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EDITORIAL

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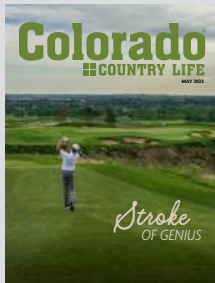
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On the Cover

RainDance National Resort & Golf Head Golf Professional Chris Williamson hits his approach shot onto the fourth green at the new golf course in Windsor. Photo courtesy Chris Wheeler.



"Pure Colorado," by Kimberlee Hutcherson, a consumer-member of La Plata Electric.

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Monthly Contest



We're giving away a set of Golfkicks!

Find out how you can turn any shoes into golf shoes on page 30. Scan the QR code with your smartphone camera to enter today!



Colorado Rural Electric Assn. posted:

On Monday, April 10, 2023, Sen. Chris Hansen (D-Denver) and Sen. Cleave Simpson (R-Alamosa) read a resolution at the Capitol to establish Colorado Electrical Lineworker Appreciation Day. The day will be observed on April 18 each year to honor and recognize the crucial role that lineworkers play in providing safe and reliable electricity to communities throughout Colorado.

Lineworkers and representatives from Colorado's electric cooperatives and Black Hills Energy attended the resolution reading at the Capitol.



FACEBOOK CHATTER

ColoradoREA posted: Today at the NRECA Legislative Conference in Washington, D.C., a packed room of attendees await House and Senate appointments.

ELECTRICAL SAFETY MONTH

Promoting a Culture of Safety

BY JENNA HIRSCH CREA DIRECTOR OF SAFETY



JENNA HIRSCH

“Safety” is a universal word that is mentioned often but used loosely. Communities large and small, as well as companies across all industries say they are committed to safety. Over the past couple of decades, safety measures have increased exponentially in the NFL, and those efforts have trickled down to youth football leagues. But how many times have we seen players, coaches and trainers bend the rules, even just a little bit? And fans get annoyed when a tackle we see on television doesn’t seem “that bad,” but the player is pulled from the field, and it affects the outcome of the game. Often, when it really counts, steps to keep the public, workers, athletes and loved ones safe are ignored in the interest of expediency, convenience or a scoreboard.

Safety is more than just a catchphrase. It is a serious issue. And for Colorado’s electric co-ops, it is paramount. Over time, each co-op across the state has created a culture of safety by putting its employees’ safety and the wellbeing of the community above all else. Your co-op has a core mission to provide affordable, reliable and safe electricity. And your co-op wants its staff and crews to return home to their loved ones at the end of the day. This requires ongoing focus, dedication and vigilance.

May is National Electrical Safety Month and with this comes an increased effort to educate consumer-members about how to use electricity safely. It also is a great time to highlight your local electric co-op’s overall commitment to safety.

The Colorado Rural Electric Association, the statewide organization representing electric co-ops, has a safety department that focuses on training and educating co-op employees on safe workplace

practices. I oversee three job training and safety instructors who are each assigned a group of co-ops — they’ve got the whole state covered. The team also has an assistant who helps administer the programs we facilitate. CREA’s safety team offers a great deal of experience, knowledge and dedication and is available to assist your local co-op with any safety issues that come up in its day-to-day operations.

CREA provides training and services based on regulations and leading national safety best practices for the utility industry. Facilitating and participating in the Rural Electric Safety Achievement Program is a prime example of this. RESAP is a national safety program established by NRECA. The program was developed to strengthen leadership engagement, create a continuous safety improvement process, promote employee involvement and help co-ops to reduce injuries over time.

RESAP helps your electric co-op evaluate its safety program and develop safety improvement plans to make sure it is living up to its mission to keep everyone safe. A team lead from CREA’s safety department and three to five volunteers from other Colorado electric co-ops visit your co-op every three years to perform an onsite observation. The team uses a comprehensive checklist to assess your local co-op’s adherence to safety criteria, with each section rated by the evaluation team over a three-day observation period.

RESAP criteria covers 21 sections — it is rigorous and thorough. Among many other things, your co-op is assessed on warehouse and storage safety, hazardous materials, administration and office areas, company vehicles, personal protective equipment, arc-rated clothing, fall protection,

substations and bucket trucks. The team also conducts visits with crews in the field and interviews employees on safety practices. At the end of the evaluation, the team lead presents the findings to your co-op’s general manager, operations manager and line superintendent.

I applaud all 21 of CREA’s member co-ops for participating in RESAP observations and opening their doors to feedback and improvements. Your local electric co-op takes safety seriously everywhere they work — in the field, at its headquarters building and beyond.

Your co-op’s participation in RESAP observations shows it is committed to safety from all angles. Be assured that your co-op also looks outside of its own four walls to keep you and your community safe around electricity. Whether shutting and locking the gate to a substation facility, trimming trees that are growing into power lines, or closing a pad mount transformer after maintenance, your co-op has your safety at the forefront across all aspects of its work.

I encourage you to connect with your local electric co-op to learn more about electrical safety — it may even have resources available to educate you, your family and your community on both the obvious and hidden dangers of electricity.

Together, we can work together to keep everyone safe.

Jenna Hirsch is the Director of Safety and Loss Control at CREA, the statewide trade association that represents your electric co-op. She has an extensive background in safety, including training, incident investigation and management; regulatory standard interpretation and program implementation; and performing safety audits and risk assessments.



FROM THE EDITOR
TEE UP FOR SUMMER
BY KYLEE COLEMAN EDITOR



KYLEE COLEMAN

LETTERS TO THE EDITOR

People tend to have strong feelings about golf. Some love hitting the links. They watch PGA tournaments on a Sunday afternoon. They find old tees in various pockets when doing laundry.

Others ... well, not so much. Their strong feelings swing the other way. They have no patience for the game. They turn on a Sunday tournament just for the afternoon couch nap. Their idea of fun does not include chasing and hitting a small ball for four hours.

I land someplace in the middle of those two scenarios. I enjoy getting out for a round at our local course, but there's no way I would call myself a golfer. Off the tee box, I can drive the ball about 100 yards. Yes, that's laughable. But my drive is the best part of my game; only second to driving the cart. Along the fairway, I try to whack the heck out of that tiny white ball with my 9-iron, maybe a 7. It rarely gets any air or lift and so it just dribbles along down the course, typically ending up somehow lost or in the sand. And my short game is sad — I rack up a lot of strokes in chips and putts alone. Even saying, "I shoot bogey golf," is a generous description of my game.


It's no surprise that I'm well-over par when I throw in the towel around the 13th hole. I always joke that I have a great bowling score when it comes to golf (the inverse is also true — I have a great golf score when it comes to bowling). Arnold Palmer says, "Golf is deceptively simple and endlessly complicated." I find this to be true the handful of times I get out to a course each summer.

