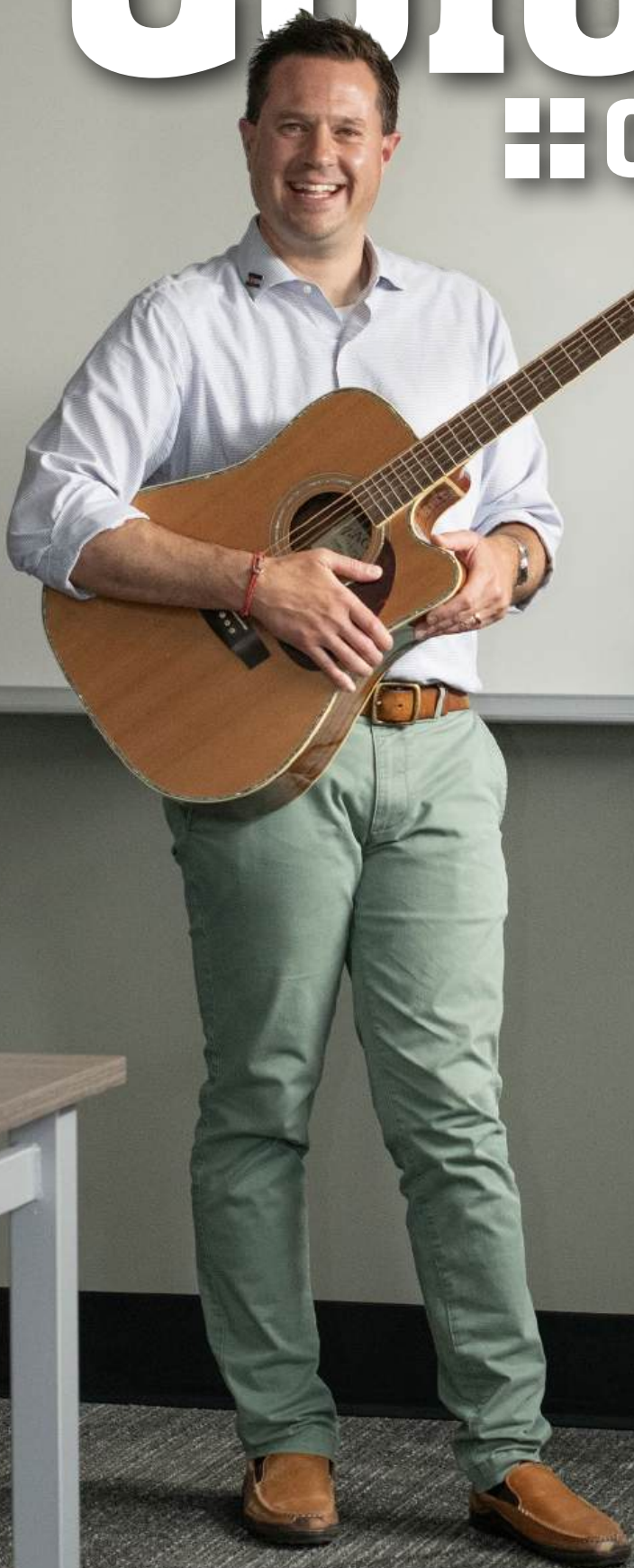


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THE OFFICIAL PUBLICATION OF THE
COLORADO RURAL ELECTRIC ASSOCIATION

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EDITORIAL

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On the Cover

Yuma High School music teacher Rob Zahller poses with his guitar between classes.

Photo by
Thea Sonnenberg,
Big Country Photography.



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"Mexican Hats" by Kerry Howard, a La Plata Electric Association member.

- 4 VIEWPOINT
- 5 LETTERS
- 6 ASK THE ENERGY EXPERT
- 7 YOUR CO-OP NEWS
- 12 RECIPES
- 14 NEWS CLIPS

16 COVER STORY TUNING IN

- 20 ENERGY CONNECTIONS
- 22 GARDENING
- 24 OUTDOORS
- 26 FOCUS ON
- 28 MARKETPLACE
- 29 YOUR STORIES
- 30 DISCOVERIES

Monthly Contests

Does your family like to hike? Do you need inspiration and new trails to explore?

Enter to win one of these books!

For official rules and to enter, visit the Monthly Contests page at coloradocountrylife.coop or scan the QR code with your smartphone.



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INSTAGRAM PIC OF THE MONTH

colorado_electric_cooperatives posted: Nearly 100 high school students arrived in Clark, Colorado, after being selected by their local cooperatives as participants for the Cooperative Youth Leadership Camp. This educational seminar is put on by electric cooperatives in Colorado, Kansas, Oklahoma, and Wyoming. #LeadersOfTomorrow #CooperativeDifference



FACEBOOK CHATTER

Colorado REA Facebook posted: Yesterday, attendees enjoyed the first day of the 2023 Safety & Loss Control Seminar. Presentations included topics such as physical security, DOT requirements, and hazard mitigation planning. Participants also engaged in breakout discussions and lunch. Here's to a successful day 2! #SafetyAndLossControl #Seminar #CREA

BEHIND THE METER

How does at-home energy generation impact the grid?

BY KENT SINGER EXECUTIVE DIRECTOR



KENT SINGER

Since the inception of the Colorado electric co-op program in the 1930s, the traditional path for delivering electricity to co-op members has largely remained the same: Power is generated at a central station power plant, transmitted across high voltage transmission lines, and finally distributed over a local system to end-use customers at their homes and businesses. While the source of the “central station” power varies from state to state, the basic system of generation, transmission and distribution (G,T&D) of electricity has looked the same for decades.

This “G,T&D” model will remain the path for most of the electricity consumed by Colorado’s electric co-op members for years to come; however, more and more co-op members are opting to generate electricity at their premises. They do this by using solar panels on their rooftops or other sources of power that are “behind the meter.” And, as is the case for most renewable energy generation, it’s not always available and fluctuates depending on weather conditions. With that in mind, there are two scenarios at play for a co-op member’s on-premise system: Excess generation and inadequate generation.

If a co-op member’s residential rooftop solar system produces more electricity than they consume, Colorado’s electric co-ops have agreed to — and state law requires them to — “net meter” the energy the co-op receives from member-owned solar arrays. Net metering simply means that when excess electricity is exported to the grid, the co-op member receives kilowatt-hour credits valued at the retail rate. A member of a Colorado electric co-op can reduce

the amount of electricity they purchase from the co-op since the solar panels on their rooftops are producing at least some, if not all, of the power they require for their home or business. In this scenario, the co-op member who is generating excess electricity benefits from their use of the co-op distribution system to manage and credit their excess solar energy production.

Unless they are completely off the grid and are generating all the electricity they need, co-op members with rooftop solar systems must still be connected to the co-op’s distribution infrastructure. This ensures the delivery of electricity to their home or business whenever it is required — for example, during a string of cloudy days when their solar panels don’t generate adequate electricity. Electric co-ops have a legal obligation to maintain adequate facilities in order to provide reliable electric service to their members.

It’s true that the need for a co-op to purchase power from a wholesale supplier is decreased when its members generate their own electricity. However, the co-op is still responsible for maintaining a robust distribution system that will serve all the co-op’s members.

This raises an important question for Colorado’s electric co-ops (and other electric utilities): If an electric co-op member benefits from the poles and wires to provide electricity when the rooftop solar panels aren’t sufficient, but that member no longer buys any or as much power from the co-op, should that member be required to pay for the continuing maintenance and replacement costs of those facilities?

As more and more co-op members install solar arrays, the way that co-ops compensate their members for consumer-sited generation may need to be reexamined. With the increase in residential solar systems, co-ops receive less revenue from energy sales, but they continue to have expenses related to maintaining the distribution grid. Co-ops may also need to make new infrastructure investments to enable the storage of excess solar production to help meet peak demands for electricity in the afternoon.

