









# Colorado

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#### **LEARN** & SHARE











## FROM THE EDITOR

#### Experiential Learning is the Bees' Knees

BY KYLEE COLEMAN EDITOR

any of us are accustomed to carrying around a device with instant access to seemingly infinite resources on any topic. But I will always choose hands-on learning over simply reading information on a screen. I want to see, smell, and feel — the sensory experience has a greater impact on what I'm able to remember.

In July, I was lucky enough to visit Jessica Filla at her farm in Akron. Jessica and her husband Barney run a multigenerational beekeeping business in Washington and Logan counties on the Eastern Plains. She graciously gave me a tour of their operation and explained the ins and outs of beekeeping. There are no kept bees on their property and no



**KYLEE COLEMAN** 



Jessica Filla pours fresh honey at her farm in Akron. Photo by Kylee Coleman.

active hives — ironically, two of their children are allergic to bee venom.

But everything they need to make honey is there. She walked me through how they take the trays out of the supers, scrape, spin the honeycomb, and bottle the honey. When Jessica so generously gifted me freshly poured honey, I felt the gentle warmth of the sweet, golden liquid radiating through the squeeze bottle I held in my hands. It was that moment the day turned into a lesson I'll never forget.

For more lessons in beekeeping, turn to page 16 to read about Joanne Palmer's trip to Bee College. And to learn about the Fillas, visit coloradocountrylife.coop for bonus content.

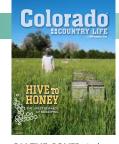
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ON THE COVER: Anderson Filla gets ready to transport beehives from the holding yard to their honey-making locations for the summertime.

Photo by Jessica Filla

#### **CCL EXTRA EXCLUSIVE CONTEST** ENTER TO WIN



Do you want to learn more about bees? Enter to win 1 of these 3 books.



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Scan this QR code with your smartphone to sign up for our email newsletter, or visit us online at coloradocountrylife.coop/ccl-extra.

#### **VIEWPOINT**

# Maui Fire: A heartbreaking catastrophe

What can Colorado's electric co-ops do to mitigate risks in our communities?

BY KENT SINGER EXECUTIVE DIRECTOR

ith each passing day, the toll of the devastating wildfire that swept through the town of Lahaina on the Hawaiian island of Maui on August 8 becomes clearer. As I write this column, the death toll exceeds 100, but it seems likely to go much higher as recovery efforts continue in what's left of the town. In addition to the loss of life, it's clear that the property damage will be in the billions of dollars, and the impacts on the culture and history of Lahaina are incalculable. I'm sure I speak for everyone associated with the Colorado electric co-op community in extending our sincere prayers to those who were lost and their friends and families.

As the initial shock of this event wears off, many people are asking questions about what caused the disaster and whether anything could have been done to mitigate the terrible outcome. Some have suggested that emergency warning systems should have been deployed to alert people to the oncoming fire. Others have questioned whether the local electric company could or should have preemptively de-energized parts of its electric system when the hurricane-force winds began.

There will no doubt be many investigations about these matters, but it would be irresponsible for me or anyone else so far removed from the Maui fire to weigh in without all the facts; blame and speculation will not bring back loved ones or restore property.

At this writing it's not clear what ignited the fire, but one possible cause is downed power lines. As we have seen in similar circumstances in other states, high winds can have a devastating effect on power lines despite the efforts of electric utilities to maintain and care for those facilities.

Unfortunately, this tragedy paints a horrifying picture of the risks that many Colorado residents face every day in our wildfire-prone and windy state. In fact, a recent study concluded that over 300,000 homes in Colorado are at higher risk of wildfire damage since they are situated within the wildland-urban interface, including the foothills west of Denver, Boulder, Fort Collins, Colorado Springs, and Pueblo. As we saw with the Marshall Fire that devastated communities in Boulder County and with the Waldo Canyon Fire that destroyed hundreds of homes in Colorado Springs, wind-driven conflagrations can happen literally in the blink of an eye.

So, what can Colorado's electric utilities do to lessen the chances of one of these heartbreaking catastrophes? While there is no perfect solution, utilities are working hard to protect their communities while keeping the lights on. Your local electric co-op works diligently with state and local governments to identify high-risk areas and to encourage homeowners to clear brush and trees away from their residences. It also means the deployment of many types of technologies to mitigate the risks, anticipate equipment failure, and detect fires at an early stage. In some cases, Colorado's electric co-ops have developed microgrids to ensure that power is maintained during natural disasters including wildfires.

You may hear the suggestion that all existing electric utility lines should be moved underground; this practice is typically only used with new facilities. Unfortunately, this



KENT SINGER

is not practical in many areas, and it would cost billions of dollars and take decades to achieve. Most electricity consumers would not support the rate increases needed to undertake extensive undergrounding of power lines.

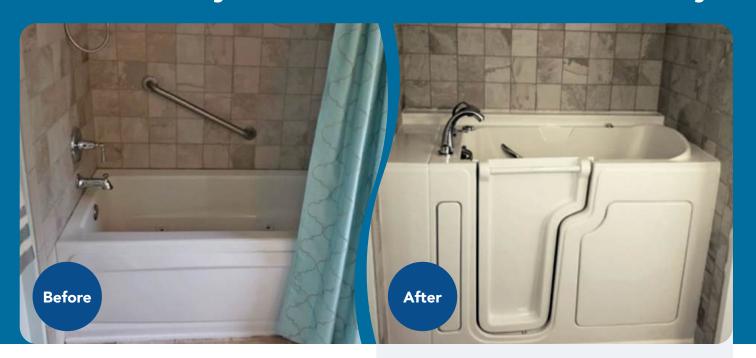
Some Colorado electric utilities are also deploying a program of "public safety power shutoffs," which means that in very limited circumstances a utility will de-energize one or more circuits on its system in anticipation of certain weather events. This is done to limit the potential for fire ignition in the event poles and wires are toppled in a storm. While utilities never want to shut off power delivery to their customers, in some cases that may be the more prudent action to avoid a much worse situation. In California. for instance, Pacific Gas & Electric recently reported to the state's public utilities commission that a shutoff will significantly lower the risk of wildfires ignited by utility

The scenario that unfolded on Maui is the worst nightmare for every CEO, board director, and employee of every electric utility in this country. In Colorado, many electric co-op communities have been significantly impacted by wildfires in recent years — we are keenly aware of the risks. Co-ops remain vigilant and are doing everything possible to protect our communities.

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



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# **FOOD EDITION**

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

- Burger
- Ice Cream
- Brunch
- BBO
- Green Chile



**LAST CHANCE!** 

**NOMINATE BY** SEPTEMBER 15





Submit your nominations by September 15. Participants will be entered to win one of three \$100 gift cards, if they nominate in at least 3 categories.

Share your favorites at coloradocountrylife.coop/bestof2023



#### Q: My windows are old and drafty, and I'm thinking about replacing them. What should I consider?

**A:** Drafty windows will affect your home's energy efficiency. Replacing or performing thorough and regular maintenance can help. Start by identifying the type of windows you have — are they single pane or double pane? Looking closely at the window's edge, you can see the number of windowpanes. Are the frames metal, wood, or vinyl? Any windows with metal frames are the least energy efficient.

