

# Colorado<sup>®</sup>

≡ COUNTRY LIFE

NOVEMBER 2023



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## FROM THE EDITOR

### Thanking Heroes

BY KYLEE COLEMAN EDITOR



KYLEE COLEMAN

After he graduated from Lawrence University, my brother Ryan decided to fulfill a lifelong dream of becoming a pilot. With no prior flight experience, he found that military training would be the best way to get into the captain's seat — or in his case, into the cramped cockpit of an FA-18 Hornet.

When Ryan joined the Marine Corps in 1998, his military service became part of my family's identity. We traveled to Quantico, Virginia, when he was commissioned through Officer Candidate School. We sent countless care packages and letters during his months-long deployments on aircraft carriers overseas. We celebrated together in Newport, Rhode Island, when he graduated top of his class from Naval War College. Living in the background of all of these celebrations and achievements was worry and concern. He was a TOPGUN instructor and is a highly trained and skilled fighter pilot; but it's no secret that's a dangerous job. With all the worry there were equal parts — if not more — pride knowing that we have a hero in our family who is committed to preserving our country's democracy. He retired highly-decorated from the Marine Corps in 2019 and that pride remains strong.

November 11 marks Veterans Day. It pays tribute to the men and women who serve or served the United States honorably during war or peacetime. Thank you for your dedication and sacrifice, whether you serve in the U.S. Military, or if you support a person who does.



Kylee tours the USS Nimitz with her brother Ryan in 2006.

#### IN THIS ISSUE

- 4 Viewpoint
- 6 Ask the Energy Expert
- 7 YOUR CO-OP NEWS
- 12 Recipes
- 14 News Clips
- 16 COVER STORY
- 20 Energy Connections
- 22 Gardening
- 24 Outdoors
- 26 Focus On
- 28 Poetry
- 29 Your Stories
- 30 Discoveries



ON THE COVER:  
 Mark Macy

Photo courtesy of the Macy family

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Enter to win one of these three books featured in Discoveries on pages 30–31.

Scan this QR code with your smartphone to enter!

Turn to page 12 for another CCL giveaway!



# AT THE FOREFRONT OF ENERGY INNOVATION

## A Statewide Viewpoint

BY KENT SINGER EXECUTIVE DIRECTOR



KENT SINGER

For the last 14 years, CREA has produced the Energy Innovations Summit, an annual conference that we host in the Denver area for those interested in the business of electricity and how it's generated and consumed. At the Summit, we bring speakers from across the country together to present and talk about current industry developments. Given the dynamic nature of the industry, we want to make sure our members — Colorado's electric co-ops — have the information they need to successfully serve the consumer-members at their individual co-op.

At this year's Summit, which was attended by more than 250 people who are interested in the energy industry, experts addressed topics including hydrogen, nuclear fusion, advanced geothermal energy, artificial intelligence, and quantum computing. All these technologies may impact the way that electricity is delivered by Colorado's electric co-ops in the coming years.

Our focus on innovation at the Summit is just another reflection of our membership: Colorado's electric co-ops are hard at work innovating and providing unique solutions to the energy needs of their consumer-members.

There are many examples of innovation at work in the electric co-op community. At the power supply level, all the companies that generate bulk power for electric co-ops are revamping their generation portfolios to rely more on renewable resources (such as wind and solar) and less on fossil fuel-fired plants. That said, it's likely that a significant portion of the power supply picture in Colorado will

depend on natural gas-fired plants for some years to come. While battery technology is improving, long-duration batteries that can provide backup power for days at a time are still in the experimental stages.

On the distribution side of the industry, local electric co-ops are quickly integrating many new technologies and innovations that will ensure they can provide affordable, reliable, and resilient electric service. Whether it's deploying heat pumps, supporting energy-efficiency upgrades, developing microgrids, or installing EV charging stations, electric co-ops are always looking for ways to deploy technology that will improve the quality of life for the Coloradans they serve.

Given the devastation caused by recent wildfires in co-op service territories (none of which were caused by co-op power lines), co-ops are also using new tools to mitigate the risks posed by wildfires. These tools include more fire-resistant poles and wires and the use of cameras and drones to monitor and inspect co-op facilities. Co-ops understand the need for their communities to have access to affordable, reliable, and resilient electricity, and they do everything in their power to make that happen.

The Energy Innovations Summit is not only a great learning forum for our cooperatives, it's also a great opportunity for members of our electric co-op family to meet and talk to people from other organizations who have diverse perspectives. It's important for all stakeholders in the energy space to understand the priorities and needs of others to shape energy policy that works for everyone.

While the focus of the Energy Innovations Summit is on the future and how electricity will be generated and distributed five, 10, and 20 years into the future, Colorado's electric co-ops must be focused on how to deliver reliable and affordable power today. Co-ops provide a critical service across Colorado and are, in a very literal sense, the lifeblood of the communities they serve. While there are many new proposed technologies and business models in the electric industry, co-ops must make sure that whatever they do, they keep the lights on for their members at a price they can afford.

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.

**For updates on electric co-op innovations, subscribe to CREA's monthly e-newsletter by scanning this QR code with your smartphone or by emailing [info@coloradorea.org](mailto:info@coloradorea.org) and ask to be added to the mailing list.**





# Heart of COLORADO

## 2024 PHOTO CONTEST

It's time to share your best photos for the annual *Colorado Country Life* photo contest!

This year's photo contest theme is **Heart of Colorado**. We're asking you to share — in photos — what you love about Colorado and what makes our state special.

### 2024 Categories:

- Lovely Landscapes
- Activities You Adore
- A Fondness for People and Animals
- Smitten with the Seasons

**Cash prizes:** \$150 first place | \$75 second place | \$50 third place

**Winning tips:** 1. Use the highest resolution setting on your digital camera. 2. Capture scenes full of vivid color. 3. Make us feel something with your photo (awe, laughter).

### Things to keep in mind:

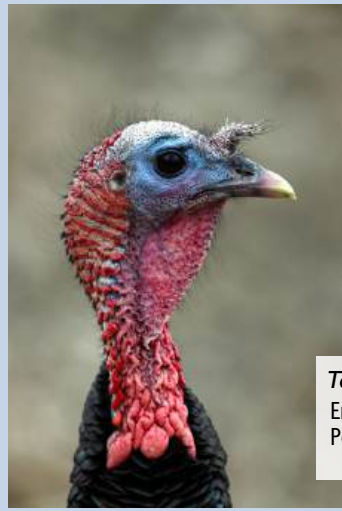
- Each person may submit up to two photos per category.
- Digital JPEG photos only.
- Photos must be at least 300 dpi at 8 inches by 10 inches.
- All vertical photos will be considered for the cover photo. If you have a photo you think will make the perfect cover of *CCL*, it must be at least 300 dpi and 9 inches wide by 13 inches tall.
- Winners will be announced and published in a spring 2024 issue.
- The contest is open only to members of a Colorado electric co-op that is listed on the entry form.

**DEADLINE EXTENDED!** Entries will be accepted through **Sunday, December 31, 2023.**

### See full rules and enter online:

[www.coloradocountrylife.coop/2024photocontest](http://www.coloradocountrylife.coop/2024photocontest)

Scan the QR code with your smartphone to go directly to the entry form on our website.



LAST YEAR'S  
WINNERS

### *Talking Turkey*

Emilie Gunderson, a  
Poudre Valley REA member

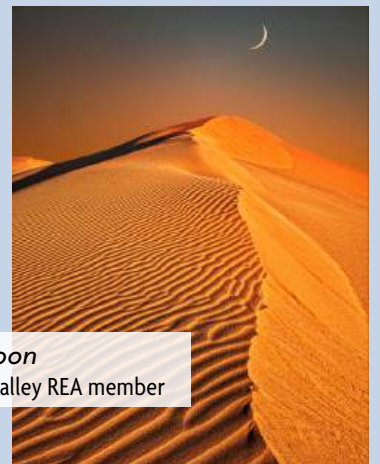
### *Frolicking Fox Kits*

Connie Chamberlain, a Mountain  
Parks Electric member



### *Sunrise Blues*

Donnell Allen, a Mountain View  
Electric Association member



### *Sand Dunes and Moon*

JR Schnelzer, a Poudre Valley REA member

# CONSUMER GUIDE TO STOVETOPS

BY MIRANDA BOUTELLE

**Q: I'm considering a new stovetop. Can you explain the different options available?**

**A:** I have found that most people who enjoy cooking have pretty strong opinions about their preferred fuel choice: gas or electric. Induction is growing in popularity as a newer option for home stovetops.

According to a study completed by Electric Power Research Institute, 74% of the energy from an electric range is transferred to food versus 40% on a gas range. Induction cooktops are the most efficient option at 90% of the energy transferred to food. Regardless of your stovetop choice, choosing the right size pots and pans to fit the burner is important to avoid wasting energy.

Electric cooktops are a tried-and-true option for many homes, and they are typically the most affordable option. Glass-top models offer a cleaner look than the traditional coil elements and are easier to clean but tend to be a bit more expensive. The most common complaint about electric cooking is that the heating controls are not as fast or precise as gas ranges.

Many home chefs prefer gas stovetops because you can easily see the size of the flame, a visual clue that helps you control the cooking temperature. Temperature adjustments are also faster and more precise than on electric stovetops. However, there are some concerns with safety and indoor air quality associated with gas stoves. To help reduce indoor air pollution, always use your exhaust fan when using your gas stovetop. Ideally, the exhaust fan should be vented to the exterior of the home.

