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Wannabe Green Thumb

BY KYLEE COLEMAN EDITOR



KYLEE COLEMAN

People who have a green thumb always amaze me. I've spent most of my life having a "teal thumb." It's almost — sort of — a shade of green. Even after many attempts, I never quite arrived at the level of a "true" green.

Despite this track record, last year, we installed garden beds in our front yard. They spent the first few weeks empty and brown as I researched and made lists of what I wanted to plant: a combination of annuals and perennials; easy plants — dig, plant, water, and enjoy; and color throughout as many seasons as possible. The Front Range has a great collection of flower farms and garden centers, so I slowly gathered and planted throughout the season: lupine, dianthus, columbine, peonies, and some colorful annuals. And in the fall, I bought mums and a few bags of spring blooming bulbs — tulips, daffodils, and alliums. Last September, I planted roughly 100 bulbs in those flower beds.

Well, let me tell you: In early March, those bulbs' green tips started to poke through the mulch. I could hardly contain my excitement. When the big snowstorm came through on March 13, I was worried the emerging leaves and stems might not make it, that they'd get crushed by the weight of the heavy snow. Luckily, without any petals or long stems, they're hardy. The snow is melting in my yard, and they're still upright; soon we'll have bright bursts of yellow, red, and purple. As I write this mid-March, those green, thumb-sized tips are growing taller every day. Seems my "sort of green thumb" is growing, too.



Tulips start to emerge after a long winter underground. Photo by Kylee Coleman.

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LEGISLATIVE UPDATE

A Statewide Viewpoint

BY KENT SINGER EXECUTIVE DIRECTOR

Since CREA is the trade association charged with protecting the interests of Colorado's electric co-ops, one of our most important jobs is to carefully monitor the activities of the Colorado General Assembly. To that end, we deploy a top-notch government relations team that actively engages the legislature — from the moment the session starts in January until the end-of-session gavel falls in May. During that 120-day period, we have the backs of our members, and we do our best to defeat or mitigate legislation that, in the view of our members, is not in the best interests of Colorado's electric co-ops.

Since we recently passed the halfway point of the 2024 session, some observations are in order.

First, while some progress has been made toward improved decorum and a better working relationship between the parties, there is still a lot of room for improvement. It's understandable, and in fact laudable, that legislators are passionate about their policy positions. However, in too many cases passion turns into rancor, and policy arguments devolve into personal attacks. The ability to “disagree without being disagreeable,” as journalist Robert Estabrook once put it, is a skill set many legislators need to hone.

Second, the number and scope of bills that have been introduced this year relating to energy issues demonstrates the ongoing interest of the legislature in the power sector. These legislative proposals span a wide range of topics.

For instance, HB24-1246 would have required electric utilities to develop contingency plans to maintain the resilience of the electric grid in the event of

a geomagnetic storm. Without going into a detailed explanation of what constitutes a geomagnetic storm, suffice it to say that such events can wreak havoc on the electric grid, possibly causing voltage problems or blackouts. While this bill was killed in its first committee, it nevertheless pointed out valid concerns with events that could impact the reliability of electric service.

SB24-039 would have included nuclear energy in the definition of “clean energy resources” for purposes of the Colorado law requiring the reduction of carbon dioxide emissions from the electric utility sector. The bill pointed out that nuclear energy is the largest source of carbon-free electricity generation in the United States today. The 54 nuclear power plants (93 reactors) currently in operation produce about 50% of the country's carbon-free electricity. This bill was also killed in committee.

CREA supports HB24-1173, legislation that would expedite the process for the permitting of electric vehicle charging stations. The bill requires counties and cities to act promptly when considering applications for EV charging stations. Electric co-ops are ready and willing to serve the growth of EVs around the state and more charging facilities are needed to sustain that growth. We think a more standardized process may facilitate the build-out of EV charging stations.

As of the writing of this column, the most significant energy bills in the 2024 legislative session have yet to be introduced. By the time you read this, it's likely that another bill advancing the clean energy transition will have been introduced that will accelerate the goal of 100% clean energy by 2050 (a goal the legislature set in 2023) to 2040.



KENT SINGER

CREA staff has been engaged with the discussions leading up to the introduction of this bill and made every effort to mitigate the impacts of the bill on electric co-ops. We will always push back against proposals to expand the jurisdiction of the Colorado Public Utilities Commission over electric co-ops. Electric co-ops are rightly governed by their locally elected boards, and we will always advocate for the least regulatory oversight in how co-ops are governed and managed.

Finally, we also understand a bill will be introduced that is intended to expedite the siting of facilities needed for the clean energy transition, i.e., wind and solar farms, transmission lines, and other new facilities. CREA participated in a series of meetings on this topic last year and discussed our member co-ops' experience in siting traditional facilities for power production and transmission. It will be interesting to see whether the historic challenges associated with the siting of power plants and transmission lines (the “not-in-my-backyard” or NIMBY problem) will be any different in the context of renewable energy projects.

Every session of the Colorado legislature has a unique set of challenges, and the 2024 session is no different. We will continue to fight the good fight on behalf of Colorado's electric co-ops, but always respectfully and with the goal of reaching win-win solutions. Our members expect and deserve nothing less.

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.

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CALLING ALL SERVICE DOG HANDLERS:

Colorado Country Life is Celebrating
National Service Dog Month

September marks National Service Dog Month —
a month-long recognition that honors the dogs that have
a career helping humans. *CCL* wants to show appreciation
to our four-legged friends who play a big role in the lives
of Coloradans.

**Join us in celebrating the extraordinary bond between
you and your service dog.** We invite you to participate in
an upcoming story for *CCL* by sharing your unique stories
of the loyal service dog in your life. Tell us how your dog
plays a pivotal role in your life, provides support, love, and
assistance.

**Do you have a touching tale of how your service dog has
helped you overcome challenges?** Or maybe you want
to share a touching message of gratitude to your amazing
dog. We want to hear from you. Share your inspiring
stories for a chance to be published in our September
2024 issue of *Colorado Country Life*.

Let's shine a spotlight on the remarkable service dogs
across Colorado and the impact they have on your life.

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Celebrate Earth Day and take steps to conserve

BY MIRANDA BOUTELLE

Earth Day is April 22, a time when we celebrate this beautiful planet we are lucky to call home. During this day of appreciation, I encourage you to take action at home by making changes to conserve energy. If we all contribute, even small adjustments and changes to how much energy we use can have positive impacts.

Electricity is essential to our daily lives. It gives us opportunities to learn, keeps us safe and comfortable, and provides entertainment. The downside is that every source of energy generation has consequences. Fossil fuels emit carbon. Hydropower dams limit the passage of migrating fish. Even solar panels can't be made without mining minerals. Using less electricity is a way to mitigate the impact of producing the electricity that powers our lives.

Before diving into ways to use less energy, it's important to know the difference between conservation and energy efficiency. Energy efficiency refers to equipment that uses less energy to do the same job. For example, Energy Star-certified refrigerators

keep your food just as fresh as standard models but use about 9% less energy to do it, according to the U.S. Department of Energy. Conservation is using less energy by changing behavior and practices. For example, adjusting your thermostat to be closer to the temperature outside or turning off the lights or a ceiling fan when you leave the room conserves energy.

Conservation has the best return on investment. It's often free and can save a little or a lot — depending on what you are changing and how drastic of a change you make.

Let's start with what's typically the biggest energy user in the average household: heating, ventilation, and air conditioning equipment. Save energy while you sleep by programming your thermostat to be a few degrees closer to the outside temperature at night. In colder climates, add an extra blanket or comforter to your bed to keep you warm.

Typically, the second-biggest energy user is the water heater. Replacing an electric storage water heater with a heat pump/hybrid

On Earth Day, think of ways your family can limit screen time and connect with each other.

water heater is a great example of an energy-efficient project. Adjusting the temperature setting to the recommended 120 degrees and using less hot water in your home conserves energy. Wash clothes in cold water. When washing dishes, don't let the hot water run longer than necessary.

Earth Day also lends itself to thinking of ways we can connect with each other and limit our screen time. Look for electricity-free opportunities with your family or community. I like to unplug and get outside with friends and family. Going for a hike, a walk, or even just spending time in your yard or local park is a great way to reconnect with others and nature. Before you head out, adjust that thermostat and turn off everything possible. Unplug chargers from outlets, and turn off all electronics and lights.

I am grateful for this planet we call home. It offers so much to sustain us. Any small changes we can make to benefit the planet can add up if we all pitch in.

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



FEELING REJUVINATED WITH CBD

Everyone feels the hurt as you age, but CBD can help you deal with it.

