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EDITORIAL

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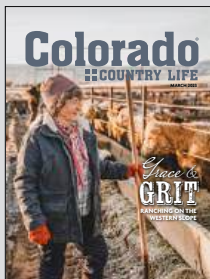
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On the Cover

Janie VanWinkle tends the herd during morning chores at her Western Slope ranch.

Photography by
Joshua Scott LLC
@JoshuaScott_LLCC



"Winter Park" by Susan Castillion, a Mountain Parks Electric consumer-member.

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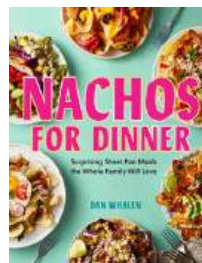
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Monthly Contests



Enter for your chance to win a copy of **Nachos for Dinner: Surprising Sheet Pan Meals the Whole Family Will Love**. Read more about this great cookbook on page 11. For official rules and how to enter, visit Monthly Contests at coloradocountrylife.coop.



PINTEREST SNEAK PEEK

COCountryLife pinned: Looking for a finger-friendly version of your favorite brunch dish? Try Dan Whalen's Chicken and Waffle Nachos recipe from his cookbook *Nachos for Dinner: Surprising Sheet Pan Meals the Whole Family Will Love*. Get the recipe at coloradocountrylife.coop.



SWEET TWEET

@ColoradoREA posted: There's a new trade show in town. (e)volution is coming to Denver June 8-11 and is targeted toward both consumers and businesses that are interested in the growing electric bike market: <https://e-revolution.bike> #ebikes #electricity



FACEBOOK CHATTER

COCountryLife posted: "Stonewalls at Picketwire" by Liz Baker, a consumer-member of San Isabel Electric Association.

SAYING GOODBYE

Our thanks and happy trails to Mona Neeley

BY KENT SINGER EXECUTIVE DIRECTOR



KENT SINGER

Turn to page 26 of this issue of *Colorado Country Life* magazine and you'll find an article about Mona Neeley, *CCL*'s long-time publisher and editor. In the column, Mona talks about her career with CREA and her upcoming retirement. She says that you, the readers of *CCL*, have always been the most important part of her work and that the connections she has made with so many of you have sustained her throughout the years.

But Mona is too modest to say exactly how much she has meant to this association and to Colorado's electric co-ops. The simple truth is that Mona dedicated nearly her entire professional life to the viability and success of CREA and *Colorado Country Life*, a magazine that has twice been recognized as the best statewide electric co-op magazine in the country.

Mona began her career at *CCL* in 1994 and she took over a publication that was struggling to survive. She was hired by my predecessor at CREA and given an ultimatum: make the magazine financially sustainable or find another job. Through her incredible work ethic and her tremendous talents as an editor and writer, Mona did exactly that. She increased the circulation and ad revenues of the magazine and made it a profit center for CREA for many years. She was able to do that by focusing on the quality of the content of the magazine as well as the format.

But the financial success of *CCL* only reflects a small part of Mona's contributions

to CREA. As the director of communications for CREA, Mona's role in the organization went far beyond her role as publisher and editor of *CCL*. As a communicator, Mona was not just the publisher of the magazine, but she played a critical role in every CREA messaging effort on legislative and other matters. This includes our epic battles against retail wheeling in the late 1990s, our efforts to emphasize the importance of safe workplace practices and our ongoing work to message the co-op principles in the ever-changing energy environment. Her dedication to the success of our legislative, safety and education programs was just as ferocious as her dedication to the success of *CCL*.

In addition to supporting CREA's communication efforts with legislators and other groups, Mona and her team also provide support for the communications programs for many of our electric co-op members. Over the years, many of our members have added communications experts and staff to develop specific messages for each their communities, but Mona has supported those efforts and provided tremendous value to each co-op member of CREA.

Finally, let me tell you a little about Mona as a colleague and co-worker. When I was considering applying for CREA's executive director position 14 years ago, I did so with the knowledge that CREA had tremendous employees. I had worked with Mona and others at CREA as the association's attorney, and I knew how dedicated they were to

the co-op program. I knew that *Colorado Country Life* was in great hands, and that it was edited and published by someone who cared deeply about the quality of the magazine and the value it provides to tens of thousands of co-op consumer-members across Colorado.

Turns out, I only knew the half of it.

By that I mean until I came to work at CREA full time, I had no idea what it takes to publish a 32-page magazine, every month, year in and year out, without fail. Meeting printing deadlines, working with contract writers, making sure each co-op has the copy for its individual pages, soliciting advertisers, and, of course, gently reminding the executive director that his monthly column is overdue.

But Mona handled those responsibilities not only with great professionalism, but also with good humor, patience and incredible energy. She has been a key leader of the CREA team, a tremendous voice for the Colorado electric co-op program and, most importantly, a loving and supportive wife, mother and grandmother.

Mona, we'll miss you, we thank you, and we wish you the very best in your well-deserved retirement. Happy trails!

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

FROM THE EDITOR

Looking back at all our connections

BY MONA NEELEY EDITOR EMERITUS



MONA NEELEY

As I get ready for my March 31 retirement I've been looking back over nearly 30 years of work for Colorado's electric cooperatives — which includes 342 issues of *Colorado Country Life*.

That's a lot of great memories, so many extraordinary people and their stories, so many fun photo shoots, so many adventures.

I remember one photo shoot with my son, Zach, who was about 3 years old. The story was on raising alpacas, which he called "pockets." I thought the perfect cover shot would be of him face-to-face with a baby alpaca. It would have been. But Zach was 3 and had never been around animals; the baby alpaca was skittish; the shot never worked. But I had a great afternoon with my son and those soft, furry animals and their wonderful, accommodating owner.

