Margaret Pettit, both consumer-members of SDCEA, pose at Borghese Parco, Rome, Italy.



Mountain View Electric Association consumer-members **Thomas Kocian** and **Andrea Dabbs Van Bergen** explore Israel with their copy of *Colorado Country Life*.

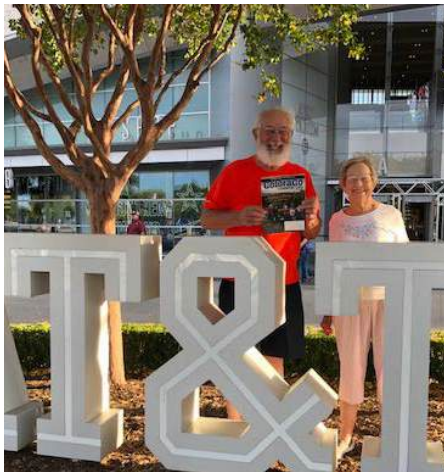


My husband Jim and I took our two grandsons James, 12, and John, 10, to Minnesota for my mom's 80th birthday. Neither had ever been out of California or Colorado. Driving along, we didn't allow them to get out their cellphones. I told them to look at the great scenery instead. They didn't listen. So, I looked at Jim and spoke some gibberish. He looked at me, caught on and spoke gibberish back. He caught their questioning eyes and said, "Boys, Grandma and I have something to tell you. We're aliens." From then on, they were on their best behavior. No phones. But then at the hotel, they left a note that read "Help Us!" To this day they claim they didn't believe us.

Marjane McCallum, Pueblo West
San Isabel Electric Association consumer-member



WINNERS: Terri and Millie Musgrave, consumer-members of Morgan County REA, visit the Panama Canal with CCL.



Mountain View Electric Association consumer-members **Joe and Joyce Mikita** take their copy of CCL to the AT&T Stadium in Arlington, Texas.

When my youngest daughter was preschool age, we had a habit of having a late Sunday breakfast and then having dinner around 3 p.m. One such Sunday, around 7 p.m., she asked, "When are we going to have dinner?" My wife told her that we had already eaten dinner. She thought about it for a while then asked, "Did I get any?"

Bruce Florquist, Severance
Poudre Valley REA consumer-member

Take Your Photo with Your Magazine and Win!

It's easy to win with Colorado Country Life. Simply take a photo of someone (or a selfie!) with the magazine and submit it on our Reader Engagement page at coloradocountrylife.coop. We'll draw one photo to win \$25 each month. The next deadline is Monday, January 16. Name, address and co-op must accompany photo. See all of the submitted photos on Facebook at facebook.com/COCountryLife.

After a full day of rambunctious play, my 7-year-old nephew was exhausted. He explained, "I think my brain is like a laptop and I just have too many tabs open today!"

Carylee Cheatham, Colorado Springs
Mountain View Electric Association consumer-member



Mike and Carole Mulligan, consumer-members of Yampa Valley Electric Association, with son **Steve**, travel to Turkey with their copy of CCL.

We pay \$15 to each person who submits a funny story that's printed in the magazine. At the end of the year, we will draw one name from the published funny stories, and that person will receive \$200. Congratulations to Barbara Allen, Colorado Springs, who was the \$200 winner in 2022. Go to our Reader Engagement page at coloradocountrylife.coop to submit your funny story.

STAFF FAVORITES

Discover CCL staff's favorite Colorado products



Subtly Spicy Sausage

Colorado Proud business Mike's Meat Market located in Sterling produces high quality, flavorful summer sausage. A favorite for CCL Production Manager Cassi Gloe's family is the Jalapeno Summer Sausage with Cheese — her family all fell in love with it at first bite. The cheddar and jalapeños add a subtle spicy kick that is sure to please. The sausage comes in two sizes — 12 ounce or 25 snack sticks. For those who don't like peppers, there is a traditional summer sausage. Visit mikesmeatmarket.com for a list of products and to order.



Prized Pet Pacifier

This year, CCL contributing writer Amy Higgins is indebted to Longmont-based Soda Pup. Soda Pup's lick mat keeps her dachshund Charlie engaged when anxious and antsy, such as during a lengthy road trip or when hired contractors create a cacophony of chaotic hammering. Higgins simply smothers the lick mat with dog-safe foodstuff and Charlie becomes more settled and satisfied. Try the lick mat and more durable, dog-friendly merchandise at sodapup.com.



Pick a Peck of Peppers

During the COVID-19 lockdown, the Marcums lost their jobs which led to jump starting Pandemic Polly Peppers in Grand Junction. Since then, the founders have used their garden's pepper harvest to make hot sauces, spicy peanut butter, honey, jams and more. CCL Production Manager Cassi Gloe suggests the Small Batch Hot Sauce 3 Pack Gift featuring Ridgway Red, Jamaican Sunshine and Polly's Peach Fire hot sauces to get a taste of Polly's eatables. See more options at pandemicpolypeppers.com.



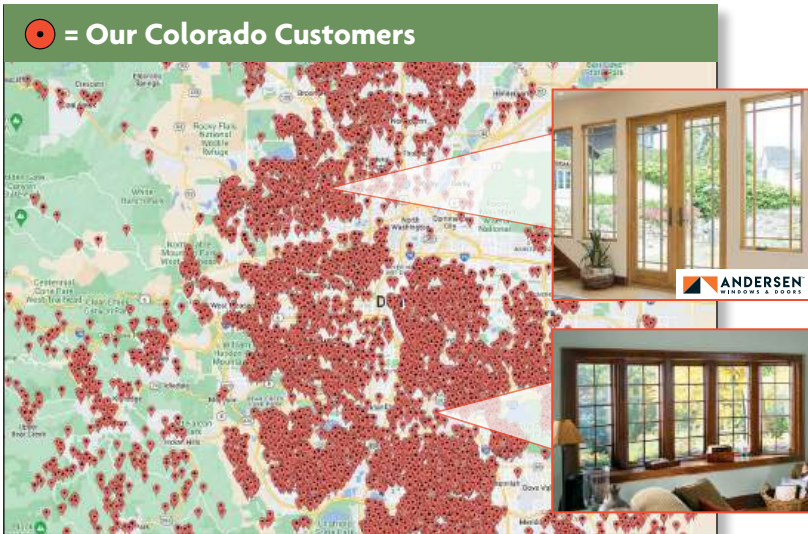
Mouth Watering Caramels

After your first taste, the crinkly sound of cellophane is all it takes to make your mouth water when unwrapping a second (and third, and maybe even a fourth) Helliemae's Caramel. At least, that's what happened when CCL Editorial Assistant Kylee Coleman tried them for the first time.

Created by a team at a production kitchen in Wheatridge, the small-batch, bite-sized caramels are fresh and rich with flavor. The smooth texture provides a good "chew," but also melts in your mouth. Helliemae's makes popular, classic flavors such as Sea Salt caramels and Vanilla Vanilla caramels. And its line of creative flavors, such as Whiskey Love Bomb, Espresso, Chili Palmer, Harvest Apple Cider and Gingerbread are sure to delight even the most discerning caramel connoisseur.

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