

DATA CENTERS • SUSHI • WINTER COMFORT

# Colorado

## COUNTRY LIFE





12



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Photo courtesy of Kiln Coffee Bar

# Colorado COUNTRY LIFE

Volume 56 • Number 2 • February 2025

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**Tree trimming is one way electric co-ops clear vegetation from around their power lines and facilities.**

*Photo courtesy of Poudre Valley REA*

# Wildfire Mitigation

## A statewide viewpoint

By **Kent Singer** Executive Director

**T**he recent wildfires in California are a heart-breaking reminder of the risks that face many communities in the arid western United States. While a combination of drought, high winds, and low humidity all conspired to create the conditions for this tragic event, it's not clear yet who or what was responsible for igniting the fires. It has been suggested that electric utility facilities may have been the cause of at least one of the wildfires, although that has not been proven.



Whether or not the Southern California wildfires were caused by electric power lines, there is no doubt that utility facilities have previously been the cause of wildfires in California. Colorado's electric co-ops are very much aware of these risks, and they do everything in their power to reduce the possibility that their facilities will cause a wildfire. Electric co-ops go to great lengths to clear vegetation from around their power lines and other facilities, and they are leaders in deploying new technology to anticipate and detect conditions where wildfires may be more likely.

Colorado's electric co-ops also prepare wildfire mitigation plans that spell out in detail all the steps they take to lower the risks of wildfires. But even the most comprehensive wildfire mitigation plan does not guarantee safety. With

thousands of miles of power lines across the state, many of which traverse remote forests and public lands, it is impossible to mitigate all the risks.

For that reason, CREA has been working on a legislative proposal that would recognize the work being done by Colorado's electric co-ops around wildfire mitigation. The bill would provide some measure of liability protection for those co-ops that have implemented a state-approved wildfire mitigation plan. Without a bill like this, it may become impossible for Colorado co-ops to obtain adequate liability insurance to protect their consumer-members. Other states have passed similar legislation, and we're hopeful that the Colorado legislature will consider this bill — if not this year, then in the 2026 session of the legislature.

Colorado's electric co-ops need reassurance that if they do everything that is reasonably possible to mitigate the risk that their facilities will cause a wildfire, they will not be subject to lawsuits that could literally bankrupt them. Co-ops will always do everything in their power to protect the communities they serve, including investing time and money in measures to reduce the risk of wildfires.

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*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.*



Photos courtesy of Tri-State G&T

# Winter Comfort

**F**ebruary is the month we all need a little pep talk and hope; winter won't last much longer! Last week, my friend who lives in Gunnison shared on Facebook a photo of her car thermometer showing minus 20 degrees. I think we can all agree that is too cold, but such is wintering in the Rocky Mountains.

As I write this column, Colorado is expecting an Arctic blast. Weather professionals predict subzero temperatures and urge everyone to stay indoors and avoid travel. I will happily heed those warnings; you'll find me tucked under a few blankets feeling grateful for my warm house.

Essential workers — including your local electric co-op's lineworkers — don't always get to stay inside during a deep freeze. Winter's wind, ice, and heavy snow can increase the potential for power outages, and co-op crews are ready 24/7 to restore power to your home and community.

In the event of a power outage, your local electric co-op's team of dedicated staff will work safely to get your electricity back up and running — even during an Arctic blast. Let's all remember to extend kindness and patience to the people who are working to keep us comfortable inside.



**By Kylee Coleman** Editor

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## EDITORIAL

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Editorial opinions published in *Colorado Country Life* magazine shall pertain to issues affecting rural electric cooperatives, rural communities, and citizens. The opinion of CREA is not necessarily that of any particular cooperative or individual.