Then, there is the story we did on Eagle Summit Ranch outside of Westcliffe. Dave Roeber, an army veteran who suffered catastrophic burns and disfigurement when a phosphorous hand grenade blew up in his hand when he was serving in Vietnam, built a retreat for veterans and had an amazing story to tell. I loved meeting Dave and sharing his story. But what made that all extra special was what happened after the story was published. A *CCL* reader stepped up and sold a rare vehicle at auction and donated about \$100,000 to the ranch.

Something similar happened when we featured TACT, a trade school for students with autism just a couple of years ago. Another reader stepped forward and offered TACT supplies through his own nonprofit that helps get leftover supplies from construction companies to school shop classes in need of those supplies.

And I could go on — so many stories, so many connections through the magazine.

But what they all come down to is you, the people, the readers I've connected with through the years. You've written me letters, you've shared your stories, you've invited me to events, you've sent your books, you've written poems and you've emailed photos. I've appreciated every connection.

You, the readers, my friends, the ones who open the pages of this magazine each month, I will miss you. It's been fun.

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



▲ Mona's son Zach feeds a baby "pockets," aka alpaca, while on a photoshoot for a *CCL* story.

LETTERS TO THE EDITOR

Rethinking traditions?

What a waste. The gingerbread house at the Broadmoor is such a waste of needed food (Focus On - Dec. '22). Just think about how many families who are struggling in these economic times who could be fed with 650 eggs, 475 pounds of flour, and other ingredients not mentioned. Maybe some 100-year-old traditions should not be continued.

Elaine Morrow, Two Buttes
Southeast Colorado Power Assoc. consumer-member

Finding the unexpected in *CCL*

I drew the card of life that brought me to Indiana, and I miss my home state.

I got *CCL*'s December issue in the mail and first thought it was something from Colorado State University — my dad's and my alma mater. Anything Colorado I thumb through to see and perhaps gain some sort of nostalgic injection of home.

Then I understood *CCL* was from San Isabel Electric Association [I now own property in Model]. I'm like, good grief, another propaganda thing to solar panel my house and tell me I'm using too much energy.

I read the "Holiday Wishes," by Kent Singer, who is probably as old as I am and laughed a little as I skimmed over the article to get the gist of it, and then read his five wishes. Okay, perhaps I'll thumb through this a bit more slowly.

Then I get to "Bringing Light, Receiving Joy," by Mona Neeley. I saw the map of Guatemala and I stopped the thumbing. I'm a structural engineer and know a bit about the industry of construction and had been aware of assistance to other countries. But I never knew about the assistance of power. I was extremely impressed, appreciative and proud of our culture for lending a hand to other countries. My hat is off to [the linemen] with my respect.

Job well done with the article as well.

Brenndan P. Torres, Indiana
San Isabel Electric Assoc. consumer-member

SEND US YOUR LETTERS

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

SAVE ENERGY AND MONEY

with a Heat Pump Water Heater

BY MIRANDA BOUTELLE



Q: I'm looking for options to replace my old water heater. What should I choose to make my home's water heating more efficient and save money?

A: Consider upgrading to an energy-efficient heat pump water heater. Heat pump water heaters use heat pump technology to heat water more efficiently than a standard electric storage water heater.

They often use 60% less energy than electric storage water heaters, which can mean hundreds of dollars saved each year and thousands during the life of the heat pump water heater. Improved controls make it easy to set the desired temperature and many offer features such as vacation mode, Wi-Fi connectivity, leak detection and automatic shutoff.

INSTALLATION CONSIDERATIONS

Ideal placement for a heat pump water heater is in an unconditioned space, such as a garage or unheated basement. Heat pump water heaters most always require:

- about 750 cubic feet around the unit to supply the air needed for efficient operation.
- additional clearance above the unit to access the filter for cleaning.

- a condensate drain that must be routed to a drain or pumped outside of the home.
- a 240-volt circuit, which might necessitate an electrical upgrade by a licensed electrician.

WHEN TO REPLACE AN OLD WATER HEATER

The life expectancy of a standard water heater is about 10 years. If your water heater is older than that or showing signs of failing, consider replacing it with a heat pump water heater before it fails.

For even more savings opportunities, take advantage of sales, rebates or tax credits. Check with your electric cooperative, state department of energy and federal tax information before purchasing a new water heater.

Miranda Boutelle writes on energy-efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.

▲ If you're in need of a new water heater, consider upgrading to an energy-efficient heat pump water heater. Photo courtesy of Hot Water Solutions.

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“Nacho” Average Meal

Dip into delicious, unconventional nachos

BY AMY HIGGINS

It could be argued that the best savory snack of all time is nachos: overlapping layers of delectable crunchiness, creating a divine emulsion that oozes with awesomeness. What’s not to love? Cookbook author Dan Whalen goes beyond basic nachos with his book *Nachos for Dinner: Surprising Sheet Pan Meals the Whole Family Will Love*. Think Apple Pie Nachos, BBQ Pulled Pork Nachos or Mushroom Tofu Nachos. We had a visual taste test first, and then it came time to get cooking. These Cheesesteak Nachos were a crowning achievement in the *Colorado Country Life* test kitchen. Try it for yourself, take a picture and share it with us on social media using @COCountryLife.



DID YOU KNOW?

Nachos originated in the city of Piedras Negras, Coahuila, just over the border from Eagle Pass, Texas. Ignacio “Nacho” Anaya created nachos at the Victory Club in 1940. In Spanish, “Nacho” is a common nickname for Ignacio. — Wikipedia

Cheesesteak Nachos

- 2 tablespoons unsalted butter
- 2 large yellow onions, peeled and diced
- 1 pound shaved steak
- 1 tablespoon vegetable oil (optional)
- Kosher salt and freshly cracked black pepper
- 1 cup Cheez Whiz®
- 1 bag (12 ounces) tortilla chips (about 90 chips)
- 1 1/2 cups (6 ounces) shredded cheddar cheese
- 1/2 cup pickled pepper slices



Melt the butter in a large frying pan over medium-high heat. Add the onions and stir to coat.

