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COUNTRY LIFE

JULY 2024



THRIFTING
THRILLS

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

Remember when...

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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Check all the conditions that apply to you.

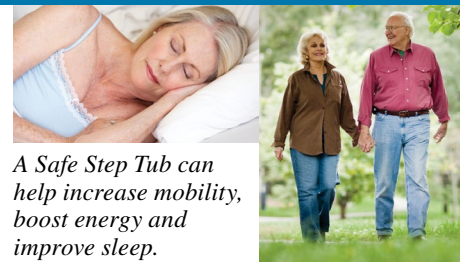
Personal Checklist:

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

Feel better, sleep better, live better

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A Safe Step Tub can help increase mobility, boost energy and improve sleep.

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- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more can help you bathe safely and maintain your independence.
- Free Shower Package – shower while seated or standing.

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COMMUNICATIONS STAFF

Cassi Gloe, CCC, Publisher | cgloe@coloradocountrylife.org
 Kylee Coleman, Editor | kcoleman@coloradocountrylife.org
 Melinda Taylor, Administrative Assistant | mtaylor@coloradocountrylife.org

ADVERTISING

advertising@coloradocountrylife.org | 720-407-0712

National Advertising Representative:

American MainStreet Publications, 611 S. Congress Street, Suite 504, Austin, TX 78704 | 800-626-1181

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Denver Corporate Office:

5400 Washington Street, Denver, CO 80216
 info@coloradocountrylife.org | 303-455-4111

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The “Why” of July Fourth

BY KYLEE COLEMAN EDITOR



KYLEE COLEMAN

I took a road trip to southern Colorado in June. Driving into Durango, we passed a sign marking the Jeff Kuss Memorial Highway. Jeff was a United States Marine and Blue Angels pilot.

The sign offered a contemplative reminder.

You see, Jeff and my brother Ryan were very close friends, having spent a lot of time together in the Marine Corps. Jeff was a graduate of Durango High School and Fort Lewis College. He died when the F/A-18 Hornet he was piloting crashed in June 2016, as the Blue Angels prepared to perform in the Great Tennessee Air Show.

One month after Jeff’s death, my family and my brother’s family participated in the annual Fourth of July golf cart parade in my parent’s community, like we had done for years. But the unexpected passing of a good friend and fellow Marine mere weeks before that day spurred my brother into action with some duct tape, cardboard, and Styrofoam.

His golf cart wasn’t decorated like the others. There were no red, white, and blue pinwheels. There were no shiny foil stars or garland. Instead, there was an American flag on a pole on the back, and the front and sides were designed to replicate Jeff’s F/A-18 Hornet, complete with his Blue Angels number, 6.

July 4, 2016, was impactful not only to my family, but to everyone who saw the airplane golf cart in the parade.

It’s easy to forget sometimes that real people are behind the “why” of Independence Day. We celebrate amazing freedoms in this country because of the brave and selfless people — our friends, neighbors, and relatives — who fought and who serve in our military. From my family to yours, have a safe and happy Fourth of July.



The 2016 F/A-18 Hornet golf cart parade float. Photo by Kylee Coleman

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We love hearing from you! Visit www.coloradocountrylife.coop to find ways to connect with Colorado Country Life. You’ll find contests, giveaways, and more on the Reader Engagement page.

Do you need a different way to engage with us? Mail a letter with your name, full mailing address, phone number, and the name of your electric co-op, and we’ll include you in the drawing. Send it to CONTESTS c/o Colorado Country Life, 5400 Washington Street, Denver, CO 80216.



Finding Fun and Connection at Your Co-op Annual Meeting

A statewide viewpoint

BY KENT SINGER EXECUTIVE DIRECTOR



KENT SINGER

For those of us fortunate enough to live here, we all know that Colorado summers are glorious. The wildflowers are blooming, the rivers are running cold and clear, and the mountain trails are beckoning hikers. Whether biking, horseback riding, kayaking, paddleboarding, rowing, or just walking your dog, you can find a stunning place in Colorado to indulge your passion.

So, what's my favorite summertime activity? Attending electric co-op annual meetings, of course!

As the executive director of CREA, the trade association for Colorado's electric co-ops, it's important for me to attend co-op annual meetings and hear what's happening in electric co-op country. Electric co-ops have a substantial footprint in Colorado, providing electric service to more than 70% of the land mass of the state.

Each year from April through September, I travel around the state, from Akron to Cortez, La Junta to Craig — and many points in between — to witness up close and personal the co-op spirit in action.

Every electric co-op in Colorado conducts an annual meeting of its members, and many of those meetings take place in the late spring or summer months. Co-ops hold annual meetings to take care of required business and to pass along important information about the co-op's activities. The meetings are also a great opportunity for co-op members to come together, share a meal, and get reacquainted with old friends and neighbors.

The meetings I have attended so far this year have ranged in size from 1,500 co-op members gathered in a large hotel ballroom to 50 folks meeting at a local saddle club. The attendance numbers reflect the diversity of Colorado's electric co-ops: Some have from 50,000 to more than 100,000 members; others have just a few thousand members spread across a vast service area. In some cases, the meetings included bucket truck rides for the kids, and in others, co-op staff members gave safety demonstrations warning members about the potential dangers of electricity.

Of course, a couple key agenda items at co-op annual meetings are the reports given by the president of the co-op board of directors as well as the co-op general manager (sometimes called the chief executive officer). At every co-op annual meeting, the board president and the general manager provide updates on the activities of the co-op. This includes the status of important construction projects, an overview of new policies or rates, an update on the financial condition of the co-op, and any other information the board and general manager believe is important for members to know.

So, what's so special about your right to attend the annual meeting of your electric co-op?

Let me count the ways ...

First, as a member of your local electric co-op, you have a say in the direction of your electric utility. You can talk to the co-op's board of directors — who are all

members of your community — and to the co-op management about any issue involving the operation of the co-op. Heck, if you think things should be headed in a different direction, you can run for the board yourself.

Second, since the electric utility business is undergoing a significant transition — both in how power is produced and consumed — it's important for co-op members to understand how the industry is changing. The best way to do that is to attend your co-op's annual meeting to hear from experts who stay on top of all the changes that are happening. There are certainly other sources of information on energy issues, but there is no better source than the professionals who operate your local electric co-op.

Third, it's fun! Annual meetings are a celebration of the tremendous success of the electric co-op program. There's no better business model for your local power company than the co-op model, and that's always demonstrated at these gatherings. And it gives you the chance to thank the many people who make your co-op work.

In a world full of turmoil and strife, it's nice to know that there are events like electric co-op annual meetings where people come together to celebrate what's right with the world!

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.



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

This year's photo contest theme is Home Sweet Home Colorado. We're asking you to share your photos of what makes Colorado "home." Is it the beautiful views? Is it the people or pets in your life? Maybe it's your favorite diner on Main Street, or something that makes your house your home.



Enter today!

2025 Categories

- Hometown Views
- My Home
- Nature's Homes
- The Homestead

Cash prizes

- \$150 first place
- \$75 second place
- \$50 third place

Winning tips

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

Things to keep in mind

- Each person may submit up to two photos per category.
- Digital JPEG photos only.
- Photos must be at least 300 ppi at 8" x 10".
- All vertical photos will be considered for the cover photo. If you have a photo you think will make the perfect cover of *CCL*, it must be at least 300 ppi at 9" wide x 13" tall.
- Winners will be announced and published early 2025.
- The contest is open for entries through Saturday, November 30.