#### WINDOW EFFICIENCY

Window efficiency is rated in U-factor and Solar Heat Gain Coefficient, U-factor measures heat transfer through the window, which relates to how well it insulates. The lower the U-factor, the more efficient the window. The SHGC measures how effectively the window blocks heat from the sun.

Several components can make windows more efficient. High-quality frame materials insulate and reduce heat transfer. Two or more panes of glass with space in between (filled with air or gas) improve the window's insulation capability. Warm edge spacers separate the panes of glass to the proper distance apart and help insulate the edges of the panes.

#### REPLACEMENT AND MAINTENANCE

If you want to replace your existing windows, I recommend shopping for Energy Star\*certified windows. Energy Star sets specific U-factor and SHGC requirements based on your geography so you get the best fit for your location. As with many industries, the window industry has been impacted by price increases over the past few years, so keep in mind this may be an expensive upgrade. Be sure to get multiple quotes to compare pricing and scope of work. You may find additional savings with federal tax credits for window upgrades. Visit energystar.gov to find products, tax credit information, and purchasing tips.

If new windows are not in your budget, dedicate some time to maintain your existing windows. Keep the paint and caulking on the exterior in good condition. Caulk around the inside trim, and ensure that sash locks are installed properly and seal tightly when locked.

Whether you replace or repair what you have, making efficiency improvements to your windows will add year-round comfort to your home.

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.

### **Cooperative Leadership Camp**

Near the end of July, more than 100 students from the region traveled to Clark (north of Steamboat Springs) to spend a week at Cooperative Youth Leadership Camp. The camp is sponsored by the Colorado Electric Educational Institute, CREA, and participating electric cooperatives.

During the week, high school students engaged in typical summer camp activities such as river floats, a gondola ride up Mount Werner, swimming, volleyball, cookouts, making new friends, and a dance. Campers learned about the electric industry and the cooperative business model, and they toured a power plant and a solar farm.







Students spend a day during their week at camp touring Craig Power Plant to learn where their electricity comes from.

## **Safety Conference**

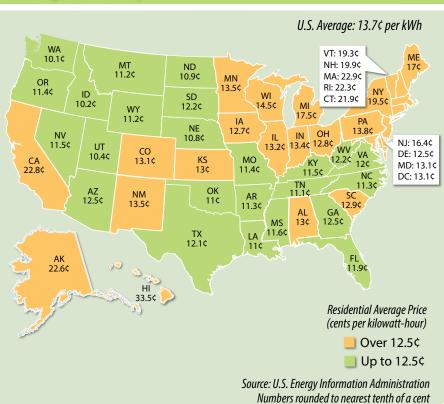
In July, 55 Colorado electric co-op employees, including safety coordinators, operations managers, and linemen, met in Colorado Springs. They gathered to learn about emerging safety issues in the utility industry, share best practices, and connect with other cooperative personnel. This was CREA's 30th Annual Safety and Loss Control Seminar.

CREA Safety and Loss Control Director Jenna Hirsch welcomed everyone on Tuesday morning and kicked off the first day of presentations and networking. Attendees heard from several presenters, including Colorado 811, the E-ISAC, First Gear Skid School, and many more. Speakers covered topics such as driving safety, DOT requirements, 811 underground legislative changes, and physical security. Representatives from the National Rural Electric Cooperative Association and Federated Insurance provided updates on cooperative safety programs such as Commitment to Zero and RESAP.

Annual awards presented at the conference recognized 12 co-ops for having no lost-time injuries in 2022. Morgan County REA and Poudre Valley REA were also awarded an overall achievement of excellence in safety for 2022.

### **Average Prices for Residential Electricity**

2021 figures, in cents per kWh









# COMMUNITIES WIN WITH REBATES

"I'll be honest. I didn't know very much about heat pumps, but it came down to that they were economical." – Kevin Clark

When small business owners Kevin and Emily Clark set out to restore an old campground in their community, they were able to rely on their local electric cooperative for support. As they restored aging infrastructure, the Clarks took advantage of \$1,800 in rebates available from Tri-State and Big Horn Rural Electric Company to install new energy-efficient heat pump water heaters.

The heat pumps help them save on their monthly electric bill, and keep the cabins on their campground comfortable, all while reducing emissions. Finding win-wins, that's the cooperative way.

Read the full story at www.tristate.coop/communitieswin



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# BENEFITS OF COOPERATIVE SERVICE

"Rebates are such a great way to give back to our members."

- Heather Lawrence, Big Horn REA Office Manager

Because the Clarks' home and businesses are powered by cooperative lines, they have access to cost-saving incentives when it comes to efficient energy upgrades. Whether it's updating your outdoor tools to electric or battery operated models or purchasing new kitchen appliances, your co-op may be able to help you save.

To learn more about rebates and incentives for electrification programs, contact your local electric co-op or public power district.

Visit us at www.tristate.coop/electrify-and-save

## Bread, Brie, and Bees

A tasty combo made better with Colorado honey

hen it comes to natural sweeteners, nothing is better than
honey. It is delicious in every
form — comb, crystallized, liquid, or
whipped. The pantry staple can be used in
just about any recipe, whether you're grilling
or baking. This month we teamed up with
the folks from Durango-based Honeyville to
showcase this savory-sweet recipe from their
second edition of *Buzzing in the Kitchen*cookbook.

#### **Apple Cinnamon Cheesy Brie**

1 round loaf sourdough bread

1/2 c. unsalted butter

2 sprigs fresh thyme, chopped

1 sprig fresh rosemary, chopped pinch of sea salt

1/2 apple, sliced thin

1/2 lb. brie cheese, cut into 1" slices

**2** tbsp Honeyville Apple Cinnamon Whipped Honey Preheat oven to 375. Line a baking sheet with foil. In a microwave-safe bowl, melt butter. Add thyme and rosemary. Cut the top of the bread diagonally in one direction, then in the opposite direction, creating a crisscross. Be careful not to cut all the way through the bottom of the loaf. Pour butter mixture across the top of the bread and into crevices. Place slices of brie and apple in between the squares of bread. Stuff as much as you can! Drizzle with Apple Cinnamon Whipped Honey and top with sea salt if desired. Place bread on baking sheet and cover loosely with another piece of foil. Bake for 10 minutes. Remove foil and bake another 10 minutes, until bread is crisp and golden. Serve immediately.



**Enter for your chance to win** a copy of *Buzzing in the Kitchen* cookbook and a jar of Honeyville Apple Cinnamon Whipped Honey.

Visit coloradocountrylife.coop/monthly-contests for officials rules and to enter. Or scan the QR code with your smartphone to go directly to the entry form.



The story of Colorado's own Honeyville is as rich as honey itself. Visit honeyvillecolorado.com to learn more about the company, see their exciting product lineup, and place an order.

Recipe and photo courtesy of Honeyville. Celebrating over 100 sweet years.

Buzzing

# The Reservation **Loophole That** Steakhouses Hate.

#### No Reservation? No Problem!

Whether you're toasting a special occasion, celebrating a holiday, planning a date night, or simply craving an unforgettable meal, getting reservations at your local steakhouse is no easy feat. Luckily for you, we've got the insider tip you need to skip the waitlist and get the best seat in the house every time.