Access is also a consideration. Natural gas is typically available in more populated areas, while rural customers may need a propane storage tank installed outside their homes to use a gas stove.

An induction stovetop can offer a higher-end cooking experience than a standard electric stovetop. Induction stovetops use electromagnetic energy to heat the pan, reducing energy waste. Instead of heating the stove's surface, they heat the pans themselves. Because the pans heat directly, you don't have to wait for the heat to transfer like you do with gas and electric stovetops; this results in faster cooking times. They also allow for more precise temperature control, which can deliver better results.

Induction cooktops are typically more expensive than similar gas or electric models. They also require you to use specific cookware. Stainless steel and cast-iron cookware are both compatible with induction cooktops. If you want to test your pots and pans to see if they are induction-compatible, do the magnet test. If a magnet sticks to the bottom of the pan, it will work on an induction stove.

Cooking on an induction stovetop takes a little time to get used to, but many people have made the switch and enjoy the experience.

Miranda Boutelle is the chief operating officer at Efficiency Services Group in Oregon, a cooperatively owned energy-efficiency company. She has more than 20 years of experience helping people save energy at home.



⬆ No matter the type of stove, matching pot and pan sizes to the burner is important to avoid wasting energy.



⬆ Electric stovetops are a tried-and-true option for many homes, with 74% of the energy from an electric range transferred to the food.



⬆ Induction stovetops use electromagnetic energy to heat the pan, reducing energy waste.





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# Thanksgiving Leftovers Re-imagined

We spend months planning, weeks meal prepping, and sometimes days working in the kitchen to produce a Thanksgiving meal. Fortunately, the feast is almost always guaranteed to have leftovers. But by Cyber Monday, the turkey and stuffing have lost their appeal, and we can't stomach the idea of another bite. As beloved as the holiday is, it isn't over until all the leftovers are gone.

Well, this year, you may want to pause before you send your guests home with their own plates to reheat.

Lauren Grier, a Colorado-based cookbook author and owner of The Curious Plate, has you covered on how to use every last bit of those Thanksgiving leftovers. Gone are the days of throwing a slice of turkey and a scoop of mashed potatoes in the microwave oven for 30 seconds.

Delicious, quick, creative, and easy, these recipes prove you can make entire meals out of your leftovers and eat them for breakfast, lunch, and dinner — and the main ingredients are already in your fridge, cooked, and ready to be re-imagined.



**WIN**  
A COPY

Enter for your chance to win a copy of *Modern Comfort Cooking* by Lauren Grier.



To find full rules and enter, visit [coloradocountrylife.coop/monthly-contests](http://coloradocountrylife.coop/monthly-contests). Or scan the QR code with your smartphone to go directly to the entry form.

## Stuffing Waffles with Fried Eggs & Gravy

Prep Time: 15 minutes | Cook Time: 20 minutes | Serves: 4

### Ingredients for the waffles

- 1 cup packaged waffle mix
- 2 tbsp vegetable oil
- 2 eggs
- 3/4 cup whole milk
- 1 cup leftover turkey, diced
- 1/4 cup carrots, diced
- 1/4 cup celery, diced
- 1/4 cup onion, diced
- leftover stuffing, garnish
- parsley, garnish

### Ingredients for the fried egg

- 4 large eggs
- 1 tbsp olive oil

### Ingredients for the gravy

- 3 tbsp unsalted butter
- 3 tbsp all-purpose flour
- 1 cup whole milk
- salt and pepper to taste

### Directions

**Waffles:** In a large bowl, combine the first eight ingredients. Preheat a waffle maker. Ladle about 1/4 cup of the batter into the waffle maker and cook until golden brown. Repeat the process until all the batter has been used.

**Fried egg:** Preheat a skillet to medium heat. Add the olive oil and then crack 4 eggs into the skillet. Cook for a couple of minutes, carefully flip, and then cook until the desired consistency.

**Gravy:** In a medium saucepan, melt butter over medium heat. Add flour and continue to whisk until the flour has cooked out and a roux forms (about a minute). Gradually pour in the milk and continue to whisk until thickened. Add a little salt and pepper.

**To serve:** Take a waffle and place it on a plate. Top with stuffing and the fried egg and pour gravy over top. Garnish with parsley. Serve immediately.



**CORRECTION TO OCTOBER'S RECIPE:** The Chocolate Zucchini Cake featured in last month's issue should be baked in a 9-inch by 13-inch baking pan, not a sheet cake pan.





## Leftover Turkey Tamale Pie

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4 to 6

### Ingredients for the polenta

- 3 cups water
- 1 cup quick-cooking polenta
- 1 tbsp unsalted butter
- 1/4 cup whipping cream
- 1/2 cup shredded white cheddar cheese
- salt and pepper to taste

### Ingredients for the turkey

- 2 tbsp ground chili powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp ground paprika
- 2 tsp garlic powder
- salt and pepper to taste
- 2 1/4 cups leftover shredded turkey
- 1 cup leftover gravy
- 1 1/2 cups red enchilada sauce
- 15 oz can black beans, drained, rinsed
- 1/2 cup leftover stuffing
- 1 1/2 cups shredded Mexican cheese

### Ingredients for the toppings

- avocado slices
- radish slices
- cilantro
- sliced jalapeños
- pomegranate arils

### Directions for the polenta:

Add water to a large stock pot and bring to a boil. Pour the polenta into the stock pot and stir to combine. Continue to stir until the polenta has absorbed the water and is nice and thick. Turn off the heat and stir in the butter, cream, cheese, salt, and pepper.

### Directions for the turkey filling:

Preheat oven to 375 degrees. Spray a nonstick, ovenproof skillet with nonstick cooking spray. In a mixing bowl, combine chili powder, cumin, coriander, paprika, garlic powder, turkey, gravy, enchilada sauce, black beans, stuffing, salt, and pepper.

Once the polenta is done cooking, take the polenta and spread it into an even layer in the skillet. Pour the turkey filling on top of the polenta and spread it into an even layer. Top the filling with cheese and then bake for about 30 minutes or until the cheese has melted. Remove from the oven and garnish with desired toppings.



## Thanksgiving Leftovers in a Blanket

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4 to 6

- 1 package extra-large size crescent rolls (located in the refrigerated section at grocery store)
- 3/4 cup shredded roasted turkey
- 3/4 cup prepared stuffing
- 3/4 cup prepared mashed potatoes
- 1 cup cranberry sauce
- 1/4 cup prepared gravy, for dipping

1. Preheat oven to 375 degrees. Spray a large baking sheet with nonstick cooking spray.
2. Lay out the crescent dough triangles on the baking sheet. Top each triangle with mashed potatoes, turkey, stuffing, and cranberry sauce. Be careful to not overfill as it will be difficult to roll up.
3. Once the triangles have been filled, roll up the crescent dough and place the rolls on the baking sheet.
4. Bake until golden brown for about 10–15 minutes. Remove from the oven and serve gravy alongside.



## Leftover Thanksgiving Dutch Baby Pizza

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4 to 6

- 1 cup + 2 tbsp all-purpose flour
- 1/2 tsp kosher salt
- 1/2 tsp ground pepper
- 11 large eggs, divided
- 3/4 cup milk
- 2 tbsp chopped rosemary
- 1 tbsp chopped thyme
- 1 tbsp chopped sage
- 4 tbsp unsalted butter
- 1/3 cup leftover gravy
- 1 cup shredded mozzarella cheese
- 1 cup leftover stuffing
- 1 cup leftover shredded turkey

1. Preheat oven to 425 degrees. In a large bowl, add 1 cup of flour, salt, and pepper. Stir to combine. In another large bowl, whisk together 8 eggs, milk, and herbs. Add the dry ingredients to the wet ingredients and stir until combined.
2. In a 12-inch cast-iron skillet preheated to medium-high heat, melt the butter. Swirl the skillet to make sure the butter is evenly distributed. Next, pour in the batter and let it set for about 30 seconds. Turn off the heat and place the skillet into the oven to bake for about 20–25 minutes or until the Dutch baby crust has puffed. Once cooked, remove the skillet from the oven. The crust will deflate.
3. Next, pour the gravy over the crust, leaving a small border. Top the gravy with cheese, stuffing, and turkey, creating three or four nests to gently crack remaining eggs into. Once everything is assembled, place the skillet back in the oven to bake for about 15 minutes or until the eggs are slightly opaque. Serve and enjoy!

## MENTAL HEALTH FUNDING FOR AG WORKERS

The Colorado Department of Agriculture recently awarded funding to AgrAbility to support the psychosocial well-being of Colorado’s agricultural workers. Through the 2021 NIRA Rural Mental Health Initiative, the funds will go toward community-based efforts to manage the increasing stresses on farmers.

AgrAbility is a partnership between Colorado State University Extension and Goodwill Industries of Colorado. Funded in part by a grant from the USDA’s National Institute of Food and Agriculture, it provides information, education, and services to farmers, ranchers, ag workers, and their families with disabilities, illnesses, or other medical conditions.

According to the Colorado Rural Health Center, roughly 75% of Colorado’s landmass is considered rural, and there are more than 700,000 people who live in rural areas of the state. More than 195,000 people work in Colorado ag, and there are increasing pressures on farmers and ranchers, including farm economy, weather and drought, and production costs.

The CDC reported in 2020 that from 2000 to 2018, rural suicide rates were higher than urban suicide rates nationwide. In Colorado, suicide is the eighth leading cause of death.