There has been a lot of discussion recently about whether any changes need to be made to the existing net metering rules from both the perspective of solar installers and electric utilities. As not-for-profit utilities, co-ops aren’t incentivized to make a profit, but they still must meet their payrolls, run their trucks, and invest in system maintenance and improvements. These costs are shared among all co-op members.

Colorado’s electric co-ops go to great lengths to treat all of their members fairly and equitably, and they will continue to do so as they integrate more behind-the-meter, customer-sited renewable energy resources.

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

FROM THE EDITOR

Supporting Future Leaders

BY KYLEE COLEMAN EDITOR



KYLEE COLEMAN

Did you know that seven cooperative principles guide your local electric co-op's daily work and mission? Each principle contributes to the cooperative difference — the “it” factor — that sets it apart from other utility companies. Maybe you've experienced this difference already, but I want to highlight how two specific cooperative principles impact you and your family: “Education and Training” and “Concern for Community.”

Your local electric co-op recognizes that kids are the leaders of the future. It invests in education that benefits kids, families, and their local communities. Some examples of this include presenting electrical safety demonstrations at schools and community events; donating time and money to local nonprofit educational organizations and programs; sponsoring junior livestock sales; and giving college scholarships to graduating seniors.

When co-op principles are combined in action, it results in powerful and lasting change for co-op members and communities. I encourage you to look closely — I'll bet you discover the cooperative difference for yourself. Connect with your local electric co-op on its website to learn more about cooperative principles and programs.

Kylee Coleman is the editor of *Colorado Country Life* magazine.

LETTERS TO THE EDITOR

I have read that if the blade on the power windmills is painted, the birds won't fly into it.

Is that true?

If so, why isn't it required for all of the windmill farms?

Gail Shepherd, Pueblo West
San Isabel Electric Association member

EDITOR'S NOTE:

The visual effect we experience when a fast-moving object appears blurry is called “motion smear.” Painting one of the three turbine blades black could potentially reduce bird collisions by providing a visual cue and reduce motion smear. But keep in mind that these visual cues for birds are only effective during the daytime. Certain studies are promising but have not been duplicated; there is no firm evidence that painting blades reduces the number of bird collisions with wind turbines.

To learn more about Colorado's electric cooperatives' efforts to protect birds, visit www.coloradocountrylife.coop/safeguarding-wildlife.



SEND US YOUR LETTERS

Editor, 5400 Washington St., Denver, CO 80216 or
kcoleman@coloradocountrylife.org. Include name
and address. Letters may be edited for length.

**MOUNTAINS
OF FUN**  Colorado
State Fair



COLORADO'S ELECTRIC COOPERATIVES JUNIOR LIVESTOCK SALE

Tuesday, August 29 at 3:30 p.m. In-person and online bidding available

The Colorado State Fair is inviting you to enjoy MOUNTAINS OF FUN this year! Come experience the best Colorado has to offer with authentic livestock competitions, live music, and all the delicious fair food you love.

Go to coloradostatefair.com to find the schedules for this year's Junior Livestock Sale, rodeo and concerts!



★ **AUG 25TH - SEPT 4TH** ★

TEACH YOUR CHILDREN WELL

BY MIRANDA BOUTELLE

Q: I'm making an effort to reduce my energy use, and I want my kids to start energy-saving habits as well. How can I encourage them to use less electricity at home?

A: Educating kids on energy use and costs can help engage them in your family's goal to use less electricity. They can be electric conservation champions if you ask them to help.

A great place to start is to teach children the impact of saving energy; have them help you conserve with the household's biggest energy users: heating and cooling systems. Set the example and dress appropriately for the seasons, even when indoors — socks and sweaters in the winter, tank tops and shorts in the summer. Clothing choices impact thermostat settings that can balance comfort and savings.

This time of year, you can also leave the house during the hottest times of the day to go for a swim or play outside. Before you go, nudge up the thermostat a few degrees to avoid cooling an empty house.

The second-highest use of electricity is typically an electric water heater. Use a shower timer so older kids can monitor how long they are in the shower. Teach them to wash their clothes in cold water. If you have a gas water heater, look at the gas bill to find opportunities to save.

Powering down gaming stations and computers is another way to save. In the



▲ Teach kids to dress appropriately for the seasons, even when they are indoors, which allows you to set the thermostat to balance comfort and savings. Photo by Mike Teegarden, Pioneer Utility Resources.

kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

If your kids are older, spend some time teaching them how to read the electric bill. Focus on what you can control: kilowatt-hour use. If they are old enough, teach them how to do the math. Calculate kWh use by multiplying wattage by hours used and dividing by 1,000. Multiply this by the kWh rate found on your electric bill to estimate how much you spend on power for each household appliance.

For example, if you have a space heater that uses 1,500 watts and is on for four hours a day for one month, it uses 180 kWh. With an average rate of 13.1 cents per kWh in

Colorado, the space heater costs about \$25 a month to operate. In this example, that same space heater costs more than \$70 per month if runs 12 hours a day.

For household appliance wattage, look for the amount stamped on the bottom, back, or nameplate. If the nameplate does not include wattage, figure it out by multiplying the voltage by the amperage.

For more information on how to save on your electric bill, visit your electric co-op's website.

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, and she writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 electric co-ops.

Therapy, Safety and Independence

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?

As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life?

Check all the conditions that apply to you.

Personal Checklist:

- Arthritis
- Dry Skin
- Insomnia
- Anxiety
- Diabetes
- Mobility Issues
- Lower Back Pain
- Poor Circulation

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

Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.



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

It's got everything you should look for in a walk-in tub:

- Heated Seat – Providing soothing warmth from start to finish.
- *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.

Safe Step includes more standard therapeutic and safety features than any other tub on the market, plus the best warranty in the industry:

16 Air Bubble Jets

Complete Lifetime Warranty on the Tub

Personal Hygiene Therapy System and Bidet

Anti-Slip Tub Floor

Foot Massaging Jets

Wider Door, The Industry's Leading Low Step-In

Heated Seat and Back

Electronic Keypad

MicroSoothe® Air Therapy System

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With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.

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Quick-Prep Grab and Go Banana PB&J Wraps

BY KYLEE COLEMAN

It's back-to-school time! This may mean your family is shifting from easy summer days to the rush of the bus schedule and the school bell. Courtesy of Catherine Murray at our sister publication, *Ohio Cooperative Living*, we're excited to share her "Grab and Go" recipe for Banana PB&J Wraps.

Spend a Sunday afternoon with your kids prepping these wraps. Set it up as an assembly line — you'll have fun *and* be set for a few days of the coming week. With this advance work, these wraps are the perfect solution to a rushed morning, a cure for a "hangry" kid who needs a pick-me-up after a long day at school, or an eat-in-the-car snack on the way to an after-school activity. We hope this delightful recipe helps you ease back into your school routine.



WHO INVENTED THE PB&J?

In 1901, the first peanut butter and jelly sandwich recipe appeared in the Boston Cooking School Magazine of Culinary Science and Domestic Economics written by Julia Davis Chandler. She said to use currant or crab-apple jelly and called the combination delicious and as far as she knew, original.
nationalpeanutboard.org



BANANA PB&J WRAPS


Prep: 5 minutes | Servings: 2

- 1 8-inch flour tortilla
- 1 ounce cream cheese
- 2 tablespoons chunky peanut butter
- 1 tablespoon jelly or jam of choice
- 1 large banana, peeled

Warm up flour tortilla in microwave for 10 seconds to make it easier to roll without cracking. Spread cream cheese evenly over half of the tortilla (to the edges). Spread the peanut butter on the other half (to the edges). Spoon and spread jelly down the middle, then place banana on top. Roll up tightly and seal. Cut in half lengthwise to share. Off you go with a tasty and filling snack! Store in foil, plastic wrap, or food storage containers in the fridge for up to three days.

Note: Adjust measurements to your liking — you know your perfect PB&J ratio! Switch out the peanut butter for almond butter or sun butter if you prefer.

Recipe and photo by Catherine Murray, *Ohio Cooperative Living*.