BY BETH GILES

Life really does fly by. Before I knew it, my 70s had arrived, and with them came some new gifts from dear ol' Mother Nature—frequent knee pain, stress, low energy and sleeplessness. Now, I'm a realist about these things, I knew I wasn't going to be young and springy forever. But still, with “golden years” nearly on my doorstep, I couldn't help but feel a little cheated. That is until I found my own secret weapon. Another gift from Mother Nature.

It began a few months back when I was complaining about my aches and pains to my marathon-running granddaughter, Jen. She casually mentioned how she uses CBD oil to help with her joint pain. She said that CBD gave her more focus and clarity throughout the day and that her lingering muscle and joint discomfort no longer bothered her. She even felt comfortable signing up for back-to-back marathons two weekends in a row this year. That made even this self-proclaimed skeptic take notice.

But I still had some concerns. According to one study in the *Journal of the American Medical Association*, 70% of CBD products didn't contain the amount of CBD stated on their labels. And, as a consumer, that's terrifying!

If I was going to try CBD, I needed to trust the source through and through. My two-fold research process naturally led me to Zebra CBD.

First, I started calling my family and friends. Call me old fashioned but I wanted to know if there were people whom I trusted (more than anonymous testimonials) who've had success using CBD besides my granddaughter.

Secondly, I wanted cold hard facts. Diving deep into the world of CBD research and clinical studies, I came across Emily Gray M.D., a physician at the University of California at San Diego (UCSD) Medical School and medical advisor to Zebra CBD who is researching the effects of CBD. Dr. Gray wrote “early results with CBD have been promising and we have a lot of research underway now. I've had several patients using CBD with good success. It's important that you know your source of CBD and how to use it properly.”

After hearing it from the doctor's mouth, I returned to my research, asking more people and was amazed by the number of close friends and family who were already on the CBD train. Apparently, I was the only one without a clue! And funny enough, a couple of friends who commented were using the same brand as my granddaughter—Zebra CBD. There was no consensus as to why they were using CBD, but the top reasons given were for muscle & joint discomfort, mood support, sleep support, stress and headaches, as well as supporting overall health & wellness.

Eventually, even the most skeptical of the bunch can be won over. With a trusted CBD source in mind, I decided to give it a go.

When I viewed Zebra CBD's selection online, I was impressed by its array of products, including CBD oils called tinctures, topicals, chewable tablets, mints and gummies. After reading on their website that all their products are made with organically-grown hemp, I ordered... and it arrived within 2 days!

The first product I tried was the Rub.

Now this stuff was strong. Immediately after rubbing it on my knee, the soothing effects kicked in. It had that familiar menthol cooling effect, which I personally find very relieving. And the best part is, after two weeks of using it, my knee pain no longer affected my daily mobility.

The Zebra Mint Oil, on the other hand, had a different but equally positive effect on my body. To take it, the instructions suggest holding the oil in your mouth for about 30 seconds. This was simple enough, and the mint taste was, well, minty. After about 15 minutes, a sense of calm came over my body. It's hard to describe exactly. It's more like an overall sense of relaxation—as if I just walked out of a spa, and now I'm ready to seize the day. Needless to say, I've really enjoyed the oil.

While it hasn't been a catch-all fix to every one of my health issues, it has eased the level and frequency of my aches. And it sure doesn't seem like a coincidence how much calmer and more focused I am.

All-in-all, CBD is one of those things that you have to try for yourself. Although I was skeptical at first, I can safely say that I'm now a Zebra CBD fan and that I highly recommend their products.

Also, I managed to speak with a Zebra CBD spokesperson willing to provide an exclusive offer. If you order this month, you'll receive \$10 off your first order by using promo code “**CL10**” at checkout. Plus, the company offers a 100% No-Hassle, Money-Back Guarantee. You can try it yourself and order Zebra CBD at ZebraCBD.com/Colorado or at 1-888-762-2699.



Photo by Kylee Coleman.

Egg-cellent Delights

Eggs are a true kitchen hero. They're delicious, portable (when hard-boiled!), versatile, and in just about everything we eat.

Eggs add volume and lift to a decadent chocolate cake. They're the star of your savory quiche Lorraine. They're an emulsifier and provide structure and support to your favorite recipes.

For their size, whole eggs pack a nutritional punch with 6 grams of high-quality protein, all nine essential amino acids, and a whole host of vitamins and minerals — all in a ready-to-crack, 70-calorie ovoid. Cost-per-serving, you simply can't deny the economic value of eggs and the benefits for your health.

There are roughly 4.5 million chickens in Colorado that lay the eggs we eat. Colorado egg producers are proud to raise and care for their hens and deliver their eggs to our local stores and markets.

Next time you pull a couple eggs from the fridge for a cookie recipe, to scramble up for breakfast, or to make these caprese egg muffins for a weekend brunch, take a minute to appreciate this powerhouse food and the Coloradans who help get them to you.

Caprese Egg Muffins

Prep Time: 25 minutes | Cook Time: 20 minutes | Serves: 12 | 175 calories per muffin

Ingredients

- 2 Tbsp** olive oil
- 2 c** baby spinach
- 1 c** cherry tomatoes, chopped
- 3 Tbsp** basil leaves, cut into long, thin strips
- ½ tsp** salt
- ½ tsp** ground black pepper
- ½ tsp** garlic powder
- 10** large eggs, beaten
- 36** pearls fresh mozzarella
- balsamic glaze, to serve

Instructions

Preheat oven to 350 degrees and prepare a 12-cup muffin tin with nonstick cooking spray.

In a medium skillet, heat the olive oil over medium heat. Sauté the spinach and tomatoes until wilted.

Transfer the wilted vegetables to a medium bowl and let cool for about five minutes. Add the fresh basil, salt, pepper, garlic powder, and beaten eggs. Stir to combine.

Use a measuring cup to divide mixture evenly into the prepared muffin tin. Add three mozzarella pearls into each cup.

Bake 18–23 minutes until eggs are set.

Remove from the muffin tin and serve with balsamic glaze drizzled over the top.

Refrigerate leftovers for up to three days.

Recipe reprinted with permission from Colorado Egg Producers.



DID YOU KNOW?

The color of the egg shell has nothing to do with the egg's nutritional value, quality, or flavor. Hens with white feathers and white ear lobes lay white eggs; hens with red feathers and red ear lobes lay brown eggs.

Source: American Egg Board

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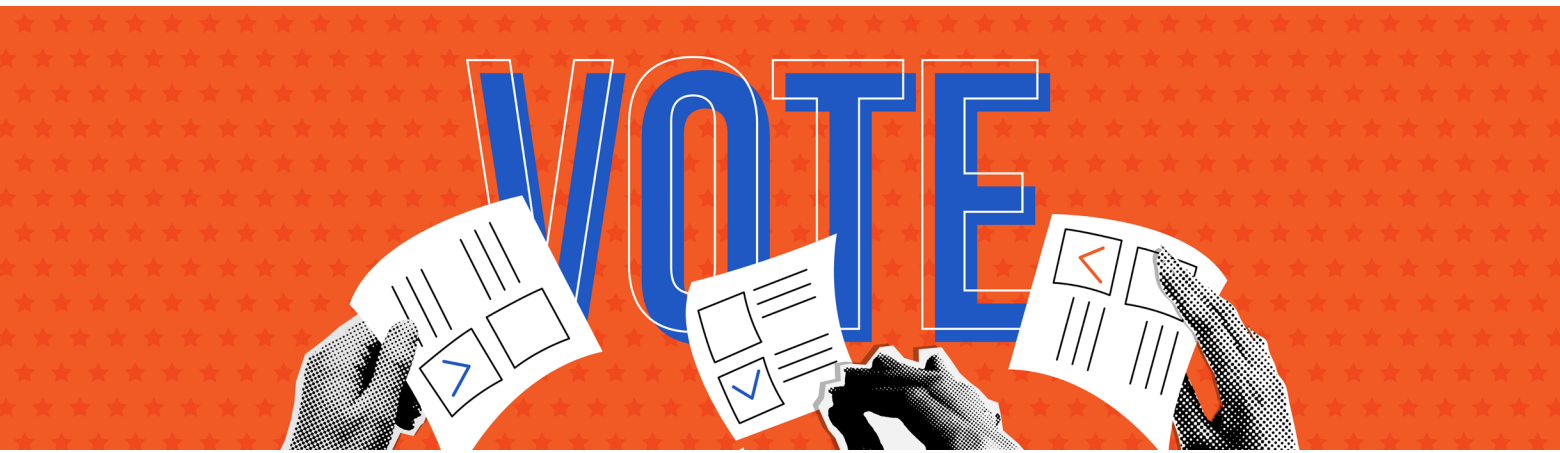
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The Electric Co-op Democratic Process

The importance of participating in cooperative elections

BY CASEY MARTIN

Don't let the divisive 2024 political races cloud your view of upcoming co-op elections. They are not — and should not be — related. As members of Colorado's electric cooperatives, we have the right (some might say obligation) to participate in the election of our local board of directors. After all, electric co-ops operate under seven cooperative principles, one of which is “democratic member control.” Our locally-elected boards, made up of our fellow co-op members, have a fiduciary duty to act in the best interest of their organizations and, by association, their members. It's a tough and often thankless job, but an important one to say the least.