Cook the onions, adjusting the heat as needed — turn up if they aren’t browning enough or down if onion bits start to burn on the bottom of the pan — until they are a deep brown and reduced in size, about 30 minutes. Remove from the pan and set aside.

Turn the heat up to high and add the steak to the pan (with the vegetable oil, if needed). Season with salt and pepper. Cook, stirring often and using two spatulas to break up the meat until browned and cooked through, about 10 minutes. Remove from heat.

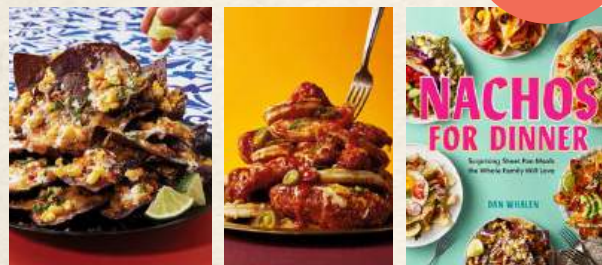
Preheat the broiler to high with a rack about 4 inches from the top. Meanwhile, gently warm the Cheez Whiz® in a small saucepan over low heat or in a bowl in the microwave in 10-second increments.

Arrange the tortilla chips evenly on a sheet pan, overlapping them as little as possible. Sprinkle the cheese on the chips, distributing it evenly. Next, add the steak, followed by the onions and then the pickled peppers. Drizzle the Cheez Whiz® over all.

Broil until the cheese has melted and the chips are starting to brown, three to five minutes. (Watch carefully to make sure they don’t burn.) Remove from the oven. Serve hot.

Excerpted from *Nachos for Dinner: Surprising Sheet Pan Meals the Whole Family Will Love!* by Dan Whalen (Workman Publishing). ©2021. Photographs by Penny De Los Santos.

Visit our **Monthly Contests** page at coloradocountrylife.coop to find out how to win a copy!



Be sure to try Dan Whalen’s **Street Corn Nachos** and **Chicken and Waffle Nachos**. Find them under the Recipes tab at coloradocountrylife.coop.



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BIDEN-HARRIS ADMINISTRATION INVESTS \$2.7 BILLION IN RURAL ELECTRIC INFRASTRUCTURE

The U.S. Department of Agriculture announced that it is investing \$2.7 billion to improve and expand rural electric infrastructure. Through the Electric Loan Program, the USDA will invest in 64 projects across 26 states, benefiting nearly 2 million rural people and businesses. Two Colorado electric co-ops will receive funds from this program.

Sangre de Cristo Electric Association, headquartered in Buena Vista, will receive \$26,841,000. These funds will be used to connect 1,431 consumer-members and build and improve 195 miles of line. This loan includes \$858,100 in smart-grid technologies. SDCEA serves 13,329 consumer-members over 1,799 miles of line in Lake, Fremont, Custer, Saguache and Chaffee counties.

Morgan County REA will receive \$21,568,000 in funds. This rural development investment will be used to connect 144 consumer-members across the co-op's service territory and build and improve

301 miles of line. This loan includes \$1,691,212 in smart-grid technologies. MCREA is headquartered in Fort Morgan and serves 8,986 consumers over 2,919 miles of line throughout six counties in northeastern Colorado.

Electric Loan Program Funds may be used by the co-ops to finance:

- Maintenance
- Upgrades
- Expansion
- Replacement of distribution, sub-transmission and headquarters (service, warehouse) facilities
- Energy efficiency
- Renewable energy systems

“These critical investments will benefit rural people and businesses in many ways for decades to come,” USDA Secretary Tom Vilsack said in a recent press release. “This funding will help rural cooperatives and utilities invest in changes that make our energy more efficient, more reliable and more affordable. Investing in

infrastructure—roads, bridges, broadband and energy—supports good-paying jobs and keeps the United States poised to lead the global economy.”

The loans include \$613 million to help rural utilities and cooperatives install and upgrade smart-grid technologies. Smart grids can be a catalyst for broadband and other telecommunications services in unserved and underserved rural areas in addition to improving grid security and reliability.

In the coming months, the USDA will announce additional energy infrastructure financing. The Inflation Reduction Act provided more than \$12 billion to the USDA for loans and grants to expand clean energy, transform rural power production, create jobs and spur economic growth. This funding will benefit electric cooperatives across the nation and in Colorado and make energy cleaner, more reliable and more affordable.



CREA ACQUIRES NEW CONFERENCE

CREA recently added a new event to its portfolio: **the Rocky Mountain Utility Exchange**. This conference, recently acquired from Ed Thomas and Tiger Adolf, has been an esteemed energy industry-related event in the Centennial State for 16 years. CREA promises to continue to bring quality speakers to the table in September 2023.

The agenda will explore best practices and lessons learned about initiatives related to energy efficiency, water conservation, strategy issues, and integration with renewable energy, flexible load management, strategic load growth, and other customer-facing initiatives.

To learn more, visit crea.coop/utility-exchange.

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Grace & GRIT

BY SHARON SULLIVAN

PHOTOGRAPHY BY JOSHUA SCOTT LLC

On a crisp, blue-sky November day in western Colorado, Janie VanWinkle, her husband Howard and their son Dean ride horseback across crunchy snow as they bring their cows down from the Uncompahgre Plateau to lower-elevation winter grazing lands in Unaweep Canyon. Dean's wife and baby daughter meet the family with a vehicle at the bottom of the canyon.

"I was riding a good horse, enjoying the conversation and felt proud of how good the young cows in the herd looked," Janie VanWinkle recalled, reflecting on that day. "We came off a trail that my family has used for the past 70 years doing the same thing."