 GET MORE RECIPES ONLINE

Looking for another quick and easy to make after school snack?

Try **Dessert "Sushi."**

Visit coloradocountrylife.coop, click on Recipes under Living in Colorado, and search for Dessert "Sushi" or scan the QR code to the right.



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A NOTE ABOUT JULY'S PIZZA PASTA SALAD RECIPE



Last month's recipe excerpt was from *Hot Diggity Dog: 65 Great Recipes Using Brats, Hot Dogs, and Sausages* by Eliza Cross. Photography by Sheena Bates. Reprinted by permission of Gibbs Smith Books.



DO YOU HAVE A GREAT RECIPE?

If you have a recipe you want us to try, send it to recipes@coloradocountrylife.org.

The Miracle of Hemp in a Pill?

New hemp technology is 450% better for discomfort relief than regular hemp oil

Americans are rejoicing about a brand-new technology that gets the goods on the health benefits of hemp.

A next generation hemp technology is now available across the nation and can be purchased without a prescription.

And the best part, it comes with a new delivery system that's 450% more absorbable than oil.

So you can say good-bye to pills, oils and creams.

Canna LS contains pure "full spectrum hemp," which works to relieve joint discomfort, restore sharp memory, and support a healthy normal inflammatory response, to name a few. And since it has no THC, it heals without the "high."

Exciting new scientific research shows that hemp contains special molecules called cannabinoids which bind to receptor sites in the brain and body. When taken orally, hemp activates these receptors.

Why This New Technology Is Better Than Hemp

Unfortunately, most hemp found on the market can't deliver a fraction of these results. "The problem is, most hemp formulas come in oil form," according to Chief Technologist Mi Hwa Kim of The Green Gardener. "Oil doesn't breach the cell membrane, which is where the real healing happens. Our body is 80% water, our cells 90%. And you know what they say about oil and water — they don't mix."

This is why **Canna LS** contains a unique "water soluble" system. The technology is

shown to improve absorption in the cells by 450%, quickly boosting the body's cannabinoid levels.

"The other problem is that most of these formulas only contain a single compound extract," says Ms. Kim. "Hemp's full spectrum of cannabinoids are shown to work synergistically. In short, they work better together. It's called the "entourage effect." Most miss out on the full effects because they are missing some of the best rejuvenating compounds within the hemp plant. This is why we've made **Canna LS** with "full spectrum" hemp." "Finally, most hemp formulas are made on foreign farms with pesticides, or grown using non-organic seeds and processes. We've grown the hemp in **Canna LS** at a 100% organic American farm, under strict agricultural guidelines. It's grown without pesticides or GMOs. And it's grown to contain no THC."

How It Works

The key to hemp's health benefits is the Endocannabinoid System, a network of receptors in the cells. The system is there to maintain homeostasis (balance). In response to toxins in our body, it releases cannabinoids to set things back to their natural state.

"It's really an amazing God-given system that's been completely over-looked," says Ms. Kim. "Our bodies are practically designed to work with the compounds in hemp, which is why we needed a technology like **Canna LS** that unleashes its full potential."

Over time, with aging, the endocannabinoid system

eventually burns out. Fewer cannabinoids are released, so the body's levels deplete. The result is, all sorts of symptoms of aging like age-related memory loss, blurry vision, joint dis-comfort, and much more.

"This is why there's almost nothing hemp can't do and no health concern it can't address," says Mi Hwa. "The trouble is, most hemp formulas are just not absorbable enough for the cell, so they fail to activate the endocannabinoid system. This is why they don't deliver anything close to the full range of potential results."

Fortunately, **Canna LS** is clinically shown to enter the cell membrane 450% more powerfully. This is how it boosts cannabinoid levels fast, helping to relieve joint discomfort... restore foggy memory... and support healthy blood sugar. And what most people really love is that the "pearl" gel is easier to take than taking a pill or oil.

Not Yet Sold In Stores

Full-spectrum hemp, like **Canna LS**, is available nationwide. However, several major pharmaceutical companies are currently testing hemp in clinical settings, which means it may require a prescription in the future. It's advised to get **Canna LS** while you can.

Taking All The Risk Off Consumers

A large percentage of men and women using **Canna LS** experience truly amazing results. That's why it's now being sold with a guarantee that goes way beyond the industry standard. "We can only make



this guarantee because we are 100% certain our customers will be satisfied," says Ms. Kim. We want to take full risk off consumers. So in addition to offering substantial discounts for first-time customers, we also make them a huge promise that ensures they don't have to risk a cent."

Here's how it works: Take **Canna LS** exactly as directed, and you must be thrilled with the results! Otherwise, simply return the bottles and any unused portion within 90 days of purchase.

Where To Find Canna LS

To secure the hot, new **Canna LS** formula, buyers should contact the Sears Health Hotline at **1-866-559-1756 TODAY**. "It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer." Dr. Sears feels so strongly about **Canna LS**, all orders are backed by a 100% money back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back."

Call NOW at **1-866-559-1756** to secure your supply of **Canna LS**. Use Promo Code **COCA823** when you call. Lines are frequently busy, but all calls will be answered!

Understanding Generator Options

If you're wondering whether to buy a home generator in case of a power outage, you're not alone. Backup power sources have become popular, and manufacturers offer many different types. The variety makes it easier to get exactly what you want, but harder to choose.

The average U.S. home is without power about seven hours a year, so evaluate your emergency needs to determine if it's worth the cost and maintenance to buy a generator.

Generators can be convenient during an outage, but there are lots of safety considerations. They should never be used indoors, not even in a garage. The Consumer Product Safety Commission reports that 85 people die each year from carbon monoxide poisoning caused by gasoline-powered portable generators. Portable generators should be operated more than 20 feet from the house and be connected only with outdoor extension cords matched to the wattage being used. Look for models with a carbon monoxide detector and automatic shutoff.

Appliances should be plugged into the generator and the generator should never be plugged into an outlet or your home's electrical system. Spend the money to have an electrician install a transfer switch. That acts as a mini-circuit breaker to protect your appliances and can be an easier way to connect the house to the generator.

Inverter generators are higher-tech versions of standard portable generators. The power they produce changes to match what the appliances are using, so although they are a little more expensive, they use fuel more efficiently and make less noise. The same safety guidelines apply to both inverter and standard portable generators.

Standby generators can cost \$7,000, plus installation, but they have the benefit of turning on automatically during a power outage and running your whole house. They're typically a permanently-mounted outdoor unit that's connected to your home electrical system and runs on propane or natural gas. It must be installed by a professional electrician.



Power stations, also known as batteries, charge themselves while the power is on. They're not as powerful as some of the other options, and can be more expensive, but they're quiet and easy to operate. They can cost between \$400 and \$6,000.

With the increased intensity of storms and our reliance on electronic devices, power outages may be a bigger concern these days. Technology now gives you many choices for how to react, whether you want to make sure you're never without power, or you're willing to just light a candle and wait for the lights to come back on.

Beat the Extreme Heat

During periods of extreme heat, hot weather mixed with outdoor activities can lead to dangerous situations. According to the CDC, people can suffer heat-related illness when their bodies are unable to properly cool themselves. During extreme heat, follow these guidelines to protect yourself and your loved ones.

Source: Centers for Disease Control and Prevention



STAY INFORMED: Check local news for extreme heat alerts.



STAY COOL: If you do not have access to an air-conditioned space, visit a shopping mall or public library for a few hours.