Co-op boards are responsible for hiring the co-op's CEO or general manager, setting rates, and managing the budget to ensure the reliable provision of electricity for decades to come. Some also have the job of making sure you can stream your favorite shows through your fiber or wireless internet connection without any interruption. They are tasked with doing these things in extremely dynamic energy and telecom environments.

It takes a special kind of person to run for an electric cooperative board seat. As an

outside attorney for two electric co-ops, I work with a lot of them. Your board directors are willing to spend tons of time and effort to manage one of our most important local employers, service providers, business partners, and charitable donors. They are willing to field the concerns of local business owners, interest groups — both local and statewide — and individual members in an attempt to create policy and make decisions that benefit the greatest number of stakeholders. They are willing to be responsible for the safety of many of our neighbors who risk injury daily to keep the lights on. And they do all of this without any real financial benefit.

The importance of these positions and the trust we place in these directors obligates members to participate in upcoming elections. We should make sure that our boards are filled with knowledgeable, thoughtful, open-minded, reasonable, and progressive local civic leaders. I don't mean “progressive” in the sense of liberal political views. I mean the traditional definition of the word “progressive”: happening or developing gradually or in stages; proceeding step by step. Being traditionally “progressive” requires an ability to look forward, anticipate change, and then act to prepare for it.

We need board members who are also conservative in their approach. By “conservative,” I don't mean the current political definition of the word. I mean “conservative” by a more traditional definition of that word: averse to change and holding traditional values. We want directors who value the traditions of the cooperative business model, including the independence of each organization to address the needs of its members. When it comes to electric cooperatives, one size does not fit all. We want directors who can watch the bottom line to ensure the solvency necessary to continue providing reliable electricity, improve local infrastructure, and protect the good-paying jobs of co-op employees while our costs of living continue to explode.

This co-op election season, let's do our homework, understand the issues involved, and cast ballots for co-op directors who are progressive in their vision and conservative in their approach. Doing so will set up Colorado's electric cooperatives for years of successful and supportive service to our fellow members.

Casey Martin is an attorney for two Colorado electric cooperatives and is a member of Sangre de Cristo Electric Association.

Popular CoQ10 Pills Leave Millions Suffering

Could this newly-discovered brain fuel solve America's worsening memory crisis?

PALM BEACH, FLORIDA — Millions of Americans take the supplement known as CoQ10. It's the coenzyme that supercharges the "energy factories" in your cells known as *mitochondria*. But there's a serious flaw that's leaving millions unsatisfied.

As you age, your mitochondria break down and fail to produce energy. In a revealing study, a team of researchers showed that 95 percent of the mitochondria in a 90-year-old man were damaged, compared to almost no damage in the mitochondria of a 5-year-old.

Taking CoQ10 alone is not enough to solve this problem. Because as powerful as CoQ10 is, there's one critical thing it fails to do: it can't create new mitochondria to replace the ones you lost.

And that's bad news for Americans all over the country. The loss of cellular energy is a problem for the memory concerns people face as they get older.

"We had no way of replacing lost mitochondria until a recent discovery changed everything," says Dr. Al Sears, founder and medical director of the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida. "Researchers discovered the only nutrient known to modern science that has the power to trigger the growth of new mitochondria."

Why Taking CoQ10 is Not Enough

Dr. Sears explains, "This new discovery is so powerful, it can multiply your mitochondria by 55 percent in just a few weeks. That's the equivalent of restoring decades of lost brain power."

This exciting nutrient — called PQQ (*pyrroloquinoline quinone*) — is the driving force behind a revolution in aging. When paired with CoQ10, this dynamic duo has the power to reverse the age-related memory losses you may have thought were beyond your control.

Dr. Sears pioneered a new formula — called **Ultra Accel II** — that combines both CoQ10 and PQQ to support maximum cellular energy and the normal growth of new mitochondria. **Ultra Accel II** is the first of its kind to address both problems and is already creating huge demand.

Over 47 million doses have been shipped to men and women across the country and sales continue to climb for this much sought-after brain fuel. In fact, demand has been so overwhelming that inventories repeatedly sell out. But a closer look at **Ultra Accel II** reveals there are good reasons why sales are booming.

Science Confirms the Many Benefits of PQQ

The medical journal *Biochemical*

Pharmacology reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants. With the ability to keep every cell in your body operating at full strength, **Ultra Accel II** delivers more than just added brain power and a faster memory.

People feel more energetic, more alert, and don't need naps in the afternoon. The boost in cellular energy generates more power to your heart, lungs, muscles, and more.

"With the PQQ in Ultra Accel, I have energy I never thought possible at my age," says Colleen R., one of Dr. Sears's patients. "I'm in my 70s but feel 40 again. I think clearly, move with real energy and sleep like a baby."

The response has been overwhelmingly positive, and Dr. Sears receives countless emails from his patients and readers. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling old and run down, or for those who feel more forgetful. It surprises many that you can add healthy and productive years to your life simply by taking **Ultra Accel II** every day."

You may have seen Dr. Sears on television or read one of his 12 best-selling books. Or you may have seen him speak at the 2016 WPBF 25 Health and Wellness Festival in South Florida, featuring Dr. Oz and special guest Suzanne Somers. Thousands of people attended Dr. Sears's lecture on anti-aging breakthroughs and waited in line for hours during his book signing at the event.

Will Ultra Accel II Multiply Your Energy?

Ultra Accel II is turning everything we thought we knew about youthful energy on its head. Especially for people over age 50. In less than 30 seconds every morning, you can harness the power of this breakthrough discovery to restore peak energy and your "spark for life."

So, if you've noticed less energy as you've gotten older, and you want an easy way to reclaim your youthful edge, this new opportunity will feel like blessed relief.

The secret is the "energy multiplying" molecule that activates a dormant gene in your body that declines with age, which then instructs your cells to pump out fresh energy from the inside-out. This growth of new "energy factories" in your cells is called mitochondrial biogenesis.

Instead of falling victim to that afternoon slump, you enjoy sharp-as-a-tack focus, memory, and concentration from sunup to sundown. And you get more done in a day than most do in a week. Regardless of how



MEMORY-BUILDING SENSATION: Top doctors are now recommending new **Ultra Accel II** because it restores decades of lost brain power without a doctor's visit.

exhausting the world is now.

Dr. Sears reports, "The most rewarding aspect of practicing medicine is watching my patients get the joy back in their lives. **Ultra Accel II** sends a wake-up call to every cell in their bodies... And they actually feel young again."

And his patients agree. "I noticed a difference within a few days," says Jerry from Ft. Pierce, Florida. "My endurance has almost doubled, and I feel it mentally, too. There's a clarity and sense of well-being in my life that I've never experienced before."

How To Get Ultra Accel II

This is the official nationwide release of **Ultra Accel II** in the United States. And so, the company is offering a special discount supply to anyone who calls during the official launch.

An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try **Ultra Accel II**. And your order is backed up by a no-hassle, 90-day money back guarantee. No questions asked.

All you have to do is call TOLL FREE **1-800-207-5146** right now and use promo code **COUA424** to secure your own supply.

Important: Due to **Ultra Accel II** recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

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A WORK OF ART

Poets Bring Words to Life

BY SHARON SULLIVAN

On a brisk winter's day, Grand Junction's Main Street bustles with pedestrians touring the city's public outdoor sculpture exhibit, a.k.a., "Art on the Corner." Tourgoers huddle around a large sprawling sculpture titled *Aurora*, where Fruita poet Danny Rosen reads a poem he penned about the piece.

It's part of "Poetry on the Corner"—a program spearheaded by Western Slope Poet Laureate Wendy Videlock. The program pairs sculptors with poets to create poems about the artworks to be read at future unveilings. Videlock said she seeks to make poetry a part of daily life.

Videlock, who resides in the nearby town of Palisade, promotes poetry on the Western Slope in a number of ways. She helps facilitate monthly spoken word events at Copeka Coffee shop in Grand Junction where people come to share poetry and stories

before packed audiences. She writes about poetry in a biweekly syndicated newspaper column titled, "The Barefoot Laureate," and she places a box full of poems—written by poets worldwide, both ancient and modern—outside the Palisade library. Passersby are encouraged to take a poem from the box.



Wendy Videlock, Western Slope poet laureate, promotes poetry in various ways. Photo courtesy of Danny Rosen.

Of all the programs she's initiated over the past year, the one she considers most important is Good Morning Poetry implemented at two Mesa County public schools where a student reads a poem—from an anthology provided to the school—over the loudspeaker, along with morning announcements and the Pledge of Allegiance. Videlock is quick to point out that there's no discussion, no testing, afterward—the goal is simply to have students listen to poems.