Despite my high stroke count, there are a few reasons why I keep trying. I love being outside on a summertime day. I love the quiet scenery. I love the activity and walking. I appreciate the physical and mental challenge. And, probably most importantly, I love the time spent with the people I'm lucky enough to golf with — usually my husband and my parents. They are all regular players, and their seemingly effortless skills never fail to impress me. They're patient with my lackadaisical attempts, high stroke count and the fact that the third best part of my game is the attire.

However you feel about golf, when you get to page 16 in this issue, you may have an unexpected reaction. Golf lovers will want to make a tee time as soon as they read about RainDance golf course in northern Colorado. Fair weather golf fans may have a change of heart and want to give the old game a new try.

How will you fit RainDance National into your summer plans this year? Email me at kcoleman@coloradocountrylife.org to share.

Kylee Coleman is the editor of *Colorado Country Life* magazine, which is published in conjunction with your local electric cooperative.

 Pictured above, CCL Editor Kylee Coleman golfs at her local course on a late summer afternoon in 2014.

Wildlife and Windmills

I appreciate your article on APP plans ["A Bird's Eye View of Avian Protection Plans," March 2023], as I receive great enjoyment from my birds at my property in the country.

I wish the article would have addressed and evaluated the killing of our large birds that come in contact with the huge windmills that are being pushed as a power source. I'm curious as to [how] the efforts to save a number of birds compares to the loss of birds to the windmills when they are turning.

Donn Hume, Monument
Mountain View Electric consumer-member

Hydropower Done Right

Thank you for the article "Hello Hydro" [April 2023]. It was fascinating.

I remember when all dams were vilified, no matter their purpose. We were told dams were bad because they altered river flows and blocked fish migration, and they needed to be removed so the rivers could "run wild" once again. This is still the case in many areas in New England, and probably elsewhere as well.

All sources of electrical power have their adverse effects on the environment. I am happy to see that hydroelectric power is once again being recognized for what it is — clean, relatively inexpensive, renewable electricity. I'm sure that it can be "done right" with regard to the environment and provide a reliable source of electricity for years to come.

Charles R. Gasser, Windsor
Poudre Valley REA consumer-member


SEND US YOUR LETTERS
Share your thoughts about CCL. Email kcoleman@coloradocountrylife.org. Please include your name, address and which electric co-op you belong to.

EFFICIENT OUTDOOR LIGHTING TIPS

BY JAMES DULLEY

Q: We're considering adding more outdoor lighting for entertaining and better security. What are some efficient lighting tips?

A: It's a great time of year to think about making outdoor lighting improvements. With energy-efficient LED bulbs, it is easy to light your outdoor space effectively without driving up your electric bills.

You mentioned lighting for both security and when entertaining. The intensity, location and light color quality are different for each scenario, so it is generally best to plan two separate lighting layouts.

For general entertaining lightscares, you'll want lower color temperature LED bulbs to keep the light quality warm and inviting. Keep factors like focal points, balance, symmetry and comfort in mind

when selecting decorative lighting. Consider using low-voltage landscaping fixtures around a deck or patio — these are easy and safe to install yourself. They also provide an opportunity to change or add to the lighting pattern at any time in just a few minutes.

Lights with a higher color temperature are better for security purposes — sometimes these are referred to as “daylight” bulbs. Keep in mind you'll want to light your home's boundaries and the approaches to your property. Take a walk around your house at night and look for spots that are not lit well by your current outdoor lighting. Pay special attention to windows or doors that may be



▲ Low color temperature LED bulbs produce a gentle, warm light, which is a great way to keep outdoor entertaining spaces inviting.

hidden from view by shrubs or trees. These are excellent areas to install bright LED fixtures and floodlights. Standby lighting that turns on automatically when it detects motion may be a good solution for enhancing security lighting around your home.

With a good plan and a minimal amount of DIY time, you can transform your outdoor space to be great for entertaining, while keeping it secure when no one is home.

Send your questions to James Dulley, *Colorado Country Life*, 6906 Royalgreen Drive, Cincinnati, OH 45244 or visit dulley.com.

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Add flavor to your meal for Asparagus Month

BY AMY HIGGINS

Asparagus is a nutritious, versatile vegetable — or perennial lily, as it was once classified — that is an excellent accompaniment to many main dishes or as a delicious side dish. The shoots grow in a wide range of soils and can be found at farms, in the wild or at your local grocery store.

May is Asparagus Month and *Colorado Country Life* collaborated with the University of Colorado Boulder and the Colorado Department of Agriculture to offer readers two outstanding options for asparagus enjoyment. This recipe is simple, scrumptious and an excellent way to recognize this annual national holiday that originated around 1985. Find the second recipe on our website at coloradocountrylife.coop.



WILD FLOWER?

Whether you call them vegetable or lily, you can pick asparagus by the handful in Colorado's outdoors ... if you know where to look. Survey damp locales in your area, such as along rivers and streams. Several online sources can point you in the right direction.

Chicken Asparagus Pasta

Recipe provided by University of Colorado Boulder and Alice C. (adapted to CCL format).



- 8–10** boneless skinless chicken thighs, cut into 1-inch pieces
- 2** garlic cloves, diced or pressed
- 1** red bell pepper, cut into 1-inch pieces
- 2–3** lemons, juiced, divided
- 1** tablespoon olive oil
- Salt, to taste
- Pepper, to taste
- 1** pound asparagus, cut into 1/2-inch pieces
- 1** pound dried penne pasta
- Red pepper flakes, to taste
- Parmesan cheese, grated, to taste

Optional Extras: extra Parmesan, chopped jalapeño, diced fresh tomato, diced scallions, quartered lemons

Place chicken in a bowl. Add garlic, bell pepper, the juice of one lemon, olive oil, salt and pepper. Add more lemon juice, if desired. Heat a wok or other deep pan over medium heat; add chicken mixture and cover pan until chicken is cooked through. Reduce to low heat to keep warm.

Bring a large pot of salted water to a boil. Add asparagus pieces and boil for one minute; remove with a slotted spoon, and rinse asparagus under cool water to stop cooking.

Cook the pasta according to box instructions in the same water you used to cook the asparagus. Use a slotted spoon to transfer the cooked pasta to pan with chicken. Add cooked asparagus, red pepper flakes and Parmesan; let flavors incorporate for about 5 minutes. Taste and add more lemon or red pepper flakes as needed. Top with optional extras and serve in bowls.

"If you like your pasta sauces soupier, you can always add some of the pasta water," Alice C. says.

◀ Photo by Forrest Mondlane Jr.

Do you like your asparagus simply grilled?

Pair it with Colorado Wine for Perfection

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC and Ace Hardware Grill Expert suggests serving this dish with a glass of white wine from a Colorado vineyard. There are several vineyards to choose from, so you have plenty of options. Check out this list from Colorado Wine: coloradowine.com.