# How a Safe Step Walk-In Tub can change your life

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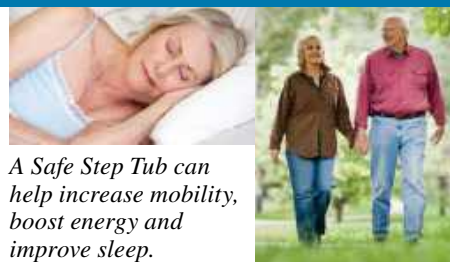
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|--|---|
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# The Case for Homemade Jerky

By Dennis E. Smith

It's a gloomy winter day in the Colorado foothills, but it's pretty cozy down here in the basement by the fireplace where I'm tying flies and searching Google to find out how ducks and geese can dangle their feet in bitter cold water all day, or roost on a frozen lake overnight, without their toes falling off. It seems like something we should all know, but not many of us do. Every now and then I'll jog upstairs to check on the venison jerky I have curing in the oven. I have another batch drying in an electric food dehydrator I borrowed from my son. It's a handy gadget, but jerky takes time, and if you're the type who gets antsy waiting for a three-minute bag of corn to pop in the microwave, waiting a couple of hours for a rack of jerky to cure in one of these things can really test your patience. However, paying the equivalent of \$30 per pound at the convenience store for an 8-ounce bag of dried meat chips will definitely make the wait seem worthwhile.

Making jerky is actually a simple process, or rather it used to be. Primitive hunter-gatherers carved strips of meat from their prey and hung them on bushes in the sun to cure. End of story. But it's man's nature to improve everything, so over time wet and dry brines, marinades, herbs, spices, and so on were added to the process. You can whip up your own concoctions at home using common ingredients or buy ready-made

mixes at specialty stores. Regardless, there are probably as many flavors of jerky as there are people who make it. Basic recipes call for some combination of salt, sugar, and maybe liquid smoke to which you might add Worcestershire or soy sauce, honey, molasses, onion and garlic powders, a variety of spices, and peppers. Smoking adds even more curative properties and flavors.

Most agree that removing as much fat as possible from the meat is essential and that slicing the meat with the grain rather than across it produces a better chew, but that's a matter of personal preference. How to long to brine or marinate can vary from a few minutes to overnight.

When brining is complete, move the meat to a smoker, dehydrator, or kitchen oven to cure. Low and slow is recommended. Then you wait — and watch — for the perfect combination of taste, texture, consistency, and a characteristic some call “snackability.” Jerky should be flavorful and easy to chew without being brittle, gummy, or crumbly. Making a batch is just the sort of thing to do on a gloomy winter day while you're tying flies and wondering how geese can roost overnight on a frozen lake without freezing their feet off.

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



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# DATA CENTERS

The high-tech hubs of our digital lives

By Kim Graber

**T**hink about how often you interact with a digital service every day, whether that's asking Siri for directions to an appointment, taking pictures with your phone, or sitting down to stream the latest season of *The Great British Baking Show*.

We take for granted that these services will be available when we need them. And typically, they are, thanks to data centers — facilities that power our data-centric lives.

## WHAT ARE DATA CENTERS?

Data centers are facilities that house networks of servers. These high-tech hubs provide data storage and processing power. They store the websites we visit and the movies we watch, and they contain the information technology infrastructure and operations for all of the digital services we use.

“Every time we're on a Zoom call, there's data going between our computer and some big gray building in the middle of a field somewhere,” said Mark Dyson, managing director for [RMI](#), an organization focused on clean energy headquartered in Colorado.

“Every time you pick up your phone or type a key on your computer, there's probably an interaction with a data center.”

Estimates vary when it comes to the number of data centers operating today. Cloudscene, a platform for procuring network services, lists [more than 2,000 data centers](#) across the United States, ranging from localized, small-scale centers to massive facilities.

While you'll find data centers spread out across the country, they're especially concentrated in a few areas, including the East Coast and California. Colorado currently has about 55 of them — with most of those in metro Denver, according to another [industry database](#).

Some businesses own and operate their own data centers to provide the processing and storage they need. Others might rent server space from other companies in what's known as a co-located data center.

## WHY DO DATA CENTERS CONSUME SO MUCH ELECTRICITY?

Because they're providing resources to power computing and storage needs for different companies and services, data centers operate around the clock. This means that they require 24/7 power — and lots of it.

“Once some of the biggest data centers that are starting to be built right now are fully up and running, they will consume more electricity than





“

Every time you pick up your phone or type a key on your computer, there's probably an interaction with a data center.”

— Mark Dyson, managing director for RMI in Colorado

the city of Denver, in just a few buildings on one campus,” Dyson said.

Data centers consume this level of power because of three primary systems. First is the computing hardware itself. The servers and networking equipment require electricity to operate.