Visit www.coloradocountrylife.coop/2025photocontest for full rules and to enter.

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

Photo by Sangre de Cristo Electric Association member Megan Frantz.

SIGNS YOUR HVAC IS IN TROUBLE

BY MIRANDA BOUTELLE

Q: How do I know if my HVAC system is malfunctioning?

A: Your heating, ventilation, and air conditioning system is one of the most important and expensive systems in your home. Detecting issues early can help you plan for repairs or equipment replacement.

Equipment functionality issues can affect your electricity use, which may result in higher energy bills. The age of your equipment can be a major factor in function. The life span of a heating and cooling system ranges from 15 to 20 years.

Proper maintenance and lower use can increase the life of the equipment. To find out the age of your system, look for the manufactured date printed on the unit's nameplate. If you can't find it, search online using the model number or call the manufacturer.

Being thrifty by nature, I typically subscribe to the notion of "If it ain't broke, don't fix it." That said, I also believe in being prepared for the inevitable. If your system is approaching or past the 20-year mark, start saving for a new system and get replacement estimates.

There are a few warning signs to watch for if your heating and cooling system needs to be repaired or replaced:

- **Air conditioning is not as cool as usual.** If the air from your air conditioner is warm or not as cool as it usually feels, the equipment has an issue. It could be a problem with the compressor or a refrigerant leak. Contact a professional to get the issue checked. Many refrigerants, especially the ones used in older systems, are harmful to the environment. Fix leaks before adding



◀ The lifespan of a heating and cooling system ranges from 15 to 20 years. Proper maintenance and lower use can increase the life of the equipment. *Photo source: Mark Gilliland, Pioneer Utility Resources.*

more refrigerant. Special certifications are required for handling refrigerants, so hire a professional to ensure the work is done properly.

- **Low airflow.** If you aren't getting good airflow, it could be an easy fix, such as replacing filters or opening closed dampers. If you've made these fixes and airflow is not at normal levels, contact a professional. There could be a bigger problem with a motor, fan, or something else.
- **Bad odors.** Heating and cooling systems sometimes smell when you first start them up for the season. Those smells should be minor and dissipate quickly. Any serious smells — such as burning metal, melting plastic, or noxious odors — are a sign that your system is in trouble. If you smell those odors, turn your system off immediately and contact a professional.
- **Strange noises.** There is typically noise associated with the fans and motors in heating and cooling systems. Take note of any excessive or new noises. If your system is making any clunking, clanging, or whistling noises, turn it off and check the filter. If that doesn't solve it, reach out to a pro.

- **Running frequently.** Your system needs to run more to keep up on extreme weather days, but there might be an issue if it runs too often. Short cycling is when a system cycles on and off before completing the heating or cooling process. Contact a professional to diagnose this issue.

Several factors come into play when deciding to fix existing equipment or invest in new equipment. Consider the severity of the issue, repair costs, the likelihood of additional repairs, equipment life span, and your budget.

The efficiency of your existing system is also a consideration. Heating and cooling technology improvements have come a long way in the last 20 years. Lower operation costs can offset the cost of a new system over time.

Consider your options before you are in desperate need. I recommend getting estimates from at least three contractors. Ask the contractor, "If this were your home, what type of system would you install and why?" The best solution for your home might be a different type of equipment.

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.

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A Stiltz Homelift can fit just about anywhere in your house. It has a compact footprint, similar in size to a small armchair. A Stiltz Homelift plugs into a standard home electrical outlet, using less power than boiling a kettle.

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USDA ANNOUNCES FUNDING FOR SOLAR-STORAGE PROJECTS

Department of Agriculture Secretary Tom Vilsack, U.S. Representative Yadira Caraveo (CO-8), and Colorado Agriculture Commissioner Kate Greenberg held a press conference June 17 in Fort Collins to discuss efforts to create additional income opportunities for producers and entrepreneurs by building more, new, and better markets; providing more options for consumers to buy healthy, locally produced products; investing in infrastructure and creating new jobs; and strengthening local and regional supply chains in Colorado and across the country.

Secretary Vilsack spoke about the Powering Affordable Clean Energy program, which is funded through the Inflation Reduction Act. Inflation Reduction Act investments provided the single largest investment in rural electrification since the Rural Electrification Act of 1936. IRA investments include significant incentives to:

- lower energy costs for rural communities and businesses;
- protect the environment;
- reduce pollution through clean energy;
- create jobs and spur economic growth.

The press conference — held at Poudre Valley REA’s headquarters — also included the announcement that PVREA will receive \$9 million to create solar energy battery storage capacity.

“We see your efforts, and we’re making sure to bring public investment to help you achieve your goals on behalf of the people in Northern Colorado,” U.S. Representative Yadira Caraveo told PVREA and other attendees at the announcement.

PACE programs are designed to create an opportunity where wealth can be created within a rural community and stay within that rural community. Secretary Vilsack said Colorado understands the value of these programs and, as a result, is attracting significant investments from the USDA.

Vilsack also expressed appreciation to Poudre Valley REA. “There is an attitude here, at this rural electric association, an attitude of trying to be one step ahead ... to continue to provide the safe, affordable, and reliable electricity that your customer base depends on,” he said. “As a result of that, you’ve seen rather significant expansion of opportunity over the 85 years that you’ve been in existence. You’re continuing that today, and USDA wants to be a part of it.”

Secretary Vilsack also announced that Montrose-based Delta-Montrose Electric Association received funding for creating a photovoltaic system to produce additional electricity and to reduce emissions with the electricity it currently provides to its co-op members.

It is estimated this project will reduce emissions by about 10%.

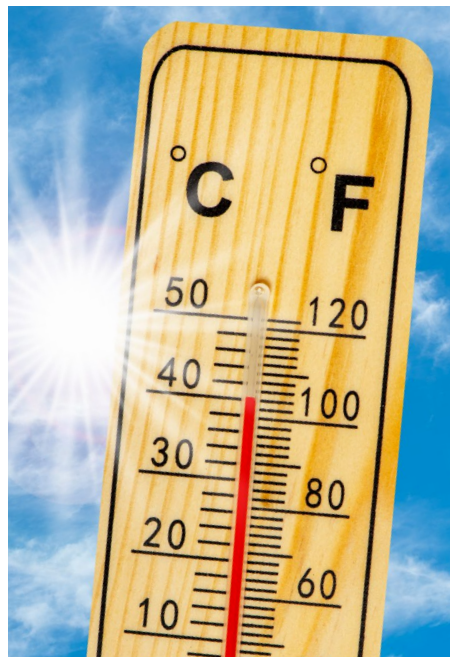
“This is about more affordable electricity that can help spur and spawn opportunity, in the service area,” Vilsack said. “This is about lower energy costs at the end of the day, because as [electric co-ops] receive assistance from the federal government, [they] obviously don’t have to burden the rate payers with this.”



USDA Secretary Tom Vilsack speaks about the PACE program at Poudre Valley REA June 17. Photo by Kylee Coleman.



Representative Yadira Caraveo speaks at the funding announcement at PVREA’s headquarters in Fort Collins in June. Photo by Kylee Coleman.