Find Chef Morse's Simple Grilled Asparagus recipe on coloradocountrylife.coop.



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COLORADO RANKS SEVENTH IN THE COUNTRY FOR WIND

A recent release from Climate Central’s “WeatherPower Year in Review: 2022” reports that electricity generated from solar and wind grew 16% from 2021, with wind accounting for roughly 74% of that growth. The report also states the 683,130 gigawatt-hours generated across the country from renewable power generation resources were enough to power 64 million average American households.

According to 2022 figures from the U.S. Energy Information Administration, about

4,243 billion kilowatt-hours of electricity were generated at utility-scale electricity generation facilities in the United States. About 60% of this electricity generation was from fossil fuels: coal, natural gas, petroleum and other gases. About 18% was from nuclear energy, and about 22% was from renewable energy sources — from those renewable sources, wind provided just over 10% of U.S. electricity.

Climate Central reported that Colorado, at 5,177 megawatts, ranked seventh in

the nation for wind capacity and had 1,774 MW of solar capacity. In comparison, Texas ranked first with 37,365 MW of wind capacity and California ranked first with the solar capacity of 28,493 MW. It’s good to remember that capacity, measured in MW, is the measure of the maximum output of an electric generation plant under ideal conditions, such as strong winds or full sun. Generation, measured in megawatt-hours, is how much electricity is actually produced.

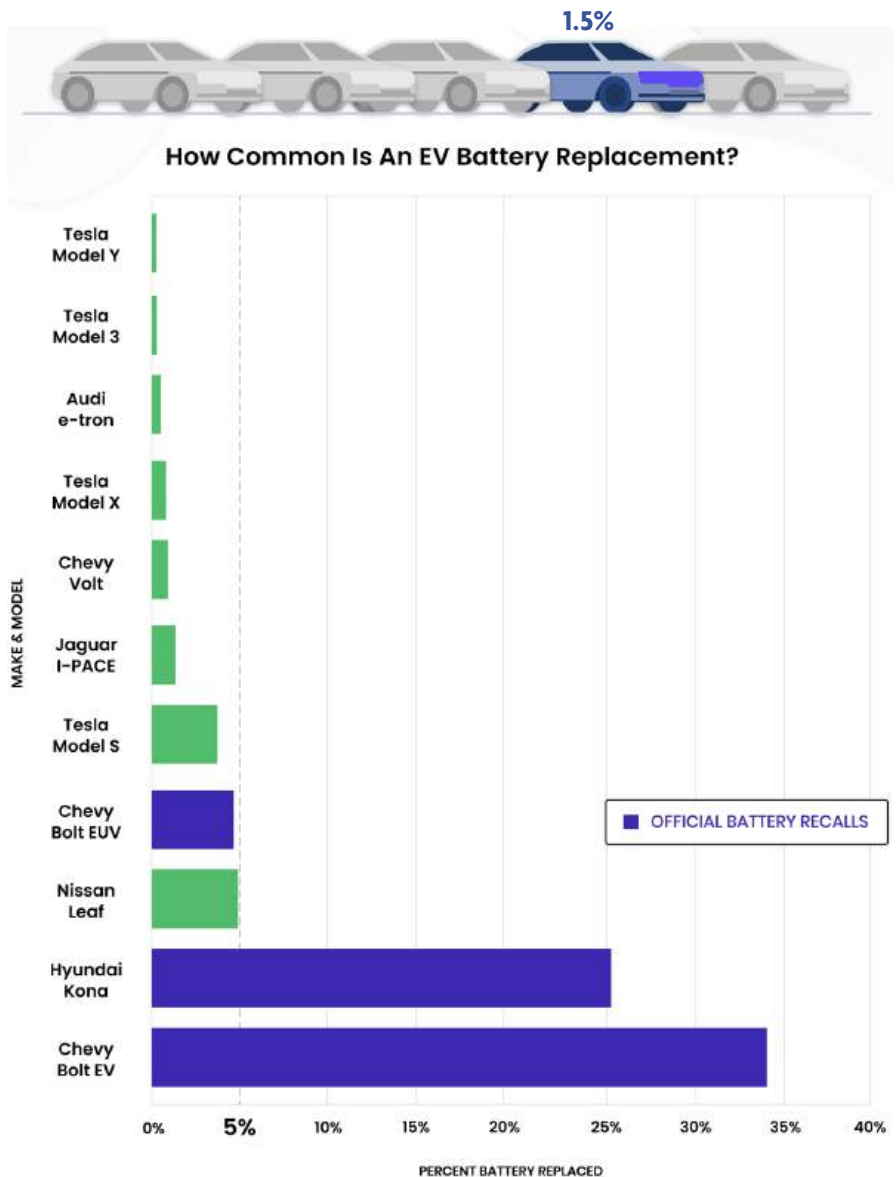
EV BATTERIES LONGEVITY

Many electric vehicle owners wonder about the longevity of the EV battery in their car. And we’re not just talking about range. The lithium-ion batteries that run EVs can make up 50%-70% of an EV’s value — and if the battery dies, so does the car. While lithium-ion batteries have been studied a lot over the years, Recurrent Auto reports that EVs haven’t been around long enough for studies to know for sure how long an EV battery will last.

The lithium-ion battery in an EV typically has a manufacturer warranty of 8 years or 100,000 miles, which is also the federal minimum warranty. Warranties vary a bit, in that manufacturers determine what percentage of original battery capacity is ensured over that time.

But do they really last that long?

Recurrent Auto is finding that EV batteries have much longer lifespans than anyone expected. In fact, very few EV batteries have been replaced. Its data shows that EV battery replacements are rare, outside of a big battery recall such as the Chevy Bolt battery recall in 2017. In the cases where a battery was replaced due to degradation, most of those occurred under warranty.



Recurrent (www.recurrentauto.com) provides electric vehicle battery health reports for EV owners, shoppers and dealers. This infographic ©2023 Recurrent and may only be reproduced with permission and attribution. contact@recurrentauto.com

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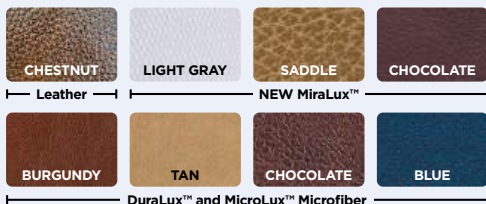
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A *Stroke* OF GENIUS: RAINDANCE NATIONAL GOLF COURSE

BY DAVID R. HOLLAND

A new golf course opened last summer on the northern Colorado I-25 corridor heading to Cheyenne. And, with distinctive agricultural landscaping, perhaps it's like no other you have ever seen.

RainDance National Resort & Golf in Windsor pays homage to farming and will have your head spinning like a “rotary hoe” with the sightings of farming artifacts at every turn.