“

Poetry teaches us how to listen — a skill most needed in life.”

—Wendy Videlock, Western Slope poet laureate

“It’s a listening, grounding practice,” she said. “Poetry teaches us how to listen — a skill most needed in life. I’m concentrating on opening the door, because people think of poetry as an academic thing, when it’s actually physical; it moves us to feel something, to see something.”

Vidlock is one of many published, award-winning poets to be designated poet laureate in their community. Telluride, Lafayette, Aurora, Fort Collins, Loveland, and Colorado Springs — plus San Miguel and Adams counties — all have their own poet laureate program. Durango appointed its first-ever poet laureate in 2024, as well as a rising (youth) poet laureate, positions funded by the city’s Lodgers Tax Arts and Culture Fund, and administered by the Friends of the Durango Public Library and a poet laureate committee.

Applicants must typically submit samples of their poems and have published or performed — or both — their original work. Regional positions are often supported by local arts and culture organizations, and/or libraries, with selection

committees choosing the poet laureate.

Vidlock was appointed Western Slope poet laureate in May 2023 by the Telluride Institute, “a nonprofit organization that fosters the transition to a sustainable world” through various programs and events.

Typewriter poetry

Z Bass Speaks (his stage name) completed his two-year term in March as poet laureate of Lafayette. During his tenure he performed at roughly 100 events held at libraries, public parks, and schools. He also taught a poetry workshop held at a children’s museum. Although his term officially ended last month, he’ll perform for a poetry event at the Longmont Public Library this month — National Poetry Month.

Like many poets, Z sometimes writes about topical issues. “Martin Luther King Jr. was a huge influence,” Z said. “I was inspired to address similar social justice issues. I thought what I had to say needed to be heard. I like to question things, ponder. I was invited to speak about immigration, racism.”

His new favorite event — outside of performing — is “typewriter poetry” where he brings a vintage manual typewriter to a public event or space and types out poems upon request. “It’s an attention grabber,” he said. “Someone comes up and can ask me to write a poem about any topic, or use particular words. I will type it out on the spot. It usually takes five to six minutes. Then I give it to them. They can read it, or ask me to read it to them.” On a busy day he might write up to 40 poems, he said.

He recalled an emotional encounter during a typewriter poetry event at the Oxford Hotel in downtown Denver. He was already packed up and ready to go to his next gig, when a woman and her friend came out of the elevator and approached him, asking for a poem. She had just received big news and wanted a poem to celebrate the fact she was to become a grandmother.

Z removed his typewriter from his wagon and sat down with the women to begin writing a poem. At first, he was flustered, unsure of how to begin, he said. “What does a grandparent say?” he wondered. “It was a challenge to me; I grew up without grandparents — there was a bit of a disconnect. I asked myself, ‘What would I want to hear from grandparents?’”

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—Z Bass Speaks, poet laureate of Lafayette



▲ Z Bass Speaks, poet laureate of Lafayette, types poems for people at a community event. Photo courtesy of City of Lafayette Arts & Cultural Resources.

He finished the poem, removed it from the typewriter, and gave the copy to the woman. “They were so grateful that I stopped and took time to write a poem,” Z recalled. Everyone was teary eyed. “They said I was the third person to know. I felt honored to be a participant in this celebration of life, and welcoming someone into the world.”

A poetry portal to the world


Long before she became the sixth Pikes Peak Region poet laureate in 2021, Ashley Cornelius, who is also a licensed professional counselor, used poetry in her work as a therapist for adolescents. In 2018, she began sharing her poetry at open mic events and slam poetry events — competitions that often include elements of poetry, performance, storytelling, and theater.

Cornelius cofounded Poetry719, a community poetry organization in Colorado Springs that “fosters and supports the freedom of expression through the written and spoken word.” Monthly events include open mics, discussion panels, movie showings, volunteer opportunities, and themed poetry nights. Poetry719 also organizes an annual poetry festival in Colorado Springs.

In September 2023, Cornelius partnered with the Pikes Peak Library District and Imagination Celebration to present the Global Poetry Experience, an interactive global poetry project that involved a series of workshops with people worldwide. Set up outside the Manitou Springs Library, Cornelius hosted workshops inside the “Sojourner” portal, which was connected to poetry portals around the world. Participants interacted through Zoom with people from Iraq, Ethiopia, and South Africa to learn about one another and create poetry together.

Photo by Ryan Landell. 



 Kerrie Joy, Adams County's first-ever poet laureate, performs original work. Photo by Dave Russell @buffaloheartimages.com

"Everything I do is poetry"

Kerrie Joy became Adams County's first-ever poet laureate in August 2023. She's been working with Adams County, Anythink Libraries, and Adams County Parks, Open Space & Cultural Arts to help design the inaugural program. Joy was creative-in-residence for five months at the Denver Art Museum before becoming poet laureate of Adams County.

She's performed at Anythink branch libraries and for the Winter Solstice Gayla at Riverdale Regional Park in Brighton. Joy has also organized two poetry slams this month — one for youth and one for all ages.

One of her most successful events was a fashion show where she worked with local designers to incorporate poetry into their designs, she said. “Models were telling the story of my poem as they walked down the runway.”

“The first time I realized my poetry was not just for me I was in New York, at an open mic in Queens where I realized how much people connected to it. I began sharing more,” said Joy, the daughter of Jamaican immigrants, who grew up in Newburgh, New York. After dropping out of medical school, Joy joined the military and went on to earn a degree in sociology. She now works full time as a poet.

Kerrie Joy said poetry builds bridges. “These letters, words, and all of the spaces in between, they don't exist in a vacuum. They are supported by other forms of expression and action. For me, it shows up through event curation, community engagement, and even rest.”

“Being a poet is who I am. It's kept me going; it keeps me grounded in this world. Everything I do is poetry.”



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Being a poet is who I am. It's kept me going; it keeps me grounded in this world. Everything I do is poetry.”

—Kerrie Joy,
Adams County poet laureate

Colorado poet laureate

Forty-four states have an official state poet laureate position, while two states — Alaska and Idaho — have a state writer laureate, and writer-in-residence, respectively.

There's also a United States poet laureate — currently Ada Limón, who was appointed to a two-year second term in April 2023, by Librarian of Congress Carla Hayden. The position is supported by a private endowment made to the Library of Congress in 1936. National poets laureate are largely given the freedom to shape the position however they choose. While some are highly visible during their tenure, others focus more on their writing, according to the Library of Congress.

While poet laureate programs in local communities across Colorado have sprung up more recently, the designation of an official state poet laureate is a tradition dating back more than a century. The first Colorado poet laureate was Alice Polk Hill, a champion of the arts in Denver, who was appointed by the Colorado governor in 1919.

In September 2023, Gov. Jared Polis appointed Andrea Gibson as the 10th Colorado poet laureate, succeeding Bobby LeFebre, who served from 2019–2023.

Gibson has published six books, won the Denver Grand Slam four times, is a two-time winner of the Independent Publishers Award, is a three-time Goodreads Choice Awards Finalist, and the winner of the first Women's World Poetry Slam. In 2019, Chronicle Books published Gibson's nonfiction book, *How Poetry Can Change Your Heart*.

"Colorado's poet laureate is an ambassador of the arts, and Governor Polis selected Andrea Gibson for her inspiring use of poetry, advocacy for arts in education, and unique ability to connect with the

vast and diverse poetry lovers of Colorado," said Eric Maruyama, spokesperson for the governor's office. "Governor Polis understands that art and poetry can unite communities, bring light to those struggling, and serve as an important outlet of personal expression." The Colorado poet laureate position is supported by Colorado Humanities and Center for the Book, and Colorado Creative Industries — together they provide an honorary stipend to help offset travel and other expenses related to organizing public events.

"I want to come up with new and inventive ways to help a larger population fall in love and appreciate poetry," Gibson said in September. "I want everyone to have a poem that they can go to like you would with a song."

To learn more about these poets and their events, visit the individual websites of the regional poets laureate.

Sharon Sullivan was an award-winning newspaper staff writer before launching her freelance career in 2014. She writes for a variety of magazines, newspapers, and nonprofit organizations from her home base of Grand Junction. In her spare time, she enjoys hiking on Colorado's public lands.