SUMMER TEMPERATURES INCREASE ELECTRICITY USE

Cooling degree days measure the effect of temperature as it relates to the need for air conditioning. In its *Short-Term Energy Outlook* published in June, the U.S. Energy Information Administration expects that temperatures will be slightly warmer this summer.

Energy-efficiency gains in air-conditioning systems are expected to curb U.S. summer electricity use by households by 6% less than was used in 2010, even though the EIA expects summer temperatures to be similar to past years.

The agency expects the assumed 5% increase in cooling degree days will lead the average U.S. household to use about 3% more electricity during June, July, and August compared with the same months in 2023.

Weather is the main source of uncertainty in forecasts for residential electricity bills. If temperatures end up much hotter than expected, most households are likely to use more electricity.

STAY SAFE IN EXTREME HEAT

With temperatures already reaching triple digits this summer, remember to take precautions to avoid heat-related illnesses. Most heat-related cases occur in June and July.

TIPS TO STAY COOL

Stay in an air-conditioned area when possible. If your home does not have air conditioning, go to a shopping mall, library, or other community building that does. Even a few hours in an air-conditioned environment can keep the body cool.

- Drink water often — don't wait until you're thirsty.
- Avoid sugary drinks and alcohol — they don't hydrate.
- Continually provide pets with fresh water.
- Avoid preparing or eating hot meals; they add heat to the kitchen and the body.
- Limit outdoor activity to early morning and late evening when it's coolest.

OUTDOOR HEAT SAFETY TIPS

- Wear a hat and lightweight, light-colored, loose-fitting clothes.
- Rest in the shade frequently.
- Drink water every 15 minutes even if you don't feel thirsty.
- Wear sunscreen of SPF 30 or higher — sunburn can slow the skin's ability to release heat.

If you are caring for small children or older adults, make sure to offer water frequently and watch them closely for signs of heat exhaustion or heat stroke. These illnesses can cause damage to the brain and other vital organs. These conditions occur when the body temperature rises faster than the body can cool itself.

SIGNS OF HEAT-RELATED ILLNESSES

Heat Exhaustion

- Feeling faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps
- Tiredness

Heat Stroke

- Throbbing headache
- No sweating
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- Loss of consciousness
- Body temperature above 103 degrees

Move people experiencing signs of heat-related illness to a cool place as soon as possible. To help them cool down, apply cool, wet cloths to their head and body, or place them in a cool bath. People should get medical help immediately if they vomit, their symptoms last longer than one hour, or their symptoms worsen.

For more information about heat-related illness, visit www.cdc.gov/disasters/extremeheat/index.html.

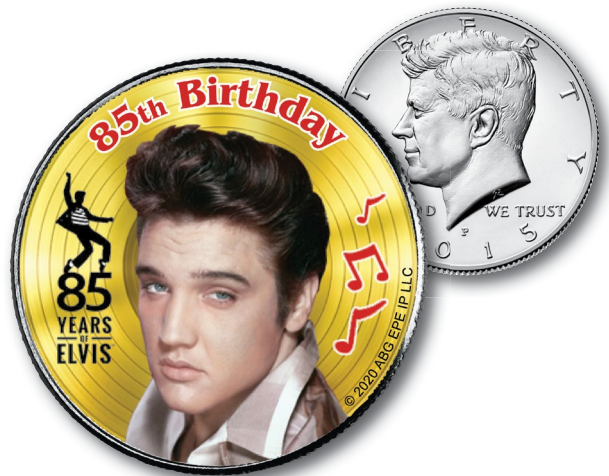
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The coin has the official logo authorized by Elvis's estate to honor his 85th birthday. The logo recreates one of his most memorable moments — dancing in the 1957 hit movie *Jailhouse Rock*.

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A SIMPLE SUMMERTIME SNACK

Backyard gardens are about to burst with a bounty of tasty tomatoes. Or maybe your garden already has some cherry tomatoes ready to pick. Whether you need a quick appetizer or something to snack on, these Stuffed Cherry Tomatoes make for an appealing and fresh bite.



Stuffed Cherry Tomatoes

Ingredients

- 24–48** cherry tomatoes
- 1** package (8 ounces) cream cheese, softened
- 2** tablespoons mayonnaise
- 1** medium cucumber, peeled and diced
- 3** green onion stalks, diced
- 2** teaspoons minced dill
- fresh dill, for garnish

Instructions

Cut a thin slice off the top of each tomato. Scoop out pulp. Invert tomatoes on paper towel to drain.

In medium bowl, combine cream cheese and mayonnaise until smooth. Stir in cucumber, green onion and dill. Spoon mixture into tomatoes. Top with fresh dill.

Refrigerate until ready to serve.

Source: Culinary.net

DID YOU KNOW?

Cherry tomatoes are full of vitamins and minerals that benefit human health. They contain large levels of vitamin C which helps boost your immune system and reduce inflammation. Tomatoes are also a great source of lycopene which may support bone health and reduce other health risks.

Source: WebMD



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OmahaSteaks.com/Gourmet6111



Colorado's Thrifting Thrills

BY MARY PECK

There's something uniquely satisfying about making a great secondhand purchase. It's a win for yourself, for the seller, and for the environment.

A major part of thrifting is the lure of the unknown, a hope and anticipation of finding just the thing you wanted and needed — or perhaps discovering that thing you didn't know you wanted and needed. Whether the haul is purely practical or the stuff dreams are made of (a rather plain-looking vase purchased for \$3.99 in a Virginia Goodwill store last year sold at auction for \$107,100), shopping secondhand produces rewards that traditional retail shopping does not.

Thrifting is having a moment, to say the least. For proof, just drop by any resale outlet, especially on a Saturday or Sunday. Busy parking lots, crowded aisles, and long lines at the register tell the story of an increasingly popular way to shop — and one that is likely here to stay.

What's old is new again — not just the clothes, housewares, and furniture in thrift stores — but thrifting itself is the new way to shop, both on-site and online.

After coming onto the retail scene just over a decade ago, “recommerce” online resale platforms like Poshmark and ThredUp are projected to grow 21% each year over the next five years, according to a recent report by ThredUp. The report also projects the overall U.S. secondhand market to more than double by 2026, reaching \$82 billion.

The phenomenon is being driven by a perfect storm: With increased awareness about living more sustainably, there's growing interest in upcycling, a rejection of fast fashion, and market responses to influential Gen Z buying trends. And with ongoing price hikes on everything from food to furniture, secondhand shopping is filling an important role in helping consumers stretch their dollars further.

“It's hard for a young person to make a small salary or hourly wage, pay rent, crazy grocery prices, and be expected to pay \$50-\$100 for a pair of jeans at the mall,” said Kylie Lawhon, a Denver-based thrifting influencer and online reseller.

In Colorado and elsewhere, the COVID-19 pandemic also contributed

With ongoing price hikes on everything from food to furniture, secondhand shopping is filling an important role in helping consumers stretch their dollars further.

to spur a surge in the resale market, with folks spending lockdown time cleaning out closets and flooding thrift stores with donations.

A STATE OF THRIFT

Colorado has long been a fertile state when it comes to thrift/resale/vintage/antique shopping options. A quick state records search of registered Colorado businesses with the word “thrift” in the name returned more than 250 results.

In 2022, Denver was ranked the number one city in the U.S. for thrifting by StorageCafe, based on analysis that included

thrift store availability, sales volumes, and thrifting-related Google searches.