Herd dogs help gather the cattle that have dispersed across the Uncompahgre, as well as on Grand Mesa — the flat-topped mountain east of the Grand Valley. The annual fall roundup, which begins in October, involves a dozen riders representing two families,

both of which have permits to graze cattle on federal public lands. "It takes a while to gather [the cows] up," Janie said. "We sort them out. Sometimes it's snowing; sometimes it's very windy."

Janie grew up in Unaweep Canyon, where her great-grandfather had purchased a ranch in the late 1880s. She remembers being carried on horseback by her mother, Martha Hendrickson, before she began riding a Shetland pony on her own at age 4. She recalls crossing the Dolores River on horseback to help manage cows on the other side (although she never learned to swim).

As a child, Janie raised and showed cows at the Mesa County and Colorado State fairs as well as the National Western Stock Show in Denver. "I bought my first cow from grandpa when I was 8 years old," Janie said. Howard grew up in nearby Grand Junction, where he worked on his parents' small farm after school and on weekends. The two met

in 4-H when she was 12 and he was 10.

Nearly a decade later they were married and ready to start their own ranch in Fruita with Janie's 20 cows and Howard's 20 sheep. "We knew this is what we wanted to do since we were 18," Janie said. Over the years they've grown their operation to 500–600 cows, a number that varies from year to year depending on the drought. (They no longer raise sheep, having sold them in the early 2000s).

Even though Janie and Howard are both fourth-generation ranchers, building their own ranch hasn't been easy — neither of them inherited any land or livestock. Instead, they grew their cattle farm through "grit and determination," as Janie likes to say. For 35 years, they each had jobs in Grand Junction while also tending cows at home. Janie worked retail, including a stint as store manager at Barnes & Noble Booksellers. She later opened a pizza restaurant that

◀ Janie VanWinkle, a fourth-generation rancher, bought her first cow at age 8.

she ran for 10 years before selling it in 2015. Howard owned an automobile repair shop that he sold in 2010.

Janie remembers going on just one vacation — to Disneyland in 2009. “We’d go places, but it always had to do with a cow, a horse, a saddle, a tractor or a bull,” she said. Now, at ages 62 and 60, the couple focuses on ranching full time.

“WE LOVE THEIR HAMBURGER”

A border collie bounds across their property located at the end of a gravel road where the Book Cliffs loom large to the north of their 1930s-era farmhouse. To the south, the red cliffs of Colorado National Monument can be seen in the distance. Bales of hay are stacked neatly near corrals where 100 or so young cows hang out until spring. “You can tell they’re content; they’re chewing their cud,” Janie said, while showing a visitor around the ranch.

One corral holds purebred Charolais bull calves that belong to their son who will eventually sell the bulls as breeding stock. When Dean left for college five years ago, he knew he needed to add an enterprise to the ranch to remain part of the family business. The ranch supports his parents, but it needed to expand in order to sustain a second family. “We all work together on the ranch,” Janie said. “Dean’s bulls will be sold to people like us. We buy 10–15 bulls a year to preserve a fresh genetic pool. We keep bulls for five years, and then they go into the food supply chain.”

Janie and Howard are commercial cow-calf producers; they sell 6- to 8-month-old calves via video auction that takes place in July. In November, buyers send trucks to pick up the calves and bring them to Colorado feedlots in Montrose, Gilcrest and Briggsdale.

Janie and Howard VanWinkle have grown their operation outside Fruita to 500-600 cows. ▶

In 2018, the VanWinkles also began selling their beef directly to local consumers through word-of-mouth and via Facebook. The cattle are processed in Fruita and sold as freezer beef either whole or by the half. Customers can request ground beef or custom cuts of 3/4- or 1 1/2-inch-thick steaks, which come two to six per package. The meat hangs for two or three weeks to increase flavor and tenderness, Janie explained.

Customers include Grand Valley residents Margie and Jim Beougher who camp and hunt on the Uncompahgre and Grand Mesa. Over the years, the couple would often see and wave to Howard and Janie tending their cattle. During the height of the COVID-19 pandemic, Margie found that ground beef was harder to find — and more expensive — at the grocery store due to supply-chain issues. That’s when she decided to try the VanWinkle’s beef after seeing an ad on Facebook.

“It tasted so good. We’ve bought it for three years now,” Margie said. “We’re on the Uncompahgre and Grand Mesa, where they graze their cattle, so we knew where the beef was coming from.” Margie said she purchases 20-pound allotments whenever she starts to get low on beef. “We really like Janie and Howard, and we love their hamburger,” Margie said. “They’re good stewards to their cattle and the land where they range. We’ve seen them on the mountain for years.”

The VanWinkle’s market for selling beef locally grew quickly. In early 2020 the family set a goal to sell 200 pounds of beef per month. By mid-March they had exhausted their supply. They didn’t have ground beef available again until July, which also sold out immediately, Janie said. While she appreciates the local market and consumers’ interest in locally-raised food, Janie is also passionate about their beef being part of the national food supply chain, which she says





The similarities between food production, which I am so passionate about, and power have been very enlightening for me. Advocating for all members of rural electric cooperatives is very important to me.”

—Janie VanWinkle



is important for feeding the masses.

Additionally, the VanWinkles sell 40,000 pounds of beef at a discounted rate to Food Bank of the Rockies. The food bank distributes the meat to food pantries across Colorado and Wyoming. “That partnership is exciting,” Janie said. “We’re providing high-quality protein to people who need it the most.”

LIFE ON THE RANCH

When calving season begins in February, Janie and Howard take turns every four hours checking on first-time mamas, including throughout the night. Four to 10 calves are born each day during the first 20 days of the calving season, which lasts for three months. Dean, who lives with his wife and child in Whitewater, checks on the older, more experienced pregnant cows who graze on city-owned property that the family leases near Whitewater. The VanWinkles lease about 12,000 acres from the city, which owns the property for its water rights.