#### "Better than a steakhouse!"

- JULIE D., FRESNO, CA



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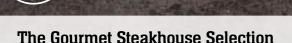
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- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
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MCCLAIN, RONALD MCCLARY, FLOYD MCCLARY, GLORIA MCCLELLAN, J C MCCLELLAN, LILA MCCLURE, ROBERT MCCLURE, SHAYLA MCCOMBS, KARLA G MCCONNELL DENNIS MCCORD, JOHN T MCCORMACK, CAROL MCCORMACK, RUSSELL R MCCOWAN, ROBERT MCCOY, GLEN MCCULLOUGH, IAMES MCCURLEY, DAVID B MCDANIEL, BILL MCDANIEL, ELVIN MCDANIEL, ROLAND R MCDONALD, BONNIE L MCDOUGAL, DAMIAN MCDOUGALD, JERRY MCDOWELL JANET MCFADDEN, SHANE MCFAIL, ERIC H MCFARLAND, GREG MCFEE, JOE A MCGLADE, PAUL MCGLOFLIN, ROBYNN MCGOVERN, JOHN E MCGRATH, KATHLEEN A MCGUIRE, DORIS I MCGUIRE, ROBERT B MCGUIRE, SUSIE MCINTYRE, JAMES O JR MCISAAC, LYNN MCKAYE, RON MCKEE, KIMBERLY MCKIBBIN, SHARON MCKIE, MICHAEL I MCKINLEY, JANICE L MCKINLEY, PRISCILLA MCKINNEY, CONNIE MCKINNEY, DONALD G SR MCKINNON, JAMIE MCLEAN, AMANDA MCLEROY, LOWELL E MCMARTIN, EDWIN K MCMILLION, TEDDY MCMILLON, CLYDE MCMULLEN, BERNICE MCNALLY, IOHN I MCNEIL, JOHN MCQUEEN, KENNETH MCQUEEN, TERI C MCRAY, CLINT MCSHANE, JAMES K MCWILLIAMS, RONALD J MECHE, TERESA MEDINA, DOROTHY A MEDRAN, ED MEEKS, OSCAR MEILINGER CMS MEININGER, LINDA G MELTON, TRES MELTON VICKLI MELVIN, JACKIE P MENDENHALL, DENISE L MENDON, STEPHEN P MENDOZA, NATE D MERCER, EVA L MERRILL. LAGENE MERTEN, ROBERT L MESSANA, ROBERT P MESSINGER, KEN METTNER, STEPHEN K METZ, ANDREW T METZGAR, JASON MEYER, FRED D

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PATTERSON CAROLYN F

PATTERSON, DONALD

PLUMER SAM

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PATTI, AARON PATTON, GARY PATTON, STEPHANIE PAYTON, JOSEPH PEACE, LANAE B PEARCE, FRED L PEARLMAN, WILLIAM H PEARSON, DONALD PEAVLER, JAMES M PECHNIK, WANDA PECK. IILLIAN PEEPLES, MYLES S PELFREY, JAMES B PENFIELD, PAM PENNEY, HARLEY PENROD, DANIEL PEOT. MARK PERCIVAL JOICE L TRUSTEE PEREZ. NOE IR PEREZ, VICTOR PERKINS, JAMES H PERKINS, JOHN P PERKINS, JOHN R PERKO, GERALD PERNICIARO LOIS PERRY & YOUNG INC PERRY, CHARLES W PERRY CHAS PERSCHBACHER, CHARIS PETER, DEBRA PETER HORST W PETERS, DAVID W PETERS, MARK PETERS, MICHAEL PETERSEN, KAY H PETERSEN, MILLIE PETERSON, JAMES PETERSON, MIKE PETERSON, STEVE PETRACCA, GAIL PETRILLO, LYNN PETTID, MARK PETTINGER, JAMES C PFALMER, FRED PFALMER, MIKE PFALZGRAFF, MILDRED PFLUEGER, HAZEL G PHELPS HELEN PHELPS, SANDY PHETTEPLACE, ARTHUR PHILLIPS, GARY S PHILLIPS, HOWARD E PHILLIPS, IEFF R PHILLIPS, JOHN PHILLIPS, ROBERT W PHILLIPS, W.C. PHILLIPS, WYLLMA B PHILLIPY, A W PHILPOTT, OROVILLE PICKREL, GEO PICTURE PERFECT PET GROOMING PIERCE, ALAN E PIERCE, MARK W PIERSON, BOBBY PIFER, FRED G PIKE, GRACE V PIKE, WILLIAM F PILKINGTON, LORNA PIPER, ROBERT B PLACE, DEBORAH A PLAMONDON, E C PLATH, DAVID PLOCK, STEVEN M PLOCK, WILLIAM PLUMB KATHY PLUMB, MARILYN E PLUMER, PAUL M

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ROLLO, CLAYTON ROMANO, BRIAN ROMBOLD, WENDY ROMERO, CECILIA A ROMERO, TONY E ROMINE, GEORGIA RONEY, MARY ROOF, TAMMY ROOKS, DEAHL ROSE, JEFFREY L ROSE, LOA D ROSE, NANCY J SPENCE ROSS, ALBERT C ROSS, CHRIS L ROSS, JIM ROSS, LILLIAN ROSS, PAULA I ROSS, ROSE MARY ROSS, SCOTT I ROSS, T M ROSSA, WILLIAM I ROSSEN, NANCY ROSTY, SUZANNE ROTH, BRIA ROTH PATRICIA ROTH, STEVEN ROUKEMA, JAMES ROULFALL RAYMOND ROUTMAN, BRUCE ROWE, FRED D ROWF HAROLD ROWLAND, LOYLE H ROWYN, SHAKIRA **ROYALTY CUSTOM HOMES** RUBUS, GARY M RUETER, RONALD J RUHI HIR RUNDELL, J E RUNYON, MAURICE RUPPERSBURG, FINLEY RUSHLO, JEFFREY RUSLER, TAMI RUSSELL, HELEN RUSSELL, MICKEY RUST, DANNY RUST, SANDRA RUTH, ROBERT D RUTHERFORD, VERNON A RUTHERS, JAMES P RUTT, PATRICK S RUW ENTERPRISES LLC RYAN, KENNY S B A TOWERS S D C CHRISTIAN ACADEMY SAFKEN, GEORGE O SAILOR, MICHAEL B SAIPPA, JENNA SALAS, LEE R SALAS, VICTOR SALKOWSKI, ADAM SALVERDA, CLYDE SAMPSON, EDGAR SAMPSON, ERIC SAMPSON, JIM SAMUELS, MIKE SANCHEZ, MARIA G SANDEEN, PERRY A SANDERFORD, JONATHAN SANDERS, HAROLD SANDOVAL, NORMA SANDSTOE, MICHAEL D SARBAUGH, DOUG SARBAUGH, JOANNE SARGENT, SUMNER B

SATTLER, ROBERT

INC.