The second system is temperature control. Running servers generates substantial heat, and the servers must be cooled so they don't overheat. Management consulting firm McKinsey [estimates](#) that facility cooling accounts for about 40% of the energy a data center consumes.

And finally, power is required for the ancillary systems, such as lighting and security, that are needed to operate any sort of facility.

### HOW MUCH ARE DATA CENTERS EXPECTED TO GROW?

Data centers were already prevalent because of the many ways we use data in modern life. But demand for them is rising even faster to support artificial intelligence-based services. AI requires exponentially more computing power than ordinary processing.

As our demand for data-based services continues to grow, the need for more of these facilities will grow with it. In fact, according

to the [Electric Power Research Institute](#), data centers represent one of the fastest growing industries in the world. Researchers predict that the number of data centers in operation worldwide will grow to [more than 8,300 by 2030](#).

And as the number of data centers grows, their energy consumption is likely to grow, too. Investment bank [Goldman Sachs](#) reported last year that data centers accounted for 1%–2% of the power consumed worldwide. They estimated this share could grow to 3%–4% by 2030.

But Dyson points out that any actual rise in power usage will depend heavily on other factors beyond the number of data centers. For example, improving energy efficiency could help balance out the growing demand.

Data centers essentially form the backbone of everything we do or interact with online. Understanding their role gives us insight into the technology we use on a daily basis. As we expand our own reliance on digital services, and as companies continue to develop AI technology, data centers are poised to become an even bigger part of our lives.

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*Kim Graber is a freelance writer based in Longmont.*



# PHOTO CONTEST

## Winners

CCL's annual photo contest is a chance for readers to showcase their best photography. This year's theme was Home Sweet Home Colorado, and we received countless entries — it was a joy to see how readers interpreted the four different categories to represent the state we all love to call home. We hope you'll enjoy this year's winning photos.

You can view these photos and the runners-up on our [Facebook page](#).

### The Homestead



- 1. Never to Return** by Laurie Steele, a Poudre Valley REA member.
- 2. The Gray in the Grey** by Kylie Medley, a Mountain View Electric Association member.
- 3. Passing Time** by Natalie Heller, a San Miguel Power Association member.





## Nature's Homes



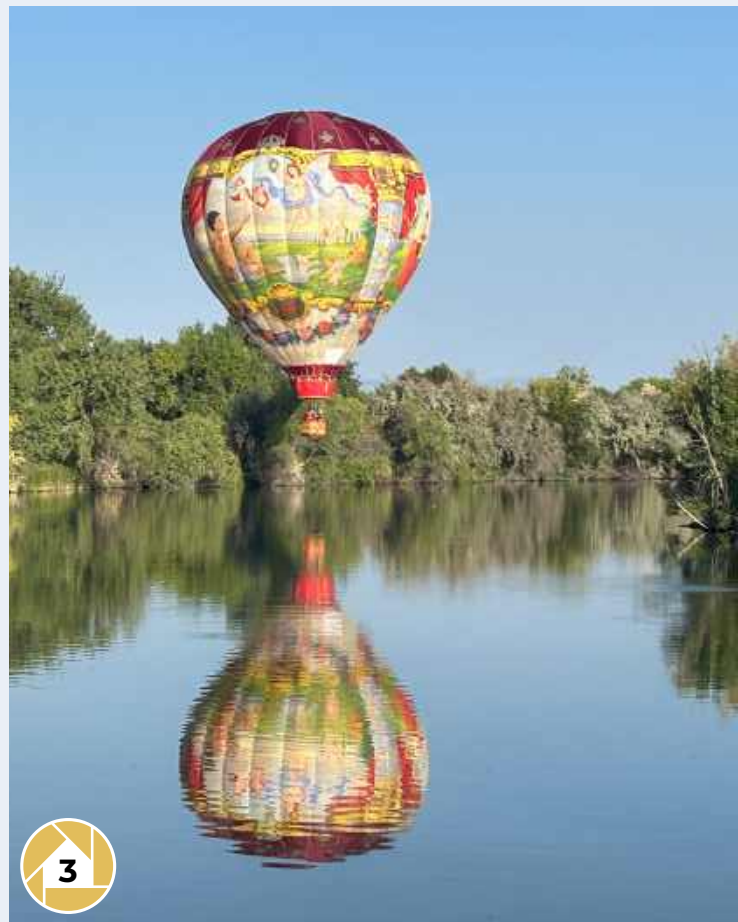
- 1. Home Is Where the Den Is** by Debbie Campbell, a Poudre Valley REA member.
- 2. Dining Out** by Rod Martinez, a Grand Valley Power member.
- 3. Owl's Home** by Donnell Allen, a Mountain View Electric Association member.