If you or a loved one is struggling, help is available. Visit [www.AgWell.org](http://www.AgWell.org), Colorado Agriculture Addiction and Mental Health Program at [www.caamhpforhealth.org](http://www.caamhpforhealth.org), and [www.agrability.colostate.edu](http://www.agrability.colostate.edu). For crisis services, dial the National Suicide & Crisis Hotline at 988, text “TALK” to 38255 or call 1-844-493-8255.

## ELECTRIC CO-OPS RECEIVE GRANTS FOR MICROGRID PROJECTS

Colorado Energy Office and Department of Local Affairs Formally Awarded Funding from the Department of Energy

The Microgrids for Community Resilience grant program, created by Colorado House Bill 22-1013, was designed to build community resilience against electric grid disruptions through the development of microgrids. CREA spearheaded the bill that made possible this \$3.5 million program for rural communities. In the first round of applications and funding, San Isabel Electric, San Miguel Power, and Poudre Valley REA were awarded funds for microgrid projects.

Near the end of September, the Colorado Energy Office and state Department of Local Affairs were granted \$17.2 million in federal funds to go toward this same objective — to improve the resilience and reliability of the state’s electric grid. The Department of Energy award will also support a study on the potential role that microgrids will play in advancing Colorado’s energy goals. The DOE funding will “significantly expand the budget and reach of the MCR program, creating additional grant opportunities for both the planning and construction/implementation of microgrid projects,” according to a DOLA press release.

One of just a few microgrid development programs in the U.S., the MCR grant program focuses on strengthening the resilience of essential infrastructure and/or community-based anchor institutions, such as schools, libraries, hospitals and health care facilities, and public safety agencies.

## YOU CAN HELP POWER A COMMUNITY

**With your help we can make a bigger impact in Guatemala.**

In December, lineworkers and co-op crews will embark on a trip to north-central Guatemala to bring power to the people of Alta Verapaz. NRECA International will team up with Heifer International to illuminate these homes. By improving electric service, internet access, and water supply, communities will be better equipped for local agricultural efforts and business productivity.

**Show your support and help the local families by donating today.**

**To learn more:** [www.crea.coop/community-outreach/current-causes](http://www.crea.coop/community-outreach/current-causes)

**To send a check:** Make it payable to Colorado Electric Educational Institute with “Guatemala” written on the memo line and mail it to:

CREA/Guatemala  
5400 Washington St.  
Denver, CO 80216

Colorado’s electric cooperatives established the 501(c)(3) not-for-profit, CEEI, to support causes like this. All contributions are tax deductible. Visit [www.crea.coop/community-outreach/current-causes](http://www.crea.coop/community-outreach/current-causes) to learn more. This project was made possible by NRECA International, a nonprofit 501(c)(3) charitable organization, whose mission is to increase individual and community access to electricity in all parts of the world.



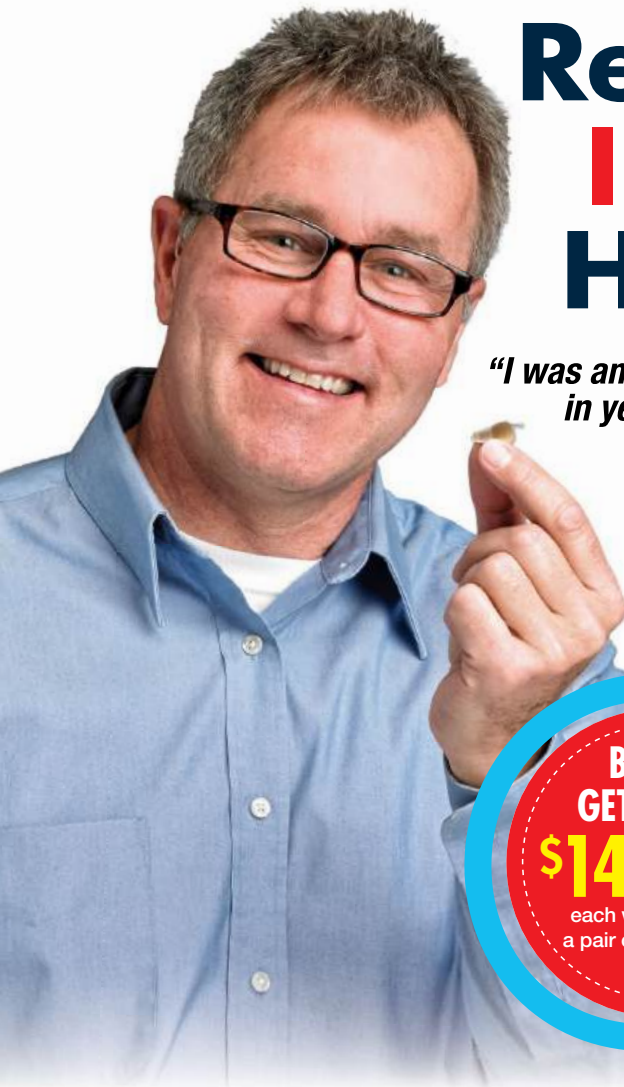


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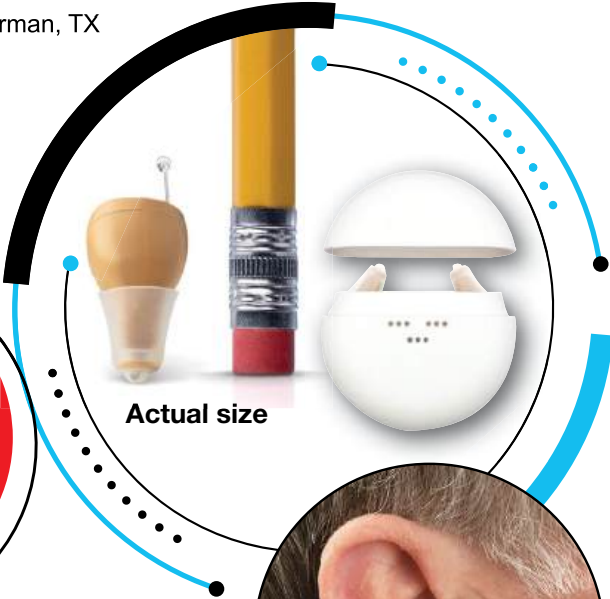
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## AN ADVENTURE TO REMEMBER

BY EUGENE BUCHANAN

Photos courtesy of the Macy Family

Cur up Jackson Browne’s “Running on Empty.” Because that’s what the father/son ultrarunning duo of Mark and Travis Macy have made a side career of, while also using the sport to raise awareness about something even more important: fighting Alzheimer’s disease.

A trial attorney from Evergreen, Mark Macy, who turns 70 on November 11, has been an endurance racer since the sport’s diehard debut in the mid-1980s. He’s also become famous in the world of adventure racing, competing in all eight of the notorious Eco-Challenge races from 1995 to 2002. His son, Travis, a 40-year-old father of two who lives in Salida, is no slouch, either. Following in his father’s well-trodden footsteps, he’s set his own records as a professional adventure racer over the past 20 years as well. The author of *The Ultra Mindset: An Endurance Champion’s 8 Core Principles for Success in Business, Sports, and Life*, he’s competed in more than 120 ultraendurance events in 17 countries and set a record (since broken) for Leadman,

an epic consisting of a trail running marathon, 50-mile mountain bike race, Leadville 100 Mountain Bike Race, 10K road run, and Leadville 100 Run, all above 10,200 feet in the Rockies. He’s since transitioned to coaching, podcasting, and even more writing, with their combined book — *A Mile at a Time, A Father and Son’s Inspiring Alzheimer’s Journey of Love, Adventure, and Hope* — which hit bookshelves in March 2023.

As arduous as any of their endurance races were, it’s nothing compared to what hit the cardio-focused duo in 2018. That October, Mark (“Mace”) was diagnosed with early-onset Alzheimer’s disease. But while he feared losing his endurance, strength, and independence, he didn’t let it slow him down. In fact, just a year later, Travis and Mace raced in the revival of Mark Burnett’s (of *Survivor* and *The Apprentice* fame) *Eco-Challenge* in Fiji, billed as “The World’s Toughest Race.”

While his doctor told him there wasn’t much of a precedent for people with Alzheimer’s disease competing in such

arduous events — and that such common ailments as infections and sleep deprivation could accelerate cognitive losses — Mace didn’t care. He tackled the 10-day, 417-mile sufferfest through mountains, rivers, swamps, and oceans with gusto.

Which, of course, gave them the opening lines of their book, which begins with Mace’s first journal entry after receiving the news of his diagnosis: “My name is Mark Macy. I am 56 years old and today I was diagnosed with Alzheimer’s disease. My doctor, a neurologist, told me to get my affairs in order since ALZ is invariably fatal. He advised me not to spend time worrying about this diagnosis, to instead take vacations, maybe go on a cruise with my wife, Pammy. I told him: ‘This is bulls\*\*\*.’ My wife just told me I am 64, not 56. Maybe it’s not complete bulls\*\*\*.”

According to the Alzheimer’s Association, more than 6 million people in the U.S. of all ages have Alzheimer’s disease, the majority over age 65. Barring any medical breakthroughs, by 2050 that number is



◀ The Macy family (left to right): Mark, Pam, who is holding Cam Sandoval; Travis and Amy Macy with their kids Lila and Wyatt; Jaxon Sandoval, Travis's sister Katelyn Sandoval holding Cole Sandoval, and Jake Sandoval.

expected to grow to 12.7 million. Travis and Mace are doing what they can to reverse that trend, raising funds through races and charity runs as well as book sales.