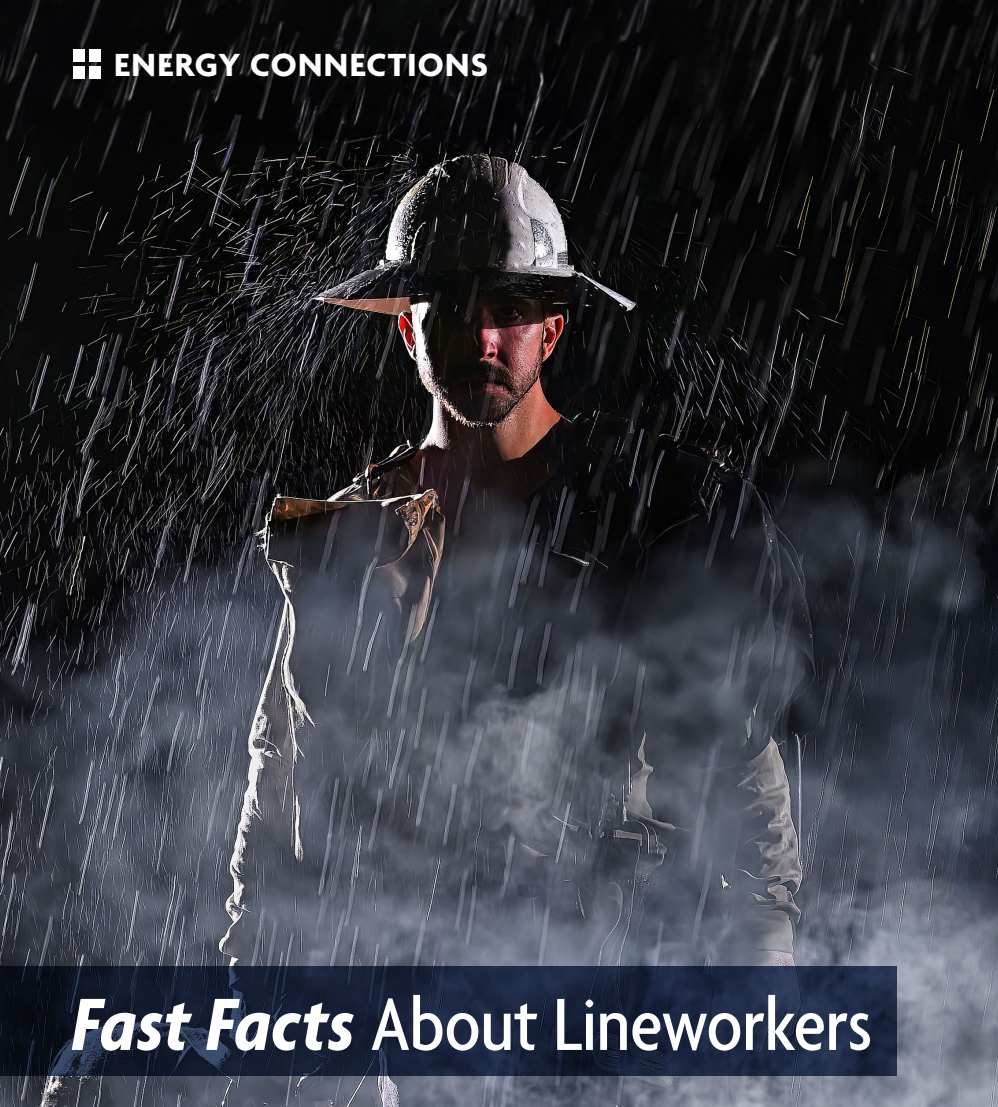
Colorado Poet Laureate Andrea Gibson.
Photo courtesy of Colorado Humanities.

“I want to come up with new and inventive ways to help a larger population fall in love and appreciate poetry. I want everyone to have a poem that they can go to like you would with a song.”

—Andrea Gibson,
Colorado poet laureate



Read poetry written by
Colorado Country Life
readers on page 28.



◀ Like other first responders who keep us safe, lineworkers endure all kinds of weather and challenging conditions.
Photo by John Huneycutt.

Fast Facts About Lineworkers

BY SCOTT FLOOD

You probably don't think about them until your power goes out, but electric lineworkers protect our homes and communities 24/7. Like other first responders who keep us safe, lineworkers endure all kinds of weather and challenging conditions.

On April 18, we celebrate Lineworker Appreciation Day to honor the people who power life. Here are some quick facts about lineworkers and the work they do.

LINWORKER HISTORY

Lineworkers first appeared during the 1840s rush to spread telegraph service across the U.S., stringing wires between trees and other natural objects. It didn't take long for everyone to realize tall poles were safer and more practical.

WHAT ELECTRIC LINeworkERS DO

Restoring electricity after a power outage is just one of the many duties of lineworkers, who also:

- Install and connect new power lines to homes and businesses
- Maintain and perform upgrades to improve our electric grid
- Diagnose and pinpoint power delivery issues
- Plan and manage large-scale projects
- Ensure safe work practices in often challenging conditions

Lineworkers are responsible for maintaining and upgrading the nation's electric grid that connects more than 7,300 power plants to 145 million consumers through 60,000 miles of high-voltage lines, millions of miles of distribution lines, and more than 50 million transformers.

GEARED FOR SAFETY

Lineworkers climb with up to 40 pounds of safety gear and tools. That's like carrying a 5-gallon water jug. Here's what lineworkers typically wear to stay safe while working:

- Hard hats
- Safety glasses
- Flame-resistant clothing
- Arc flash protective clothes
- Rubber gloves and sleeves
- Climbing belts
- Fall-protection harnesses

ONE HOT STICK

One essential tool for lineworkers is the hot stick, an insulated fiberglass pole used to safely move energized wires and other equipment. Hot sticks vary in size depending on the job.

THE WILD SIDE OF WORK

Squirrels and snakes are a major cause of power outages, and lineworkers encounter plenty of both while working. They've also been known to rescue kittens that climbed too high in a tree and curious bears on top of utility poles. When your office is the great outdoors, these encounters are part of the job.

ON-THE-JOB TRAINING

Described by the U.S. Energy Department as one of the country's highest-paid professions that doesn't demand postsecondary education, becoming a journeyman lineworker typically requires a high school diploma or equivalent, training, and a paid apprenticeship, which typically spans four years. Apprentice lineworkers receive hands-on training and experience in the field before advancing to journeyman status. Lineworker salaries range from \$40,000 to \$144,000, depending on location, skill set, and experience.



◀ Electric lineworkers use a variety of tools and gear to get the job done. Photo courtesy of NRECA.

INSPIRING SAFETY

Roughly 60,000 lineworkers hit the road annually to respond to devastating storms and the damage they leave behind. In addition to extreme weather exposure, lineworkers face a variety of dangers, including electric shock, falls from elevated work locations, and roadside traffic accidents. High injury rates among early lineworkers led to the creation of apprenticeship programs and organized labor throughout the industry.

Safety is always the No. 1 priority, which is why lineworkers continually receive training to stay mindful of safety requirements and up to date on the latest equipment and procedures.

Lineworkers power our lives. The next time you see one, remember to thank them for the essential work they do.

For more than four decades, business writer Scott Flood has worked with electric cooperatives to build knowledge of energy-related issues among directors, staff, and members.



▲ Lineworkers keep power flowing for co-op members. Photo by Joshua Scott Smith.

**IF YOU HAVE POWER,
THANK A LINEMAN**

#COLORADOREA
#LINEMANAPPRECIATIONDAY
#THANKALINEMAN

If the power goes out, your electric co-op linemen go out, too. Rain or shine, sleet, snow, or blazing heat, linemen help keep your lights on no matter the conditions.

Visit crea.coop/thank-a-lineman to share your message of gratitude for Lineman Appreciation Day, April 18.



CO-OPS MEET TO DISCUSS RELIABILITY

Electric co-ops play a crucial role in ensuring the lights come on every time Coloradans flip the switch. The primary responsibility is to co-op members, and your local electric co-op remains committed to providing service that is both reliable and affordable.

The economy of the future will be heavily reliant on electricity. With data centers, manufacturing, electric vehicles, and electric heat pumps, the demand for electricity is set to rise dramatically.

Colorado's electric co-ops are planning for this surge in demand by investing in infrastructure, technologies, and power supplies that will allow them to meet members' needs.

Electric co-ops are at the forefront of innovation and are adapting to the unique needs of the members they serve. With initiatives such as community solar projects, energy efficiency programs, carbon capture, and advanced nuclear generation, co-ops are leading the way.

Advocating for rational policies that preserve reliability and affordability in Colorado and in Washington, D.C., is crucial. This month, electric cooperative leaders from around the United States will gather in Washington, D.C., for the annual Legislative Conference where they will discuss key issues and concerns surrounding reliability.

This allows co-ops to help educate policymakers on the issues that matter most to the families and businesses electric co-ops serve.

Today's energy decisions and policies will determine if there are enough resources to meet tomorrow's energy needs. Colorado's electric co-ops will continue advocating for their members to ensure a reliable supply of electricity that powers everyday life.