## My Home

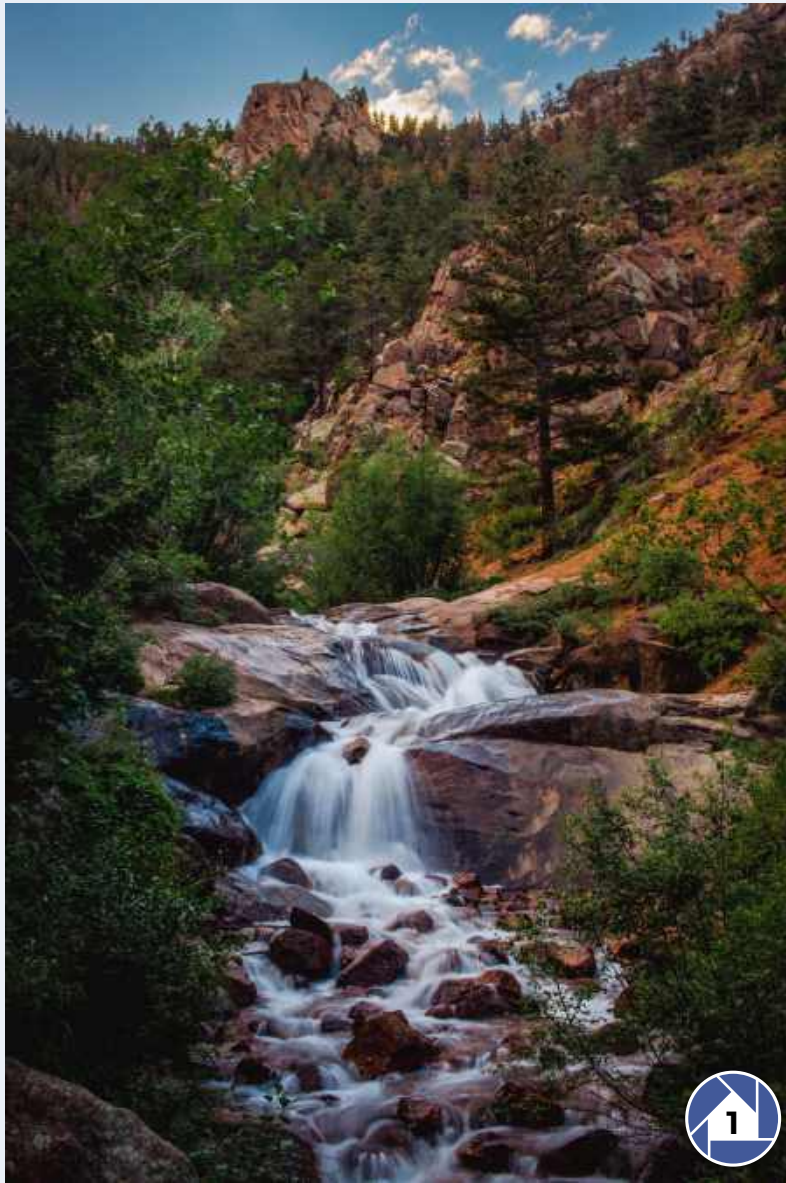


- 1. *Planting at Sunset*** by Patricia Lentell, a Morgan County REA member.
- 2. *Spectacular Colors over the Rocky Mountains*** by John Boland, a Sangre de Cristo Electric Association member.
- 3. *Windsor Balloon Festival*** by Matt Tenny, a Poudre Valley REA member.





# Hometown Views



- 1. **Seven Bridges** by Amanda Wynn, a Mountain View Electric Association member.
- 2. **Colorado in the Fall** by Jim Lambert, a San Isabel Electric Association member.
- 3. **Grand View** by Rosita Moglia, a Grand Valley Power member.



