

# Colorado<sup>®</sup>

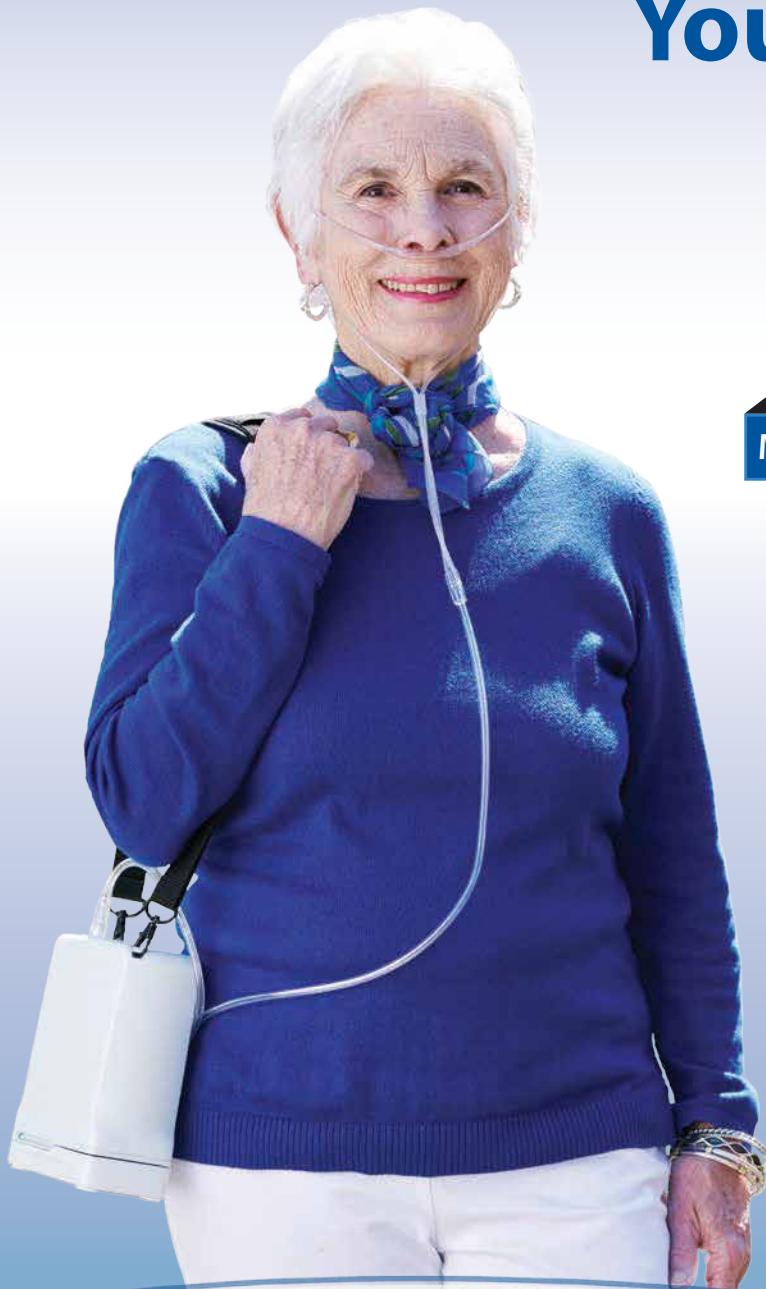
October 2017

## COUNTRY LIFE

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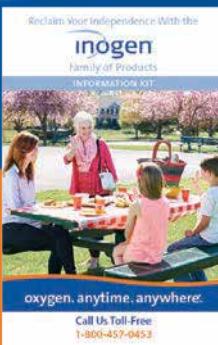
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Read some of our favorite celebrity stories on pages 16-19. Cover illustration of John Wayne, Tom Hanks, Paul Newman and Robin Williams by Cathy Morrison.

## THE OFFICIAL PUBLICATION OF THE COLORADO RURAL ELECTRIC ASSOCIATION

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# OCTOBER 2017

Volume 48, Number 10



"Golden Hour" by Benjamin Schneider of Colorado Springs, a Mountain View Electric member.

## MORE WAYS TO CONNECT WITH US

coloradocountrylife.coop

### FACEBOOK CHATTER



*COCountryLife* shared San Miguel Power Association's post: Colorado lineman face some fierce challenges.