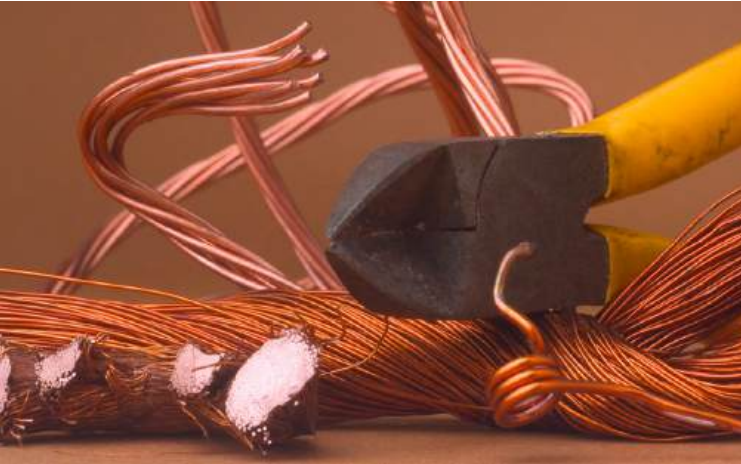
STAY HYDRATED/DRESS APPROPRIATELY: Drink fluids regularly, regardless of activity level. Wear lightweight, light-colored, loose-fitting clothing.



DON'T leave anyone in a closed, parked vehicle.



DO check on elderly friends and neighbors.



Copper Thieves Convicted and Ordered to Pay Co-op

Two Wyoming men face up to 10 years in prison for stealing copper conductor from Powder River Energy Corp. and owe the Gillette-based electric co-op more than \$100,000 in restitution. Over the course of 6 months beginning in June 2021, the men stole copper wire by cutting down power poles and stripping dormant power transformers. Both men were convicted of theft.

Unauthorized interference with electrical equipment and infrastructure is illegal and dangerous. It can result in high-voltage shock, severe burns, or fatal electrocution. If you see suspicious activities near any of your electric co-op's facilities and infrastructure, contact your local co-op immediately.

Cooperative CEO Recognized with Keystone Leadership Award

Power supply cooperative Tri-State Generation and Transmission CEO Duane Highley received the Keystone Leadership Award from the Keystone Policy Center.

Keystone Policy Center, a nonprofit organization, fosters collaborative and sustainable outcomes through its values of equity and inclusiveness; civil discourse; science and evidence based decision-making; developing understanding; and collective action. The leadership award was established in 1994 to recognize outstanding individuals and organizations who work toward lasting solutions through collaboration.



■ Duane Highley, Tri-State Generation and Transmission CEO.

“Everyone can agree that reliability is important and affordability is important; and if we can figure out how to deliver reliability and affordability while making the energy transition, it’s easy,” Highley said at the Keystone awards ceremony. “We have incredible support from our members — it matters that we’re all in alignment. If we’re all in alignment, there’s nothing we can’t achieve.”

For nearly four decades, Highley has served electric cooperatives; he joined Tri-State in 2019. He is known throughout the industry for innovating and working toward win-win solutions. As co-chair of the Electric Subsector Coordinating Council, he coordinates security efforts between the U.S. Government and electric utilities. Tri-State is a member-owned, not-for-profit cooperative power supplier. It serves 45 members in four states, providing power to more than one million electricity consumers in the West.

YOU CAN HELP POWER A COMMUNITY

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

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

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

To learn more: Visit crea.coop/community-outreach/current-causes.

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

CREA/Guatemala
5400 Washington St.
Denver, CO 80216



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



Tuning In

INSPIRING COMMUNITY
THROUGH MUSIC

BY GAYLE GRESHAM

Photos by Thea Sonnenberg, Big Country Photography

The room fills with the sound of 14 guitars strumming in unison to the Eagles' song, "Take It Easy." The faces of the high school students are intent on following the chord progression on their computer tablets while their teacher, Mr. Zahller, sings and plays his guitar. Rob Zahller is the middle school and high school band teacher for the Yuma School District on the plains of eastern Colorado, not far from the Nebraska state line. As the music fades and Mr. Zahller announces

the next song, Buddy Holly's "Peggy Sue," a few groans can be heard as he starts the fast, driving downward strum of the song, but all of the students join in with a bit more concentrated effort. At the end of the class, Mr. Zahller asks each student to share their least favorite song to play — it's "Peggy Sue" all around.

With a repertoire of more than 100 songs including pop, country, and rock from the '50s, '60s, and '70s, which the students learn during the school year, the guitar class is a

▲ Yuma High School graduate and current band teacher Rob Zahller.

popular choice for students. But for Rob Zahller, it is a means for connecting kids to more than music. It is an opportunity for the kids to try something they may not have seen themselves doing and a place to learn how to belong in different groups.

COMING HOME

Zahller began teaching band in Yuma in 2007. But living in Yuma wasn't anything new to him. His parents moved to Yuma in the 1970s. "I started out on trombone in

the fifth grade at Yuma Middle School, the exact same place I am teaching now,” he says with a laugh.

Yuma had a strong music program when Zahller was in school. He had the same band teacher from fifth grade through high school. “I was lucky that I had teachers in public school and at college who took an interest in me,” Zahller says. “It would have been easy to fall by the wayside, especially in a little town where music isn’t as big as it is in some other schools.”

Zahller majored in music education at Hastings College in Nebraska where he had professors who were good teachers and even better conductors. He noticed that some of his professors were involved in both performance and conducting, and he decided that was a great way to “stay in the game.”

After graduating college, Zahller was hired as the band teacher at Boys Town in Omaha, Nebraska. Boys Town was founded by Father Edward J. Flanagan, who opened an orphanage for boys in 1917. Boys Town and Father Flanagan were made famous by the movie released in 1938 starring Spencer Tracy and Mickey Rooney. According to Zahller, the Father Flanagan model is based on giving kids in Boys Town a community. “The family setting is totally emphasized every day. The married couples in each home with eight children are called ‘family teachers.’ And I was called the ‘assistant family teacher.’ Everything is based on family.”

At Boys Town, Zahller went to work and engaged with eight boys, attending their parent-teacher conferences, cooking dinner with them, celebrating with the boys when they did something positive, and issuing appropriate consequences when they did something negative.

“I cut my teeth with that being my everyday job,” he says. “I learned a lot of great things from the people I worked with

at Boys Town. The model is great and I still use it in my classroom.”

Zahller spent three and a half years teaching at Boys Town, and every year the acting principal of Yuma Middle School and High School would call him and say, “The band position is open again.”

“I knew enough to know that is not the way to have a healthy program, to be constantly in limbo. So, after the third year of saying no, I decided it was time for change,” he says. “The cards fell into the perfect position. My wife graduated with a degree in biology from Creighton University, and there was an opening for both a science position and a band position in Yuma. My wife’s family lived in Otis, and my mom and dad lived in Yuma. If there was ever a divine intervention to move, then this was probably the perfect time to move.”


REBUILDING THE BAND PROGRAM

When Zahller arrived back in Yuma, he saw little of the strong band program he had thrived in as a kid. There were only 14 students in the band class. He reached out to those band students and got to know them over the summer to keep them connected to the band program.

“Even though the band was small, they were all kids who really wanted to be there, so it was quite easy to be their teacher,” Zahller recalls. “They were excited to have somebody come back and be involved in the process, and it worked out pretty good.”

Drawn to Zahller’s enthusiasm, fun sense of humor, and genuine care for each student, the band started growing. Within a few years, roughly 80 students joined the band.

Based on his experiences of growing up in Yuma and teaching at Boys Town, Zahller

Mr. Zahller’s specialty is building connection and community among his students. 

“

I was lucky that I had teachers in public school and at college who took an interest in me. It would have been easy to fall by the wayside, especially in a little town where music isn’t as big as it is in some other schools.”

—Rob Zahller





“

I work with a lot of kids I taught who are now teachers at Yuma Middle School and High School. I love that! It's such a neat feeling because it's contagious! Like maybe I did something right enough and other teachers did something right enough that this is right where you should be.”

—Rob Zahller

recognizes band as one of the activities, like sports or theater or art, that can span grade levels and seasons in a student's life. “My philosophy is to give kids a consistent, safe place to be involved in for a longer period of time. I say, ‘Welcome into this group as a fifth grader and I look forward to giving you a hug on your senior graduation day.’ That's the net I try to cast over everybody who comes in as a fifth grade band student.”