## Cover Winner

**Frosty Forest Sunset** by Angela Martinez, a Mountain View Electric Association member.



# Roll with It

Simple steps to sushi success

## CALIFORNIA ROLL

Recipe courtesy of Uncorked Kitchen

### INGREDIENTS

- 1 avocado, halved lengthwise, pitted, peeled, and cut lengthwise into ¼-inch slices
- 3 tbsp fresh lemon juice
- ¼ English cucumber, peeled, seeded, julienned to length of roll
- 6 – 8" × 7" sheets nori (seaweed)
- 3 c prepared sushi rice
- 1 tbsp wasabi powder, combined with  
1 tbsp cold water
- 4 oz kanikama (imitation) crabmeat sticks

### INSTRUCTIONS

In a small bowl, toss the avocado gently with the lemon juice. Dry roast each sheet of nori over direct heat, holding it at opposite corners with tongs and waving it back and forth over the burner for 30 seconds, or until it turns green.

Lay a dry bamboo sushi mat on a work surface so that the slats run horizontally. Put a piece of the nori on the mat with a long side facing you. With dampened hands, spread ½ cup sushi rice onto it, leaving a 1-inch border along the top edge and ½-inch on bottom. The rice will be on the inside of the roll.

Spread a small bit of the wasabi paste horizontally across the center of the rice — a little goes

a long way for this spicy addition — and top with a cucumber strip. Arrange three avocado slices overlapping slightly in a horizontal line over the wasabi paste and cucumber, then top with one-sixth of the crabmeat.

Grasp the edges of the nori and the mat from the side facing you, lift the nori and the mat slightly, and roll the nori evenly and tightly away from you, pressing down slightly with each quarter turn. Seal the roll with a drop of water on the far edge of the nori, press the seam closed, and transfer the roll to a cutting board.

Make five more rolls in the same manner. With a very sharp knife dipped in water, trim the ends of the rolls and cut each roll crosswise into six 1-inch sections, making eight pieces.



### ENTER TO WIN SUPPLIES TO MAKE YOUR OWN SUSHI!

Visit [coloradocountrylife.coop](http://coloradocountrylife.coop) and enter on our Reader Engagement page. Or send a letter with your name, phone number, and mailing address to CONTESTS 5400 Washington St., Denver, CO 80216.



# Will This Strange Antarctic Squid Solve America's Memory Crisis?

*New Deep Sea Discovery Proven to Be The #1 Natural Enhancer of Memory and Focus*

Half a mile beneath the icy waters off the coast of Argentina lives one of the most remarkable creatures in the world.

Fully grown, they're less than 2 feet long and weigh under 10 pounds...

But despite their small size, this strange little squid can have a bigger positive impact on your brain health than any other species on the planet.

They are the single richest source of a vital "brain food" that 250 million Americans are starving for, according to a study published in the British Medical Journal.

It's a safe, natural compound called DHA - one of the building blocks of your brain. It helps children grow their brains significantly bigger during development. And in adults, it protects brain cells from dying as they get older.

Because DHA is so important, lacking enough of it is not only dangerous to your overall health but could be directly related to your brain shrinking with age.

With more than 16 million Americans suffering from age-associated cognitive impairment, it's clear to a top US doctor that's where the problem lies.

Regenerative medicine specialist Dr. Al Sears, says thankfully, "there's still hope for seniors. Getting more of this vital brain food can make a life changing difference for your mental clarity, focus, and memory."

Dr. Sears, a highly-acclaimed, board-certified doctor— who has published more than 500 studies and written 4 bestselling books — says we should be able to get enough DHA in 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.

DHA is backed by hundreds of studies for supporting razor sharp focus, extraordinary mental clarity, and a lightning quick memory... especially in seniors.

So, if you're struggling with focus, mental clarity, or memory as you get older...

Dr. Sears recommends a different approach.

## THE SECRET TO A LASTING MEMORY

Research has shown that our paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA.

"Our hippocampus thrives off DHA and grows because of it," explains Dr. Sears. "Without DHA, our brains would shrink, and our memories would quickly fade."

A groundbreaking study from the University of Alberta confirmed this. Animals given a diet rich in DHA saw a 29% boost in their hippocampus — the part of the brain responsible for learning and memory. As a result, these animals became smarter.