ELECTRIC CO-OP LEADERS GATHER AT NRECA'S POWERXCHANGE

Nearly 100 leaders from Colorado's electric cooperatives attended the National Rural Electric Cooperative Association PowerXchange and TechAdvantage conference in early March in San Antonio, Texas.

Electric cooperatives must work together to make progress and keep the lights on for members who depend on them, NRECA President Tony Anderson told attendees. "We all have different personalities in our network and even in our boardrooms, but we all work as one to make decisions that drive co-ops forward," Anderson said. "Our co-ops are stronger together. We have to keep showing up for each other and do the hard work if we want to have a positive impact and get things done."

The general sessions were informative and featured unique keynote speakers, including baseball legend Cal Ripkin Jr., champion poker player Liz Boeree, and Mike Walsh, founder and CEO of Tomorrow. Breakout sessions during the conference covered topics that are at the forefront of industry leaders' minds: rural broadband deployment, reliability, and legislative affairs.

Youth Leadership Council participant Ethan McGuinness from La Plata Electric Association also attended PowerXchange.

"It's such an incredible experience getting to connect with different kids and professionals from all over the country and all over the world. I have met some wonderful people from Texas, Oregon, New York, and Maine," McGuinness shared. "It's been a great educational opportunity to learn how rural electric co-ops are powering our world."

It was the 2023 Washington D.C. Youth Tour that inspired McGuinness to pursue a career in politics, public service, and history. "The Youth Tour trip changed my life. I now have a goal to attend Colorado State University to study political science."



NRECA President Tony Anderson addresses the crowd at 2024 PowerXchange.



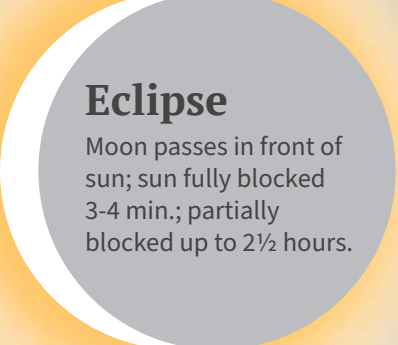
Youth Leadership Council participant Ethan McGuinness.



Attendees visit with exhibitors on the floor of TechAdvantage.

Solar Eclipse Impact

This year on April 8, a total eclipse will black out the midday sun in several U.S. states from Texas to Maine. Worldwide, eclipses occur fairly frequently (two to five per year), but the U.S. mainland has only seen one (2017) in the past 45 years. As the nation's electric grid has grown more reliant on solar and wind energy over the past decade, experts are closely watching this event to see how it impacts reliability and how utilities plan and respond to the sudden ramp down and ramp up in power supply as the moon shadow moves across the country.



Eclipse
Moon passes in front of sun; sun fully blocked 3-4 min.; partially blocked up to 2½ hours.

Wind

Wind speeds slow during eclipse, dropping energy production.

Solar

Production suddenly drops to zero during totality.

Battery storage

Stored energy can be deployed to make up for lost renewables.

Power plant

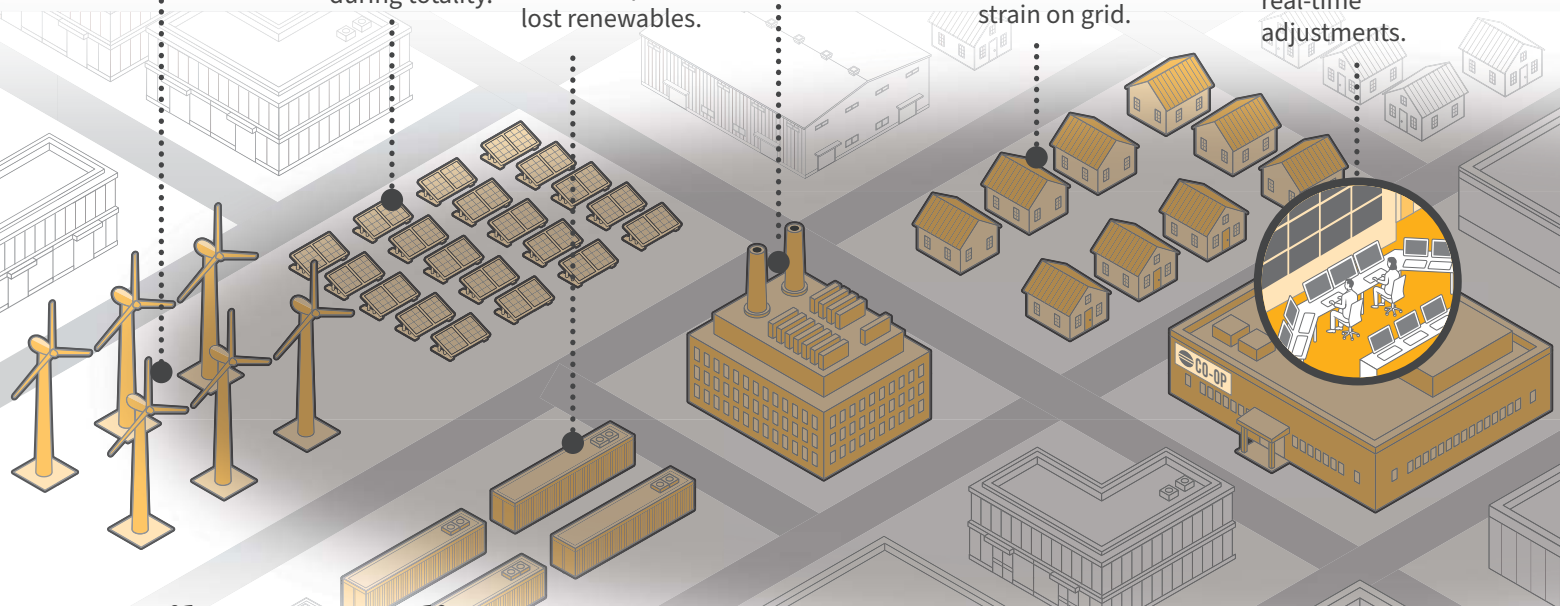
Output increased to compensate for renewables drop.

Residential load

Demand response programs can relieve strain on grid.

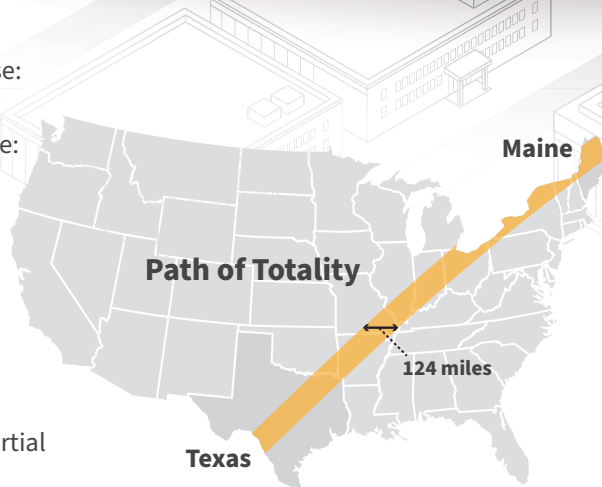
Co-op HQ

Co-ops conduct planning, forecasting and real-time adjustments.



April 8, 2024, Eclipse

- Co-ops in the path of totality: 116
- First U.S. location to see full eclipse: Eagle Pass, Texas. 12:30 p.m. CDT.
- Last U.S. location to see full eclipse: Houlton, Maine. 4:35 p.m. ADT.
- Full or partial eclipse will be visible in all lower-48 states.
- People living in path of totality: 32 million.
- Next total eclipse visible from the lower-48: August 2044.
- Wear protective glasses for any partial eclipse viewing.



Impacted States

- Texas
- Oklahoma
- Arkansas
- Missouri
- Kentucky
- Illinois
- Indiana
- Ohio
- Pennsylvania
- New York
- Vermont
- New Hampshire
- Maine
- Parts of Tennessee and Michigan

Sources: NASA; NRECA; Design by Jeff Dionise



Pursuing Equilibrium

BY DENNIS E. SMITH

The Light Goose Conservation Order, now in its 26th year, draws to a season close in Colorado (east of I-25) April 30. In 1940, there were fewer than 1 million snow geese on the continent, but due to changes in the agricultural landscape in the Central Flyway, their numbers began to soar astronomically, and today, scientific estimates run from 5 million to 8 million. The population explosion destroyed huge tracts of plant life in waterfowl nesting habitat across the arctic tundra, leading, in turn, to overcrowding, the spread of avian diseases, and even more destruction of critical habitat. Biologists predicted the resulting die-off of shorebirds and waterfowl would be staggering if snow goose populations weren't brought into balance with the habitat. So, in 1999, Congress enacted the conservation order in an effort to dramatically reduce their numbers. The snow goose season was extended through the spring migration period, and wildlife managers lifted virtually all conventional

hunting restrictions, methods of take, and bag limits to facilitate large harvests.