While Zahller acknowledges it doesn't always happen this way, in his mind it's the “if everything works perfectly” goal. He believes band can give kids a sense of connection to the school, to their peer group, and even to groups they might not think they fit into. Band offers the opportunity for students of different ages and genders to work together. It typically starts with belonging to and practicing music with a small group of students who all play the same instrument, and then learning how that fits into being a member of the

larger band made up of different instrumental sections.

“It's a good thing for kids who haven't experienced this. If we can get them in band, that's one more feather in their cap to say, ‘I am good at involving myself in a peer group that might not be one I chose, but it definitely exists, and it is definitely good for me.’ And that far exceeds the expectation that we are just going to get together and play music.”

Zahller sees the ability to move from small groups to larger groups as a vital skill in life, particularly for students who grow up going to rural or small schools, “because I know that was important for me. Band was my big group, and it shaped me to be the type of person who was comfortable ebbing and flowing to big groups from there on out.”

The band at Hastings College was almost as big as his entire high school in Yuma, but Zahller says he wasn't fearful going into the college band because he knew that would

be a group that would accept him and that he would feel comfortable in it. “I try to recreate that in little ways for our kids who are here in high school in Yuma.”

CHALLENGES

In 2020, the pandemic threatened the safe place and connection Zahller worked so hard to bring to the band program. “The pandemic was tough, not just for me but for every teacher. There were so many variables and just when you thought you could figure it out, it constantly reinvented itself. It was really hard. You can't do music virtually.”

Some kids practiced their instruments more on their own, but playing together as a band virtually was impossible. “I tried to do supplemental assignments that would give them things to listen to. There were lots of opportunities available. For example, some symphonies made their archives accessible to us. I tried to give them music appreciation avenues to go down, which was neat

< Rob Zahller strums a few chords on his guitar in the halls of Yuma High School.

> A guitar signed by the kids who took his guitar class in 2016 is a point of pride for Rob. He recalls it was a group of kids who meshed perfectly and made great music.

because usually there isn't time for this when we are trying to get in rehearsals."

The hardest part for Zahller is knowing the loss of skills and momentum that students faced over the two-year period the pandemic spanned. "The students lost out on formative years, no matter whether they were a sixth grader or a sophomore. They lost out on being able to connect the dots and getting those benchmarks met, and now in 2023 we are wanting things to sound the way they did in 2017, but it doesn't because there is a missing piece of the puzzle."

When the students returned to school, everything was different. New regulations made rehearsing difficult. "Our health department required that there be 10 feet of space around each student. I had 65 students in band, so it took our entire auditorium to sit them spaced out from each other. But, even with that, it was good to have everyone back together."

SUCCESSSES

Looking back at 2020, Zahller recalls a success story — the guitar class. He figured out how to use Google Classroom and Zoom in a way that they could play together. "I could get all of my kids online, on my screen, and they would mute themselves and listen through their earphones. I would be the only one miked, so they could hear me play and sing and I could see them playing and singing back. I just couldn't hear them. It was cathartic because that was the only thing that was really real for me in that whole stretch of a year and a half when things were weird."

Zahller started the guitar class in 2013 with donated guitars. The class provides another opportunity for kids to engage in something that brings connection and

growth. "Kids who might not ever pick up a band instrument will decide to learn how to play guitar. And it is another way to help them connect to a peer group."

Even though his dad played guitar when he was growing up, Zahller never cared to learn to play. His dad started giving guitar lessons to some of the high school kids after Zahller went to college. Eventually, Zahller took a classical guitar class, which he learned was not his favorite thing. But he started playing guitar and singing and discovered he enjoyed it. "I wish I'd had this guitar class when I was a kid. But I'm making up for it now. It's pretty fun!"

The class is popular with the students. Zahller tells the story of one student who loved learning the guitar and spent so much time practicing that his other academic studies suffered. Today he plays jazz and alternative music with bands in Montana. Another former student plays guitar in a house band in Nashville.

Zahller shares another win that he sees every day with former students. "I work with a lot of kids I taught who are now teachers at Yuma Middle School and High School. I love that! It's such a neat feeling because it's contagious! Like maybe I did something right enough and other teachers did something right enough that this is right where you should be."

And Rob Zahller is right where he should be — teaching music, building community, and preparing students to move from band and guitar classes in Yuma, Colorado, to finding their places and people in this big, wide world.

Gayle Gresham was honored to strum along with Rob Zahller's guitar class. She learned guitar in a sixth grade class and still plays in a bluegrass-gospel group with her husband. Gayle writes from her home in Elbert, Colorado.



“ My philosophy is to give kids a consistent, safe place to be involved in for a longer period of time. I say, ‘Welcome into this group as a fifth grader and I look forward to giving you a hug on your senior graduation day.’ That’s the net I try to cast over everybody who comes in as a fifth-grade band student.”

—Rob Zahller

Mr. Zahller's classroom is home to plenty of guitars and music. Songs by Johnny Cash are a favorite among students.





RENEWABLE GEOTHERMAL ENERGY GAINING TRACTION IN COLORADO

State, federal incentives make installation more affordable

BY SHARON SULLIVAN

Colorado Mesa University saves \$1.5 million in energy costs per year by using a heat pump geothermal exchange system installed in 2008. The system provides 80% of the university's heating and cooling.

Geothermal energy is heat-energy from the earth that is tapped via wells drilled into underground shallow groundwater or deep thermal reservoirs. Warm or hot water, or steam are brought to the surface for various uses, including direct-use heating and cooling, and electricity generation.

CMU's heat pump connects to a loop of pipes buried underground that circulates the heat-transferring fluid to the earth's surface to heat buildings during the winter months. In the summer, the system works in reverse, drawing hot air out of buildings and replacing it with cooler air from heat exchangers using the cooler underground water.

Although geothermal energy is available 24/7, high drilling costs have discouraged widespread development of this resource. However, technology gains, along with state and federal policies aimed at helping Colorado reach its 100% carbon emissions-free goal by 2050, have made geothermal

development more attractive.

As chair of the Western Governors' Association, Colorado Gov. Jared Polis announced in July 2022 his *Heat Beneath Our Feet* initiative to help jump-start geothermal energy development in Colorado and across the West. This effort culminated in a report released June 26, 2023, exploring opportunities for, and barriers to, the accelerated development and deployment of geothermal energy technologies.

Additionally, Colorado House Bill 22-1381 created a \$12 million grant program within the Colorado Energy Office to facilitate geothermal energy development. And this year's HB 23-1272 offers more than a billion in refundable tax credits supporting economy-wide decarbonization over the next 10 years, specifically with the intention to complement the Biden Administration's Inflation Reduction Act clean energy tax credits. Colorado's legislation has lined up an anticipated \$140 million in refundable tax credits for geothermal heat pumps and geothermal electricity generation facilities.

The laws help level the playing field where the oil and gas industry has long

▲ A crew installs the in-ground water circulation loops for a ground-source heat-pump system.

enjoyed federal subsidies and other incentives; available tax credits for wind and solar energy have brought those startup costs down. "The new legislation is intended to ensure Colorado is a national leader in investments in supporting an equitable transition to a clean energy economy," said Bryce Carter, Emerging Markets Program Manager for Geothermal at the Colorado Energy Office.

In Steamboat Springs, future residents of Brown Ranch, a 2,300-unit Yampa Valley Housing Authority project, are expected to save millions of dollars in energy costs due to a ground-source heating system being installed there. The Steamboat Pilot reported that the return on investment for the \$58 million geothermal project will be five years.

There are 500 geothermal heat-pump systems in Colorado, located mostly on the Western Slope, according to Cary Smith of Sound Geothermal Corporation and President of GreyEdge Group, which specializes in complex geothermal systems. The town of Gunnison heats and cools many of its municipal buildings via geothermal energy. And on the Front Range, the

Colorado State Capitol is the first state capitol building in the nation to be cooled by geothermal power. The Colorado Governor's Mansion is also heated and cooled with geothermal.