Another study on more than 1,500 seniors found that those whose brains were deficient in DHA had significantly smaller brains — a characteristic of accelerated aging and weakened memory.

## PEOPLE'S BRAINS ARE SHRINKING AND THEY DON'T EVEN KNOW IT

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their animals a natural, DHA-rich diet and began feeding them a diet that was 70% vegetarian.

"It became expensive for farmers to feed fish what they'd eat in the wild," explains Dr. Sears. "But in order to produce DHA, fish need to eat a natural, marine diet, like the one they'd eat in the wild."

"Since fish farmers are depriving these animals of their natural diet, DHA is almost nonexistent in the oils they produce."

"And since more than 80% of fish oil comes from farms, it's no wonder the country is experiencing a memory crisis. Most people's brains are shrinking and they don't even know it."

So, what can people do to improve their memory and brain function in the most effective way possible?



**MEMORY-RESTORING SENSATION:** The memory-saving oil in this Antarctic squid restores decades of lost brain power starting in just 24 hours.

Dr. Sears says, "Find a quality DHA supplement that doesn't come from a farmed source. That will protect your brain cells and the functions they serve well into old age."

Dr. Sears and his team worked tirelessly for over 2 years developing a unique brain-boosting formula called **Omega Rejuvenol**.

It's made from the most powerful source of DHA in the ocean, squid and krill — two species that cannot be farmed.

According to Dr. Sears, these are the purest and most potent sources of DHA in the world, because they 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

Already, the formula has sold more than 850,000 bottles. And for a good reason, too. Satisfied customers can't stop raving about the memory-boosting benefits of quality-sourced DHA oil.

"The first time I took it, I was amazed. The brain fog I struggled with for years was gone within 24 hours. The next day, I woke up with the energy and mental clarity of a new man," says Owen R.

"I remember what it was like before I started taking **Omega Rejuvenol**... the lack of focus... the dull moods... the slippery memory... but now my mind is as clear as it's ever been," says Estelle H.

"My mood and focus are at an all-time high. I've always had trouble concentrating, and now I think I know why," raves Bernice J. "The difference that **Omega Rejuvenol** makes couldn't be more noticeable."

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels."

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

## WHERE TO FIND OMEGA REJUVENOL

To secure bottles of this brain-booster, buyers should contact the Sears Health Hotline at **1-800-966-2267**. "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 this product, 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.

The Hotline is taking orders for the next 48 hours. After that, the phone number may be shut down to allow for inventory restocking.

Call **1-800-966-2267** to secure your limited supply of **Omega Rejuvenol**. Readers of this publication immediately qualify for a steep discount, but supplies are limited. To take advantage of this great offer use Promo Code **COOM225** when you call.

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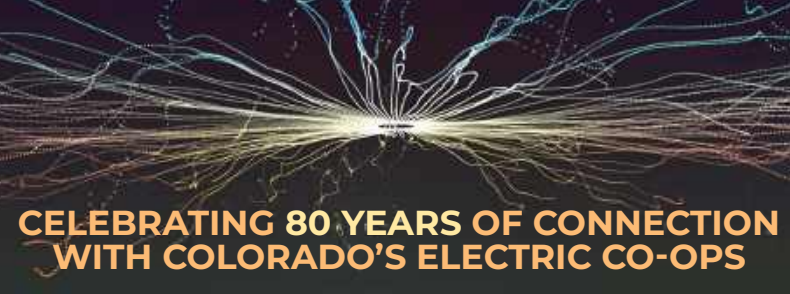
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The Colorado Rural Electric Association is the statewide trade organization fostering unity among and providing service to 21 electric distribution cooperatives and one generation and transmission association in the state.

For 80 years, CREA has represented co-ops at the state Capitol and supports your local electric co-op in its safety initiatives, communications efforts, and educational classes.

Colorado's electric cooperatives are leading our state toward a sustainable future. We will continue our commitment to maintaining reliable electricity at the lowest possible cost, while also advancing innovative solutions that sustain co-op communities now and into the future.

Learn more at [crea.coop](http://crea.coop).





# A Cuppa Colorado Coffee

Colorado is never short on coffee shops. Don't settle on the common joe-on-the-go found on every corner — visit a unique and local hangout and try something new. We took a sip around and found a few coffee shops that you might want to put on your “best brew” list.