A silo Country Store complex is the pro shop; weathered fence posts serve as signage; and a dust-bowl era 1932 Ford Model A pickup can be seen on the way to the first tee.

One other exclusive RainDance fact: This is North America's longest course at 8,463 yards.

Martin Lind, the RainDance master-planned community developer, grew up here. Four generations of his family worked sweet corn, wheat and sugar beet fields;

endured grueling Depression hard times; and eventually redirected the farm land to residential, commercial, industrial developments and golf.

The rustic feel of farming history is apparent in rotary hoe cultivator tee markers, and a John Deere 45 combine is positioned behind the 11th green, serving as an aiming point for uphill approach shots.

But even more fun is the “Funk Yard” double-sided practice range, named after one of the course's designers, PGA Tour player Fred Funk. After watching golfers at Topgolf, Lind realized their biggest joy was to aim at stuff.

So farming “stuff” began to appear inside the corridors of the practice/driving range for golfers to aim at. Besides an antique truck and tractor, Lind had three giant dead cottonwoods dug up from the Cache la Poudre's banks and “planted” on the range.

Since the project was more than a

decade in the making, Lind had time to collect the vintage farm equipment and relics. Sure, golf courses have been developed on farmland before, but never one this creative and entertaining.

FROM A DREAM TO RAINDANCE

When the 2008 recession hit, Lind said he was going broke fast, dimming his vision to create more communities where people could stay close to home and play and work. The financial institutions weren't cooperating, but he discovered if he had a jet, he could borrow against it.

It was 11 years ago that a meeting between Lind and Funk started the RainDance dream. Funk was looking to unload his jet since paydays on the Champions Tour were not as hefty as when he played on the PGA Tour.

Funk and Lind had an instant connection and talked about creating a new golf course on 300 acres of land with 20- to 30-foot-deep, rugged arroyos that flow down to the Cache la

◀ RainDance National Head Golf Professional Chris Williamson tees off from the 8th tee box, a par 3 that forces players to carry arroyo canyons. *Photo courtesy of Chris Wheeler Photography.*

Poudre River some 55 miles north of Denver.

Lind did have experience after building Pelican Lakes Resort & Golf, a 27-hole golf community in 1999. He purchased more land over 36 years and founded The Water Valley Company, but the recession was a hindrance that had to be overcome.

“I asked Fred if he had ever designed a golf course,” Lind said. “Fred said no but it was on his bucket list, and he had a million ideas.”

Funk teamed up with Harrison Minchew, a 37-year member of the American Society of Golf Course Architects. Minchew had spent 26 years with Arnold Palmer Design.

GOLF COURSE LAND FLOWS FROM TOP TO RIVER BOTTOM

The RainDance first tee points directly at Longs Peak, and that was no accident.

“The land demands ‘big,’” Funk said. “There are big fairways, big greens and big bunkers, and right out of the gate we’re starting at the top of the property aiming the tee, the fairway and the green at 14,259-foot Longs Peak. That’s part of why it was just a perfect property to become one of the best locations anywhere.”

“It’s an amazing setting with the river and the riparian area allowing all the wildlife to play and have safe harbor in these arroyos that have been here for thousands of years,” Lind said. “I think it is a fun course for the novice, but challenging also for professional golfers.”

Lind also loves that at the high point you are in this very arid terrain with prickly-pear cactus, but when you get down to the bottom of the golf course (a 225-foot elevation change) in the river bottom, you have a tee box next to the 100-year-old cottonwoods and wetlands of the Cache la Poudre River.

▶ A dust-bowl era 1932 Ford Model A pickup can be seen in the Funk Yard driving range. *Photo courtesy of Chris Wheeler Photography.*

Minchew said he had never worked with arroyos like at RainDance. “When you have huge arroyos, native grasses and vegetation, those are features that give an architect an extraordinary opportunity for a great golf course,” Minchew said.

THE FIREPIT, G.O.A.T. RANCH, AND HOEDOWN HILL

The Firepit is where views of holes 4, 7, 8 and 18 open up for fellowship and stargazing. It’s a great location for post-round discussions and relaxing.

But the G.O.A.T. Ranch is where one can practice or bring the family for enjoyment. “That’s Colorado’s largest green (61,500 square feet) right there,” Lind said. “We think it is a fun place for the whole family to spend time and enjoy friends.”

Lind said Minchew designed the 9th green into the G.O.A.T. Ranch. The mammoth green is shaped like a triangle and has six bunkers. One can also use the complex as a par 3, hitting shots to it from the first and second tees (measuring up to 160 yards).

Then there’s Hoedown Hill, a 12-acre plot adjacent to the silo Country Store pro

shop that is the highest point in Windsor and is scheduled for bunny slope skiing, tubing and sledding, and a proposed hotel.

There’s 120 feet of elevation from the top to the bottom of Hoedown Hill and the sledding portion is nearly 1,100 feet in length.

Summer activities of hiking and mountain biking can be launched from here with zip lining proposed for the future. And concerts can be held here year-round.

The RainDance Roadhouse, a BBQ food truck, is open during your round of golf. A clubhouse is in the planning stages and might be placed in an area above the 18th green, and cabins or glamping opportunities are possible in the future.

LIVING IN A RAINDANCE COMMUNITY

The RainDance master-planned community, which is served by electric cooperative Poudre Valley REA, also wants its residents to remember that the land’s farming heritage — from summer to harvest — and the amenities are as cool as Colorado evenings. Community gardens and demonstration farms will be part of the grounds.

Ted’s Sweetwater Grill with views of The Covered Bridge and the Rocky Mountains





“

It's an amazing setting with the river and the riparian area allowing all the wildlife to play and have safe harbor in these arroyos that have been here for thousands of years. I think it is a fun course for the novice, but challenging also for professional golfers.”—

Martin Lind, RainDance community developer

west, is a neighborhood spot for food and drinks without having to leave the community.

The 1.5-acre RainDance River Resort is just a portion of the 13-acre RainDance Park and includes a day at the pool or a picnic on the large grass lawn in RainDance Park.

The RainDance River Resort is Northern Colorado's largest water park right in the community. It includes a lazy river, splash pad, waterslide, lap lanes and play pool. Concessions and weekly food trucks will also be here.

RAINDANCE'S PLACE IN NEW COURSE HISTORY

“Just think about it,” Lind said during the grand opening ceremonies. “How many courses do you know of opening in the past 20 years? Not many.”

In Colorado, a renovated City Park Golf Course opened a couple of years ago in Denver along with TPC Colorado in 2018 in Berthoud. Flying Horse Ranch in Colorado Springs opened its North Course in 2019.

The Oakwood Land Company announced in 2022 that it had purchased Kings Point, the 907-acre property in

southeast Aurora. The community will have approximately 1,700 homes as well as a PGA-level golf course and country club on the site, located at E-470 and Parker Road.