SAVERT TECHNOLOGIES

SCHAFFFFR IUNICHI

SCHAFER, TERRY

SCANNAPIECO, ANTHONY

SHAW IAN

SHAW, JOHN

SMITH, LEE F

SCHAFFER, TERRY SCHARE, KENNETH M SCHARFE, RON SCHEARS, MILTON SCHELL DONNIE SCHERBARTH, DAVID SCHEUERMAN, VIRGIL D SCHIERHOLZ, PAUL SCHILL. RAYMOND W SR SCHIRMER, RICHARD B SCHIRO, VINCENT S SCHLABACH, NATHAN SCHLESER, PAUL SCHLIEP, ROBERT G. SCHMID, DONALD F SCHMIDT, FRED D SCHMIDT, JON F SCHMIDT, RICHARD SCHMITZ, DENINE M SCHNEIDER, ANDREW N SCHNEIDER, BECKI S SCHNEIDER, CHARLES M SCHNEIDER, CHS E SCHNEIDER, EMIL M IR SCHNFIDER RICH SCHNOOR, JACK F SCHNUERER, PEGGY SCHOFCH DAVID SCHOEN, J STANLEY SCHOENFELD, BEN SCHOLL DONALD SCHOON, RENEE SCHOON, TERRY L SCHORK, CLAUDINE H SCHROEDER, CARL SCHROEDER, DAVID S SCHULER, SANDRA SCHULTZ, DONALD G SCHULTZ, JERRY L SCHULZ, DEDA D SCHUMACHER, JAMES SCHUYLER, ROBERT W SCHWAM, RICHARD SCHWARTZ, DARRELL SCHWARTZ, RANDY SCOTT, DANA SCOTT, DRAKE SCOTT, GLYNDON V SCOTT, JAMES K SCOTT, KENNETH A SCOTT, MARC R SCOTT, REBECCA SCOTT, THOMAS C SCOTT, V JOANNE SCRIPPS, ROSALVA SEARS, JOHN G SEE. MARIE L SEELYE, JOHN SELLE, DORIS M SENN, LEE R JR SERNA, RONALD SERRAULT, VERNON V SEVERINSON, DANIEL SEVITTS, RICK SEYLER, JACK SGROI, ANGELO SHABECK, DENNIS SHADDOCK, PETER SHAFER, JOHN SHAFFER, SABINE SHAFTER, STEVEN R Shanahan, Ralph SHANFELD, MERVIN SHANK, JEFFREY SHARBROUGH, ANN SHARP AMBER SHARPE, CHRISTOPHER SHAW, JAMES

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BY JOANNE PALMER

d Colby, 76, is about to attempt to grow a bee beard for the grand finale of Bee College. He gamely strips off his shirt and walks into a cluster of pastel-colored hives. It's hard not to think of a gladiator entering the ring as the other students cheer him on: "Make sure the zipper of your pants is pulled up," one person calls with an encouraging laugh.

Undaunted, Colby bravely takes a seat on one of the hives. A small cage about the size of a thumb is attached by a string to his chin. The queen bee is inside. Master beekeeper Tina Sebestyen from Bayfield shakes a frame full of honeybees, and the ever-loyal bees begin to buzz around Colby in search of their queen. Colby is statue-still. As past president of the Colorado Beekeepers Organization and a beekeeper

for 28 years in the New Castle area, he knows that sudden movements startle bees and the best way not to get stung is to remain motionless. While waiting, Colby confesses, "I can't grow a real beard anyway."

Although Colby isn't wearing a shirt, he has taken some preventive measures. He has spread Vaseline to ban honeybees from inside his ears and nose. Hundreds of bees fill the air with their distinctive hum, and the sound is oddly pleasing. Sebestyen shakes a few more frames to release more bees, and after about 20 minutes, Colby sports more of a bee necklace than a beard, but no one is complaining. It's still a great show.

Bee College, organized by the Colorado State Beekeepers Association, is an annual event for beekeepers. Held in Rifle, participants spend the morning listening and The author, Joanne Palmer, sports a Bee Suit. *Photo by Dan Edmiston*.

learning from master beekeepers and entomologists, then head into a nearby field for hands-on activities.

All in at Bee College, I donned a bee suit for the first time and was quite pleased. It was lightweight and roomy enough to hide all figure flaws. Pulling up the hood can salvage any bad hair day (which for me is always a plus). Feeling like a cross between an astronaut and an oversized marshmallow, I marched into the field for a demonstration and immediately committed a rookie move by blocking the entrance to one of the hives. "Don't stand in front of the door," someone admonishes me. Afraid of being stung, I jump back but, Duh! I'm wearing protective gear.

Taking a big breath, I reposition myself to the side of the hive and watch as



Sebestyen opens the top. Inside the hive are eight frames, seven full of honeybees and one feeding frame, filled with sugar water. It looks like a filing cabinet. To calm the bees, Sebestyen picks up a silver smoker and sprays a small puff of smoke into the hive. (The smoke beekeepers use comes from burning a variety of natural fuels, such as twigs or burlap.) Once the bees are calm, Sebestyen expertly pries out a frame using a special tool that looks like a putty knife with a hook on the end. Suddenly, we all stare at hundreds of bees.

Here's the hive make-up: one queen, hundreds of drones, and thousands of worker bees. The male drones don't sting; their only purpose is to breed. Although that might sound like a sort of bacchanal heaven, after mating (in mid-air, mind you), they fall to the ground and die. The worker bees are all females and do the heavy lifting: moving pollen from flower to flower and bringing nectar back to the hive.

The other attendees "Oooh" and "Ahhh" over the scurrying bees and say intelligent-sounding things like, "Look at the brood pattern," and "Do you see the beautiful pollen over there?" Meanwhile, I am having more of a *Where's Waldo?* moment. All the honeybees look alike to me. But I'm determined to learn. Sebestyen pulls out one frame after another in search of the queen. She is the boss-babe, the CEO of the colony. According to beekeeper Therese Beck, "The queen dictates the temperament of the hive according to her personality. It can be territorial, aggressive, gentle, defensive, or reactive."

A queen's primary job is to lay eggs — she can lay between 1,500–2,000 eggs per day. But along with that comes the royal treatment — attendants feed, groom, and carry away her waste. Not too shabby. I'm anxious to get a look at her. And finally, in the last frame, there she is. Sebestyen expertly plucks her out by the wings and

quickly dabs a white dot on her back to denote her age and make her easier to find.

Spending a day with beekeepers is like visiting a foreign country —beekeepers definitely have their own lingo. Bee-speak includes words such as "pheromones," "propolis," and "thermoregulation." In case you need a brush-up on basic science and the importance of pollination, just remember approximately one-third of the food we eat depends on honeybees for pollination. According to USDA-National Agricultural Statistics Service, honeybees pollinate \$15 billion worth of crops in the United States each year, including more than 130 types of fruits, nuts, and vegetables. Thank a bee the next time you bite into an apple, cherry, or almond.

Somewhat confused by the terminology and which bees are doing what, I opted for a one-on-one private tutorial. Fortunately, I found a willing coach in Derrick Maness, who runs Mountain Bee Honey, a commercial operation with 3,000 hives spread out across the state including Meeker, Craig, and even Trapper's Lake. Maness has been working with bees for more than 20 years and still remains in awe of these industrious insects. "Every day I learn something new. It's magic. Pure magic," he says. He patiently explains the life cycle of a bee, and I'm intrigued to learn the age of the bee dictates her job. "When a baby honeybee hatches, she is a nursery bee, then a cell and wax builder, then a guard bee and finally a forager," Maness says. "The guard honeybee patrols the entrance of the hive. She produces pheromones, which act as a kind of signaling device to other bees: 'Hey, here's home.' She also acts as a sentry or bouncer, keeping out unwanted visitors, like wasps."