Grand Junction’s water services manager Mark Ritterbush is with the partnership. He said the VanWinkles are good stewards of the land and are careful to not overgraze the property. Plus, the city benefits from leasing the land because it puts Grand Junction’s water rights to “beneficial use,” which Ritterbush said helps the city maintain those rights. Grand Junction is one of

the larger landowners in Mesa County and has leased property to the VanWinkles for 15 years, he noted.

By June, it’s time to gather cattle from the Fruita ranch and from their lower winter grazing lands and return to the cooler, higher elevations on the Uncompahgre (8,500 feet) and Grand Mesa — leased public lands that include Bureau of Land Management and U.S. Forest Service property. “We use a rotational grazing system so plants can grow back after the cows have grazed an area,” Janie said. The VanWinkles also grow hay to supplement their winter feed while the natural forage lies dormant. Howard’s 87-year-old father used the swather to cut this year’s hay.

For the next few months, three or four days each week, after the morning chores of feeding cats and dogs, making phone calls, doing paperwork and raking and baling hay, Janie and Howard trailer their horses and head to Grand Mesa or the Uncompahgre to check on their cows. They return home 12 hours later; that’s when Janie cooks supper, which always includes beef — and dessert. “I’ve never cooked a chicken and I’m proud of that,” Janie said, half-joking. She invites a widower neighbor to join them for dinner three or four times each week. “I text him ‘supper will be at 9:30 or 10 o’clock,’” Janie said.

◀ Janie VanWinkle, who is heavily involved in ag programs, also serves as vice president of the board for her local electric co-op, Grand Valley Power.



PUBLIC SERVICE

Janie's rancher grandfather Jerome Craig found time to be active in civic matters, and she also feels called to serve her community and advocate for a way of life most people have never experienced. "One thing that concerns me in Colorado is the urban-rural divide," Janie said. "I saw an opportunity to connect the two, especially as many folks are moving into rural Colorado from urban areas."

Janie served on the Grand Junction Chamber Board of Directors from 2015–2021. For the past 10 years she's volunteered on the Colorado Cattlemen's Association board, serving as president of the board from 2020–2021. In August 2017, Janie was elected to the Grand Valley Power Board of Directors and currently serves as vice president of the board for the local electric cooperative.

"The similarities between food production — which I am so passionate about — and power have been very enlightening for me," Janie said. "Advocating for all members of rural electric cooperatives is very important to me."

Electric cooperatives were formed 83 years ago by farmers and ranchers for the purpose of delivering electricity to rural areas not served by investor-owned utilities. Rural areas were less densely populated, thus unprofitable for the utility companies, Janie said. Grand Valley Power

supplies power to areas in Mesa County that Xcel Energy doesn't serve.

"Having lived at some of the cow camps on the remote ranches while growing up where there was no power, it makes me appreciate what those rural farmers and ranchers did when they found a way to bring power to areas out in the country in a cooperative way," Janie said. "It changed life for many people."

Janie, an outspoken advocate for ranchers and beef production, has often been interviewed by local and national media, including *The Washington Post* and *Time*, where she's been asked to comment on such issues as Colorado's long-term drought and its effects on ag producers.

To help raise awareness of issues affecting the ag industry, Janie works tirelessly to motivate ranchers and farmers to get involved in matters concerning agriculture.

"We want consumers to understand the issues," Janie said. "I post every day on Facebook what we do on the ranch. There are sick calves and cold nasty days, as well as blue skies and beautiful sunsets. Many people are three generations removed from growing their own food. It's important for us to tell our stories."

For more information about VanWinkle Ranch, visit VanWinkleRanch.com or follow along on Facebook at facebook.com/VanWinkleRanch and facebook.com/JanieVanWinkleSeeJaneRanch.

Sharon Sullivan is based in Grand Junction and enjoys telling the stories of people on the Western Slope.



One thing that concerns me in Colorado is the urban-rural divide. I saw an opportunity to connect the two, especially as many folks are moving into rural Colorado from urban areas."

—Janie VanWinkle



Early morning chores on VanWinkle Ranch are set against a beautiful backdrop of sunrise over the majestic Book Cliffs along the Grand Valley.

This time of year the cattle are gathered at lower elevation. Come summer, they will return to the Uncompahgre Plateau.





Early-Season Vegetables

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

Varied landscapes and climates are what make Colorado such a beautiful place to live. Some areas have cold, wet winters while others are warmer and drier. This variation needs to be considered when planting early season vegetables. Which vegetables grow easily in your garden and when you should plant them depends, first, on your plant hardiness zone. Colorado's zones range from 3 to 7. Generally, the higher the elevation, the lower the number. Mountain towns may be in zone 4, urban corridors along the Front Range may be in zone 6, and warmer areas along the Western Slope may be in zone 7. Check the USDA website for your specific hardiness zone before planting early-season vegetables discussed here.

Early-season vegetables — those that are frost-hardy and thrive in cool weather — are often the easiest to grow and most productive in Colorado. In warmer, lower altitudes, they can be planted outside as early as late March or April, depending on your zone and location of your garden. Many other variables enter the equation when calculating if you will have a successful crop. For simplicity's sake, consider the days to maturity when deciding whether to start seedlings indoors, plant seeds directly

outside or purchase starter plants.

The early-season vegetables planted from seed most commonly include peas, snow peas, leafy greens, radishes, turnips, kohlrabi, beets, carrots and onion bulb sets. These fast growing vegetables take about 21–30 days from sowing to harvest. Peas, including snow peas, should be planted early because they can't tolerate heat. Carrots and onion bulb sets can be planted as soon as the soil is warm. Cauliflower, broccoli, bok choy and cabbage take longer to reach maturity and you will get a better harvest if you purchase starter plants from your garden center.

Soils with less than 1% organic matter, often found in the mountains, need significant amendments to provide the best growing conditions for vegetables. Compost and aged manure can be added by incorporating 1 inch per every 4 inches of soil depth. Potting soil is less effective since it has been formulated for container plants. The CSU Extension Office offers free soil tests to determine your soil pH, organic matter and nutrients. The report recommends how to amend and fertilize for your specific conditions.