ThriftCon, promoted as the largest traveling vintage market in the world, was founded in Denver in 2019 and hosted its first events exclusively in Denver. In just five years, it's become a wildly popular weekend destination, and this year will also hold conventions in Atlanta, Houston, and Portland.

"I think the state as a whole and the focus on sustainability makes Colorado a really rich state for thrifting opportunities," said Ashley Furst, communications manager for Goodwill of Colorado. "People are conscious about what they're buying and how they're getting rid of things."

Goodwill of Colorado, an iconic thrift store in communities statewide, opened in Colorado in 1918 and today operates 42 stores, four outlets, and one boutique shop. Last year alone, Goodwill received, recycled, or repurposed more than 248 million pounds of donated materials in Colorado. While one of its biggest stores sits on South Broadway in Denver, it also has successful operations in smaller communities including Canon City and Durango, with a new store opening in Falcon soon.

"When we identify a new area to expand to, we look at total population and demographics to support both donations and shoppers, and how many jobs we can create to expand our mission," Furst said.

In southern Colorado, the town of Florence has been branded the antique capital of Colorado — a fitting title, since it's home to more than 20 antique and vintage stores, according to Florence Chamber of Commerce President Joen Elliott. With a population of around 3,800, Elliott says the town relishes its artsy identity, which also boasts 15 restaurants with great food.

"It just seems to be kind of a mecca," Elliott said, "It's kind of a funky fun town. We're real and raw and rural."

The region draws people who have a deep-seated passion for antiques and vintage items. There are more than a few stories of people who have chosen to retire in Fremont County and opened antique shops in Florence. Elliott says the area has become a true destination spot, and it's not uncommon to see visitors from Texas, Oklahoma, and Kansas.

A SMALL-TOWN ESSENTIAL

Along with offering wonderfully unique and nostalgic finds, thrift stores in smaller, more remote towns are a necessity. Secondhand shops in rural communities have long served as a place for locals to donate items that could be useful to others or when clearing out an estate. For shoppers, having a place to buy practical wares has been, and continues to be, not just convenient but needed.

"There's not much out here — even a Walmart is a 40-minute drive — and we have clothing for the entire family, sports gear, kitchenware, and small furniture," said Stacy Clodfelder, store manager of Retread Threads, a nonprofit thrift store in Haxtun.

The store opened a decade ago to support the mission of the Haxtun Methodist Church, with proceeds going to community members who need help with rent, food, medical care, scholarships, and transportation.

"It's amazing to see how our little, tiny store can help so many people," Clodfelder said.

The store gets regular donations from people in Fleming, Holyoke, and parts of Nebraska because, Clodfelder said, the next closest options are Sterling, Fort Morgan, and Greeley.

In the southern Colorado town of Del Norte, Sandra Aloisi recently opened Gently Loved Thrift Store in the town's historic former hospital building, starting with inventory she'd gathered at yard sales



▲ A few of the more than 250 thrift-related businesses in Colorado. Thrifting offers more than just the thrill of finding a great bargain. It keeps usable goods out of landfills, and in small towns, it's a valued resource when there are few shopping options.



Retread Threads, a nonprofit thrift store in Haxtun, carries a variety of stylish clothes and home goods. Photo courtesy of Retread Threads.

for a few months.

“It’s a small town. We have a couple of antique places but no thrift store,” said Aloisi, who has lived in Del Norte for 12 years. “Walmart is 30 minutes away, and it’s nice having a variety of basic items here for people in our community, especially because we’re a low-income area.”

The store takes in donations every day and sells furniture, clothes, housewares, sports and camping gear, DVDs, books, tools, and more.

“I’ve loved thrifting for years — I come from a large family with 10 kids, and we’re all big thrifters,” Aloisi said. “I love being able to interact with people and focus on being real and personable with everyone who steps through our doors.”

Small-town thrift stores can serve as a familiar place to connect and catch up with friends old and new. Aloisi says she loves serving her community and seeing joy on the faces of lifelong Del Norte residents who stop in, excited to see new activity in the largely empty midcentury hospital where some of them were born.

One of Colorado’s oldest thrift stores may also be the most paradoxical. The Aspen Thrift Shop opened in 1949, and today its proceeds help fund more than \$45,000 grants provided every month to

more than 350 nonprofit organizations in the Roaring Fork Valley.

“We do a really great job of taking the money and giving it back to the community,” said Aspen Thrift Shop Board Member Cathy Moffroid. “The continuity of community and wanting to give back is sometimes surprising. There’s a real core of local community here.”

Moffroid says the added benefit of being in a resort community has helped support the shop’s success over the years.

“We have a section called The Boutique with designer clothes for men and women, and there are some real steals,” Moffroid said.

While the lure of finding a deal on an Aspen-caliber gem is a real possibility, Moffroid notes that the shop also fills an important need for resort workers.

“There’s a lot of young people who come into the valley to work seasonally, and they use the shop a great deal,” she said.

A FAMILIAR FUTURE

The momentum of the resale market is gaining speed, and even major retailers including Levi’s, REI, and Patagonia are now offering used clothing and gear for sale on their websites. Online recommerce shopping is expected to continue growing fast, at twice the rate of secondhand shopping

“

There’s not much out here — even a Walmart is a 40-minute drive — and we have clothing for the entire family, sports gear, kitchenware, and small furniture.”

— Stacy Clodfelder, store manager of Retread Threads, a nonprofit thrift store in Haxtun

overall, and artificial intelligence is already playing a role. Poshmark, for example, uses AI to assist in searches and product recognition. There’s a curious irony in futuristic technology driving the sale of vintage items created decades ago.

“It’s truly on-trend right now,” said Lawhon. “The aesthetic we see on social media platforms right now is vintage, worn-in styles. Modern stores are recreating distressed band tees, for example, but why not get the thrill of the hunt finding those tees for less than \$5 at the thrift?”

Colorado’s diverse thrifting landscape truly offers something for everyone, from online sellers and social media influencers to brick-and-mortar stores both big and small. It’s the appeal of antiquing, the chance of discovering a rare piece of art, the gratification of finding a perfectly good toaster, baseball glove, or pair of jeans. It’s a space to contemplate what has been and what is to come — and the potential that lies in both.

“That is the joy of thrifting,” said Furst, “You never know what you’ll find.”

Mary Peck is a freelance writer based in northern Colorado and enjoys sharing stories of rural communities. She enjoys perusing secondhand stores of all varieties and spending the occasional afternoon thrifting with her Gen Z daughter.



▲ Looking for treasures at Antiques & What Nots in Buena Vista.



▲ A shopper looks through racks of secondhand clothes at Gently Loved Thrift Store in Del Norte. Photo by Kylee Coleman.



AUGUST 17 IS NATIONAL THRIFT DAY

Check out your local secondhand store — many celebrate with special offers and deals.

10 PRO TIPS FOR SHOPPING SECONDHAND

1. Go early in the week for good selection — people often donate on weekends.
2. Follow your favorite stores on social media to keep up to date, and tag them in your finds. They love to see what you post.
3. Wear tight clothing (tank tops, leggings) so you can try on items over them if fitting rooms aren't available.
4. Carefully inspect items for damage before purchasing — but don't be afraid to sew on a button for a fabulous vintage blouse.
5. Wash what you buy. Check YouTube for tips on how to wash specific items such as shoes and hats.
6. Know the store's return policy.
7. Go in with a plan. Save outfit ideas and home decor inspiration on a "To Thrift" Pinterest board.
8. Only have time for a quick thrift? Scan the racks for colors and textures that pop out at you — you'll find one-of-a-kind gems this way.
9. Always thrift baby and kids' clothing. Kids outgrow things so fast, so save the money where you can.
10. Whatever you do — do not buy your basics new. Need a black tee? Thrift it. White button-down? **Thrift it!**



WHAT'S THE BEST THING YOU'VE EVER THRIFTED?