While Travis has struggled to see his father battling the disease, the book is cathartic in a way, weaving excerpts from Mace's journals alongside a first-person narrative by Travis. It tells the story of Mace's journey through Alzheimer's and what they've both learned along the way, from the hard truths of the disease to hope of what can still be achieved.

"It's definitely more memoir than prescriptive," says Travis, adding that the book progresses from his dad's childhood and early days as an athlete up through his Alzheimer's diagnosis. "But it raises awareness about it and has a section at the end offering prescriptive information. If families or people diagnosed with Alzheimer's can find some inspiration or guidance about how to deal with it, then that's great."

The book has been well received. *Man vs. Wild* star and *Eco-Challenge* host Bear Grylls writes, "Travis and Mace have touched a generation of families around the world with their courage, resilience, and kindness." TV and event producer Burnett, who penned the book's foreword, adds, "Watching Mark and Travis compete together for *Eco-Challenge Fiji* was a true inspiration. Travis's selfless act of taking his father on what may be his last race is a story that anyone can relate to and what we need more of these days."

One year after the 2019 Eco-Challenge, they entered the Leadville 100,000 Vertical Challenge (an improvised event due to the pandemic), challenging racers to knock off 100,000 vertical feet in just eight weeks. "He nailed it," Travis says of his dad. In 2021,

“

Travis and Mace have touched a generation of families around the world with their courage, resilience, and kindness.”

— Bear Grylls, TV star



“

Travis's selfless act of taking his father on what may be his last race is a story that anyone can relate to and what we need more of these days.”

— Mark Burnett, TV producer

they competed in the Leadville Race Series' Silver Rush, a 50-miler traversing the Upper Arkansas Valley, and in 2022 they competed in a half-marathon from Leadville to Mosquito Pass. And throughout it all is the underlying goal of raising funds and awareness for Alzheimer's, which Mace is battling one step at a time.

"His Alzheimer's has definitely progressed since when we raced the Eco-Challenge in 2019," says Travis. "But overall, he's fit and active and finding happiness. He can go out on the dirt road next to his house and do repeats and not get lost. And he's still in super good shape. His fitness and uphill pace are great. In fact, he can go uphill faster than most racers can."

One of their biggest efforts has been participating in the Alzheimer's Association's Longest Day initiative, held on the summer solstice during National Alzheimer's Month. Through the association, they set up a website and fundraising link, getting people to donate to the foundation. More recently, they've participated in fundraising efforts for Mind What Matters, a nonprofit raising money for Alzheimer's caregivers, whom Travis says also need support. The group provides community, resources, and respite care grants to family caregivers of those impacted by Alzheimer's and other neurological diseases.

"Travis and Mace have been like what you'd call 'family in a can,'" says Mind What Matters Executive Director Elizabeth Humphreys. "I liked them the first time I met them — and I'm equally in awe of Pammy. They're a family who have met this disease, as hard and brutal as it is, head-on and never backed down. They're an amazing encouragement to me and my own journey with caregiving. They've helped us by

◀ Mace climbs a steep hill at a trail running race in Salida, Colorado, in 2021.



▲ Doctor Annie Fenn, author of *The Brain Health Kitchen* (left), Patrick Regan (Travis and Mace's co-author of *A Mile at a Time*), Travis, and Mace speak to a crowd at the Tattered Cover Book Store in Denver during their book tour.

mentioning us in their podcasts, attending our annual fundraisers in Nashville, and even running a lemonade stand with his kids to support us. They work really hard to support us. He truly means it when he says life is a team sport — he's on my team and I'm on his."

So are other racers. Mace's longtime friend Marshall Ulrich, who also lives in Evergreen and has been his teammate on eight Eco-Challenge adventure races, has gone out of his way to help support Mace and the fight against Alzheimer's. In 2021, he became the first person to ever complete the winter version of the Badwater 135, running 146 miles from Death Valley to the summit of Mount Whitney in Mark's name while raising more than \$15,000 for Alzheimer's. A year later, in February 2022, he completed the 158-mile Route66 Ultra Run in Mark's name, about six marathons in six days, raising another \$14,000. At the end of last year, he and his wife also organized the Route66 Ultra Run, taking racers along 140 miles of historic Route 66 from Seligman to Topock66, Arizona, supporting both the Historic Route 66 Association and

the Alzheimer's Association. The event even debuted the Mark Macy Spirit Award, given, says Ulrich, to the "person showing the most enthusiasm and spirit" during the race.

As far as helping his friend and his fight against Alzheimer's, Ulrich says it was natural. "Mark is a great friend and one of the most caring, giving people I know," he says. "It has to do with his character. I just feel compelled to try and follow in his footsteps."

As well as through their podcast and own fundraising efforts, Travis and Mace also support the cause through their book, with \$2 from every direct sale going to the organization. That added up to a fair amount this spring when they both went on the publisher's book tour, visiting bookstores and running stores throughout the country. And Mace was with him every step of the way. "He's very comfortable talking with people and shooting the bull with them," says Travis. "He loves being with people."

Five of those people are his grandkids, Wyatt (12 years old) and Lila (10) Macy; and Jaxon (7), Cam (3), and Cole (3) Sandoval. "They love hanging out with him and

helping him get around," he says. "And he's still a superactive grandpa."

This year Mace and Travis toned it down a notch, only entering August's Leadville 10K Race — something us mere cardio mortals might attempt. But as with suffering it out on the trail, they're far from running on empty when it comes to supporting the fight — which continues to run stronger than ever — against Alzheimer's disease. And running, says Travis, is the perfect vehicle for their mission. "Running's a sport everyone can relate to," Travis says. "We're just trying to make a difference in a very important issue. I was sort of drafted into this Alzheimer's advocacy role, but I'm motivated to keep trying to make a difference."

Learn more at [www.travismacy.com](http://www.travismacy.com).

A former reporter for the *Denver Business Journal* and 14-year publisher and editor-in-chief of *Paddler* magazine, Eugene Buchanan has written about the outdoors for more than 25 years. With freelance articles published in *The New York Times*, *Men's Journal*, *Outside*, *National Geographic Adventure*, and *Forbes Life*, the former ski patrol and raft and kayak guide is the author of four books and lives in Steamboat Springs.



## Colorado Ultramarathoner Raises Awareness, Funds for MS Research

Another Coloradan running for a cause is Kendra Miller, a long-distance runner who was selected to run the Colorado stretch of this year's MS Run the US Relay, a 19-segment, 3,260-mile-long relay run across the U.S. to raise awareness and funds to support multiple sclerosis research. For her part, Miller ran 179 miles from Steamboat Springs to Denver, raising \$12,243 for the organization.

It, too, benefits a great cause. According to the National Multiple Sclerosis Society, nearly 1 million people are affected by MS in the U.S., a fact that resonates deeply with Miller. "I recently found out that two of my family members, one of whom is very close, have been diagnosed with MS," she says. "I just felt like I should do this, so I applied to be a runner. A few interviews later I got accepted. It's the longest relay in the world across the entire country, starting in California and ending up in New York."

Miller started fundraising and training for her segment October 2022, dedicating every mile of her run to her 44-year-old brother-in-law, who was diagnosed with MS. "Every time I run, I think about him," she says. "His whole life has changed, and he's completely out of his comfort zone every day. It helps push me through."

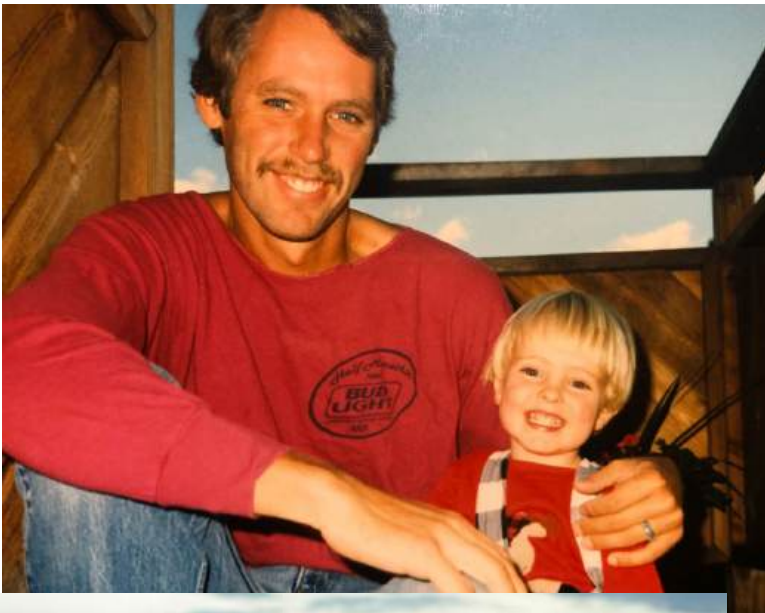
Miller, who grew up in Colorado, is used to running at altitude, which is good because her part of the relay took her over Rabbit Ears Pass at 9,426 feet as well as Loveland Pass at 11,991 feet. "A lot of people thought the section was all downhill, but it's not," she says. "Luckily, I've lived here my whole life, so altitude comes fairly easy to me."

The MS Run the US was started in 2009 by Wisconsin's Ashley Schneider, who ran the inaugural 3,288-mile cross-country run by herself. Now made up of a team of 19 runners — each running six marathons in six days and fundraising at least \$10,000 — the relay run started in 2013, taking runners from California to New York.