### FACEBOOK CHATTER



*ColoradoREA* posted: CREA board tour continues at energy-efficient Cottonwood Dairy. Getting the facts: savings from efficient washers, coolers and more. Also no hormones or antibiotics in milk, ever. Whether organic or not, milk is repeatedly tested. An interesting stop.



### INSTAGRAM PIC OF THE MONTH



*COCountryLife* posted: Riding the Georgetown Loop today.



### PINTEREST SNEAK PEAK



*COCountryLife* pinned: It is time to bake. Try these Caramel Crumble Bars posted at coloradocountrylife.coop

### MONTHLY CONTEST

Enter for your chance to win a KitchenAid electric hand mixer. Visit the contests page at [coloradocountrylife.coop](http://coloradocountrylife.coop) to find out how.



# POT AND POWER

CREA brings all sides together to discuss the challenges of this Colorado industry

BY KENT SINGER || CREA EXECUTIVE DIRECTOR || [KSINGER@COLORADOREA.ORG](mailto:KSINGER@COLORADOREA.ORG)



**Kent Singer**

If you asked me five years ago whether the Colorado Rural Electric Association would ever sponsor a “Pot and Power” conference, I would have asked what you were smoking. After all, how could there possibly be a connection between electric co-ops and marijuana?

It turns out there is a significant connection. When our state’s voters approved a ballot measure legalizing recreational marijuana

in Colorado in 2012, I’m sure most voters did not give much thought to how that action might affect electric co-ops and other electric utilities. Five years later, however, it’s clear that the legalization of recreational marijuana in Colorado has a significant impact on how electric co-ops operate their systems, interact with their member-owners and provide for the security of their employees.

These issues were the focus at a recent seminar that CREA sponsored in Westminster. We organized the conference as an educational opportunity not only for electric co-op directors and staff, but also as a venue to discuss these issues with law enforcement, the marijuana industry and other electric utilities. We didn’t know whether there would be much interest in the conference, but we had more than 100 attendees with some coming from as far away as California. Everyone, it seems, has questions.

The primary focus of the conference was to provide a forum for discussion about this new Colorado industry and the positive and negative impacts it is having on electric utilities. Marijuana cultivation requires significant amounts of electricity. That has resulted in increased power sales for many utilities. In the co-op world, this means that the costs of operating our systems can be spread to more businesses and potentially limit rate increases for residential and farm and ranch customers.

But the trade-off for increased utility revenues is that more power sales mean more co-op infrastructure, such as substations and transformers, is needed to serve these new loads. That can be a problem if the new marijuana operation is an illegal, unlicensed facility. Who will pay for the co-op’s infrastructure costs when the illegal operation is closed down? Nonprofit, low-margin electric co-ops need to be cautious when making significant capital investments, so some co-ops adopted specific policies to handle this new category of customer.

Those policies don’t help when the growers simply steal electricity. Growers who operate without the required permits and licenses and export marijuana out of state sometimes don’t request the required electric hookups from their local electric co-op. They wire the operation themselves, sometimes illegally tapping into the co-op’s

system. This can mean unsafe wiring that can lead to dangerous situations and fire hazards.

And those with the illegal operations often don’t want co-op crews inspecting their wiring or viewing their operation, so co-op employees must be careful when they make service calls to homes or farms where there are grow operations. Co-op personnel are not in the business of determining if a grow operation is legal or illegal, but they have encountered armed guards and drawn guns. Much of the discussion at the conference focused on how to best handle these situations.



**Kent Singer introduces a speaker panel at the “Pot and Power” conference.**

Law enforcement officers also want the co-ops to share information on where suspected illegal grow operations are located. There was a panel discussion at the conference on what law enforcement wants and what co-ops are willing to provide. Most co-ops have policies that prevent them from disseminating member information unless a subpoena is issued, so they are not always able to provide the information sought by law enforcement. Our conference provided an opportunity to discuss how these competing interests can be resolved.

There are many opinions on whether the legalization of recreational marijuana makes sense for Colorado, but it really doesn’t much matter what the opinions are. Recreational marijuana is legal in the state and is now a \$1 billion industry with the expectation that it will continue to grow.

Colorado’s electric co-ops are working together to manage the changes this new industry brings. As they do so, they will need to meet the needs of a new industry and, at the same time, strive to protect the safety of their employees and the public.

*Kent L. Singer*

**Kent Singer, Executive Director**

## Comparing Costs

The chart showing average prices for electricity nationwide (August '17) was informative. It would be helpful for members to see a similar chart comparing electric rates within Colorado.