Post on social media and tag us @COCountryLife on Facebook and @cocountrylife on Instagram. Be sure to tag the store where you shopped, too!

Thanks to Kylie Lawhon, a Denver-based thrifting influencer, online seller, and mom, for sharing these tips. Follow her on Instagram (@thatthriftedhabitat), Poshmark (@kylielawhon), and Whatnot (@kylielawhon).



Reblooming Perennials

Garden beauty all season long

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

Perennials that add beauty year after year are preferred plants for my yard. I think of them as the gifts that keep on giving. Not only do they perform faithfully every year, they often bloom over and over during their growing season. Regardless of whether you are starting a new garden or filling in an existing one, you can't go wrong with reblooming perennials.

The name Endless Summer hydrangea says it all. Colorado's alkaline soil produces pink flowers that bloom from early summer through Thanksgiving. If you prefer blue blossoms, simply increase your soil's acidity. Both colors are striking against the plant's dense green foliage.

Berry Chiffon coreopsis (*Coreopsis verticillata*) is a prolific perennial bloomer. Its raspberry-hued petals are accented by bright-white edges. Deadheading isn't needed to encourage reblooming from early summer to early fall. You'll especially enjoy easy care with this drought-tolerant, disease-, and deer-resistant variety.

Meadow sage (*Salvia pretenses*), a tried-and-true reblooming perennial, forms clusters of upright, blooming spikes highlighted by gray-green foliage. Trimming encourages fresh foliage and blossoms, and the spikes make lovely flower

arrangements. The pint-sized Bumbleberry (*Salvia nemorosa*) is the perfect border plant. It boasts bright fuchsia-pink flower spikes cradled by dark wine-purple calyxes. Cold Hardy Pink (*Salvia greggii*), which tolerates Colorado's cool nights, is covered with deep-pink flowers all season long. *Salvia* performs best in full sun, thrives in heat, and is deer and rabbit resistant.

Yarrow is an easy to grow, drought-resistant rebloomer featuring feathery foliage. It comes in a variety of colors. Pretty Woman yarrow (*Achillea millefolium*) has sturdy stems supporting vibrant flowers that stay red all season. Colorful Coronation Gold boasts bright yellow flowers with gray-green foliage. Yarrow flowers attract butterflies June through September.

Echinacea is a showy, free-flowering perennial that blooms early summer to early fall and attracts pollinators. The hybrid SunSeekers Salmon coneflower has large, semidouble salmon-pink flowers that turn pale pink as they mature, and a large dark-crimson cone forms. The flowers, held upright by short, stocky stems, make excellent cut-flower arrangements. Echinacea grows best in sunny locations with well-draining soil. Although

deadheading is not required, it promotes more blooms.

Agastache is a herbaceous perennial with tubular flowers that attract pollinators. Its fragrant foliage is characteristic of the mint family. Deadheading spent flowers helps promote reblooming. Agastache Rosie Posie blooms early summer to fall. Deep-purple calyxes surrounding hot-pink flowers give it a two-tone effect. Alternatively, Tango Agastache (*Afgastache aurantiaca*) is a cold-hardy dwarf variety that produces a profusion of bright-orange flowers with hints of pale purple.

Reblooming perennials have the power to enchant us for months on end. By mingling plants that bloom (and rebloom) at different times throughout your landscape, you can enjoy an abundance of color all year long.

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.

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

In fact, demand has been so overwhelming that inventories repeatedly sell out. But a closer look at **Ultra Accel Q** reveals there are good reasons why sales are booming.

Science Confirms the Many Benefits of PQQ

The medical journal *Biochemical Phar-*

macology 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 Q** 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 Q** 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 Q Multiply Your Energy?

Ultra Accel Q 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.



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

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 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 Q** 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 Q

This is the official nationwide release of **Ultra Accel Q** 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 Q**. And your order is backed up by a no-hassle, 90-day money back guarantee. No questions asked.

Starting at 7:00 AM today, the discount offer will be available for a limited time only. All you have to do is call TOLL FREE **1-800-998-2884** right now and use promo code **COUAQ724** to secure your own supply.

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



Paddling with Kids

BY EUGENE BUCHANAN OUTDOORS@COLORADOCOUNTRYLIFE.ORG

I was a water droplet of a man when I joined my family as a fifth-grader on a five-day float down Colorado’s Yampa River. Whether that trip influenced me to eventually raise my own kids a block away from the same river, I’ll never know. But it left an impression as indelible as the desert varnish stripes streaking down its famed Tiger Wall.

About all I remember from it is the guide telling me to kiss the wall for good luck as we floated by, and me giving my mom a bouquet of Indian paintbrush flowers, my face reddening like their petals when a guide commented on the gesture. You never know what a child will remember on such a trip, except that it will likely stay with them for life. I remember a flower bouquet and a kiss.

I’ve paid it forward with my daughters, Brooke and Casey, exposing them to the river every chance we get. By the time each were three, they’d already been on river camping trips on Utah’s San Juan River and Ruby Horsethief Canyons on the Colorado. Back in our hometown of Steamboat Springs, at age two Brooke blurted out 10% of her vocabulary: “I wanna go rafting!” So we did, inflatable kayaking the town run, using her baby jogger for our shuttle. You see, we’d realized that — aside from the scorpions, rattlesnakes, cactus, fire ants, poison ivy, sunburn, cliffs, and rapids — paddling is one of the most family-friendly activities there is, no matter the craft or waterway. It will float your spirits just as it does your boat.

Of course, it’s not always effortless — especially if you’re going overnight. Diaper changes, pacifier cleaning, cry arbitration, and crib packing all compete with everything else you normally do on such a trip. Crack-of-dawn starts are over; a trip’s success is measured by smileage more than mileage; and kids command more attention than the waterway. But you’ll also learn something more important. When you’re making mud pies, skipping rocks, and feeding ant lions (whose claws are straight out of *Dune*), it’s the being out there that counts.

We soon started taking our kids on river trips more regularly, with other families joining in, dealing with everything from shuttle logistics (“Okay, we’ll leave your rig at the takeout, but we have to shuttle three car seats down”) to rigging (“Let’s tie the Pack ‘n Play and umbrella on the back for Abby”). We also learned other things — like if you’re telling a bedtime story in the tent, make sure your spouse didn’t bring the baby monitor out to the campfire where everyone can hear you. Our Year of the Flatwater Trip evolved every year thereafter, and now we make paddling an annual family activity, where we bond even more than at the dinner table.

A COUPLE OF TIPS

PFDs. The number one rule when paddling with kids: always make sure you and your child are wearing a properly fitted life jacket when on the water. It doesn’t matter the craft or waterway. Today’s Coast Guard-approved Type III life jackets fit better than

ever, and there’s no excuse not to wear one.