Miller took six days to finish her portion this year, running about 30 miles every day. "I truly believe in the organization's mission," she says. "It was an opportunity to help raise money for a great cause that popped up at the right time. It really spoke to me."



Travis and Mace run the Leadville Heavy Half Marathon in 2022.



Top: Mace and Travis at home in Evergreen, Colorado, in 1985. Bottom: Mace and Travis in New Mexico in 2021.





“

We're more than power lines and bucket trucks. We're the people living, working, and raising families here. And we have a part to play in how our communities respond and renew.”

— Jeff Wadsworth, President and CEO at Poudre Valley REA

## DOING EVERYTHING IN ITS POWER TO PREVENT WILDFIRES

How one local co-op takes care of its members before, during, and after a blaze

BY BECKY JENSEN

Photos courtesy of PVREA

Fire is a natural part of healthy ecosystems across Colorado, but an increase in frequency, duration, and severity over recent years has scoured the state with major wildfires.

The threat of fire is significantly higher in the wildland-urban interface where homes and businesses intermingle with undeveloped landscapes. When a wildfire hits these areas, the loss of life, destruction of property, and threat to water quality can be catastrophic.

Rural electric cooperatives provide service to the vast majority of these high-risk areas in Colorado. And according to one co-op, the task of wildfire prevention is a true labor of love.

“Because we’re a local co-op, we’re deeply rooted in the communities we serve,” Jeff Wadsworth, President and CEO at Poudre Valley REA says. “These are our friends, our neighbors, our family that we’re trying to protect.”

PVREA provides service to nearly 55,000 homes and businesses in northern Colorado. Recent wildfires in its service territory include the High Park Fire in 2012 that destroyed 259 homes, and the explosive Cameron Peak Fire in 2020 that consumed 470 buildings, 400 power poles, and 43 miles of power line.

“When a wildfire moves in, it changes everything,” Wadsworth says. “We’ve witnessed the impact on our members’ lives. That’s why we do everything in our power to keep people safe — before, during, and after a wildfire.”

### PREVENTION MEASURES

Like other electric co-ops across the state, PVREA has a formal Wildfire Mitigation Plan. “This is a living document,” explains John Bowerfind, Vice President of Engineering and Grid Advancement at PVREA. “We take what we’ve learned from industry leaders and past fires to adopt best practices moving forward. Our team

routinely reviews and updates our plan to make it as effective and robust as possible.”

A common theme throughout the plan is constant vigilance. PVREA deploys crews in the field to monitor and maintain equipment while additional crews manage vegetation.

In addition to boots on the ground, the co-op uses technology to remotely monitor 4,000 miles of line, especially in mountainous terrain. This includes drones, satellite imagery, and computer modeling to prioritize vegetation management and proactively address equipment concerns.

The co-op also maintains good working relationships with first responders, local governments, and land management agencies. They collaborate on everything from tree trimming to backup power-generation solutions. Through local, regional, and national partnerships, PVREA brought cutting-edge microgrid technology to the isolated town of Red Feather Lakes. In the case of an extended outage, the microgrid can provide reliable



backup power to essential emergency services, including the town’s volunteer fire department.

PVREA members play an important role in fire prevention, too. “We encourage our members to stay vigilant regarding electrical safety, work with us on vegetation management, and report any problems — large or small,” Bowerfind says. “Our ‘see something, say something’ philosophy promotes two-way communication. When members voice concerns, we respond quickly.”

**ACTIONS TAKEN DURING A WILDFIRE**

When the Cameron Peak Fire broke out, PVREA worked directly with fire incident command to assess threats to infrastructure in real time. Co-op crews covered poles in fire-retardant wrap and kept the power flowing for as long as it was safe to do so.

To protect firefighters and other first responders, PVREA remained on standby, ready to de-energize lines at a moment’s notice. “If there’s an energized line on the

ground, it can start new fires,” Bowerfind explains, “and be deadly to fire crews.”

Communication was key during the Cameron Peak Fire to keep emergency responders, partnering utilities, members, and news outlets informed. PVREA even arranged a daily time to call one member in the evacuation zone since he could only receive updates through his rotary phone.

**POST-FIRE RECOVERY**

As the Cameron Peak Fire died down, PVREA sent crews into the charred landscape to visually assess the damage and safely restore services. Once PVREA restored power to its members, the co-op was eager to help its shaken communities recover.


“We’re more than power lines and bucket trucks,” Wadsworth says. “We’re the people living, working, and raising families here. And we have a part to play in how our communities respond and renew.”

To aid in the recovery of the watershed and flood mitigation efforts, PVREA partnered with the Coalition for the Poudre River Watershed, a local nonprofit on a mission to protect the health of its namesake. The co-op donated \$50,000 to CPRW and invited PVREA members to join Coalition and co-op staff in planting more than 1,500 ponderosa pine trees in the burn scar. The seedlings will slow erosion and help restore the soil’s natural filtration process to protect the Poudre River — a source of drinking water for more than 300,000 people living on the Front Range.


“It feels good knowing the newly planted trees will help our community recover,” Wadsworth says, “and provide meaningful benefits for generations to come.”

Becky Jensen is a writer and podcast contributor who lives and works in a little cabin on a big river in Northern Colorado. She’s a former farm girl turned mountain mama and a proud member of Poudre Valley REA. You can find her at [beckyjensenwrites.com](http://beckyjensenwrites.com).




 PVREA Lead Lineman Mike Lindenthal installs a fire retardant net barrier on a power pole.



 Aluminum-foil wraps temporarily help protect structures and equipment when wildfires threaten infrastructure.



 A PVREA member helps plant seedlings during a PVREA sponsored volunteer event to aid in the recovery of the fire burn areas.



# Winter Plants

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

Now that leaves have fallen and summer plants have died or gone dormant, winter landscapes seem a bit dull compared to summer’s luscious greenery and fall’s brilliant foliage. While November makes us yearn for color, it’s the perfect time to identify garden areas that could use some winter interest.

Spruce up drab areas by arranging evergreens, flowering shrubs, and deciduous trees to create focal points. Popular evergreens in Colorado include arborvitae and junipers. Junipers are versatile, with Rocky Mountain juniper thriving above 5,000 feet and pinyon juniper growing on the dry Western Slope. There are even juniper ground covers like creeping juniper which is drought tolerant and provides excellent erosion protection while adding color.

If you are looking for an unusual evergreen, the silver leaves of compact white fir (*Abies concolor* “Candicans”) provide a beautiful contrast to other evergreens. Another unusual look is achieved by planting deciduous trees with unique bark textures. Birch trees, especially paper birch with its white exfoliating bark, are particularly striking in winter. They grow in zones 3–9, but prefer cool, moist conditions;

they’re not well suited to areas with hot, dry summers.

Many flowering shrubs do well in Colorado’s hardiness zones, and ones that produce berries have an added benefit of sustaining birds over winter. Hollies are lovely, low-maintenance plants. Like other evergreens, they prefer acidic soil. They produce the best flowers and fruit with sunlight, but they do tolerate shade. Blue holly has glossy, blue-toned dark leaves and bright-red berries. Japanese holly has more rounded leaves with black berries. Inkberry, a North American native plant with small oval leaves and black berries, is more tolerant of different soils.

When planting hollies, remember they are “dioecious” (female plants won’t produce fruit without a male nearby for cross-pollination). Typically, one male, planted within 50 feet, will pollinate five females. Identify males by their spring flowers with pollen in the middle and females by flowers with a green berry in the center. If in doubt, ask your garden center to identify males and females for you.

Witch hazel (a tree pruned to grow as a large bush) offers wispy yellow or orange flowers that typically appear from October

to December and often remain on branches after leaves fall. It does best in full sun and well-drained acidic soil but will grow in clay. Winter jasmine, another late-flowering bush has lemon-yellow flowers and grows best in southern Colorado.

Shrubs planted in the back of flower beds, along walls, fences, and railings provide backgrounds that make flowers stand out regardless of the season. Winter-blooming silver leaf cyclamen is particularly striking against green shrubs. It’s a border plant, grows 3 to 4 inches high and boasts pink or white flowers from late winter to early spring. Helleborus Royal Heritage Strain is another winter-blooming border plant that grows 18–24 inches.

Winter is not the best time to plant, but you can begin implementing your plan and focus on hardscape structures such as trellises, benches, birdbaths, and sculptures. By planning now, you can start to accomplish winter garden beauty after the ground thaws, and you can plant in spring.

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



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It’s a safe, natural compound called DHA — one of the primary building blocks of your brain. It helps the brains of children grow during their development. And in adults, it supports healthy brain function as they age.

Because DHA is so critical for brain health, it’s important to get enough of this critical nutrient in our diet. But it’s getting more and more difficult. While some may dislike fish and others may struggle to afford it, there’s growing evidence the majority of store bought fish have lower levels of DHA than the more expensive “wild caught fish.”

Regenerative medicine specialist Dr. Al Sears, says, “Thankfully, there’s still hope. Getting more of this vital brain food helps to nourish your brain and helps support memory and cognitive health as we age.”

Dr. Sears, a highly-acclaimed, board-certified MD — who has published more than 500 studies and written 4 bestselling books — says in an ideal world, we should be able to get enough DHA from our diets... But we don’t anymore.

“For thousands of years, fish were a great natural source of DHA. But due to industrial fish farming practices, the fish we eat and the fish oils you see at the store are no longer as nutrient-dense as they once were,” he explains.