By Gaylene Garcia Granger



## SOLAR ROAST, PUEBLO

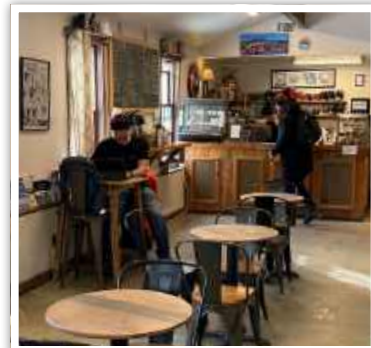
A great cup of coffee is just as much about the roasting process as it is about the beans. But Mike and David Hartkop — owners of Solar Roast Coffee — will tell you that it's the power of the roaster that really brings out the flavor. Made 20 years ago from an old satellite dish, a bunch of mirrors, a broccoli strainer, and a dream, the world's only commercial solar coffee roaster was invented by the brothers. Many revisions later, it has evolved into a state-of-the-art modern marvel that can roast up to 150 pounds of coffee each hour. Solar Roast sells by the cup or the pound in their thriving shops in southern Colorado. To learn more, visit [solarroast.com](http://solarroast.com).

Colorado Country Life



## KILN COFFEE BAR, GRAND JUNCTION

Kiln Coffee Bar in Grand Junction is a gathering place to meet with friends, have a good drink, enjoy scintillating conversation, and stay awhile. The coffee bar was one of the first in the area to offer a pour-over. Co-owner David Foster says it is one of Kiln's most popular options. He says, “When you order a pour-over, you're able to select a higher quality of bean, which is nice as there's less acidity overall, and it tends to be a smoother coffee experience.” To learn more about Kiln and its hand-selected coffee beans, visit [kilncoffeebar.com](http://kilncoffeebar.com).



## RUMORS COFFEE AND TEA HOUSE, CRESTED BUTTE

Founded in 2009 by Crested Butte native Danica Ramgoolam and her husband Arvin, Rumors is a quaint coffeehouse on Elk Street in downtown Crested Butte. When asked about its intriguing name, Danica says, “Our small town can sometimes be a rumor mill, so we thought what better name for a coffee shop than Rumors, where you can get all the latest spin on things.” Indeed, Rumors customers love the local vibe. To learn more, visit Rumors online at [rumorscoffeeandteahouse.com](http://rumorscoffeeandteahouse.com).



**READER PHOTOS**



**Lynn and Jim Connaway** from Grand Junction bring their copy of CCL to Antarctica and snap a photo at Edinburgh Hill. The Connaways are members of Grand Valley Power.



San Isabel Electric Association members **Janice and Larry George** stop for a photo with the magazine at the Leaning Tower of Pisa during their tour of Tuscany.



**Joseph and Winnie Vasquez**, Mountain View Electric Association members, bring their CCL magazine to Maui, Hawaii, on a trip to celebrate their 42nd anniversary.



**Shelley Prissinotti** travels to Puerto Vallarta, Mexico, and brings CCL along for the sun and fun. Shelley is a Mountain View Electric Association member.



Sangre de Cristo Electric Association member **Janine Giles** enjoys CCL in Jamaica on a recent trip with her sister.



Grand Valley Power members **Aspen and Christopher Coombs** pause to reflect with CCL outside the Byzantine monastery of Moni Agiou Stefanou, high atop the Meteora rock formations of Greece.



Grand Valley Power members **Michael Graham** and his kids hold on tight to CCL during a windy day in Cabo San Lucas, Mexico.

**DON'T FORGET TO PACK CCL FOR YOUR NEXT TRIP!**

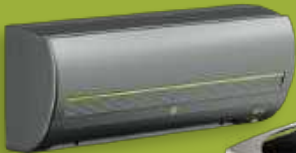
**Show us where you enjoy CCL for a chance to win!** Take a photo of someone (or a selfie!) with the magazine and share it with us on the Reader Engagement page at [coloradocountrylife.coop](http://coloradocountrylife.coop). Each month we'll draw one photo to win \$25. See all the submitted photos on our [Facebook page @COCountryLife](https://www.facebook.com/COCountryLife).





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