Another new project called Rodeo Dunes will be located in the prairie dunes around Roggen, Colorado, just an hour northeast from downtown Denver. The 36-hole golf resort will be part of the Keiser family portfolio. Mike Sr. developed must-play complexes of Bandon Dunes and Sand Valley. Sons Michael and Chris Keiser will head up this destination resort.

So it seems the 2008 recession is now in the rear-view mirror.

Back to that longest course in North America tagline. Longest in the world is Dragon Snow Mountain Golf Club in Lijiang, China, at 8,548 yards. In Colorado, Antler Creek in Falcon is 8,058 yards. The Korn Ferry Tour's TPC Colorado Championship at Heron Lakes plays at 7,991 yards.

Other USA qualifiers? That's The International Golf Club's Pines Course in Bolton, Massachusetts (8,325 yards), Ross Bridge in Hoover, Alabama (8,191), and the Pete Dye Course at French Link Resort

▲ Arroyos and greens are a striking contrast. Photo courtesy of Chris Wheeler Photography.

in Indiana (8,102).

“Harrison Minchew and Fred Funk did a wonderful job incorporating the arroyos and other native features into the design to create a great variety of holes that are equal parts challenging, stunning and fun,” said Allan Long, Director of Event Services at The Broadmoor World Arena.

“The first thing that caught my eye at RainDance National was the dramatic property. The course is big in scale and sits on exceptional land with extraordinary natural landforms throughout. At the end of the day, I found RainDance National to be a memorable golf experience, and the minute I holed out on number 18, I wanted to go back to the first tee.”

RainDance National Resort & Golf is so well done it has to be on your list of travel golf opportunities in Colorado. And during your visit, remember to take time to celebrate life on the farm.



David R. Holland is the author of *The Colorado Golf Bible* and a former sports writer at *The Dallas Morning News*.

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 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



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

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

Right now, the only way to get this powerful, unique formula that clobbers creaking joints in as little as five days without clobbering you is with Dr. Sears’ breakthrough **Mobilify** formula. It is not available in stores.

To secure your bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at **1-800-330-1395**. “The Hotline allows us to ship the product directly to customers.”

Dr. Sears believes in this product so much, he offers a 100% money-back guarantee on ever order. “Just send me back the bottle and any unused product within 90 days, and I’ll send you your money back,” said Dr. Sears.

The Hotline will be taking orders for the next 48 hours. After that, the phone number may be shut down to allow them to restock. Call **1-800-330-1395** to secure your limited supply of **Mobilify**. If you are not able to get through due to extremely high call volume, please try again! Call NOW to qualify for this limited time offer provided at a significant discount. To take advantage of this exclusive offer use Promo Code: **MBCO0523** when you call.



Cutting Through the Carbon Jargon

Understanding the terminology for greenhouse gas removal

BY PAUL WESSLUND

What if instead of letting greenhouse gases escape from power plants, you could grab that carbon dioxide before it even reaches the atmosphere?

It's a simple idea that's getting a lot more attention as concerns grow over the effects of burning fossil fuels that power many industries and generate a large share of the nation's electricity. This idea has a name: carbon capture — two words that have created a whole new set of jargon within the energy industry.

Carbon capture is an expensive and complicated idea to turn into widespread reality. But understanding some of the terminology associated with this complex process can shed light on this unique way of managing greenhouse gases.

LET'S TAKE A CLOSER LOOK AT THREE KEY TERMS RELATED TO CARBON CAPTURE.

FIRST KEY TERM: NET ZERO

You've likely heard the term net zero. This means you don't increase the amount of CO₂ in the atmosphere — essentially, any greenhouse gas you emit is reduced in some other way. Net zero typically takes the form of a nation or commercial business setting a goal to offset carbon emissions it produces from burning coal, oil or natural gas. Those offsets can be as simple as planting lots of trees that convert CO₂ to oxygen as part of their photosynthesis process. Or it can be as complex as building hi-tech equipment

Basin Electric Cooperative's Dry Fork Station in Wyoming is located near a site being developed for a large-scale carbon storage project. XPRIZE finalists built labs at this Wyoming power plant where they tested beneficial uses of carbon dioxide.

to remove greenhouse gases before they reach the air or even after they are emitted. Furthermore, some industries intend to pursue electrification of their operations, which would have profound impacts on electric cooperatives and other electric utilities.

Net zero was first widely discussed about 10 years ago, when countries met to negotiate the Paris Climate Agreement and determine language to discuss reducing greenhouse gas emissions. Since then, nearly 500 nations, cities and states, and more than 700 companies have set goals of reaching net zero within the next 30 years.

Another term for net zero is "carbon neutral." In 2020, the Microsoft Corporation announced a goal of going carbon negative, meaning it would remove more greenhouse gas from the air than it emits. And in 2021, the U.S. Department of Energy announced the Carbon Negative Shot, an initiative to remove CO₂ directly from the atmosphere. It's a call for innovation in CO₂ removal pathways and storage.

SECOND KEY TERM: CCUS

Carbon capture, utilization and storage is one tool for reaching net zero. In the past, it was simply called "carbon capture," but it is now often referred to as CCUS.

Nearly 50 years ago, the idea of preventing CO₂ from being released into the atmosphere started when CO₂ in natural gas wells was captured and then reinjected underground to boost production from oil wells.

As concerns grew about the effects of greenhouse gas, researchers started exploring technology that would remove CO₂ from coal power plant exhaust, then permanently store it in underground rock formations, adding the word "storage." The word "utilization" became another part of the phrase as efforts grew to find other uses for the carbon dioxide, particularly to make

cement and other building materials.

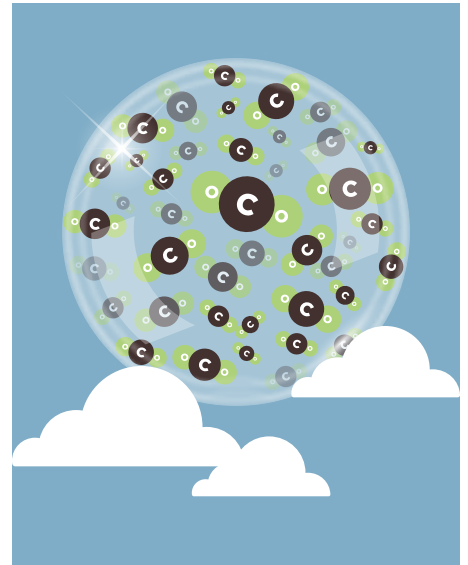
CCUS has been criticized by some as being very expensive and as a distraction from a goal of replacing fossil fuels with renewable energy. However, with projections showing that even by 2050 nearly half the electricity in the U.S. will still be generated by coal or natural gas, a recent federal report says that "CCUS has a critical role to play in decarbonizing the global economy." The 2021 federal infrastructure law includes some \$12 billion for CCUS development as well as potentially lucrative tax credits such as Section 45Q carbon sequestration incentives.