## THE SECRET TO MAINTAINING A HEALTHY MEMORY

Some researchers believe our

paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA. According to Dr. Sears, DHA is the most important **Omega-3** by far, because our brains contain large amounts of this essential fatty acid to process thinking and memory.

“Our memory center in the brain — called the hippocampus — thrives when it has abundant supplies of DHA, and grows because of it,” explains Dr. Sears. “Without DHA, our brains would shrink, and our memories would quickly fade.”

In one study on more than 1,500 postmenopausal women, researchers found that those with low levels of **Omega-3s**, had smaller brains.

## FARM-RAISED FISH HAVE LOWER LEVELS OF DHA

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving fish their natural, DHA-rich diet and began feeding them a diet of inflammatory seed oils.

“It’s cheaper for fish farmers to feed them ‘fish pellets’ than what they’d eat in the wild,” explains Dr. Sears. “But in order to produce optimal amounts of DHA, fish need to eat a natural marine diet that contains natural fish oils, like they have for millions of years.”

“Since fish farmers are depriving these animals of their natural diet, DHA is considerably lower in the oils they produce.” A study published in the journal Public Health Nutrition reveals that DHA in farm raised fish is about half of what it used to be.

“Considering that 80% of fish oil comes from fish farms, it’s no wonder Americans are not getting enough of this vital Omega-3 fat. It’s almost impossible to get enough DHA from fish oil alone. And that’s bad news, because loss of brain size and brain volume is a common side effect of DHA deficiency as people age.”

So, what can Americans do to improve their memory and brain function in the most effective way possible? Dr. Sears says, “Find a quality DHA supplement and that



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will help support cognitive health as you age.”

Dr. Sears and his team worked for over two years developing a unique brain-supporting formula called **Omega Rejuvenol**.

**Omega Rejuvenol** is made from the most abundant natural sources of DHA in the ocean, Antarctic squid and krill — the two species that cannot be farmed and live exclusively in the wild.

According to Dr. Sears, these are the purest and most potent sources of DHA in the world, because they come from pristine waters and haven’t been tampered with. “**Omega Rejuvenol** is sourced from the most sustainable fishery in Antarctica. You won’t find this oil in any stores.”

## MORE IMPRESSIVE RESULTS

**Omega Rejuvenol** has sold more than 850,000 bottles worldwide. And for a good reason, too. Satisfied customers can’t stop talking about the memory support they get from quality-sourced DHA oil.

“I can feel a difference. The occasional brain fog I dealt with for years doesn’t feel as bad. Now I wake up feeling sharper and more energetic,” says Owen R.

“I remember what it was like before I started taking **Omega Rejuvenol**... but now I have a feeling of clarity,” says Estelle H.

“My mood and focus are at

an all-time high,” raves Bernice J. “The difference that **Omega Rejuvenol** makes couldn’t be more noticeable.”

And 70-year-old Mark K. says, “It feels like my focus and memory are back to younger levels.”

These are just a handful of the thousands of reviews Dr. Sears receives regularly thanks to his breakthrough memory formula, **Omega Rejuvenol**.

## HOW TO GET OMEGA REJUVENOL

To secure bottles of this brain-booster, buyers should contact the Sears Health Hotline at **1-800-966-5916** within the next 48 hours. “It takes time to manufacture these bottles,” says Dr. Sears. “The Hotline allows us to ship the product directly to customers who need it most.”

Dr. Sears feels so strongly about **Omega Rejuvenol**, he is offering a 100%, money-back guarantee on every order. “Send back any used or unused bottles within 90 days and I’ll rush you a refund,” says Dr. Sears.

Call **1-800-966-5916** to secure your limited supply of **Omega Rejuvenol**. Readers of this newspaper immediately qualify for a steep discount, but only if they call within the first 24 hours. To take advantage of this great offer use Promo Code **COOM1123** when you call.



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BY DENNIS SMITH | [OUTDOORS@COLORADOCOUNTRYLIFE.ORG](mailto:OUTDOORS@COLORADOCOUNTRYLIFE.ORG)

Thanksgiving is almost here, and like millions of others, I'm thinking about some of the things I'm thankful for. Right at the top of the list, of course, is my wife and our family, and that we had the remarkably good fortune to have been born in the USA.

Our clan has been remarkably blessed with good health, wealth, and genuine happiness. Our kids, their wives, and our grandchildren are all gems — happy, well adjusted, successful, and just plain fun to be around. We hunt, fish, and camp together all year long and celebrate every holiday we can with each other. There is ongoing peace and harmony in our family, and it's hard to ask for more than that.

I'm especially thankful to live in Colorado — and a small town. It was a farm town when we moved here in 1976, with a population of around 25,000 — corn, beet, and wheat farmers mostly. The crop fields are shopping malls and condo complexes now; the population is nearing 80,000, and I often find myself griping that the place is beginning to look like New Jersey ... till I meet someone from New Jersey who marvels that we live at the edge of a national park and two national forests. That's something I'm thankful for too.

I recently stumbled over a publication from the 1995 Colorado Division of Wildlife

that stated there were over 65,000 miles of streams and 2,000 reservoirs open to public fishing in Colorado. Think about that for a minute: 65,000 miles of public streams! That seems like a lot of water. Heck, it is a lot of water. Not that you'd want to, but if you could jog upriver in your waders simultaneously casting a lure or fly to the fish, you'd be lucky to cover even a few miles of river a day. And yet, if you were wild enough to try, it would take you over 35 years of jog-fishing at 5 miles a day — every day — to make one high-speed pass through each mile of Colorado's public trout streams. If you fished at a normal, leisurely pace, it's likely you wouldn't live long enough to fish them all, especially if we threw in the additional 2,000 reservoirs. The thought is sobering, yet comforting: "So many rivers, so little time." You know you'll never get to fish them all, but you're welcome to try if you so desire.

Happy Thanksgiving.

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



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"The feel of this knife is unbelievable... this is an incredibly fine instrument." — H., Arvada, CO



"This knife is beautiful!" — J., La Crescent, MN



It was a perfect late autumn day in the northern Rockies. Not a cloud in the sky, and just enough cool in the air to stir up nostalgic memories of my trip into the backwoods. This year, though, was different. I was going it solo. My two buddies, pleading work responsibilities, backed out at the last minute. So, armed with my trusty knife, I set out for adventure.

Well, what I found was a whole lot of trouble. As in 8 feet and 800-pounds of trouble in the form of a grizzly bear. Seems this grumpy fella was out looking for some adventure too. Mr. Grizzly saw me, stood up to his entire 8 feet of ferocity and let out a roar that made my blood turn to ice and my hair stand up. Unsnapping my leather sheath, I felt for my hefty, trusty knife and felt emboldened. I then showed the massive grizzly over 6 inches of 420 surgical grade stainless steel, raised my hands and yelled, "Whoa bear! Whoa bear!" I must have made my point, as he gave me an almost admiring grunt before turning tail and heading back into the woods.

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I was pretty shaken, but otherwise fine. Once the adrenaline high subsided, I decided I had some work to do back home too. That was more than enough adventure for one day.

Our Grizzly Hunting Knife pays tribute to the call of the wild. Featuring stick-tang construction, you can feel confident in the strength and durability of this knife. And the hand carved, natural bone handle ensures you won't lose your grip even in the most dire of circumstances. I also made certain to give it a great price. After all, you should be able to get your point across without getting stuck with a high price.

But we don't stop there. While supplies last, we'll include a pair of \$99 8x21 power compact binoculars **FREE** when you purchase the Grizzly Hunting Knife.

Make sure to act quickly. The Grizzly Hunting Knife has been such a hit that we're having trouble keeping it in stock. Our first release of more than 1,200 SOLD OUT in TWO DAYS! After months of waiting on our artisans, we've finally gotten some knives back in stock. Only 1,337 are available at this price, and half of them have already sold!

### Knife Specifications:

- Stick tang 420 surgical stainless steel blade; 7 1/4" blade; 12" overall
- Hand carved natural brown and yellow bone handle
- Brass hand guard, spacers and end cap
- FREE genuine tooled leather sheath included (a \$49 value!)

**The Grizzly Hunting Knife** ~~\$249~~ \$79\* + S&P  
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# PRESERVING SAN JUAN COUNTY

Located at the north end of town on Greene Street in Silverton is the San Juan County Historical Museum Complex. There's a lot to discover here — a historic jail, an archives building, and the Mining Heritage Center Museum.

## WHO KNEW JAIL WAS SO SOPHISTICATED IN 1902?

In the 1800s, the roaring mining town of Silverton had a growing need for law enforcement. Between 1874 and 1902, the town built five jails, most of which were constructed of logs or mortared stone. But after numerous successful escapes, in 1902 the county spent \$12,175, for the two-story escape-proof and fireproof facility. The entire jail building kit was delivered to Silverton by train.

## SHARED HOUSING

As you enter the building, it feels more like a home than a jail. In its heyday, it housed both prisoners and the jailer's family. You can walk through the bedrooms that display dressing tables, period clothing, and accessories. The parlor has a pump organ and a hutch that houses crystal pieces and dishes.

For 1902, the kitchen was truly state-of-the-art with modern conveniences such as running water, an icebox and a wood-burning stove that came with a bread warmer. Inmates were served three meals each day, all prepared by the jailer's wife.