Smith, a drilling engineer who worked in the oil and gas industry for 25 years, was on the architect and design team for CMU's geothermal system that links 16 buildings on campus. As new construction or renovation takes place, the system will expand. With geothermal, "everybody wins — industry, consumers, utilities," Smith said.

Geothermal energy can be developed on a larger scale to generate electricity for the power grid. While there are currently no geothermal power plants in Colorado, a group of geothermal experts, energy providers, and government officials are seeking funding to drill a test site in Chaffee County near Mount Princeton Hot Springs. "At the test site, geophysical evidence suggests the presence



▲ Mike Allen

of a major underground geothermal resource," said Mike Allen, geologist and Senior Business Development/Key Account Specialist for Sangre de Cristo Electric Association in Buena Vista. "To evaluate the validity of the geophysical interpretation, a temperature-measuring test well is necessary to determine the presence or absence of a geothermal reservoir."

Chaffee County is located on the northernmost edge of the Rio Grande rift that extends south to Mexico. "A successful thermal well test would be a model for further geophysical exploration along the rift," Allen said. Establishing a power plant in Chaffee County "could make it attractive for other power plants south along the rift." However, like all power plants, geothermal plants come with potential impacts, and a group of community residents have raised questions and expressed opposition to such a power plant in the

county. SDCEA board members have supported the search for external grant funding to secure funds to drill a test well to determine the presence of a hot-water reservoir. "If testing results are positive, SDCEA, as a community cooperative, can help assure appropriate steps are taken to address members' inquiries and concerns through public and regulatory channels before advocating for the establishment of a power plant," Allen explained.

In addition to providing a clean base-load energy source, geothermal offers new job opportunities as the nation moves away from fossil fuels to combat climate change. Skills acquired in the oil and gas industry are similar to those needed to develop geothermal energy. "It's the same concept — drilling to bring fluid to the earth's surface; it's a similar skill set," said Johanna Ostrum, Chief Operating Officer for Transitional Energy, a geothermal development company that helps oil and gas companies reduce their carbon footprint by generating onsite, emissions-free geothermal electricity used to power their operations.

United Power, an electric cooperative that serves Colorado's northern Front Range, has signed a letter of intent with Transitional Energy to develop a dispatchable energy pilot program. United Power provides electric service to multiple oil and gas operations in Colorado's Denver-Julesburg Oil Basin to power drilling rigs and other equipment.

Additionally, Transitional Energy is exploring the idea of repurposing existing oil and gas infrastructure for geothermal energy development. The company is currently looking at a former oil and gas site in Weld County, Ostrum said, who worked for 16 years as an oil and gas engineer before being laid off after the company went bankrupt. "Geothermal was a nice transition for me," she said. "It's energy for the future. There are opportunities in oil and gas basins in Colorado for this technology. As oil and gas workers get laid off, geothermal is a great place for these folks to land."

Like all energy development, environmental impacts exist but are minimal, Carter said. When repurposing existing oil wells, there could be a brief period of enhanced oil recovery, although it is anticipated the oil would bottom out over time, he noted. And, while geothermal is considered essentially carbon-free, in some basins there is a possibility of minor emissions. Once a closed-loop geothermal system is operating, there are no emissions, he said.



▲ Bryce Carter

Drilling and enhancing geothermal reservoirs can potentially cause microquakes not felt on the surface, although there are a few rare cases of larger seismic events that have occurred at previously unknown fault lines. However, technologies have advanced in recent decades where scientists have gotten better at mapping fault lines and managing reservoirs, making the risks well-mitigated, Carter said.

"Ultimately this is a win-win-win using energy beneath our feet and creating jobs that are local," Carter said. "As coal power plants retire, why not build geothermal? The available infrastructure within our communities provides a lot of opportunities today and for future generations. What we're finding in Colorado has implications for the world."

Sharon Sullivan is a freelance journalist based in Grand Junction. She writes for a variety of magazines, newspapers, and nonprofit organizations. When not working she's likely to be out hiking the public lands surrounding the Grand Valley.

To read *The Heat Beneath Our Feet* initiative report, scan this QR code with your smartphone.





When Groundwork is the Homework

Farm-to-school programs connect kids with food

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

Over the past two decades, farm-to-school programs have exploded across the country. Originally, they were intended to support community-based farmers while introducing students to the importance of nutrition. Students from preschools to high schools were enthusiastic about the experiences, and their physical and mental health improved as well. These benefits have led to increased classroom and community participation, government funding, and foundation support.

Three core elements of farm-to-school programs are 1) procuring locally sourced foods; 2) designing curriculum to educate students about agriculture, food, health, and nutrition; and 3) providing hands-on experiences to connect students with food.

Students aren't the only ones who benefit from farm-to-school programs. When schools incorporate local products into their meals, new markets emerge and students enjoy more fresh fruits and vegetables. Kids learn that food doesn't originate in grocery stores; it comes from the hands of dedicated, hardworking farmers who benefit economically from the partnerships. This real-life connection to food sources may also spark an interest in agriculture, which may lead to students' future career choices.

Community support is critical for schools to initiate and maintain farm and garden programs. For instance, Garden to Table, a Boulder County nonprofit, forms partnerships to provide everything needed for garden programs. Teachers develop the curriculum that extends beyond planting and watering. Garden to Table experiential learning programs “foster a connection to nature, an understanding of important ecological concepts, and an ethic of environmental stewardship,” according to its website. Students are refueled and more energized when they return to the traditional classroom.

Jefferson County has developed a website to illustrate how garden programs can be used across multiple disciplines. Gardening as a form of experiential education extends beyond scientific observation and the life cycle of plants. It can stimulate lessons about water, soil, weather, and environmental impacts. It can be used to practice mathematical functions like calculating how many seeds to plant in a pot or creating graphs to show how different fertilizers contribute to plant growth. Gardening can teach practical and problem-solving skills to students planning a garden schedule. Gardening can improve language skills and stimulate the imagination when students read garden books, keep journals, and draw plants and flowers.

Teachers have designed gardening curriculum that meets state and district level standards. For example, some use plants and food to explore history and different cultures. Students have replicated gardens that American colonists relied on for survival in the New World. Students have learned the significance of Victory Gardens in overcoming food shortages during WWII. Some have planted potatoes to see how easily Europeans adopted and grew this Peruvian food staple before overdependence on one crop and blight led to famine and mass migration to America.

This is just a small sample of the many lessons teachers have designed around farms and gardens to make education more interesting and relevant. It's no wonder farm-to-school and garden-based learning has blossomed across Colorado. Even if you don't have kids in school, you can get involved in the movement by contacting local schools, nonprofits, and garden organizations.

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



LEARN MORE ONLINE

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

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

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

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

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

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

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

WHY ALL THIS EXCITEMENT?

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

Poor blood flow in the legs and feet is

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

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



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

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

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

HOW IT WORKS

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



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

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

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

WHAT DOCTORS ARE SAYING

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

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

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



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

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

doctor who has appeared on award winning TV shows.

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

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

50% OFF FOR THE NEXT 10 DAYS

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

All you have to do is CALL TOLL FREE **1-855-487-6813** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

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

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CONGRATS WINNERS

Chris Nervig of Colorado Springs won the July giveaway, the “Designated Dinker” pickleball pun glass. Chris is a member of SDCEA.

Mary Dewey of Arvada won the copy *Hot Diggity Dog* we gave away in July. Mary is a member of Mountain Park Electric.

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OUTDOORS



High Country Summertime FLY FISHING

BY DENNIS SMITH

Some anglers I know will tell you the best fly fishing in Colorado doesn't really start until late June or early July. That's about the earliest you can backpack into a cutthroat lake at 9,000 or 10,000 feet and be reasonably sure you won't have to drill a hole in it to catch a trout. And you might have to wade through a snowbank to get to them, but the streams up there will be in pretty good shape, too. They might be running a bit high, but they'll be clear and cold, and the fish in them will be hungry. Trout in the high country are always hungry.