Most vegetable gardeners prefer planting in rows because they are easier

to irrigate, weed and cover during frost. Peas are the only early-season veggie that requires support. You don't need to buy expensive forms. Instead you can build your own support structures with materials you may already have around the house. I use bamboo stakes and create a web of string in between. Whatever the structure, it needs to be sturdy enough to support the weight of plants when covered with pea pods.

When purchasing seeds, consider supporting local businesses. Botanical Interest Seeds in Broomfield has taken the Safe Seed Pledge and its seeds have not been treated with GMOs or pesticides. Visit botanicalinterests.com or purchase through wholesalers. For more Colorado-based seed information, visit coloradocountrylife.coop/sow-sensational-seeds/.

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



LEARN MORE ONLINE

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

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

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

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

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

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

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

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

WHY ALL THIS EXCITEMENT?

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

Poor blood flow in the legs and feet is

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

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

HOW IT WORKS

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



The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them.

This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

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

WHAT DOCTORS ARE SAYING

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

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

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief," said Dr. Wood, a Harvard trained



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

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

doctor who has appeared on award winning TV shows.

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

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

50% OFF FOR THE NEXT 10 DAYS

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

All you have to do is CALL TOLL FREE **1-877-535-7149** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

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

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Says Dove Medical Press & Development and Therapy

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



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

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We have to recognize that our footprint is more than just where our house is.”

—Libby Mojica, certified wildlife biologist

A Bird’s Eye View of Avian Protection Plans

Concern for Community goes deeper than domesticated domiciles

BY AMY HIGGINS

Our nation’s bird populations have been a topic of concern since the early 1900s when the Migratory Bird Treaty Act was enacted to control market hunting. As decades passed, additional legislation was added to protect birds from modern-day human conveniences.

This came to the forefront when, in the late 1990s, the U.S. Fish and Wildlife Service prosecuted Moon Lake Electric Association for violations of the Bald and Golden Eagle Protection Act and the MBTA. Although MLEA is based in Utah, it’s notable that a large portion of their service territory is in Colorado, which is where eagles were found electrocuted.

Cognizant of bird electrocutions on their lines, electric co-ops reached out for guidance. Colorado cooperatives banded together through CREA, their trade association, and contacted utility consulting

firm EDM International’s Certified Wildlife Biologist Rick Harness, who stepped in to help develop Avian Protection Plans or APPs. Today, every electric cooperative in Colorado has an Avian Protection Plan. In fact, “[Colorado] was the first state to do a holistic program,” Harness said.



▲ A golden eagle rests on a pole framed with adequate separation.

APP TAKE FLIGHT

At a consulting firm in Missoula, Montana, Harness first witnessed avian electrocutions from power lines — he would stumble on

▲ This osprey nest needs to be relocated. All photos for this story by Rick Harness, EDM.

a dead or injured bird under a power line. Eight years later, he came to Fort Collins to work at a consulting firm and go back to school to earn his master’s degree.

For his master’s work, Harness reached out to rural electric cooperatives, researched their services structures, identified at-risk bird species and recorded how frequently electrocutions occurred. This allowed him to assess the population impacts of power line mortality and came up with recommendations to help protect birds and strengthen the reliability of electric service.

It was around 1997 that the Fish and Wildlife Service decided that distribution lines caused an unacceptable level of bird mortality and that the problem wasn’t going away. Harness’s experience and knowledge earned him a role as a liaison between MLEA and the FWS, and a key

role in the development of an early, precedent-setting APP.

Using his thesis work as a guideline, Harness concluded that it wasn't necessary to retrofit every power pole in a utility's distribution system. Instead, utilities could identify the poles and habitats that presented the greatest risks and put their dollars there.

"Moon Lake was happy because they didn't have to do wholesale retrofitting. The Fish and Wildlife Service was happy because we were bringing science into it, and it was a third-party person that was taking responsibility for it," Harness said.

Soon after, CREA contacted Harness and a statewide effort was proposed to develop a more streamlined process for Colorado electric cooperatives.

EDM started at Empire Electric Association in Cortez. Once the report was developed, it was vetted and approved by the FWS; then the rules were applied statewide. It took approximately three years for EDM to inspect all of the Colorado electric cooperatives' systems and develop APPs.

As word got out about the APP, additional utilities followed suit and contacted EDM, including the Public Service Company of Colorado (Xcel Energy) and the Air Force Academy. "There's excellent coverage across the state for Avian Protection Plans, and CREA was at the center of that effort," said EDM Project Manager Duncan Eccleston.



▲ A golden eagle sits on an unprotected pole, which needs a conductor cover added.

TAKING WILDLIFE UNDER WING

To develop an APP, the utility's current standards, structures and land are analyzed and a report of the consulting firm's findings and recommendations is presented to the utility. Priority is given to high-risk poles and habitats where electrocutions and/or collisions are most likely to occur.

Recommendations may include adding insulation, creating additional spacing, if possible, or adding the proper products to existing structures so wildlife can avoid hazardous contacts.

The utility's APP also includes a reactive program so it can quickly mitigate a problem when it arises and a proactive risk assessment to determine the biggest threats to the system and the surrounding environment, including wildlife.

These recommendations are invaluable and welcomed. After an engaging lineman training visit, SDCEA in Buena Vista was prompted to ask Eccleston to make annual visits going forward.

"The co-op lineman is really the focus because they know more than anybody and they see more than anybody," Eccleston explained. "They have a lot at stake; they really do care."

"We know [the APP] is not going to eliminate wildlife interactions, but at least it will minimize the impact," said Holy Cross Energy VP of Operations Cody O'Neil. The Glenwood Springs electric cooperative used its original APP until around 2008, when it began updating and amending its plan. More changes were made in December 2019 to better align with current best practices.