The expression, "Busy as a bee," is no joke. Bees literally work themselves to death and never stop producing honey. But where's the honey? Maness explains we're looking at brood boxes, the spot that bees



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Top: Bee on Rabbit Brush. Photo by Sue Keefer, an SECPA member. Bottom: Bee on a Flower. Photo by Lexee Maestas, a PVREA member.

#### **COVER STORY**



Beekeeping is a meditative practice that forces you to go slow, move slower, breathe slower. You have to be present and nowhere else but right here in the hive, mentally and physically."

—Beekeeper Matt McLean

Busy Bees. Photo by Judy Malarchick, an Empire Electric Association member.

will call home through the winter. As the bees fill up those boxes with honey, more boxes — or "supers" — are added on that will eventually be harvested.

During a break, I'm surprised to hear other beekeepers describe beekeeping as "meditative." Who would think having hundreds of honeybees flying around your head with the ability to sting you would be relaxing? But apparently it is. As beekeeper Matt McLean puts it, "Beekeeping is a meditative practice that forces you to go slow, move slower, breathe slower. You have to be present and nowhere else but right here in the hive, mentally and physically." Therese Beck agrees: "Honeybees calm me down. Going at a bee pace, which is pretty slow, relaxes me."

Honeybees may move in slow-mo until they decide it's time to dance. Yes, dance! Honeybees don't have ears, so one of the ways they communicate is by busting a move. Breaking news in the honeybee world might be the discovery of a field of dandelions: Yellow flowers full of yummy nectar. But how do they let other honeybees know? They need to spread the good news to the thousands of their honeybee friends toiling in the dark. So, they do the Waggle Dance.

Becky Edmiston, professor of biology at Colorado Mountain College in Steamboat Springs, explains it like this: "They crawl up the frame and shake their bee bottoms — waggle, waggle, waggle. Then they run around and go right back in the same direction."

Turns out the Waggle Dance is sophisticated communication. "The direction they waggle tells the other bees what direction to fly, and the length of the dance is how far they go," Edmiston continues. "The longer the waggle, the further away the flower, and the direction they point is the direction of the flowers. When you hold up a frame with thousands of bees and they're dancing, it's incredible."

Edmiston and her husband Dan started beekeeping in 2015 after receiving a small cash gift from Becky's grandmother, Pollyann. "We call it Matriarch Honey and named the hives after our grandmothers: Pollyann, Ruby, and Louise. My grandmother is 92 and she's always excited to hear about what's going on with the honeybees," Becky says.

Before you jump on the beekeeping bandwagon, know that the start-up costs are not cheap and the learning curve is steep. You'll need roughly \$1,000 for a suit, hives, and bees. And, as KT Thompson,

treasurer of Colorado State Beekeepers Association and a beekeeper with hives in and around Brush, points out, "Bees are insects, not mammals. While it's easy to tell if your dog needs food or a drink of water, bees are different." To improve your chances of success, join a local beekeeping club and find a mentor. Sebestyen adds, "Perseverance is the key. Beekeeping is hard, and people who know that and are prepared to do what it takes will do well most of the time."

Sadly, due to climate change, habitat loss and deadly mites the honeybee population is dwindling. But there are easy ways to help. Bees love flowers, especially dandelions in the spring and herbs (think lavender, sage, thyme); they need lots and lots of water to drink. A simple pot of pretty geraniums and a shallow dish of water can help our flying friends. Pesticides are bad news for bees; keep it chemical free.

At the end of the day my head is overflowing with information and I have a new appreciation for bees and beekeepers. Bee College helped me step outside of my comfort zone and into a beekeeping suit and taught me that I will leave the important work of beekeeping to the pros. It also taught me how critically important bees are — they sustain our way of life through pollination. By saving and protecting them we are doing something for the planet and for ourselves.

The last thing I do before getting into my car is pop into the self-serve Honey House right there on the property to pick up some honey. Who knows ... it might inspire me to do a Waggle Dance once I get home.

Joanne Palmer lives with her partner and rescue dog on Colorado's Western Slope. She has been a stringer for *The Denver Post* and published dozens of newspaper and magazine articles. She enjoys writing about the humor in being human from more personal experience than she'd care to admit.



## New for 2023-the Morgan Silver Dollar Is BACK! 99.9% Silver, Legal Tender, Extremely Limited Availability!

The Morgan Silver Dollar—originally minted from 1878 to 1904, then again in 1921—is the most popular vintage Silver Dollar in the world. Coin experts estimate that as few as 15% of all vintage Morgans still exist, due to the ravages of time, along with mass-meltings by the U.S. Government.

The entire market was thrilled when the U.S. Mint brought the Morgan Silver Dollar back in 2021, in honor of the popular, vintage coin's 100th anniversary.

#### Legal Tender, Struck in 99.9% Fine Silver

The program was a huge success, and the relatively small mintage instantly sold out at the mint. Buyers loved the fact that these new coins were the first legal-tender Morgans in 100 years, and that they were struck in 99.9% fine silverinstead of the 90% silver/10% copper alloy of the originals.

But with only 175,000 coins struck, many buyers were left empty-handed, and frustrated by the instant sell-out. If you were able to acquire a 2021 for the 100th anniversary congratulations!

#### Then—An Unplanned One-Year Hiatus

Then last year, the entire market was left empty-handed because—although these modern Morgans were intended to be an annual release—the U.S. Mint was caught off-guard by the global shortage of the silver blanks required to strike the coins, and cancelled the 2022 release! No silver? No Morgans!

#### **NOW for 2023—Legal-Tender Morgan Silver Dollars Are Back. But Mintages Are Low!**

Now this year, 99.9% silver, legal-tender Morgan Silver Dollars are once again available to silver buyers, Morgan enthusiasts and collectors—while they last! Though somewhat larger than last year, this year's 275,000 authorized mintage is still a crazy low number—especially when you consider all the pent-up anticipation and demand caused by the quick sell-out of the 2021 Morgans, and the fact the program was cancelled last year.

#### Very Limited. Don't Miss Out!

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BY SUZIE ROMIG

oing double-duty, layering benefits, or providing twofold results — whichever it is called — taking advantage of two positive uses on one valuable piece of land makes logical and financial sense.

That is a main purpose of agrivoltaics, or the simultaneous use of land to produce both food or agricultural products and renewable energy from solar panels. Named from the words "agriculture" and "photovoltaics," agrivoltaics maximizes land use at a time when land prices in Colorado keep rising and making a living as a farmer or rancher remains challenging.

"Agrivoltaics is this wonderful win-win where you are producing solar energy and doing it in a way to allow the land underneath to serve a purpose," said Elise Jones, board member of the Colorado Agrivoltaic Learning Center in Longmont that was established in 2020. "We need to steward the planet well, and we are facing a lot of changes in that regard right now with

climate change and food insecurity."

Professor Alan Knapp in the biology department at Colorado State University has studied agrivoltaics and supervised Ph.D. students in the topic for three years. Knapp said agrivoltaics is a step forward in dual uses similar to cattle grazing under wind turbines in eastern Colorado.