It's been several years since the boys and I took part in a snow goose hunt, but I remember it as if it happened yesterday. We had just finished putting decoys out, almost a thousand of them, in fact — a mix of full bodies, shells, silhouettes, and Texas Rags. Rag decoys are lightweight fabric wind socks designed to look like snow geese. They flutter and wobble in the slightest breeze, adding realistic lifelike movement to an otherwise static spread. A mechanized flying decoy rig completed the setup.

We were sitting in our layout blinds, sipping coffee and gaping slack-jawed at a spectacular sunrise when we heard them. A wild cacophony of high-pitched barks and yelps rose in the distance and drew closer by the second. Endless layers of long, wavy ribbons appeared on the fiery horizon, and within minutes the air around us was filled with thousands of raucous, squawking snow geese. We were smack in the middle

of the spring snow goose migration — a wildlife event of such mammoth proportion it has to be seen to believe. The noise was thunderous.

Jim Gammonly, an avian researcher for what was then called the Colorado Division of Wildlife, said, "Hunting remains the most effective tool we have for controlling wildlife populations, and the single best hope for averting this monumental ecological and wildlife calamity lies with American sportsmen. Hunting and harvesting excess animal populations is not only defensible and justified, it's a biological necessity."

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

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Double Duty

Companion plants perform multiple functions

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

What gardener doesn't envision flower beds bursting with an explosion of color or harvests so bountiful they'll feed the entire neighborhood? Focusing on our garden's potential is a powerful motivator. It's more inspiring than dwelling on the possibility of leaves being ravaged by insects, plant stems cut to the ground overnight, flower buds withering before they blossom, or fruit spotted with boreholes before ripening. Discovering an insect invasion can be devastating.

Garden pests can't be avoided completely, but they can be managed with careful planning — and planting. I'm among those who consider companion planting the first line of defense for chemical-free pest deterrence. Companion planting is the practice of growing two different plants in proximity for the benefit of one or both plants. Although pest deterrence may be the priority, other benefits include attracting beneficial insects, improving soil fertility, boosting growth, and suppressing weeds.

Tomato, basil, and parsley are natural companions in both the kitchen and garden. Basil repels insects such as thrips and disorienting moths that lay tomato hornworms.

Basil and parsley both attract beneficial insects, which protect the plant, and bees, which pollinate tomato flowers, adding to the tomato's flavor.

Chives, oregano, and spring onions have insect repellent properties against mites, moths, and aphids; sage is a deterrent to cabbage moths. These plants are often used as companions to broccoli and lettuce. Aphid infestations can severely reduce vegetable harvests.

Fortunately, aphids are repelled by many odors, including garlic, mint, and dill. Plant garlic as a companion to potatoes, lettuce, cabbage, and fruit trees. Garlic also repels onion flies, ermine moths, and Japanese beetles. Mint deters ants and flea beetles. Although mint is an aggressive grower, it can be controlled by planting in pots placed strategically around the garden. Dill deters spider mites and attracts beneficial ladybugs.

Sunflowers pair well with cucumbers and pole beans. They provide support for climbing plants. They also provide shade for crops that are susceptible to sun stress and are more prone to insect damage during hot summer months.

Other flower companions include marigolds, zinnias, nasturtium, alyssum, and tansy. The scent of marigolds, grown close to onions, reduces the onion maggot fly's ability to lay eggs. Nasturtiums grown close to kale, cabbage, and broccoli lure hungry caterpillars away. Alyssum lures aphid-eating hoverflies away from fruit trees. Tansy attracts pest-eating ladybugs and predatory wasps. It also repels cutworm, making it ideal to plant with asparagus, beans, cabbage, carrots, celery, corn, lettuce, peas, peppers, potatoes, and tomatoes.

There are many companion planting charts available online. I suggest exploring a reliable source, such as your extension service, *Farmers' Almanac*, or well-known garden supplier, since a lot of data is based on observation rather than hard science.

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



LEARN MORE ONLINE

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

THERAPY, SAFETY AND INDEPENDENCE

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Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep?

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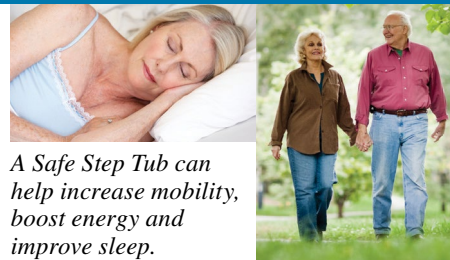
Personal Checklist:

- | | |
|--|---|
| <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 |

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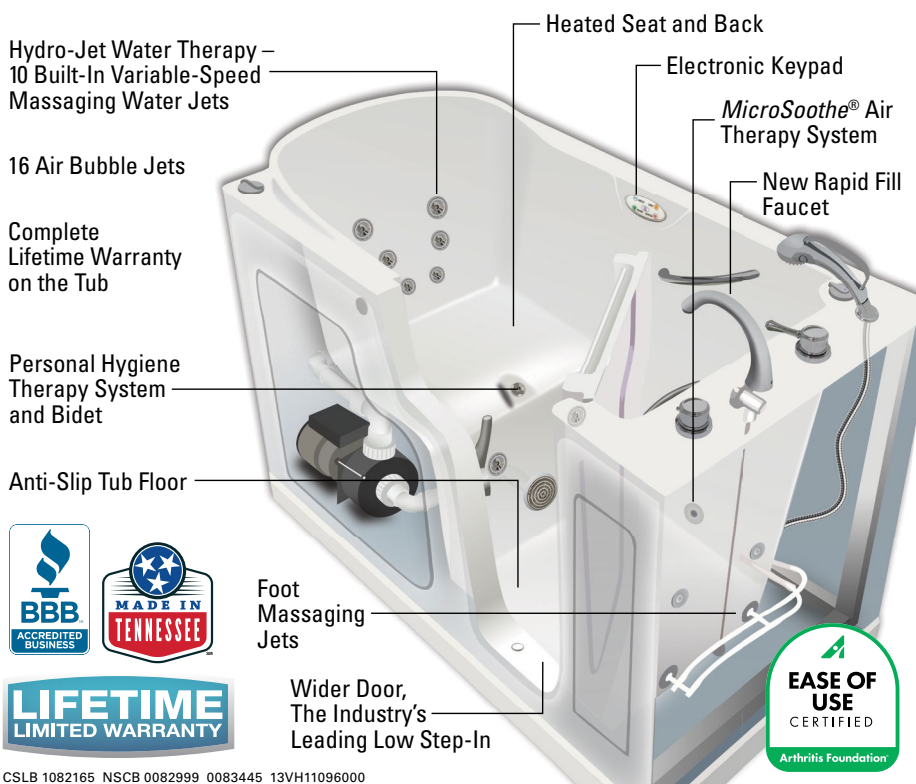
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Today I spoke to flowers

Today I spoke to flowers.
 Spring's coming does that to you.
 Plants will bloom—snow will be a remembrance
 Bouquets will need picking
 Arrangements must be made in slender vases.
 I shall clip and prune and pick come summer
 Choosing mint for its delicate odor,
 Among the mix of the magenta and white
 geraniums
 And the Lady Isabella pale purple flower
 Double blossom lavender with pink hearts
 Its subtle lines drawing a butterfly's proboscis
 to her nectar
 I said, quietly to myself,
 perché no!
 and then I spoke out loud to my housebound
 flowers,
 "I love you."

Carol Fortino, Beulah
 San Isabel Electric member

A Garden

We all have a garden in our dreams
 One with aroma, singing birds, and no weeds
 You see love is this garden of which
 In this garden the sun always shines through,
 I speak
 Old flowers don't die and give way to the new
 A feeling for all the world to seek.
 They remain so proud and strong,
 Just waiting to please as time goes on
 Flowers are not picked in this special kind of
 garden
 No insects or bad weather ever harm them
 It's a beautiful creation to be admired
 When we're searching for peace of mind or my
 soul is tired
 This garden has its own voice as winds breeze
 through
 Sounds of love, understanding, and being true
Bob Weir, Canon City
 San Isabel Electric member

If I Were a Bird

If I were a bird
 I would be an eagle
 I could soar high above the earth
 Ride the wind and touch the sky
 So proud as I go by
 Be nice to float and glide
 And those below would be filled with pride
 As I slowly move along my way
 I hear all the people say
 My-oh-my, he sure can fly
 Yes, I would be an eagle

Tom Combs, Silverthorne
 Mountain Parks Electric member

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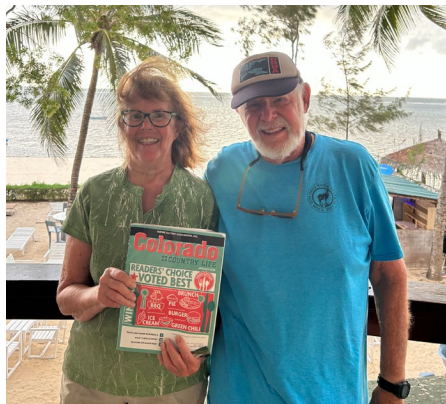
FUNNY STORIES



WINNER: Chris and Kevin McGrath — San Isabel Electric members — visit their daughter, son-in-law, and grandson in Florida. Here they pause during a blustery beach walk in St. Petersburg to snap a photo with the magazine.