"We believe that our outage numbers have decreased so our system reliability has increased," O'Neil said. "We don't have as many — part of this could be technological advances in some other areas as well — but we don't have as many unknown outages as we did 20 years ago."

In 2019, Grand Junction-based Grand Valley Power worked with Colorado Parks

and Wildlife to build a nest for a pair of ospreys that claimed a pole in De Beque. Using APP guidelines, GVP linemen installed a new base for their avian members, waited, and then revisited the site to find the ospreys nesting in their new home.



▲ A Ferruginous hawk rests on a 3-phase pole protected with a conductor cover on the center pin.

APPS: MORE THAN MEETS THE EYE

"I think one misnomer that unfortunately a lot of folks attribute to avian protection is that it only benefits birds," O'Neil said. "There are quite a few other critters out there that end up not getting electrocuted because we use these tactics."

Raccoons. Squirrels. Really, any nonflying animal has added shielding with APPs. APP standards and efforts also help prevent wildfires and wildfire-caused outages. For example, if a squirrel climbs onto a transformer that's not up to APP standards, it could get electrocuted, fall to the ground smoldering and cause the grass to ignite.

Eccleston explained, "The other thing that can happen is, even if they don't fall onto the grass, they could trigger an expulsion fuse — the fuse swings open and it sends out a bunch of molten gas and sparks that could also start a fire."

Colorado's electric co-ops cherish wildlife and aim to protect the beautiful outdoors while also maintaining a reliable electric infrastructure for consumer-members.

Amy Higgins is a freelance writer who has reported on issues that affect electric cooperative consumer-members and their surrounding environments for more than a decade.

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A Mighty March Migration

Waterfowl intuition signals spring

BY DENNIS SMITH | OUTDOORS@COLORADOCOUNTRYLIFE.ORG

I don't know how or why, but wild ducks and geese mysteriously seem to know more about weather and the changing of the seasons than all the cartographers, meteorologists and earth scientists ever born. The TV weatherheads presume to know what the weather will be like in the days and weeks ahead and make a big show of announcing it, but they always cloak their predictions in weasel clauses and disclaimers like: "Partly cloudy with periods of partial sunshine; spring may come late this year." Or "March may come in like a lamb and go out like a lion...or not."

Waterfowl, on the other hand, do not hedge their bets. They sniff the air and, using whatever miraculous powers the Creator endowed them with, determine that spring has arrived and confidently bet their lives on it. No qualifiers, no ifs-and-or-buts, no maybes. Satisfied that spring is here no matter what the weatherman says, they gather into great migrating flocks and take wing for their nesting grounds in the far north. Neither the calendar nor the "official" equinox have much to do with their selected day of departure. They simply know.

Spurred on by late-day sun and surprisingly warm air, my wife and I set out for a short walk a little past 4 one afternoon last March. We noticed a few spikes of tulip leaves poking through the leaf mulch in the flower bed and some new, rosy-red buds on the Norwegian maples in front of the house. A flock of robins in the empty lot nearby were chirping excitedly, though it wasn't clear to us what all the fuss was about.

It was right about then we spied the first skeins of geese. They were flying exceptionally high, strung out in long, wavy, V-shaped lines that seemed to stretch for miles. It was pretty clear they were migrators hell-bent on making time and distance. Behind them followed others, and more strings appeared to the south and east. Flock after honking flock speckled the skies, continuing on through dusk and well into dark. It was only March 7, a full 13 days ahead of the officially scheduled vernal equinox, but there was no doubt spring had sprung. After all, the geese were heading north, and they know about such things. You can trust them.

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



MISS AN ISSUE?

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

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

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

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

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

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

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

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

Deactivate 400 Agony-Causing Genes

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

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

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

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

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

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

Yet in a study published in the *International Journal of Medical Sciences*, 60 patients with stiff knees took 100 mg of Indian Frankincense



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

or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

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

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

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

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

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

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with

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

How to Get Mobilify

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

To secure your bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at **1-800-217-4137**. “The Hotline allows us to ship the product directly to customers.”

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

The Hotline will be taking orders for the next 48 hours. After that, the phone number may be shut down to allow them to restock. Call **1-800-217-4137** to secure your limited supply of **Mobilify**. If you are not able to get through due to extremely high call volume, please try again! Call NOW to qualify for this limited time offer provided at a significant discount. To take advantage of this exclusive offer use Promo Code: **COMB323** when you call.



30 years of Colorado[®] COUNTRY LIFE

MAKING A CONNECTION

In the summer of 1994, Mona Neeley showed up to a job interview. She had responded to a blind job listing in the newspaper — “Help wanted, advertising coordinator.” When she got to the interview, saw CREA’s sign on the door and realized the position was at an electric cooperative association, she knew right away there’d be a connection.

Mona landed the job. Her degree from the University of Minnesota’s School of Journalism quickly garnered her more responsibilities with editorial and design. After publishing 342 issues, the ad coordinator-turned-editor, publisher and face of *Colorado Country Life* magazine is now retiring her red pen.

“RURAL AMERICA IS A BIG PART OF WHO I AM”

Raised in a rural Iowa town, Mona’s father worked at Cedar Valley Electric Cooperative for 39 years, so she was deeply accustomed to electric cooperatives’ principles. Mona and her husband Robert Clifford moved to Denver in 1990 and welcomed their daughter, Jade, to the family in 1991; their son, Zach, joined the clan in 1996.

“This was an amazing job to get to learn this state and to make Colorado my home,” Mona says. She learned history about the state, about its numerous offerings and about the people who live here.