In agrivoltaics, ground-mounted solar panels are raised higher than usual to allow for farming activities or animal grazing on perennial grasses underneath. Although elevating the panels and hardening the electrical connections adds to initial installation costs, the gardens contribute to both clean, renewable energy production and locally grown food.

"This is the next logical combination of land use and renewable energy that economically benefits the landowners," Knapp said.

The professor believes grazing for sheep and cattle could be a prime use of agrivoltaic installations in Colorado. He

Brittany Staie harvests tomatoes in summer 2021 at Jack's Solar Garden. Photo by Werner Slocum/NREL 65612

calls the industrial model of gravel under panels inside a fenced-off solar garden a worst-case scenario because the land does not remain functional for other uses.

Advocates and researchers point to a variety of positive benefits of agrivoltaics, sometimes called agrisolar, such as earning money from electricity production to help keep agricultural families in business on their land. The solar panels provide shade for animals, plants, and farm workers and may reduce crop irrigation requirements with less heat stress.

Ellen Kutzer, general counsel with Colorado Solar and Storage Association, calls agrivoltaics "one potential solution" for land use planning conflicts through the co-location of solar on ag lands.

On the other hand, agrivoltaic projects do not work everywhere due to similar constraints as traditional solar field projects. Experts say an agrivoltaic



#### **ENERGY CONNECTIONS**

Byron Kominek and his partner Alexa Hapgood in summer 2022 at Jack's Solar Garden. Photo courtesy of Colorado Agrivoltaic Learning Center.

home to educational tours, classes, research studies, and food production through urban agriculture nonprofit Sprout City Farms. The solar farm partners with researchers from CSU, NREL, and University of Arizona to learn, document, and teach about the best ways to co-locate solar panels with agriculture.

The Colorado Agrivoltaic Learning Center hosts public tours at Jack's, with prior reservations, at 10 a.m. on Saturdays through October 7. The center will host a three-day Solar Developer Agrivoltaic Workshop September 20–22 at Jack's and NREL with information on the Events page at www.coagrivoltaic.org.

Suzie Romig is a degreed, award-winning journalist who lives near Steamboat Springs and has lived, worked, and explored in Colorado since 1990.

installation is best located near appropriate electric transmission lines and near areas of electricity needs such as at the edges of urban development. Solar field developers may need to be more flexible in their traditional installation and financing models to work in agrivoltaics: including avoiding soil compaction during construction and possible spacing of rows of panels farther apart to allow for machinery to drive between.

"We really want to allow for creativity both in the technology and in the industry and figure out what kind of projects will be buildable." Kutzer said.

Denver Botanic Gardens is planning a 1.2-megawatt agrivoltaics project for installation in March to June 2024 on 4.5 acres at Chatfield Farms in Littleton. The project at the 700-acre historic farm is a collaboration with several partners, including National Renewable Energy Laboratory. The project will provide electricity for low-income housing in Denver as well as the production of mixed vegetables, herbs, and fruit for community supported agriculture.

The Colorado legislature is working to support agrivoltaics, too, with the passing of a measure that authorizes the Colorado

Cattle owner Andy Breiter, left, brings livestock to Jack's Solar Garden in September 2022, pictured with Jack's owner Byron Kominek, right. Photo courtesy of Colorado Agrivoltaic Learning Center.

Department of Agriculture's Agricultural Drought and Climate Resilience Office to award grant funds for new or ongoing agrivoltaic demonstration or research projects.

One of the largest existing agrivoltaics research centers in the U.S. is Jack's Solar Garden located just south of Longmont. The approximately 5 acres of solar panels at Jack's creates a 1.2-megawatt community solar garden that is large enough to power more than 300 homes.

Through its companion Colorado Agrivoltaic Learning Center, Jack's is





BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

ilies are an aromatic garden favorite, but surprisingly, some plants with "lily" in their names are not actually lilies. Most notable are day lilies, canna lilies, peace lilies, water lilies, and lily-of-the-valley. These flowers don't grow from large, scaly bulbs like true lilies belonging to the genus *Lilium*. The most popular true lily species include Orientals, Asiatics, and Orienpets. By planting combinations of early, midseason, and late varieties in your garden, you can enjoy a sequence of blooms from spring to fall.

The first lilies to appear in spring are Easter lilies (*Lilium longiflorum*). They are commonly grown indoors for the holiday and forced to bloom in March or April. After their flowers fade, try planting outdoors and, hopefully, they will bloom the following year.

Asiatic lilies, typically the first garden bloomers, appear from May to June. They are the shortest lily, usually growing just 2–3 feet high, but some hybrids can reach 6 feet. They are easy to grow if you avoid areas with standing water. Although breeding has eliminated their fragrance, they are admired for dramatic blooms in assorted colors ranging from peaceful pastels to torrid tropicals.

For fragrance, you'll want to plant Oriental lilies with their unforgettable scent. I immediately recognized the fragrance last summer after fueling my car at a truck stop. Walking inside to pay, I was greeted by the Oriental lily's spicy scent emanating from a small bouquet tucked in a corner near the fast-food tables. To my pleasure, an employee had brought flowers from her garden to share with customers, and the fragrance filled the room. Orientals are slower growing and will bloom mid-summer in your garden.

Tiger lilies, another mid-summer bloomer, boast bright orange blossoms with notable black spots. They are an easy-to-grow perennial, requiring little maintenance, but they bloom best with 6–8 hours of sunlight. They flourish in Colorado because they are drought tolerant. As a bonus, they are a recognized pest repellent.

Trumpet lilies bloom mid-to-late summer, grow multiple trumpet-shaped flowers per stalk, and have a sweet scent. Although excellent pollinators, the Department of Agriculture lists the vine as an invasive weed, so you will want to grow these in an area you can keep under control.

When planting lilies, loosen soil to a depth of 12 inches, dig a hole three times as deep as the bulbs are high, and place them pointed side up. Space bulbs a distance approximately three times the bulb's diameter. Group at least three to five bulbs together to create a showy display. Water thoroughly after planting and weekly thereafter.

Lilies bloom only once. After flowers die, remove the unsightly stems. This prevents plants from wasting energy to make seeds. But don't remove leaves or cut stalks. These are needed to nourish bulbs for next season. Mulching before winter will delay ground freeze and keep roots growing. Every three to four years, as new growth begins in the spring, you can increase the number of flowers in your garden by gently lifting bulbs from the soil, dividing the clumps, and replanting.

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



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

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

#### Science Confirms the Many Benefits of PQQ

The medical journal Biochemical

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

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

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

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

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

#### Will Ultra Accel II Multiply Your Energy?

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

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

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

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



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

exhausting the world is now.

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

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

#### **How To Get Ultra Accel II**

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

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

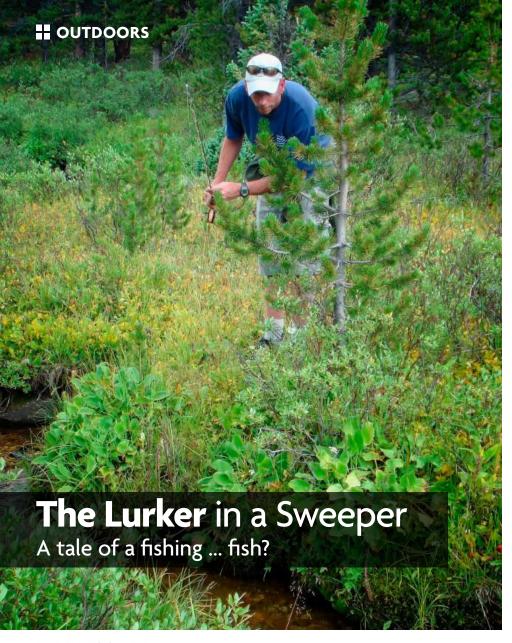
All you have to do is call TOLL FREE 1-800-434-3120 right now and use promo code COUA923 to secure your own supply.