Poudre Valley REA member **John Lodico** takes the magazine to the Florida Keys for a little rest and relaxation with his girlfriend, Dianna.



Debi and Larry Berger bring CCL to the Malindi coast on the Indian Ocean in Kenya. After finishing multiple game drives (safaris), they enjoy a nice rest. The Bergers are members of Empire Electric Association.



San Isabel Electric member **Kathleen Nelson** and her husband are "living life to the fullest" during their 25th anniversary cruise. Kathleen poses for a photo with CCL during their stop in Cozumel.



Mike, Debbie, Shelby, and Sarah Eley, and friend Ella Truett visit the Yucatan Peninsula in Mexico to enjoy some relaxing beach time — and CCL — in Paamul.



My 7-year-old son had been waiting anxiously for a set of books he ordered. We had some terrible hailstorms last year and were finally having our roof repaired. The roofers delivered the supplies, and there were many boxes and piles of things on the lawn while they were working on it. When we arrived home after being out, my son saw a large box on the lawn. He got really excited and yelled, "Mom, look! My books have arrived!" I told him, "No, honey. Those are the materials the roofer guys are using to fix our roof." He scrunched up his face in horror and said, "Wait. Why would they use books to fix the roof!?"

Michelle Stoddard
Mountain View Electric Association member

My daughter and her husband took their 5-year-old grandson to Colorado Springs for the weekend. When they arrived, my daughter went to check into the hotel while the boys unloaded the luggage. The 5-year-old was in a hurry to go in and kept asking his grandpa, "What's taking so long? Can't you hurry up?" Grandpa told him he'd just have to have some patience. The 5-year-old sternly replied, "I only have one patience and I've used it up!"

When my daughter told me this story, I turned to my great-grandson and asked, "How many patience do you have now?" He slowly raised a hand with two fingers and very shyly said, "Two."

How nice it would be if we could all double our patience!

Harlan Ward
Poudre Valley REA member

We pay \$15 to each person who submits a funny story that is printed in the magazine. At the end of the year, we draw one name from the published stories, and that person will receive \$200. Send your stories to *Colorado Country Life*, 5400 Washington Street, Denver, CO 80216, or email funnystories@coloradocountrylife.org. Remember to include your mailing address, so we can send you a check!

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

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



Unleashing the Purr-fect Gift

Celebrate National Pet Day April 11



Photo courtesy of Pets Pizzazz.

Crazy About Catnip and Snuffle Mats

Pets Pizzazz catnip knots and high-quality snuffle mats promote active play and exercise. Pets Pizzazz products provide mental stimulation, helping to decrease your pets' anxiety and stress. They are also a great way to engage your pets foraging and seeking instincts to keep them optimistic and happy.

Owner, Brent, is passionate about animals and enjoys using his business to share his love of animals with others.

Find all of Brent's products for your cats and dogs at petspizzazz.com.



Photo courtesy of Jennifer Rudkin.

Adorable Pet Sculptures

See your pet's adorable face in sculpture form. **Rudkin Studio** creates animals in clay and specializes in custom, handcrafted pet sculptures. Each one is unique and "infused with its very own soul." A variety of sizes and styles are possible to accommodate many budgets. More information can be found at rudkinstudio.com. Stay up to date on the studio's Facebook page at facebook.com/RudkinStudio/.



Bond Building Cards

Bruno's Place Pawsitive Dog Coaching Cards help dog owners create lifetime bonds with their pets as well as with their friends and family. The deck of cards helps to easily train your dog while providing an exciting way to connect with others. Find online at brunosplacebklyn.com.

Handcrafted Leashes

Colorado's **Bold Lead Designs** is on a mission to provide innovative solutions for human-dog interactions. This small business's favorite leash, and one with a great story, is the Atlas Leash. Using only the best leather and materials, this ultra-long and multi-functional leash was developed with their friends at Atlas Assistance Dogs, and a portion of the sales price is donated directly to Atlas's program.

Find this and more at boldleaddesigns.com.

Tasty Frozen Treats

The Bear & The Rat was founded by a husband-wife team. Their fun frozen yogurt dog treats contain prebiotics and digestive enzymes for healthy stools and less gas. Find these treats for your dog at Whole Foods, Sprouts, King Soopers, and local pet stores.



Photo courtesy of The Bear & The Rat.



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» Gaining momentum toward a resilient future

Tri-State and our members know that operating in a dynamic industry calls for an openness to continuous improvement. Looking ahead, we have an ambitious plan focused on electric system resilience and reduced costs. Built on a foundation of collaboration, our plan is designed to benefit electric consumers, while accelerating our clean energy investment.

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lush and
green in
summer

Mow your Zoysia lawn once a month – or less! It rewards you with weed-free beauty all summer long.

7 Ways Our Amazoy™ Zoysia Lawn Saves You Time, Work and Money!

1 CUTS WATER BILLS AND MOWING BY AS MUCH AS 2/3

Would you believe a lawn could look perfect when watered just once? In Iowa, the state's biggest Men's Garden club picked a Zoysia lawn as "top lawn – nearly perfect." Yet, this lawn had been watered only once all summer!

2 NO NEED TO DIG UP OLD GRASS

Plant Amazoy in an old lawn or bare ground. Set plugs into holes in the soil checkerboard style. Plugs spread to create a lush, thick lawn, driving out weeds. Easy instructions included with every order.

3 ENVIRONMENTALLY FRIENDLY

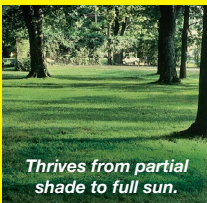
No weeding means no costly chemicals. Amazoy Zoysia lawns naturally resist insects, so you'll save money, while helping to protect the environment. Never expose your family and pets to weed killers and pesticide poison.

4 FOR SLOPES, PLAY AREAS, BARE SPOTS AND PARTIAL SHADE

Can't beat Amazoy as the low-cost answer for hard-to-cover spots, play-worn areas, partial shade and erosion on slopes.

5 IT STAYS GREEN IN SPITE OF HEAT AND DROUGHT

"The hotter it gets, the better it grows!" Amazoy Zoysia thrives in blistering heat, yet it won't winter-kill to 30° below zero. It goes off its green color after hard frosts, and begins regaining its green color as temperatures in the spring are consistently warm.



Thrives from partial shade to full sun.



Plant it from plugs.

6 CHOKES OUT CRABGRASS AND WEEDS ALL SUMMER

Your established Zoysia lawn grows so thick, it simply stops crabgrass and most summer weeds from germinating!

7 NOW 3 WAYS TO START YOUR AMAZOY ZOYSIA LAWN!

1) Freestyle Plugs come in uncut sheets containing a maximum of 150–1" plugs that can be planted up to 1 ft. apart. Freestyle plugs allow you to make each plug bigger and plant further apart – less cutting and planting – you decide.

2) Precut Super Plugs come precut into individual 3"x3" plugs ready-to-plant (minimum 1 per 4 sq. ft.). They arrive in easy to handle trays of 15 Super Plugs. Save time and get your new lawn faster!

3) Amazoy Approved Seed – As The Zoysia Specialists for 70 years, we now have a Zoysia seed that meets our standards and homeowners expectations.

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Freestyle Plugs You decide how big to cut the plugs. Each grass sheet can produce up to 150-1 in. plugs. Plant minimum 1 plug per sq. ft.

Max Plugs	Free Plugs	Grass Sheets	Your PRICE	+Shipping	SAVINGS
450	—	3	\$ 47.50	\$26.50	—
750	+150	6	\$ 72.50	\$32.50	29%
1100	+400	10	\$110.00	\$47.50	36%
2000	+1000	20	\$185.00	\$75.00	47%
3000	+1500	30	\$245.00	\$90.00	55%

Super Plugs Precut plugs 3 inches by 3 inches **READY TO PLANT**
Packed in trays of 15 Super Plugs. Plant minimum 1 plug per 4 sq. ft.

Super Plugs	Free Plugs	Tray	Your PRICE	+Shipping	SAVINGS
15	—	1	\$ 27.50	\$18.00	—
25	+5	2	\$ 42.50	\$25.00	26%
60	+15	5	\$ 97.50	\$37.50	41%
120	+30	10	\$150.00	\$60.00	54%
240	+60	20	\$270.00	\$97.50	60%

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