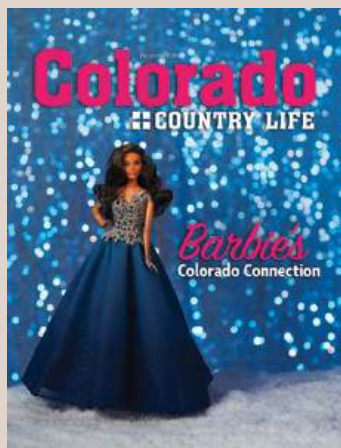
Mona was often seen at events across Colorado such as the State Fair Junior Livestock Sale; electric co-op annual meetings; community events and fairs; conferences; and board meetings. The needs of Colorado’s electric co-op communities and the issues that could affect them was always her focus. She viewed the magazine’s readers and their electric co-ops as the lifeblood of CCL’s success over the years. Readers wrote in, she digested

it. Positive or negative, if it was well-founded and she thought it would start a conversation, you likely found it in the magazine’s Letters to the Editor.

And somehow, even in the midst of all the events and the rigorous production cycles, Mona made time to use her journalism expertise to write about topics readers could relate to: wildfires, utility drones, philanthropic work in Guatemala, electric industry innovations and, of course, Barbie.

Many connections were made during her tenure — with consumer-members, with the CCL and CREA staff and with the countless national and statewide cooperative groups she was involved with. Mona says, “They’re a big part of my life and I’m going to

miss that.” In every sense of the word, electric co-ops are “family” for Mona. “I had so many people who invited me into their homes and shared their lives and their story with me. That’s just such a privilege,” she says.



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Check all the conditions that apply to you.

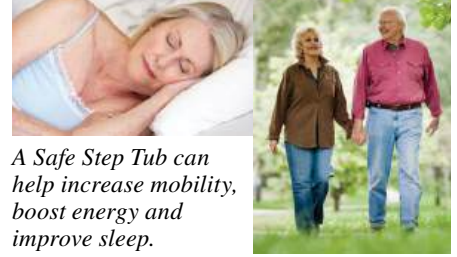
Personal Checklist:

- | | |
|--|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Dry Skin |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Mobility Issues |
| <input type="checkbox"/> Lower Back Pain | <input type="checkbox"/> Poor Circulation |

Then read on to learn how a Safe Step Walk-In Tub can help.

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 READERS' PHOTOS

 FUNNY STORIES



WINNER: Sisters **Bernice Garcia** and **Ida Martin** ride the river boat with their copy of *CCL* in Chicago, Illinois. What a great way to see the city! Bernice and Ida are both consumer-members of San Isabel Electric Association.



Mountain Parks Electric consumer-members, **Matt** and **Amy Boyd**, show off their copy of *CCL* while vacationing in Interlaken, Switzerland, with their daughters, Grace and Jane.



Mornings with Dr. Einstein

My wife's Uncle Jim would tell this story about his meetings with Dr. Albert Einstein.

I don't know what grade I was in, but my family lived half a block north of Polytechnic School on Catalina Avenue in Pasadena, California, and I walked to school every morning. Albert Einstein was at Caltech then. He would walk east on California Boulevard to Caltech about the same time I would walk south on Catalina to Poly. He was unmistakable, so when I saw him, I would say, "Good morning, Dr. Einstein." About the third time I did that, he said in a heavy German accent, "You haf der advantage auf me." I didn't understand what he meant. I looked puzzled and asked, "What do you mean, Dr. Einstein?" A little slower and a little clearer, he said, "You know my name, but I do not know yours." And so I told him my name. And every morning thereafter, we would meet on the corner, and he would say, "Goot morning, Chimmy." Not much to the story really, but during those short conversations I explained to him the Theory of Relativity.

Jerry L. Baker, Colorado Springs
Mountain View Electric Association consumer-member



Penny the Sheepadoodle has our hearts! Sangre de Cristo Electric Association consumer-member **Karen Isham** snaps a pic of her daughter and their sweet pup with their copy of *CCL* on a recent camping trip to Lake Murray State Park in Oklahoma.



Consumer-members **Joe** and **Winnie Vasquez** of Mountain View Electric Association take *CCL* along to the Nuggets-Pacers game. We've heard rumors of *CCL* working as a fabulous good luck charm!

Take Your Photo with Your Magazine and Win!

It's easy to win with *Colorado Country Life*. Simply take a photo of someone (or a selfie!) with the magazine and submit it on our Reader Engagement page at coloradocountrylife.coop. We'll draw one photo to win \$25 each month. The next deadline is Wednesday, March 15. Name, address and co-op must accompany photo. See all of the submitted photos on Facebook at facebook.com/COCountryLife.

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Dry skin? We've got you covered.

Colorado-made products to soothe winter skin



Replenish and Revive

Leaf People out of **Carbondale** has new additions to its assortment of skincare products, including its Saffron & Green Tea Peptide Eye Area Toner (\$52) and its Forest Glow Face Serum (\$95). A little goes a long way with these formulas, so you can have fresh-feeling skin all summer long. More information, visit leafpeople.com.



Revel the Rehydration

Guys, if your beard is dried out from the cold winter weather, apply a little Beard Oil (\$32) from Formulary55 and stop “beardruff” in its tracks. The company, based in **Pueblo**, has a host of additional skin care offerings for women as well. Visit formulary55.com for more information.



Whip of a Lifetime

Combat crispy-feeling skin with Adventurist Soap Co.’s whipped body butters (\$14.95). One simple slathering on your skin and you will feel the hydration soak in. Find this collection and many more skincare products made in **Morrison** at adventuristsoapco.com.



Subdue Scratchy Skin

Is your skin feeling a bit reptilian? Give Lily Farm Fresh’s Extreme Cream (\$24.99) a try. The **Keenesburg**-based company has a wide range of additional fresh-off-the-farm skin care products that will invigorate your dry skin. More information at lilyfarmfreshskincare.com.



Care Bear

Durango-based Bear Balm has a small arsenal of products, but what they have has gone off with a bang — check the online reviews. The simple body balm (\$5 and \$12) is made with all-natural ingredients and without all the additives that irritate allergy-prone skin. Throughout the year, you can alleviate dry skin and “Make Your Skin Bearable.” Learn more at bearbalm.us.

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