THIRD KEY TERM: CARBON DIOXIDE REMOVAL

Carbon dioxide removal doesn't center on keeping greenhouse gas from entering the atmosphere, but rather taking it out of the air. It's also often referred to as direct air capture. This is playing out across the world and in Colorado. Global Thermostat cut the ribbon in early April for a DAC machine in Brighton that the company says can draw about 1,000 tons of CO₂ out of the atmosphere each year. The machine works by using large fans to pull in air, which passes through proprietary contactors containing carbon-absorbing sorbents. The honeycomb-shaped material containing the sorbents lines the walls of the machine, and low-temperature heat releases the CO₂ to isolate it.

There's no denying the drive toward reducing carbon emissions and increasing electrification across the economy. It will require a variety of approaches, including innovative carbon capture equipment, reforestation and energy efficiency.

Paul Wesslund writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.



CARBON CAPTURE, UTILIZATION AND STORAGE

Carbon capture, utilization and storage, also known as CCUS, is a complex process that aims to capture carbon dioxide that is emitted during the burning of fossil fuels or other industrial activities. Through CCUS, CO₂ can potentially be recycled or stored to prevent emissions from reaching the atmosphere.

CAPTURE: CO₂ is separated from other gases produced during industrial processes, including natural gas- and coal-fired power generation plants or steel or cement factories.

UTILIZATION: CO₂ can potentially be utilized to create economically valuable products, including building materials, fertilizers and plastics.

STORAGE: CO₂ can be injected into geologic formations, including oil and gas reservoirs, unmineable coal seams and deep saline reservoirs — structures that have stored crude oil, natural gas, brine and CO₂ over millions of years. The CO₂ is stored permanently and safely.



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**CONGRATS
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Gina Biolchini of Calhan won the bottle of garlic infused olive oil from Elevated Olive in last month's contest. Gina is a consumer-member of Mountain View Electric Association.



Cultivating Intentional Gardening

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

I rely heavily on the wisdom of elders to be a better gardener. It's helped me improve my skills and appreciate that gardening isn't just work. It can be a peaceful retreat from today's hectic lifestyle. Although a garden's solitude is refreshing, experiences are usually more rewarding when shared with others. With the passage of time, I now find myself sharing experiences with younger gardeners. And I'm learning the newer generations are often the ones teaching me about the latest in plant science.

I like to think myself as being computer savvy, but there's no denying that youth is much more eager to post ideas and seek solutions on the internet. When asked to write about grex gardening, I had to admit I'd never heard of it. Being a creature of habit, I reached for my old, tattered Webster's Dictionary. "Grex" was defined as a verb meaning "to grumble or complain often shrilly or scoldingly." Some gardeners may grex after a day of weeding, but I didn't think that was the meaning I was seeking. So, I turned to Google and found an expert.

According to Penn Parameter (Parameter's Mountain Seeds co-owner), grex means "flock" and involves "a mixture of [plant] varieties growing together and encouraged to cross-pollinate." Rather than planting "open pollinated" seeds which have been bred to produce virtually identical plants generation after generation, the grex gardener creates hybrids from different plants within a species or genus and crossbreeds to produce new plants with beneficial traits from each parent.

In the first year, nature culls cross-pollinated seeds by eliminating plants that are less resistant to extreme weather conditions. Subsequently, the grex gardener encourages survivors to cross-pollinate repeatedly until distinctive characteristics such as color, shape and taste are detected. Then seeds with preferred characteristics are saved to plant the following season. Year after year, genetic diversity plays out as seeds are selected from the most desirable plants, grow, and cross-pollinate with other compatible varieties.

By planting a breeding population of similar varieties, we have an opportunity to create varieties that fit our specific growing conditions and gardening styles. Grex gardening allows us to develop plants that thrive in our specific microclimates and are compatible with our gardening habits. If you are not too particular, you can simply let the grex seed mix drift, but if you want to select specific criteria, you must be vigilant about saving seeds to grow in subsequent years.

With some time, patience and thoughtful intention, grex gardening can be fulfilling and interesting. Experiment with cross-pollinating in your garden and saving seeds over the next several seasons — you might be surprised at the results you create.

To learn more about grex breeding, look for these books at your local library or favorite bookstore: *Plant Breeding for the Home Gardener* by Joseph Tychonievich; *Breed Your Own Vegetable Varieties* by Carol Depp.

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

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 feet 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.

Poor blood flow in the legs and feet is

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.

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 of this herb show it is very effective for safe and fast relief,” said Dr. Wood, a Harvard trained



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**

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 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 **1-877-804-1314** 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.



Struttin' in Full Color

BY DENNIS SMITH | OUTDOORS@COLORADOCOUNTRYLIFE.ORG

I continually find myself amazed by the incredible diversity of feathers found in songbirds. Barnyard chickens, too, for that matter. Never mind waterfowl, herons, cranes, raptors and the wildly-exotic rain-forest parrots, macaws and toucans; Asian and African pheasants and peacocks, flamingoes, bee eaters and such. From the tiniest hummingbird to the largest ostriches and emus, the variety of plumage and patterns birds display seems almost infinite.

I come into contact with a lot of the more common feathers because I tie flies, and so many of them are collected and used in the fly-tying industry; peacock and ostrich plumes, grouse and gamecock hackles, duck wing primaries and flank feathers, ringneck pheasant tails, and turkey feathers are all mainstays in the fly-tying world.

Turkey feathers, in particular, from both wild and domestic strains are extremely versatile. Parts from almost all of their wings, tail and body feathers are used

in many of the world's most popular fly patterns. The natural colors of wild turkey feathers mimic those found in many aquatic and terrestrial insects, and those same feathers from domestic white turkeys are dyed to almost every imaginable color and shade under the sun.

They often appear drab and dark from a distance or to the casual observer, but up-close, wild tom turkeys boast a flashing, kaleidoscopic array of constantly changing metallic black, copper, tan, rust, buff, and white in intricately arranged stripes, bars, and bands. During the spring mating season, the wattles and snoods on the males' heads morph in continually alternating hues of bright red, blue and white.

A few years ago, the boys and I were hunting turkeys along the South Platte River. They were using bows and I was hunting with my camera. We were hiding behind a makeshift blind of camouflage netting, cattail stalks and random

cottonwood limbs haphazardly thrown together in a panic when we heard a tom turkey gobble nearby. Turns out there were actually three of them, all young toms, or "jakes" as they are sometimes known, and they just appeared suddenly from behind a cluster of cottonwood trees a few yards away. So close, in fact, the boys couldn't possibly draw their bows without being seen.