They're usually wild, too, if not authentic natives. Depending on the watershed you fish, you'll find beautifully colored, stream-born browns, rainbows, and scattered pockets of cutthroats. And for sure, you'll hook brook trout. In fact, the brookies will probably outnumber all the other species by at least three to one. Release the cutts, browns, and rainbows, but take a limit of the invading brookies when you leave. They're delicious, and you'll be doing the other fish a favor.

Fly selection varies from one fisherman to the next, but you can bet the beer money every high-country angler carries at least one Wulff pattern — probably two or three of them — in sizes 12 to 16. The Royal Wulff is a local favorite, and so is the H&L Variant. The Western version of the Ausable Wulff — tied with moose hair tails and a cream-colored rabbit-fur — is popular with the Estes Park guides I know. I like the traditional Eastern version; it has woodchuck tails and a dyed, rusty-orange Australian 'possum body.

Add a few humpies, light and dark elk hair caddis, a couple of soft hackles, a few midges for the lakes, and you'll have most of the bases covered. You should also carry a few Adamses. The standard dry fly is fine, but the parachute version with the white calf-tail wing is a lot easier to see.

A few years back I discovered a small partridge and yellow soft hackle was a pretty effective match for the little yellow stone flies that hatch on my favorite headwater creek this time of year. Now, for obvious reasons, I never leave home without it. The same goes for a lightweight rain jacket. It's not a fly pattern, I know, but it is indispensable for fly fishing the high country.

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

 **MISS AN ISSUE?** Catch up at coloradocountrylife.coop. Click on Outdoors.

Keep Colorado Wild

As Coloradans, we live life outside — and with that comes the responsibility for all of us to care for Colorado and keep it wild.

New this year, Colorado residents will see a \$29 Keep Colorado Wild Pass added to their annual vehicle registration through the Division of Motor Vehicles. This annual pass gives all Coloradans easy access to all state parks and the added benefit of supporting our great outdoors and wildlife in a meaningful way.

Colorado is home to more than 960 species of wildlife and 23 million acres of public lands, ranging from wetlands to forests, canyon landscapes to mountain lakes. So it is no surprise that Coloradans cherish an outdoor lifestyle and want to protect the wild spaces and wildlife they treasure.

The Keep Colorado Wild Pass is way more than state park entry, the money raised from the pass sales supports your local:

- State parks system
- Search and rescue teams
- Avalanche safety programs
- Wildlife conservation efforts
- Outdoor learning opportunities

All of Colorado wins when you stay opted in! Join us in keeping Colorado, Colorado.

Read more about the Keep Colorado Wild Pass and how it benefits Colorado at: cpw.info/keepcoloradowildpass and cpw.info/keepcoloradowildpassspanish.

Keep Colorado Wild Pass - Quick Facts:

- Save 60% over the traditional annual state parks pass
- Available only with your vehicle registration process
- The \$29 pass is included in your price total
- When purchased, the Colorado Parks and Wildlife (CPW) logo prints on your registration card which becomes your pass.
- No additional window sticker is provided
- Keep your registration card/pass with your vehicle
- The pass is not transferable between vehicles
- The pass can be linked to the MyCPW app
- All regularly priced Colorado state park passes are still available
- You can opt out of the pass



English



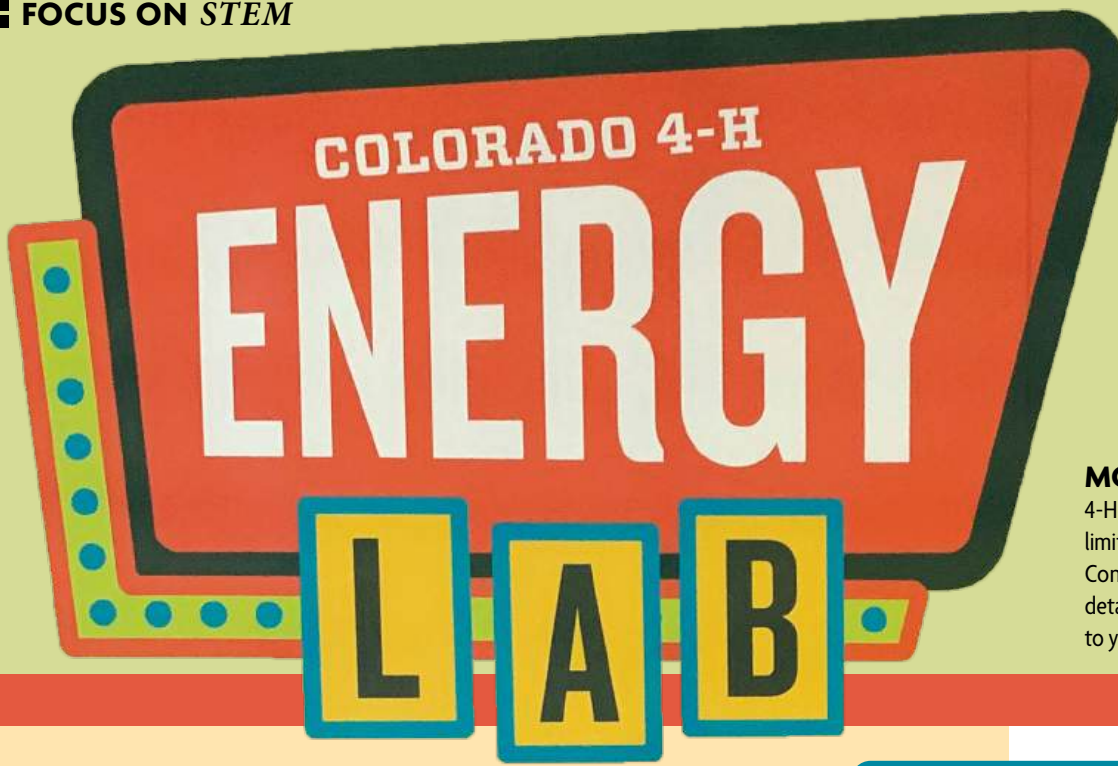
Spanish

Staunton State Park



LIVE LIFE
OUTSIDE





MORE INFORMATION

4-H Mobile Lab registrations are limited to Colorado's 4-H agents. Contact your local 4-H office for details on how to bring 4-H STEM to your event.

HAVE STEM PROJECTS, WILL TRAVEL

BY TADIUS HUSER MEMBER SERVICES MANAGER HIGHLINE ELECTRIC ASSOCIATION

Colorado's electric cooperatives are innovators in the electric industry and leaders in their communities. And your local electric co-op is always looking for new and creative ways to further its impact and connect with its members. When presented with an opportunity to give kids hands-on learning opportunities about energy concepts, the state's electric co-ops collectively raised their hands with a clear answer: "Yes — we'll do it."

STATE PARTNERSHIP

In a partnership with the Colorado State University 4-H Extension, Colorado's electric cooperatives sponsor the Mobile Energy Lab to inspire kids to learn about modern energy generation, energy sources, and energy efficiency practices.

Toby Swaford, K-12 4-H STEM state specialist at Colorado State University is passionate about engaging and educating young people and brings amazing ideas to the Energy Lab. With a background in designing user experiences, Toby creates STEM projects that are interactive and fun.

WHAT YOU WILL FIND INSIDE

The customized trailer is full of functional hands-on projects, activities, and materials focused on the experiential learning of science, technology, engineering, and mathematical concepts — all related to energy. The trailer has been used at county fairs, community events, and at schools. In March, when the trailer was at an elementary school in El Paso County, the fifth graders reported that it was "The best day ever!"

The mobile "pop-up" outdoor classroom can be used anywhere across Colorado and moves throughout the state on a rotation. Throughout the year, Toby hauls the trailer and travels to the state's five 4-H Extension regions (southern Colorado, Front Range, Eastern Plains, mountain region, and Western Slope) where it spends roughly four months offering opportunities of fun-filled education for local kids.



Colorado's electric cooperatives sponsored Colorado 4-H Energy Lab is ready for its next stop in Colorado.