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

Call and find out if you qualify for a FREE BOTTLE of Ultra D3 Plus - with FREE SHIPPING too!



1-800-434-3120



BY DENNIS SMITH | OUTDOORS@COLORADOCOUNTRYLIFE.ORG

eptember is, to hear some tell it, one of the best fly-fishing months of the year. The weather is cooler, the water is cooler, the streams are low and clear, and the fish are really hungry. The colder water stimulates their metabolism and they feed with a renewed sense of aggressive urgency as if knowing, somehow, that winter is coming and food will soon be scarce.

It's as good a time as any to be out fishing and better than most — given the reasons above and the beauty of the mountains this time of year. I love it, but I'm just one of many small-stream junkies who gets their jollies sneaking around autumn-colored creeks with a light bamboo rod, a box

of flies, and the innocent expectations of a 12-year-old.

Last September, my son and I were fishing a small, alder-choked headwater creek in the Mummy Range where the bushes grew so tight to the stream that, if you didn't know it was there, you'd walk right past it. Casting, at least in the classic sense, was out of the question. We had to sneak up to the edge of the creek and reach over the alders with our rods to dangle and dap our flies on the water. It wasn't pretty, but it was effective. We caught lots of brook trout and some pretty, little greenback cutthroats doing exactly that.

Eventually though, we grew itchy for some casting room, so we reeled in and headed for bigger water downstream. We finally came upon a stretch of open water with a high, grassy bank on one side and a big, dead, fir sweeper piled up at the end of the run. The water ran deep and dark against the fallen tree and a frothy carpet of foam swirled in the eddy at its base. It couldn't have been more obvious that this was the home of a big trout if there'd been a sign with his name on it and an arrow pointing at the eddy saying "Cast Here."

So, I did.

Unfortunately, my cast was off target, and my leader wrapped itself around one of those springy, black fir branches, leaving my fly to dangle and bounce in the current above the hole. Of course, you know what happened next: A fish rose from beneath the fly and grabbed it. Only instead of the big old brook trout I expected, it turned out be a dinky little 4-incher. He hooked himself on the tangled fly and hung there, thrashing helplessly. I was about to wade in and release him when a brown trout that looked to be as long as my forearm slid out from under the tree trunk, snatched the dancing brook trout and disappeared beneath the foam — fish, fly, leader, and about six inches of fir twig went with him. I wondered if that trout enjoyed September fishing as much as I did.

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



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**.





It is a beautiful park, full of color and history. At first, it feels like you're driving to the middle of nowhere. All you see is open grassland and prairie. Then suddenly, there it is: Paint Mines Interpretive Park. The park is a hidden gem in Colorado and a must-see destination.

Located near Calhan, about 40 miles east of Colorado Springs, the park is easy to access. You will find a hiking trail loop, spectacular views, and a few back roads to explore. But let's not forget about the colorful rock, amazing formations, and rich history.

*Hint*: If you plan to go hiking, keep in mind most of trails are old creek beds, so they may be a bit muddy. Be sure to start early and bring lots of water since there is no shade.

#### WHY THE NAME "PAINT MINES?"

Paint Mines Interpretive Park shows evidence of human life as far back as 9,000 years ago. The name "Paint Mines" comes from how the land was used by Native Americans who would make paints from the different soils around the area to decorate their pottery and nature.

#### WHAT MAKES THE PARK SO SPECIAL?

The park is made up of a collection of hoodoos—the unique rock formations where the rock comes up into a single column with a boulder that sits on top of it. This is one of three locations in the

country where this unique formation can be found. A lot of the rock formations are caused by erosion from the wind and rain. The brilliant colors are created by the iron oxides in the soils. When you visit, expect to see a lot of pink, white, green, and orange hues in the formations.

Since 2005, the Paint Mines Interpretive Park has been open to the public. It is primarily a wildlife preservation park and is on the National Register of Historic Places as an archaeological district. As a result, there has not been a lot of development in the area, and it has limited amenities. On occasion, the park will offer nature tours and hikes, so be sure to check the nature center for more information.

#### WHEN IS THE BEST TIME TO VISIT?

The park is open all year long. To get the best colors and extreme shadows, the best time of day to visit is either in the morning or at sunset.

**Tip:** Try to time your visit for just after the first snowfall. The dusting of snow and the rock colors is truly an amazing sight. Don't forget your camera.

Whether you are a hiker, sightseer, travel photographer, picnicker, paleontologist, or an outdoor enthusiast, Paint Mines Interpretive Park is a colorful and quiet place worth exploring.



# Palm Beach MD Reveals Pocket-Friendly **CBD Spray That Cools Down Occasional Joint Discomfort Fast**

Men and women across the country are turning to a revolutionary cannabis solution that helps patients stay active and independent – and it fits in your pocket.

Americans living with frustrating, occasional joint pain are finally getting the relief they've been waiting for after a handy, pocket-friendly CBD formula has been made public.

While CBD has become a popular choice for fending off temporary and mild discomfort, many Americans have been dissatisfied with the results of most commercial options.

Dr. Al Sears, the anti-aging doctor behind the new formula, isn't surprised his alternative stands out.

"This isn't the same CBD vou'll find in some convenience store," he said. "Its speedy delivery promotes optimal relief faster than any other formula I've seen to date, and it's completely GMO and pesticide-free."

This new CBD formula, known as Cool Relief, is sweeping the nation as users find themselves being able to partake in activities they haven't been able to consistently enjoy in years. By supporting optimal joint health, things like going for long walks, spending time with children and grandchildren, and even typical house chores are more easily within reach again.

#### A HISTORY OF HEALING

CBD, also known as cannabidiol, is one of the major components of the cannabis plant. But unlike the THC found in recreational marijuana, it produces no mind-altering effects or any other known side-effects.

The hemp plant's place in routine pain relief spans far longer than most Americans may realize. Scientists date cannabis's use as a solution for joint health to 2,900 BC in ancient China.

CBD was first isolated from the cannabis plant in 1940, and its structure was first reported in 1963. Despite CBD being nonpsychoactive, the stigma surrounding hemp's legality became a significant hindrance to research into its joint health supporting properties.

Attitudes began to change with the discovery of the endocannabinoid system in 1988, a network within the human body that supports various normal biological functions

with - including routine responses to discomfort.

> "This is a gift from nature that should have never been taken away from you," Dr. Sears adds. "Fortunately, CBD is legal just about everywhere in America today. And now we have a formula to make it even stronger."

#### **HEMP'S HELPING HAND**

Without the legal barriers of the past, groundbreaking research shows just how impactful CBD can be.

Researchers put CBD to the test in a review of patients living with occasional back discomfort. In the study, patients were using a CBD cream to address their discomfort. After pouring through two patient case reports, researchers lauded CBD's ability to consistently respond to occasional discomfort.