Paddlecraft. When it comes to crafts — not needlepoint or finger painting, but paddlecraft — there are as many to choose from. In Colorado, we often take to local waterways and lakes in rafts, canoes, and inflatable and rec kayaks (not too much use for sea kayaks here). Rec kayaks come in a variety of options, with wide bottoms for stability and either enlarged open cockpits, which are easy to get in and out of, or sit-on-tops, which make getting in even easier.

Getting Started. Craft chosen, there are two ways to get your feet wet: line up the gear and John Wesley Powell it yourself, or hook up with an outfitter to show you the ropes. For those unfamiliar with the discipline, go with an outfitter; they have the gear and skills to ensure your indoctrination doesn’t become an indunktrination. Unsure? Take an outfitted trip first, and then play Huck Finn. Either way, realize that paddling with your kids is a way to come together on a medium that’s responsible for all life itself — which means it’s bound to help your family life as well.

A former raft and kayak guide, and 14-year publisher and editor-in-chief of *Paddler* magazine, Eugene Buchanan has written about the outdoors for more than 25 years. He lives in Steamboat Springs.



MISSED AN ISSUE?

Catch up at www.coloradocountrylife.coop.
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Get a \$29 Keep Colorado Wild Pass with your car registration.
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En español

PEAK POWER:

What peak demand and beating the peak mean for co-ops and their members

BY KIM GRABER

When we turn on a light switch in Colorado, we expect that the lights will come on.

We don't worry about whether we're also running the dishwasher, or if we already have lights on elsewhere in the house. We also don't think about how much power other people in our neighborhood are using.

The U.S. and Colorado's electric co-ops have excellent reliability standards and metrics. On average, people in the U.S. lose power less than twice each year for less than five hours — a reliability rate of 99.95%. And disruptions are nearly always caused by a local distribution-related event — trees falling on power lines, for example.

To maintain that reliability, power suppliers and distribution cooperatives must pay attention to what's known as peak demand. This is why electric co-ops sometimes ask members to help "beat the peak."

WHAT IS PEAK DEMAND, AND WHY DOES IT MATTER?

The U.S. power grid is an interconnected system of transmission and distribution lines that carry power from generation sources to end users. Regional grid operators known as balancing authorities manage the power supply to be sure it matches the current demand.

Andy Carter, member engagement manager at Empire Electric Association, compares this effort to driving a car through hilly country.

"As you start to go up the hill, you notice your speedometer goes down, and you start putting your foot on the gas pedal so you can maintain the speed that you want," he said. "But then when you start going down the hill, you see your speedometer is going up, so you let off the pedal."

Like our cars' demand for fuel, our demand for electricity fluctuates throughout the day. It typically goes down overnight. It rises in the morning and again in the early evening as many people turn on lights and run appliances.

Demand also fluctuates with the seasons. During the spring and fall, we use less power because we have less need to either heat or cool our homes. In the U.S., demand tends to peak during the summer when many people are using air conditioning.

Overall, demand for electricity in the U.S. is growing. The U.S. Energy Information Administration estimates that residential electricity usage will increase 14% to 22% between 2022 and 2050.

EIA also predicts that summers will experience the most growth in demand. The country's population growth is shifting toward warmer climates. And changes in our climate mean we're experiencing warmer temperatures during both the winter and the summer. Both factors reduce the country's need for heating in the winter and increase the need for cooling during the summer.

To ensure that they're always able to provide enough power whenever it's needed, suppliers need to have enough capacity to meet peak demand. This is the moment during a given period when the most electricity is being used.

HOW DOES PEAK DEMAND AFFECT OUR POWER SYSTEM AND OUR CO-OPS?

Matching generation capacity with peak demand affects the grid's reliability. If suppliers don't have enough power supply to meet the current demand, we can experience blackouts.

Peak demand also has economic implications. Wholesale prices for energy are at their highest when demand is greatest. This means that co-ops pay more for the energy that is being used during peak demand.

"As a co-op, if we want to manage peak demands, really what we're wanting to do is keep our costs down," Carter said.

While co-ops have to recoup their costs and the investments they've made in infrastructure for delivering electricity, they work to do so in fair ways that take their members' needs into consideration, Carter added.

"We're not in it to make money; we're in it to serve our members," Carter said.

Some co-ops set rates and develop programs to encourage members to beat the peak — to shift their energy usage to times with lower demand when possible.

"If the rates are set right, then the members get the idea of when they should or should not use energy to make it less expensive," Carter said.

For example, some co-ops might set higher rates for using electricity during what they define as "on-peak" periods. They might also offer plans — such as smart thermostats and electric vehicle charging programs — that can help interested members automatically manage their demand.

WHAT CAN CONSUMERS DO TO BEAT THE PEAK?

Whether you want to help reduce energy consumption overall or simply want to potentially save money on your electric bill, there are actions you can take to beat the peak:

- Think about ways to conserve energy through your everyday activities. For example, raise your thermostat a few degrees in the summer or lower it in the winter. Or consider new, more energy-efficient appliances if yours are older. Your co-op might offer rebates on energy-saving purchases such as new appliances, heating and cooling options, and lighting.
- Understand peak demand charges and structure your usage accordingly whenever possible. If you have an EV, for example, consider charging it overnight. Or think about running your dishwasher overnight instead of right after dinner.

To learn more about peak demand in your area as well as any rate options and programs that are available to you, contact your local co-op.

Kim Graber is a freelance writer from Longmont.

ENERGY EFFICIENCY FOR BETTER BUILDINGS

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

+ AIR SEAL CRACKS AND HOLES

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

+ ENSURE ADEQUATE INSULATION

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

+ RESEARCH INCOME-QUALIFIED PROGRAMS

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

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



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Trail Boss

He flies through the air
 And lands with a crack.
 There's stars in his eyes
 A sharp pain in his back.
 But he gets up and
 Brushes the dust to the wind.
 With a big breath
 He's back in the saddle again.
 Then he turns to his crew
 And sees their surprise.
 Says, "Come on, boys
 We got cattle to drive."
 One says with a chuckle
 As he trots away,
 "That ole man's tough,
 That's all you can say."

L Jay McDonald, Nunn
 Poudre Valley REA member

Cottonwood

Poor firewood,
 Brittle and light,
 And having a root bark
 Of gray furrowed ridges,
 The cottonwood endures
 As the grandfather of all poplars.
 The yellow-stemmed, waxen leaves
 Cling like lances to white-gray twigs
 That burgeon a cotton snow spring.
 They flurry with a July breeze
 And shimmer in the autumnal rains.
 Branches randomly push up and out,
 Toward the light,
 And in winter you can sense a naked sorrow
 Below the idle white.
 In the Southwest,
 The cottonwood was,
 And still is,
 A signpost of water
 And welcoming shade.
 Dig near its roots,
 And you will soon find
 Cool damp sands clinging
 To your skin, revealing
 Another of life's explicable indexes.

Burt Baldwin, Bayfield
 La Plata Electric Association member

Congratulations

JUNE GIVEAWAY WINNERS

Emily Chan Hoffman, a member of Poudre Valley REA, won the Akinz hat.

Nancy Fitzgerald, a Grand Valley Power won the Kid Smoothies cookbook.

Find our July giveaway and more ways to engage with *Colorado Country Life* on the Reader Engagement page at www.coloradocountrylife.coop.