## THE HOLDING CELLS

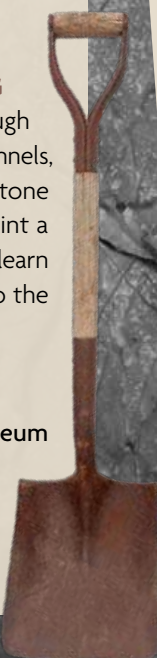
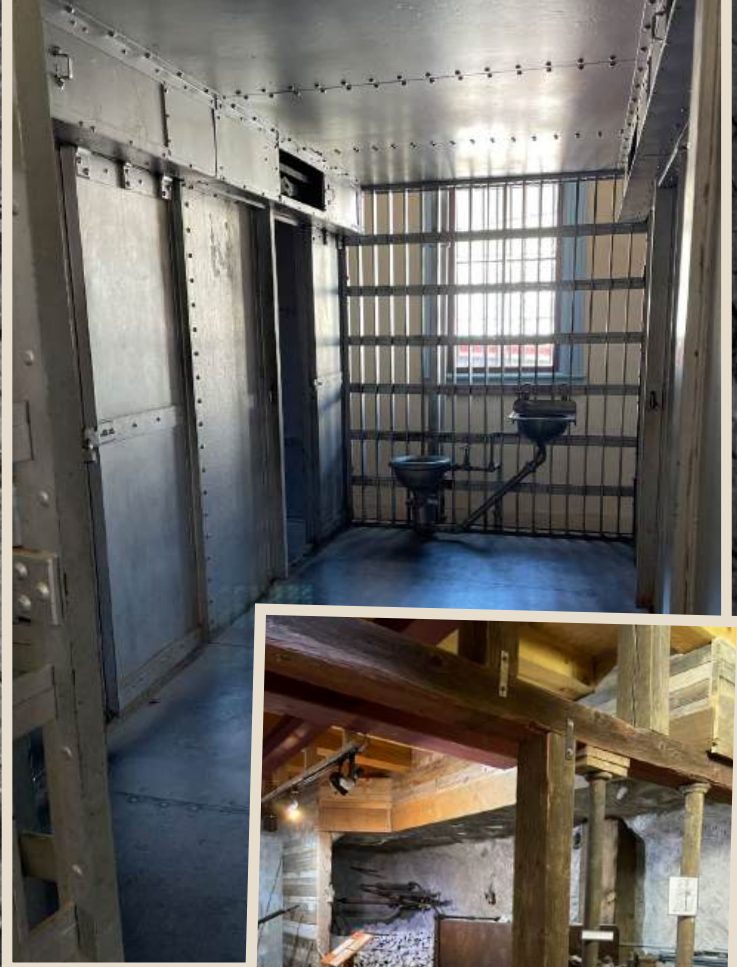
Located on the second floor are the tool-proof holding cells: 6-by-6-foot walls, about 8 feet tall. Each cell was essentially a cage-like riveted metal box. After the construction in 1902, there were no longer any reported escapes.

## EXPLORE ON: STEP INTO THE FACETS OF MINING

Head down to the basement where you will walk through local mining's past. Navigating through replica mining tunnels, you will encounter several vintage tools, a precious stone collection, equipment, and intricate displays that paint a vivid picture of what it was like to be a miner. Visitors learn about the rich mining industry and its contribution to the region and the town of Silverton.

## PLAN YOUR VISIT FOR SUMMER 2024!

The San Juan County Historical Society Mining Museum and Jail facility is open May to October. Check the website at [sanjuancountyhistoricalsociety.org](http://sanjuancountyhistoricalsociety.org) for more information.







# WAYS TO SAVE AND IMPROVE ENERGY EFFICIENCY IN YOUR HOME

## + SWITCH TO A HEAT PUMP WATER HEATER (HPWH)

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## + INSTALL LED LIGHTING

LED lightbulbs consume 80% less energy than incandescent bulbs and can last 10 to 25 times longer. Unlike incandescent bulbs, which release 90% of their energy as heat, LEDs are far more energy-efficient with very little heat.

## + SAVE WITH AN AIR-SOURCE HEAT PUMP

The newest air-source heat pumps can be up to 300% more efficient than electric baseboard heat. They work in cold weather and can reduce your propane usage by 80% or more.

## + UPDATE YOUR ELECTRICAL PANEL

When increasing your home's energy efficiency, keep in mind that it may require a service panel upgrade. As you receive quotes for electrical equipment always be sure to ask for a load calculation to ensure your electrical panel can handle the new equipment.

To learn more about rebates and incentives for electrification programs, contact your local co-op or public power district. Visit us at [www.tristate.coop/electrifyandsave](http://www.tristate.coop/electrifyandsave)



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**The Soldier**

I saw him weeping in the night,  
beneath Orion's endless flight;  
what drew those tears I did not know,  
the weight that pressed those shoulders low.

'Twas but a call from home, I'm told,  
that drove him out into the cold;  
that caused those calloused hands to shake,  
that caused that soldier's soul to break.

The strength to fight a thousand men,  
to fall and rise, and fight again,  
will in the stoutest spirit stall,  
when shadows o'er the homefront fall.

When separated lives evolve,  
when heartfelt promises dissolve;  
when children into strangers grow,  
the days and distance all they know.

That soldier now must face two wars,  
must fight for life from distant shores;  
find purpose just to seek the dawn,  
when every ray of hope is gone.

Most casualties of war, I've found,  
lie b'yond that foggy battleground;  
where by and by it's understood,  
the price of war is more than blood.

**Daniel Swanson**, Calhan  
Mountain View Electric member

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**What Is Honor?**

Honor is watching a friend  
Fall to the ground  
It is risking it all  
Just to be knocked down  
By the shells that I see

And the ones I do not  
To be glad for a chance  
To race through the fire and smoke  
Just for relief from the sight  
Of corpses and critters who can't be stopped

Honor is hearing the final breath  
From a comrade and chum  
Whose last days were spent  
Listening to the fire of guns  
It is hearing commands  
To decimate the foes  
Whom we just shared a meal with  
And around the trench we sung  
But the very next day  
That halt turned to go

Honor is smelling the stench  
Of the bloodbath above  
While the twenty men below  
Spend their time writing love-  
Letters to their wives  
Letters to their moms  
Telling tales of the  
Reeking infection in their feet  
Telling tales of the  
Smell of the morning bombs

Honor is tasting the blood  
Dripping from my tongue  
The sour tang of rations  
Burning in my lungs  
It is waking up cold  
My lips frozen shut  
Charging into a losing battle without a clue  
That soon we will arrive at the opposing side  
Just to fall to the hands of vile vapor  
Just to get bruised and cut

Honor is feeling the pain  
Of a thousand lumps of lice  
The scar the critters leave on men  
The fangs of the mice  
It is looking at the face  
Of a childhood friend  
Who only has a few days left  
Until his final leave  
But cries in agony each time that he  
Has to arise and his limbs bend

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 FUNNY STORIES



**WINNER: Donna Maranville**, an MVEA member, visits Yosemite National Park with friends Mary Moore, Judy Book, and Avelyn Ullom. They climbed Sentinel Dome to take this photo with *Colorado Country Life*.



**Chris and Lynn Boelke**, members of Grand Valley Power, take CCL on their trip to Camden, Maine, for seven days on the Windjammer Angeltique to celebrate their 40th Anniversary.



**Recently my friend and I went to** a local steakhouse for dinner. The waiter asked what we would like to drink. My friend asked for a glass of white zin and water. When I was asked, I said, "Ditto."

A bit later, my friend's water and wine were delivered. The waiter said to me that the bartender didn't know what kind of drink "ditto" was. I said that it meant the same as what my friend ordered.

He took our dinner order, and my friend's order sounded good. I said, "Ditto," again with a smile. The young waiter said, "That means the same as her, right?" We all had a good chuckle!

**Carol Franklin**, Grand Junction Grand Valley Power member



San Isabel Electric member **Jean Schloss** visits the University of Toronto with granddaughter Jessica Hartig and her mom, Harron.



**Terry and Connie Tormohlen**, MCREA members, take CCL with them while celebrating their 47th wedding anniversary at Niagara Falls.



**Maurice and Irene Heikes** stand with CCL in front of Big Ben in London celebrating their 51st wedding anniversary. During this trip, they also traveled to Scotland and enjoyed the beautiful countryside. The Heikes are San Isabel Electric members.



Retired Y-W Electric Association employees **George Reese** (left) and **John Horn** with their wives **Sybil** and **Vicki**, display their CCL at the Blarney Castle prior to kissing the Blarney Stone in Ireland.

**Our 4-year-old granddaughter** loves to watch and study bugs, lizards, birds, and butterflies. On one of our bug hunts, she spotted a lizard climbing up the wall. She got as close to the lizard as the lizard would allow. And as she was bent over with both her hands on her knees, not taking her eyes from it, she said "All my life, all I have ever wanted was a lizard or a baby dragon for a pet."

**Yvette Madrid**, Pueblo West San Isabel Electric member

**My 4-year-old said to her younger brother**, "When I turn 5, I am going to get a booster seat." He replied, "When I turn 5, I am going to get a driver's seat."

**Marian Morkes**, Kiowa Mountain View Electric Association 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 [www.coloradocountrylife.coop](http://www.coloradocountrylife.coop). Each month we'll draw one photo to win \$25. The next deadline is Wednesday, November 15.

**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 email [funnystories@coloradocountrylife.org](mailto:funnystories@coloradocountrylife.org). Don't forget to include your mailing address, so we can send you a check.