We sat fascinated and simply watched in awe as they paraded back and forth in front of us yelping, purring and gobbling. The boys didn't shoot but I managed to squeeze off a few shots with the camera before they wandered back into the woods.

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



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Strawberry Days

BY ASHLEY TAYLOR EDITORIAL ASSISTANT

Delicious food, live music, a parade and beautiful local art displays all in the heart of Glenwood Springs? Talk about the perfect way to welcome the summer season. Next month you can enjoy Colorado's longest-running community festival: Strawberry Days. Voted "Most Fun Town in America" by Rand-McNally and *USA Today*, Glenwood Springs certainly has a lot to offer, and this family-friendly festival is no exception.



Photo by Emotion Cinema Photography



A BRIEF HISTORY

The first Strawberry Days Festival was held on June 18, 1898, with the goal of promoting the best fruits, vegetables and dairy products that Colorado had to offer. Local farmers donated freshly harvested strawberries and cream for the 2,000 people who attended that first year, florists set up arrangements at the opera house on Riverfront, and attendees danced the night away to the sounds of the Colorado Midland Band. The festival was such a hit that the Glenwood Springs chamber was founded in 1919 in part to ensure the successful continuation of Strawberry Days.

A "BERRY" GOOD TIME

Today, Glenwood Springs proudly continues the beloved tradition that has become an integral part of the community, serving tens of thousands of patrons each year since it began more than a century ago. This year, Strawberry Days celebrates its 126th anniversary, and though the town has seen some changes over the years, the core purpose of gathering with friends and family wiling away early summer days with lively music and fabulous food remains the same.

MORE INFORMATION:

Strawberry Days begins the evening of Friday, June 16 and runs through Sunday, June 18. It is held at Two Rivers Park in Glenwood Springs.



BEFORE YOU GO

Visit glenwoodchamber.com/strawberry-days.

Ashley Taylor is the editorial assistant for *Colorado Country Life*. She enjoys exploring the beautiful Colorado outdoors and finding new adventures in her home state.



READER POETRY

Tribute to a Fallen Uncle

Memorial Day in the heart of France
To our fallen we pay homage due
Late in May o'er the past we glance
To an uncle that we never knew

On foreign soil he lost his life
For a country long mired in war
And we recoil from the tales of strife
And horror those brave men bore

In duty and honor they paid the price
That freedom so often demands
Our debt we ponder, to keen sacrifice,
Assuring that their memory stands

So wreaths are laid and speeches made
We salute with our 21 guns
Respects are paid then Taps is played
Thus we've honored our country's sons

Memorial Day in the heart of France
To our fallen we pay homage due
Late in May, a privileged chance
From a dear uncle we never knew

Cheri Scott, Grand Junction
Grand Valley Power consumer-member

Spring Concert

Melodic harmonious blend of sunrise
spectacle,
Concert orchestrated through divine
inspiration.

Brilliant daylight sounds:
Fluted robins trill soprano notation,
Trumpeting geese add martial brass.

Morning mezzo-forte crescendos to
Afternoon's fleeting forte,

Soon tempered to sonorous evening echoes:
Sensual loons' trombone slurs,
Tympanic resonance of distant thunder.

Melodic blends fade to pianissimo
As sunset's curtain closes;
Nightfall shattering Spring's pristine concert
of emergence.

Revolving planetary stage of God,
Maestro of eternity's score.

Mary M. Dodson, Venango, NE
Highline Electric 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 poetry@coloradocountrylife.org.

Not Alone

Out of my bedroom window
I see your little white pansy face peeping over the edge of the pot.
I planted you last year but you seem to be saying here I am again
You are not alone, you are not alone.

On a branch nearby
I see a bird with its black beak and black tipped wings
Shimmering in the early morning sunlight.
It is calling to its mate or its babies, but it is also calling to me
You are not alone, you are not alone.

Inside my kitchen I pour a cup of steaming coffee.
The aroma fills my heart as I warm my hands on the cup.
Then the phone rings,
I hear an excited voice.

This is Shelley Shane. Is that you Mary?
Do you remember we were at Barnard College together?
I felt so alone this morning that I had to find you
On Google I did,
I scream with joy,
And then we talk and talk
And reminisce about all sorts of wonderful moments in our youth,
Before she goes, she says
We'll talk again we will
We are not alone, we are not alone.

Elizabeth Brittan
SDCEA consumer-member

The Day Before Spring

The day before spring, just another day

Wandering within a mountain wood, I listen
Subtle tellings hold such a lesson and have such a
lot to say

A crystal stream lies whispering
Struggling to shed its brittle mask

The chatter increases with every warming drop
The earth is gently pulling from beneath the
glistening trance

Sunning in the brilliance of a futures promise
A lazy breeze rolls by, trees sing warning of summer

Small silent creatures watch distantly
Leaving delicate impressions to their past as the
music of life emerges around them

Not a symphony envisioned can encompass
such songs of hope

Nature gives itself again, an offering of new
beginnings that embraces all who venture there

I am reborn in the simple pattern, humbled by
every detail

On the day before spring, I listened

I heard all there is to know

The beginning and the ending awakens beneath
the snow

Jim Engel, Monument
Mountain View Electric consumer-member



The Moon the Valley Lit

A darkened moon, the valley lit.
Nocturnal shadows played.
The breeze did whisper silent sounds,
As leaves and grasses swayed.

The water moved its noiseless course
In peaceful quiet flow,
As drops of moonbeams fell upon
The ripples there below.

But something in the shadows there
Made creatures pause in fear.
For in the darkness danger lay.
The predator was near.

He moved unseen. Each step upon
The forest floor he crept.
Past burrows, nests, and hidden lairs
Where daytime creatures slept.

He smelled the air for sign or scent,
A clue that might betray
A careless one, a midnight feast,
An unsuspecting prey.

Then suddenly a broken twig
Revealed to him his prize.
He crouched in place without a sound
And watched with piercing eyes.

One more noise was heard that night,
And death, the sound of it.
Now, silence in the shadows where
The moon the valley lit.

L Jay McDonald, Nunn
Poudre Valley REA consumer-member

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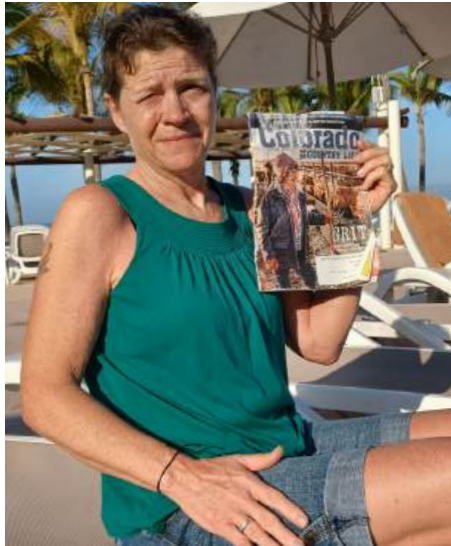
Scan the QR code with your smartphone or visit coloradocountrylife.coop/reader-engagement.