Colorado
 COUNTRY LIFE

2024 READERS' CHOICE BEST OF Colorado

KIDS EDITION

Help us find the Best of Colorado! We're looking for the best:

- MUSEUM
- AMUSEMENT PARK
- PUTT-PUTT GOLF
- KID-FRIENDLY HOTEL
- ANIMAL EXPERIENCE (zoo, wild animal sanctuary, gator farm, aquarium, etc.)

NOMINATE TODAY!



Submit your nominations by September 15. Participants will be entered to win one of three \$100 gift cards, if they nominate in at least three categories.

Share your favorites at coloradocountrylife.coop/bestof2024

The Truth About Industrial Fish Farming That is Robbing You of Vital Brain Nutrients

America's #1 Anti-Aging M.D. exposes the fish oil deception and introduces this brain-building breakthrough

Recent discoveries have changed the brain health supplement field forever. For years we were led to believe that fish oil is the ultimate solution for a healthy brain. But what if the very fish oils we rely on to nourish our minds are nothing more than a shadow of nature's true intentions.

Industrial fish farming practices have decimated the nutrient density of the fish we eat and the fish oils we take. The once-abundant DHA, a crucial building block for a healthy brain, has been stripped away, leaving us with a woefully inferior product.

But there's hope on the horizon, and it comes from an unlikely source: a tiny, unassuming creature that dwells half a mile beneath the icy waters off the coast of Antarctica. Half a mile beneath the icy waters off the coast of Argentina lives one of the most remarkable creatures in the world.

Fully grown, they're less than 2 feet long and weigh under 10 pounds... But despite their small size, this strange little squid can have a bigger positive impact on your brain health than any other species on the planet.

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

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

Because DHA is so important, lacking enough of it is not only dangerous to your overall health but could be directly related to your brain shrinking with age. With more than 16 million Americans suffering from age-associated cognitive impairment, it's clear to a top US doctor that's where the problem lies.

Regenerative medicine specialist Dr. Al Sears, says thankfully, "there's still hope for seniors. Getting more of this vital brain

food can make a life changing difference for your mental clarity, focus, and memory."

Dr. Sears, a highly-acclaimed, board-certified doctor—who has published more than 500 studies and written 4 bestselling books — says we should be able to get enough DHA in our diets... but we don't anymore.

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

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

So, if you're struggling with focus, mental clarity, or memory as you get older... Dr. Sears recommends a different approach.

THE SECRET TO A LASTING MEMORY

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

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

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

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

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

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their

animals a natural, DHA rich diet and began feeding them a diet that was 70% vegetarian.

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

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

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

So, what can people do to improve their memory and brain function in the most effective way possible? Dr. Sears says, "Find a quality DHA supplement that doesn't come from a farmed source. That will protect your brain cells and the functions they serve well into old age."

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

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

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

MORE IMPRESSIVE RESULTS

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

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

"I remember what it was like



Why the 'brain fuel' ingredient in fish oil is slowly drying up.

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

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

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels." These are just a handful of the thousands of reviews Dr. Sears regularly receives thanks to his breakthrough memory formula, **Omega Rejuvenol**.

WHERE TO FIND OMEGA REJUVENOL

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

Dr. Sears feels so strongly about this product, he is offering a 100%, money-back guarantee on every order. "Send back any used or unused bottles within 90 days and I'll rush you a refund," says Dr. Sears.

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

Call **1-800-966-5916** to secure your limited supply of **Omega Rejuvenol**. Readers of this publication immediately qualify for a steep discount, but supplies are limited. To take advantage of this great offer use Promo Code **COOM724** when you call.

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   READERS' PHOTOS

 FUNNY STORIES



WINNER: PVREA member **Selah** takes a break from piano practice to enjoy CCL at home in Windsor.



Randy and Crystal Brew visit the Leaning Tower of Pisa — a place they thought they “would never see.” We at CCL are glad to know these Grand Valley Power members made it, and we’re happy they brought the magazine along for the trip!



Friends and San Isabel Electric members **Susan Cronk** and **Karen Short** bring CCL to Dunguaire Castle in Ireland.



(Left to right): Y-W Electric member **Norm Hays**, **Sally Spencer**, **Joslyn**, **Shan Hays** — Gunnison County Electric Association members — and **Diane Hays**, a Y-W Electric member drive to Bloom, Texas, and park at Lamar Electric Cooperative to watch the total solar eclipse April 8. “The staff at Lamar Electric Co-op came out and talked to us and were very welcoming,” Sally said.

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 July 17. See all the submitted photos on our Facebook page @COCountryLife.



My husband Pete and I were returning from a neighboring town when I remembered I needed to stop for a few grocery items, including a Rocky Ford watermelon.

We pulled into the grocery store parking lot, and Pete occupied himself with a radio show in the car while I ran into the market.

With my groceries in the cart, I returned to the car, opened the front and back doors, and placed the watermelon, my purse, and my cell phone on the front seat. I put the remaining groceries on the back seat, closed both doors, and returned the cart to the corral.

Pete lost the sight in his right eye several years ago, and after he heard the doors close, he assumed I was in the car. He was still focused on the radio program he was listening to, and he proceeded to talk about it on the drive home.

After a short time with no response, he turned to look and saw just a watermelon in the passenger seat.

He immediately turned the car around and drove back to the store, where he found me with my hands on my hips, waiting out front.

I politely informed him that I couldn't believe my eyes when I returned the grocery cart and saw him driving out of the parking lot! Pete has since decided it is not advantageous to converse with a watermelon.

Marlene Young, Windsor
Poudre Valley REA member



Grand Valley Power member **Kathy Grout** takes a minute to pose with CCL during a family visit in Batemans Bay, Australia.

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!

SUMMER READS



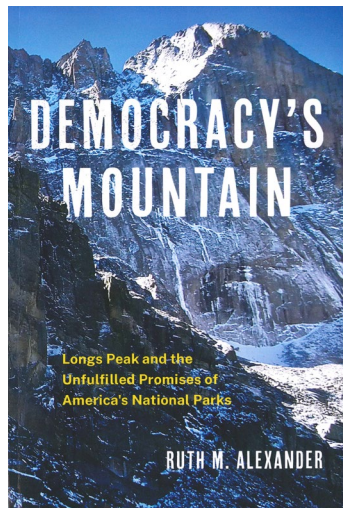
Cole and Laila Are Just Friends By Bethany Turner

Cole Kimball and Laila Olivet have been best friends their entire lives. Cole is the only person (apart from blood relatives) who's seen Laila in her oversized pink plastic, Sophia Loren glasses. Laila is always the first person to taste test any new dish Cole creates in his family's restaurant ... even though she has the palate of a kindergartner. Most importantly, Cole and Laila are always talking. About everything.

When Cole discovers a betrayal from his recently deceased grandfather that shatters his world, staying in Adelaide Springs, Colorado, is suddenly unfathomable. But Laila loves her life in their small mountain town and can't imagine ever living anywhere else. She loves serving customers who tip her with a dozen fresh eggs. She loves living within walking distance of all her favorite people. And she's very much not okay with the idea of not being able to walk to her very favorite person.

Still, when Cole toys with moving across the country to New York City, she decides to support her best friend — even as she secretly hopes she can convince him to stay home. And not just for his killer chocolate chip pancakes. Because she loves him. As a friend. Just as a friend. Right?