The Colorado Rural Electric Member Services group sponsors the Colorado 4-H Energy Trailer.



Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

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

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

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

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

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

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

Deactivate 400 Agony-Causing Genes

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

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

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

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

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

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

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



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

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

78% Better Relief Than the Most Popular Joint Solution

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

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

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

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

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

Great Results for Knees, Hips, Shoulders and Joints

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

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

How to Get Mobilify

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

To secure your bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at **1-800-329-8498**. “The Hotline allows us to ship the product directly to customers.”

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

The Hotline will be taking orders for the next 48 hours. After that, the phone number may be shut down to allow them to restock. Call **1-800-329-8498** to secure your limited supply of **Mobilify**. If you are not able to get through due to extremely high call volume, please try again! Call NOW to qualify for this limited time offer provided at a significant discount. To take advantage of this exclusive offer use Promo Code: **COMB823** when you call.

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PIE

BURGER

ICE CREAM

GREEN CHILE

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- Pie
- Green Chile

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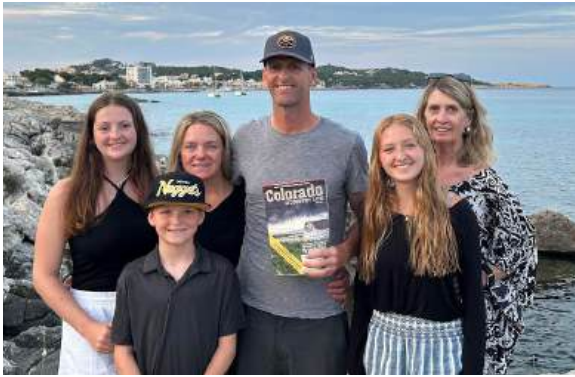
Submit your nominations by September 15. Participants will be entered to win one of three \$100 gift cards, if they nominate in at least three categories.



Share your favorites at coloradocountrylife.coop/bestof2023

 READERS' PHOTOS

 FUNNY STORIES



WINNER: Clay Anderson and his family, members of Southeast Colorado Power Association, snap a photo with CCL on the island of Mallorca in Spain.



Michele Bremer makes time before her swim across the Tropic of Cancer to pose with CCL in the Bahamas. Michele is a member of Mountain View Electric.



In one of my impromptu lessons as a preschool teacher, my students and I were discussing what animals give us what food. All the usuals were coming up: cows equal hamburgers, bacon from pigs, etc. One of my students piped up with llamas. A little confused, I asked, "What food do we get from llamas?" She replied proudly, "Llama beans!"

Derek Smith, Peyton
Mountain View Electric Association member



Mountain Parks Electric members **Keith and Lorena Johnson** take CCL to Israel to celebrate their 25th anniversary. Congratulations, Keith and Lorena!



Proud father **Yosef Salzano** snaps a photo with CCL during his daughter Rachel's PhD graduation in Edinburgh, Scotland. The Salzanos are members of Poudre Valley REA.

My 3-year-old granddaughter, Georgia, was visiting one day. I asked her what she wanted to be when she grew up. She thought for a moment and looked at me with that sweet little face and said, "I think I still want to be Georgia." Well put, little girl, well put!

Marcella Scamehorn, Longmont
Poudre Valley REA member



Patti and Clayton Wilshusen travel to Ketchikan, Alaska, with CCL during a cruise from Whittier Alaska to Vancouver BC, Canada. Patti and Clayton are members of Poudre Valley REA.



DeDe Downs and Terry Wise bring CCL to the Cliff Palace Overlook at Mesa Verde National Park. Both gals are members of San Isabel Electric.

My 8-year-old son was at church one week when his teacher asked if any of the kids had any prayer requests. The kids were asking God to help their gardens grow. My son raised his hand and asked that God help his pot garden to grow. His teacher said, "Excuse me?" I immediately started giggling because this year we planted our garden in pots instead of in the ground. (His garden is growing quite nicely.)

Megan Geiger, Fruita
Grand Valley Power member

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

Show us where you enjoy CCL for a chance to win! Simply take a photo of someone (or a selfie!) with the magazine and share it with us on the Reader Engagement page at coloradocountrylife.coop. Each month we'll draw one photo to win \$25. The next deadline is Friday, August 18. See all of the submitted photos on Facebook at facebook.com/COCountryLife.

We pay \$15 to each person who submits a funny story that's printed in the magazine. At the end of the year we will draw one name from the 2023 published funny stories and that person will receive \$200. Send your stories to *Colorado Country Life*, 5400 Washington St., Denver, CO 80216 or email funnystories@coloradocountrylife.org. Don't forget to include your mailing address, so we can send you a check.



Nourishing & Nurturing Colorado Kids

There are countless nonprofits around Colorado doing wonderful work. **These three organizations are on a mission to nurture and support their local communities in unique ways.** Read on to learn more about these nonprofits and get inspired to pay it forward.

Photo courtesy of FocusedKids.

^ FocusedKids

FocusedKids partners with schools, families, and community organizations to teach mindful self-regulation and brain-building techniques to prioritize healthy brains in children. This research-based social and emotional learning model teaches participants about their brain, helps develop self-awareness, and improves focus both in and out of the classroom.

FocusedKids works with kids as young as two years old in preschool through fifth grade. When used in a classroom setting, FocusedKids meets with teachers for professional development training to explain why the work is important. The FocusedKids team then meets with the whole classroom to teach over a three-week period. Following the three-week program, FocusedKids supports program participants by providing a year-long professional development course as a foundational building block for teachers to successfully manage their classrooms and show up for their students. FocusedKids extends beyond the classroom as well, partnering with parents to provide personalized sessions for their kiddos. To learn more about how this program could work for you and see how they're making a difference, visit focusedkids.org.



Photo courtesy of Beef Sticks for Backpacks.

^ Beef Sticks for Backpacks

Did you know that one in seven children in the United States is unsure where they will get their next meal? This is often due to a lack of financial resources in the household and is an issue more prevalent in Colorado than you may think. Beef Sticks for Backpacks was created by members of the Colorado agriculture community with the goal of helping children who experience food insecurity in Colorado. In partnerships with local sponsors including Colorado Cattlemen's Association, the Colorado Livestock Association, and Colorado State University, Beef Sticks for Backpacks provides high-quality, protein-rich beef sticks to numerous counties throughout the state. Beef Sticks for Backpacks has distributed a total of 1,561,727 beef sticks since 2019. Today, every single child in Larimer County receives a beef stick on a weekly basis. This Colorado-grown nonprofit's commitment to both quality ingredients and ending childhood hunger in Colorado is what makes it shine, and it hopes to one day serve the entire state with its weekly program. You can get involved with Beef Sticks for Backpacks by visiting beefsticks.org.

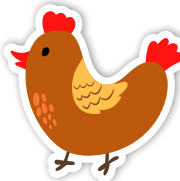


Photo courtesy of Mountain Roots Food Project.

^ Mountain Roots Food Project

Mountain Roots Food Project is committed to bettering the local food system with a variety of community-based classes and programs. Based in the Gunnison Valley, the goal of this nonprofit is to foster knowledge and provide opportunities for accessible, affordable, and nutritious food that benefits the local economy and is sustainably produced. Mountain Roots Food Project was founded in 2010 and its first 2,100 square foot urban garden produced more than 600 pounds of food that was donated to local schools and food pantries and offered to volunteers. In 2022, Mountain Roots Food Project began three new community partnerships at the community gardens in the Gunnison Valley, including collaborations with Immigrantes Unidos; a garden club for women, infants, and children; and support groups in partnership with Project Hope.

Mountain Roots Food Project offers a variety of hands-on experiences, including teaching environmental science in K-12 schools, kids cooking classes, school gardens, a weekly farm stand, middle school nutrition curriculum, high school internships, and a post-graduation "Beginning Farmer Training Program" that teaches regenerative agriculture to the next generation. To volunteer, make a donation, or get more information, visit mountainrootsfoodproject.org.





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