# FALLING FOR BOOKS

For decades, *CCL* has dedicated its entire November issue to book reviews. This year we're doing something new. As you may remember from the July issue, we ran Book Nook, for which we received positive feedback. This month we're featuring a select number of books that have a Colorado connection (author, setting, history, etc.) here in Discoveries. We receive countless books from various publishers and

authors each month, and we want to keep getting these amazing books to our readers throughout the year. If you have a book you'd like to submit for potential feature in a future issue, please send it to Editor at *Colorado Country Life*, 5400 Washington Street, Denver, CO 80216, or email a synopsis to [editor@coloradocountrylife.org](mailto:editor@coloradocountrylife.org).



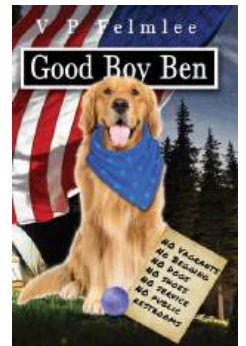
## ◀ *Dad and the Recycling-Bin Roller Coaster* By Taylor Calmus

When Mom goes out for a day of shopping, Dad knows it's "the perfect opportunity for a spectacular, build-tastic super-dad plan!" Eager for his three kids to have the best day ever, Dad throws himself into a leaf blower-powered rocket ship and an ice cream truck with sherbet shooters. But one elaborate build after the next, the kids decline to play with Dad's creations. Feeling dejected, Dad starts to put away his tools, but then his kids are finally able to tell him what they really want. Based on real-life events from "Dude Dad" Taylor Calmus of Fort Collins, this hilarious and heartwarming tale follows this enthusiastic DIY dad who eventually realizes the best gifts he can give his kids are time and attention.

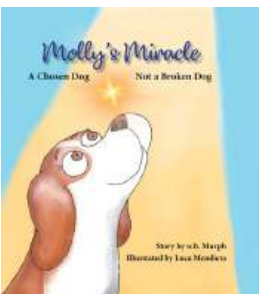


## ▶ *Good Boy Ben* By VP Felmlee

A young golden retriever is abandoned on a hot, dusty road in the middle of nowhere. Several miles away, a hitchhiker without a home gets ready to head south for the winter on roads he's traveled for more than 20 years, alone and, he hopes, unnoticed. How the two of them come together, learn to trust each other, and face a murderous, hate-filled rampage is the story of *Good Boy Ben*. It is also the story of how a painful past and an uncertain future can turn into a remarkable love. Book Two of the Abandoned Trilogy echoes the wonderful story of *Prince Tadpole & Princess Clara*, showing how hope and caring create better lives for humans and animals, no matter the circumstances we find ourselves in.



VP Felmlee lives in Grand Junction with her husband, dogs, cats, and chickens. Visit her website at [vfmleeauthor.com](http://vfmleeauthor.com).



## ◀ *Molly's Miracle* By w.b. Murph

Beagle Molly has been abandoned by a cruel owner, left alone to fend for herself in the streets. She is hurt, she is hungry, and most of all, she is unloved. She tries to make friends, but everywhere she goes, she is turned away, treated harshly, and told to leave.

When all hope is lost, Molly meets her miracle: a girl whose very special gift is just what Molly needs to see the value in herself. *Molly's Miracle* is a story of love, acceptance, kindness, and the light that shines in everyone.

W.b. Murph is a 5-year-old beagle living his best life in Colorado. He whispers story ideas to his ever-faithful, former veterinary nurse human, who writes them down, as beagles are not so very good at holding a pencil. Murph's stories focus on children from all circumstances, with all abilities, and their less-than-typical dogs.

## ▶ *Nana the Great Goes Camping* by Lisa Tawn Bergren

Colorado author Lisa Tawn Bergren's new book is a rollicking exploration of the great outdoors and the wonders of the heart. As Nana teaches her grandkids on their special camping trip, it's always a good time to find new discoveries and new friends. Readers will be delighted to learn that Nana loves taking mud baths by the river and making breakfast s'mores over a campfire.

Filled with David Hohn's exuberant and playful illustrations, *Nana the Great Goes Camping* will help children appreciate their grandparents anew and make them look forward to their next adventure together.



## ◀ *Stanley the Claustrophobic Miner* by Donny Abbott

*Stanley the Claustrophobic Miner* is a delightful tale about a young boy who has a desire to be like his dad. But along the way he faces a couple of challenges that need solutions. Written by Fort Collins resident and Poudre Valley REA member Donny Abbott, this is a wonderful story that reminds us how we can turn our weaknesses into strengths. Find the book at [donnyabbott.com](http://donnyabbott.com).



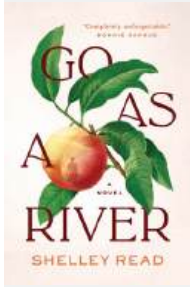




◀ **Last Word to the Wise** By Ann Claire

Sisters Ellie and Meg Christie share a love of books, reading, and their new roles as co-caretakers of the Book Chalet, their family's historic bookshop tucked midway up a scenic Colorado mountain. But romance? That's another story. When their cousin signs them up for her newest business endeavor — matchmaking based on bookish tastes — the sisters approach their blind double dates with dread.

While Ellie's date meets her low expectations, Meg's match, a book-loving romantic straight out of classic literature, charms her over a lovely dinner. The next morning, Meg is giddy with anticipation of a second date — until she's stood up without a word. However, her date had a good reason for ghosting her: He's dead. Murdered, the police later confirm. As the last known person to see the victim alive, Meg becomes a prime suspect in his death. To sleuth out the truth, the sisters must sift through secrets. In *Last Word to the Wise*, clues accumulate, but so do suspects, crimes, and betrayals.



◀ **Go as a River** By Shelley Read

Bestselling novel *Go as a River* tells the story of Victoria Nash, a resilient young woman whose life is changed forever by one chance encounter. Inspired by true events surrounding the destruction of the town of Iola and the creation of Blue Mesa Reservoir in the 1960s, *Go as a River* is a story of deeply held love in the face of hardship but also of finding courage, friendship, and, finally, home, where least expected. Set amid Colorado's wild beauty, this stunning debut from fifth-generation Coloradan Shelley Read explores what it means to lead your life as if it were a river — gathering and flowing, finding a way forward even when a river is dammed. Translated into 30 languages and praised by the *Denver Post* as “a literary triumph,” *Go as a River* is widely celebrated as a tragic, uplifting tale of love and loss, place and displacement, prejudice and family, wilderness and survival — and hope.



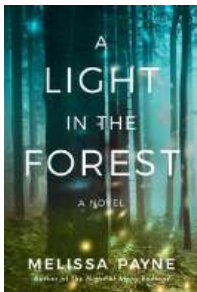
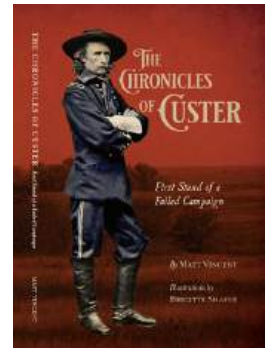
**The Chronicles of Custer** By Matt Vincent ▶

*The Chronicles of Custer: First Stand of a Failed Campaign* is the true story of the ill-fated Hancock Expedition of 1867 and follows the movements of the newly formed 7th Cavalry under the command of a young and inexperienced Lt. Col. George Armstrong Custer. Written by award-winning Colorado author Matt Vincent, *The Chronicles* takes the reader on a whirlwind ride across the High Plains on the heels of fleeing Cheyenne and Oglala Sioux. Beginning with the destruction of a Native American village in central Kansas, the book culminates with a series of mass desertions in northeastern Colorado Territory and the subsequent court-martial of Lt. Col. George Armstrong Custer at Fort Leavenworth.

“Presented in a compelling narrative reminiscent of Shelby Foote’s *Civil War Trilogy*, *The Chronicles* is stuffed with detail and historical context,” writes Jeff Rice of the *Sterling Journal Advocate*.

Vincent’s first book, *Wild Times & True Tales from the High Plains*, was published in 2021 to wide acclaim and was recently named Colorado’s best general nonfiction book by the Colorado Authors League.

*The Chronicles* is available through Plainview Publishing, P.O. Box 14, Yuma, CO 80759. The book sells for \$24.95, and orders should include an additional \$5 for shipping and handling.



◀ **A Light in the Forest** By Melissa Payne

Vega Jones escapes an abusive relationship with nothing but her 2-month-old baby and the van she grew up in. Her destination is a small Ohio town her late vagabond mother left years ago. It's one full of nobodies, her mother warned. That makes it the ideal refuge for Vega to lie low, feel safe, and maybe learn more about a past her mother never spoke of.

Vega warms to the town and to new acquaintances like Heff, the young deputy and artist who prefers his yard art to actual policing, and empathetic Eve, a local farmer whose near-death experience gave her more than just her life back. But even in this welcoming community, there's an undercurrent of something unsettled — talk of a tragedy that unfolded in the woods years ago — and a mystery connected to Vega in ways she couldn't have anticipated.

As a mother on the run following a path of mounting risks and illuminating secrets, Vega discovers that even during the darkest of times, there's light in unexpected places.

Author Melissa Payne lives in the foothills of the Rocky Mountains. Her upcoming novel, *The Wild Road Home*, will be released in March 2024. For more information, visit her online at [melissapayneauthor.com](http://melissapayneauthor.com) or find her on Instagram @melissapayne\_writes.

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