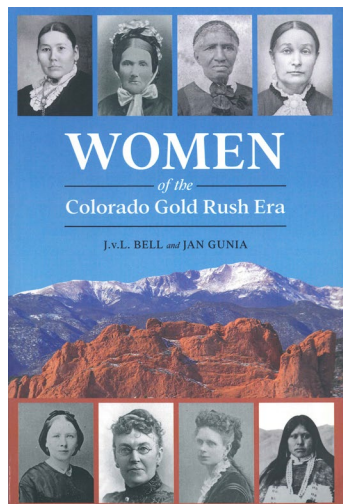
Southwest Colorado-based author Bethany Turner writes pop culture-infused rom-coms that are sure to keep your summer fun. Find her @seebethanywrite and at www.seebethanywrite.com.



Democracy's Mountain

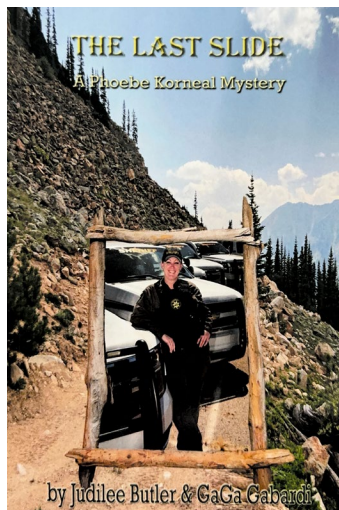
By Ruth M. Alexander

Colorado State University Professor Emerita of History and author Ruth M. Alexander shows how Rocky Mountain National Park has struggled to facilitate visitor enjoyment, protect natural resources, and manage the park as a site of democracy. In *Democracy's Mountain*, Alexander reveals the dangers of undermining national parks' fundamental obligations and presents a powerful appeal to meet them fairly and fully.



Women of the Colorado Gold Rush Era By J.v.L. Bell and Jan Gunia

Authors J.v.L. Bell and Jan Gunia agree that the Pikes Peak Gold Rush has seldom been documented from a feminine viewpoint. *Women of the Colorado Gold Rush Era* explores the lives of 10 unforgettable women who called Colorado home during the turbulent years of the Pikes Peak Gold Rush. Read how these women “possessed bountiful perseverance and courage that served them well as they faced challenges and fought to survive and remain on their homeland.”



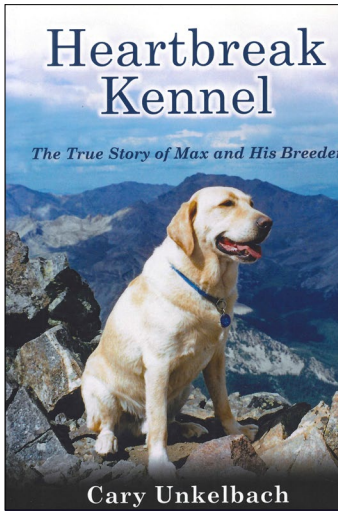
The Phoebe Korneal Trilogy

By Judilee Butler and GaGa Gabardi

Septuagenarian authors Judilee Butler and GaGa Gabardi write stories that speak of stalwart women, great friendships, and life in the small towns of the Colorado Rockies with a mystery to be attended to.

CCL featured their book, *The Last Hurrah*, in its 2021 book reviews, and since then the award-winning duo has written two more books featuring Oresville, Colorado, and crime-solving Phoebe Korneal. Set high in the Rockies, *The Last Slide* and *The Last Line* are mysteries that resonate with all ages and audiences.

Extend your summer reading, pick up this trilogy, and enjoy!



Heartbreak Kennel By Cary Unkelbach

Nearly 100 Labrador retrievers, many sick or dying, are discovered one hot summer day in a rural Colorado field. They've been abandoned by Dodie Cariaso, a college-educated woman from an upper-middle-class Midwestern family. What drove this tragedy? Uncover the stunning secrets of a rogue breeder and the endearing quirks of a beloved canine in *Heartbreak Kennel*.

Former journalist and Buena Vista author Cary Unkelbach unfolds a riveting account of how Dodie's early success as a talented potter devolved into unimaginable neglect. Along the way, Unkelbach gives animal lovers everywhere insight into the pitfalls and responsibilities of dog ownership, through uplifting tales of Max, a Labrador from Dodie's kennel who finds his forever home with the author's family. *Heartbreak Kennel* will shock you but will also give you a wealth of information for the canines in your life.

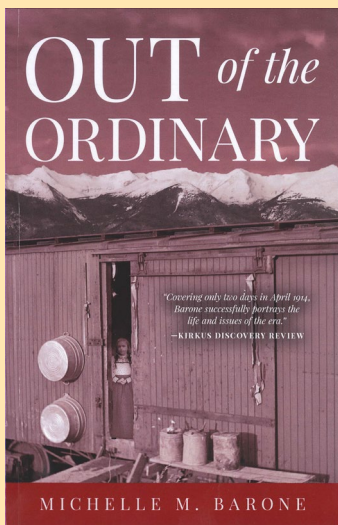


WIN A BOOK in our July giveaway. Visit our Reader Engagement page at www.coloradocountrylife.coop or scan this QR code to enter.

Do you need another way to enter our contests? See the table of contents for instructions.



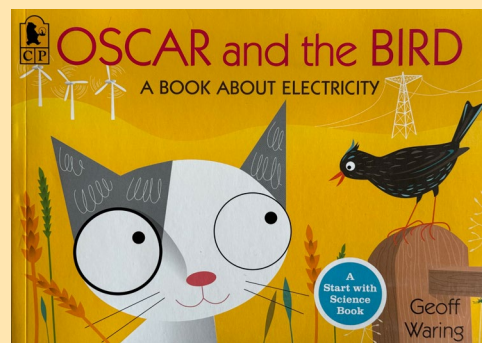
FOR KIDS



Out of the Ordinary By Michelle M. Barone

It is 1914 and Julia Iannacito lives in a boxcar and attends a one-room school in Phippsburg, Colorado. She wishes school weren't so boring and hoped something special would happen. Her wish comes true, but not in a way she ever imagined.

Filled with vivid historical details, *Out of the Ordinary* tells of Julia's struggles both as a young immigrant, and as the daughter of a coal miner. A piece of historical fiction for grades three to six, Michelle M. Barone's story about her grandmother introduces readers in an age-appropriate fashion to the Colorado labor struggles and the immigrant experience.



Oscar and the Bird: A Book About Electricity By Geoff Waring

When Oscar the curious kitten finds a tractor in a field and accidentally turns on the windshield wipers, he is full of questions about electricity. Luckily, Bird knows the answers! With the help of his friend, Oscar finds out how electricity is made and stored, which machines need electricity to work, and why we always need to be careful around wires, batteries, plugs, and sockets. For ages 3 to 6.



The Highlights Big Book of Activities for Little Kids

The Highlights Big Book of Activities for Little Kids includes more than 200 screen-free activities for ages 3 to 6. Kids and grown-ups can use everyday household items to make lasting memories while they banish boredom and get the wiggles out.



Storm Is Coming By Heather Tekavec

When the farmer warns that a storm is coming, Dog spreads the word and leads all the animals to shelter. Huddled together, they wait anxiously for Storm to come. But who is this frightening creature named Storm? What will happen when it arrives? When the rain starts pelting the roof and lightning fills the sky, the animals are relieved. The sky must be trying to protect them by scaring Storm away. But when everything stops and the sky is quiet, the animals hear the thump, thump of someone coming toward the barn. Could it be Storm? For ages 3 to 6.

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