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 READERS' PHOTOS

 FUNNY STORIES



WINNER: Morgan County REA consumer-member **Rhonda Schuling** relaxes with her copy of CCL on a recent tropical getaway to Mexico.

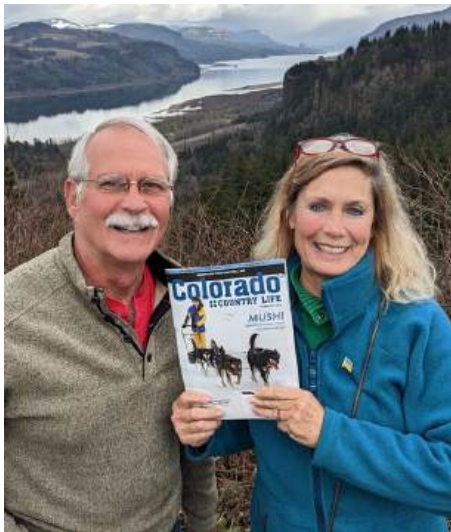


The **Langness** family, consumer-members of Mountain View Electric Association, take along a few issues of CCL to Puerto Vallarta for some beach time.



Our grandson's birthday was approaching and I asked him what he would like for his present. He said, "I want some hooker pants." I gave him a strange look and asked, "Hooker pants?" He said, "Yes, you pull the strap over and hook them," as he made the same motions his poppa does when he puts on his bib overalls.

Mary Myers, Whitewater
Grand Valley Power consumer-member



Joe and Brook Mark make a scenic pit stop at the Columbia River Gorge with their copy of CCL as they travel up the Pacific Coast. They are consumer-members of Mountain Parks Electric.



Ray and Cheryl Aley, consumer-members of Poudre Valley REA, share a big smile with CCL and Godzilla at the Hotel Gracery in Japan.

Recently I was reminded of how my son, now 14 years old, used to enjoy identifying everything he saw outside his car window while we were driving into town.

He was about 3 years old and so smart. He cited vehicles, farm equipment and their attachments, and animals. One day his younger cousin was in the car with us when my son proudly recognized the cows he saw: "...and those are their gutters that they feed their babies with." Love it.

Amy Marie Keller, Pierce
Poudre Valley REA consumer-member

Don't forget to pack a copy of CCL for your next trip!

Show us where you enjoy CCL for a chance to win! Simply take a photo of someone (or a selfie!) with the magazine and share it with us on the Reader Engagement page at coloradocountrylife.coop. Each month we'll draw one photo to win \$25. The next deadline is Wednesday, May 17. See all of the submitted photos on Facebook at facebook.com/COCountryLife.



Mountain View Electric consumer-members **Michael Hoffer** and **Marge Tracy** enjoy CCL on their visit to Martinique with **Barbara** and **Jerry Hoefler**, consumer-members of San Isabel Electric.

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. Send your stories to *Colorado Country Life*, 5400 Washington St., Denver, CO 80216. Or visit our Reader Engagement page on our website at coloradocountrylife.coop to submit your funny story.

Swing for a Cause



JOIN A CO-OP SPONSORED GOLF TOURNAMENT

Dean Hanson Memorial Golf Tournament

Organized by the Four Corners Board of Realtors

September 9 at the Conquistador Golf Course, Cortez

Golf fundraising tournaments can be found across the Centennial State every year, including the Dean Hanson Memorial Golf Tournament in Cortez. Empire Electric Association is a proud sponsor of this tournament that helps raise funds for college scholarships for local high school seniors.

Find out more at tinyurl.com/DHM-golf-tournament.



NOCO UNIFY KIDS CLASSIC Golf Tournament

At Pelican Lakes Golf Course in Windsor on Monday June 26.

The tournament supports the nonprofit organization, NOCO UNIFY, which is centered around raising money for charities serving disadvantaged children in northern Colorado. Poudre Valley REA helps to sponsor this tournament.

Find out more at nocounify.org



Photo courtesy of Moonshine Golf

Looking Keen on the Green



Fairway Fashion

Moonshine Golf in Denver creates laid-back golf apparel with an outdoor, country vibe that also allows you to easily transition between daily activities in style. Its “All Day Polo” features back vents to keep your skin breathing with a casual styling that stands out from the pack. See the full lineup at moonshinegolf.com.

A Pop of Personality

The founders of Golfkicks® in Denver teed off their line of golf traction accessories to bring the customer’s individuality to the golf course. Just grab your Jordans — or whatever suits your style — and screw on the spikes to create your own custom golf shoes. The company’s V5 line is even worn on PGA, LPGA and Champions tours. Find out more at golfkicks.com.



Enter to win Golfkicks!

CCL is giving away a set of Golfkicks! Scan this QR code with your smartphone camera to enter the contest.



ENERGY EFFICIENCY FOR BETTER BUILDINGS

Whether your home or business, the buildings you enter daily consist of several layers that create one building envelope, or shell. The envelope begins with the foundation in the ground and ends with the roof, and includes everything in between such as walls, windows and doors. To save energy and maintain comfort, an envelope should limit the transfer of heat in or out of the building. Improve your building envelope by applying weatherization best practices.

+ AIR SEAL CRACKS AND HOLES

Caulking and weatherstripping are cost-efficient air-sealing techniques that help maintain a comfortable temperature in your space. Air-seal gaps around windows, doors, electrical outlets, and other wall or ceiling penetrations to reduce drafts. Weatherstripping around the interior of door frames and window sashes will also limit drafts in these areas and improve the energy efficiency of your home.

+ ENSURE ADEQUATE INSULATION

One of the best ways to reduce your energy bills and increase the comfort of your home is by ensuring adequate and effective insulation in your home. The Department of Energy recommends that a home have 12 to 16 inches of attic insulation. However, not all insulation has the same effectiveness for energy efficiency, and as insulation ages that effectiveness declines. There are also several methods for insulation depending on where you live and the part of your home you are insulating (walls, crawlspace, attic, etc.) so it's best to contact a local certified contractor. Check your local building codes for requirements.

+ RESEARCH INCOME-QUALIFIED PROGRAMS

Some income-qualified programs provide air sealing and insulation, along with making sure your home is safe, if you have combustion appliances like a gas furnace or water heater. Certain programs even cover up to 80% of the median area income and provide these improvements at no cost to the homeowner and in many cases renters as well.

To learn more about income-qualified programs, rebates, and incentives for energy-efficient upgrades, contact your local co-op or public power district. Visit us at www.tristate.coop/electrify-and-save



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