In another review, scientists examined double-blind trials in which patients used cannabis to address occasional discomfort. Most of the trials showed that cannabis helped participants maintain a healthy response to discomfort, with researchers concluding that CBD is both safe and effective.

In a survey of 253 participants that have tried CBD, a substancial majority indicated that cannabis helped them maintain normal responses to discomfort. More to the point, nearly 70 percent reported that CBD helped them feel better.

#### **BEYOND CBD**

The CBD in Cool Relief isn't the same cannabidiol you'll find in a typical oil tincture. Instead, the formula uses nano-emulsified anhydrous CBD. This means the cannabis has been broken down into a much smaller, water-soluble level.

In one animal study, researchers showed that this process successfully improved CBD's absorption helping it act faster than traditional cannabidiol.

However, this isn't the only thing that sets Dr. Sears' formula apart from other commercial options.

Cool Relief's formula goes beyond CBD with the addition of peppermint.



NEW JOINT HEALTH SUPPORT SPRAY: Fast-acting joint support spray soothes aches and pains... And fits right in your pocket!

Like cannabis, peppermint has been used for centuries as a folk solution for managing occasional aches and ioint stiffness.

Today, science shows its historic reputation was not misplaced.

In one study, researchers put peppermint to the test on 120 participants experiencing occasional headaches. The participants were divided into groups, one receiving 1-855-221-7981 today. peppermint and another taking a placebo. They were then asked to report their discomfort after 30 minutes. The researchers continued testing for two months.

While the placebo group reported little to no change, a large portion said. of the peppermint group felt their discomfort diminish.

another study, scientists examined the impact of peppermint oil on 38 patients living with intermittent chest and esophageal discomfort. Experiences like this can make something as simple as enjoying a meal feel like a daunting **Cool Relief** before we run out.

peppermint, After receiving most participants reported normal, soothing sensations. None of the participants in the study reported increased discomfort.

#### **HOW TO ORDER** COOL RELIEF TODAY-100% RISK FREE

Right now, the only way to get your hands on America's go-to hemp solution is by ordering the breakthrough Cool Relief formula. To secure bottles of this unique formula, buyers should contact the Toll-Free Health Hotline at

"The Hotline allows us to ship directly to the customer, and we're racing to keep up with demand. This is the best way to guarantee everyone receives a quality product they can trust," Dr. Sears

We feel so strongly about this product that we offer a 100% money-back guarantee on every order. Just send back the bottle and any unused product within 90 days of purchase, and we'll send you your money back. Call 1-855-221-7981 to secure your supply of

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Activities You Adore

A Fondness for People and Animals

Smitten with the Seasons

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).

See full rules and enter online at www.coloradocountrylife.coop/2024photocontest. Scan the QR code with your smartphone to go directly to the entry form on our website.

#### 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 dpi 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 dpi and 9" wide x 13" tall.
- Winners will be announced and published in a Spring 2024 issue.
- The contest is open only to members of a Colorado electric co-op.
- The contest is open for entries through Friday, December 1, 2023.

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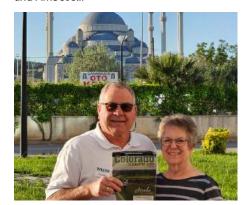
### READERS' PHOTOS



**WINNER:** Mountain View Electric Association member **Sandy Ewen** enjoys *CCL* on a celebratory retirement trip to Santorini, Greece, with her son, daughter-in-law, and grandson. Happy retirement, Sandy!



Amy and Mazi, members of Poudre Valley REA, take *CCL* on a trip of a lifetime to Africa. They visited five national parks, including Lake Nakuru, Masai Mara, Serengeti, Ngorongoro, and Amboseli.



Highline Electric Association members **Gary** and **Jeni Koch** visit Canakkale, Turkey, and several sites in Greece with their *CCL*. Their trip followed the missionary journeys of the Apostle Paul.



Gerry and Linda Coyne bring CCL to South Padre Island and have fun in the sun with their grandchildren (left to right) Penelope, Trey, and Dax Willis. The Coynes are members of Poudre Valley REA.



**Mike** and **Denise Kelly**, members of Mountain View Electric Association, pose with *CCL* and their friends Dave and Lynette Stone on a cruise to Alaska.



**Kayla McCullough**, a member of Mountain View Electric Association, takes a trip to Disneyland. *CCL* is the perfect read while waiting in line for rides!

### 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, September 15. See all of the submitted photos on Facebook at facebook.com/ COCountryLife.

# FUNNY STORIES

#### **SCUBA At Home**

We were visiting my son's family in northern Colorado, and we slept in our 12-year-old grandson's room. My husband uses a CPAP at night while sleeping. If you have never seen one, it has a mask and hose connected to a small machine that generates air flow.

The next morning, we were having breakfast and our grandson, who had seen the CPAP machine, came into the kitchen and said, "Why is there SCUBA equipment in my bedroom?"

We had a good laugh and explained what it was for.

**Judy Diaz,** Pueblo West San Isabel Electric member

#### **Sun Bathing in San Diego**

When his parents took my 3-year-old grandson to the beach in San Diego, they had to wander around the people lying on their beach towels sunbathing to find a place to settle. Upon finding an empty spot, my grandson looked around quite bewildered and asked, "Why are there so many dead people around here?"

**Connie Robb,** Buena Vista SDCEA member

#### Where's the Fun?

Papa was giving the family a good description of the motorhome he had just purchased. Describing all the specialties, he said it had "four slides and loads of room."

Come the weekend Papa, Dad, and brothers Hudson and Sawyer packed up for a short trip to be sure all was working well before a longer trip.

Loading up Saturday morning, 6-year-old Sawyer walked all around the outside of the motorhome. And he walked all through the inside. He came back outside and said, "Papa you said this has four slides, but I can't even find one."

**Barbara Uhland,** Eads Southeast Colorado Power Association member

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



### Easy Comfort

For the past 20 years, a Steamboat Springs company has produced top-quality products made by outdoor enthusiasts. Big Agnes camp chairs are strong, light, comfortable, and compact — everything that makes for a great tailgate party accessory. The Skyline UL Chair will help you relax and keep the party going for every occasion. The patented hubless design makes these chairs easy to pack in and pack out. Find this chair and more at **bigagnes.com.** 



### Cue Up the Competition

Colorado Cornhole Connection specializes in premium, hand-built equipment for every level of cornhole player. A set of cornhole boards is the perfect addition to a tailgate party. The Greeley-based company's emphasis on high-quality materials and craftsmanship shines through with every set. With proper care, the boards will last for years, bringing laughs, fun memories, and maybe even a little friendly competition to your gatherings. Find your favorite cornhole boards or request a custom set to match your favorite team's colors online at **coloradocornholeconnection.com.** 



Based in Fort Collins, OtterBox has become a household name known for providing customers with innovative products that are both practical and tough. Its new cooler line is perfect for camping, road-tripping, and tailgating. It keeps your food and drinks crisp and cool. All OtterBox coolers feature an FDA foodgrade interior, waterproof zippers, and a water-repellent, durable exterior. Find more information at **otterbox.com**.





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— Don W., Sherman, TX

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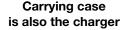
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