Steve and Constance Erickson, Twin Lakes  
Sangre de Cristo Electric members



## Creating Fanfare

Your recent article put the Johnson sisters and Wild Horse on the map (June '17). Your publication does a fine job reporting stories. What an amazing story about how three girls put their

heads and hearts together to provide family, friends and fans an opportunity to follow, help build and support Loretta Lynn's music career. And this energetic, determined trio saved their rural post office from closing. Just like our electric co-op, the Johnson sisters provided a big service to those who needed it.

Suellen Levy, Beulah  
San Isabel Electric member

## Snakes on the Line

This could be a Paul Bunyan or Pecos Bill tall tale, but it's true. Our electricity went off at 9 a.m. recently. We called Morgan County REA and a crew came out. They found the wiring on the transformer pole was smoking. After repairing it, a dead rattlesnake was found at the bottom of the pole. The only explanation is that a hawk captured the snake, landed on the pole to eat the snake and then dropped it. The snake landed on the line, causing it to short out. Thanks to MCREA for the prompt service.

Leroy and Pam Whelden, Deer Trail  
Morgan County REA members



## Got something to say?

We welcome letters to the editor via mail or email. They must be signed and include the writer's name and full address. Send your letter to Editor Mona Neeley at 5400 Washington St., Denver, CO 80216 or at mneely@coloradocountrylife.org. Letters may be edited for length.

*Riding to help others*

**Colorado's Electric Cooperatives Cycling Team**

Thank you for pedaling 177 miles to help more Colorado families and seniors stay warm this winter!

- ◆ Raised more than \$2,500 during the 2017 Pedal the Plains bike tour to support Energy Outreach Colorado's affordable energy programs



**Donate or get help at [EnergyOutreach.org](http://EnergyOutreach.org)**

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**FreeGeneratorGuide.com**

\*Price does not include installation. 98277X © 2017

# [community events]

## [October]

### October 7-9

#### Abiquiu, New Mexico

Studio Tour

Various Abiquiu Locations

10 am-5 pm • [abiquiustudiotour.org](http://abiquiustudiotour.org)

### October 7

#### Beulah

Beulah Challenge 5k/10k/Half

Marathon

Wet Mountain Range and Pueblo  
Mountain Park Foothills

8 am • [beulahchallenge.com](http://beulahchallenge.com)

[squarespace.com/](http://squarespace.com/)

### October 7

#### Colorado Springs

Creek Week Cleanup

Bear Creek Nature Center

9-11 am • 719-520-6387

### October 7-8

#### Colorado Springs

Reynolds Ranch Harvest Festival

Western Museum of Mining  
& Industry

10 am-4 pm • 719-488-0880

### October 7-8

#### Ignacio

JJ Horse Celebration

Sky Ute Event Center

269-209-3784

[j.hoyt406@gmail.com](mailto:j.hoyt406@gmail.com)

### October 7

#### La Veta

Oktoberfest Featuring Caricaturist

Tim Kirch

La Veta Gallery on Main

10 am-6 pm

[lavetagalleryonmain.com](http://lavetagalleryonmain.com)

### October 7

#### Lone Tree

Rocky Mountain Storytelling  
Festival

Lone Tree Library

9 am-5 pm • 303-660-5849

### October 7

#### Loveland

Timber Dan Fall Antique and  
Collectible Toy Show and Sale

Larimer County Fairgrounds

9 am-3 pm • 970-214-1035

### October 11

#### Brush

People's Market

East Morgan County Library

4-7 pm • 970-842-2666

### October 12

#### Alamosa

San Luis Valley Nonprofit

Collaboration Summit

River of Life Church

[crcamerica.org/](http://crcamerica.org/)

[slvcollaborationsummit2017.com](http://slvcollaborationsummit2017.com)

### October 13-14

#### Golden

Tri-State Doll Sale  
Jeffco Fairgrounds  
303-988-8591  
[jet-lag@comcast.net](mailto:jet-lag@comcast.net)

### October 14

#### Buena Vista

Walk for Freedom  
Forest Square Park  
719-395-6938

### October 14

#### Colorado City

Autumn Car Show  
Greenhorn Valley Park

9 am-3 pm • 719-251-6097

### October 14

#### Durango

Journey of Hope Family 5K  
Mercy Regional Medical Center  
9 am • 970-764-2800

### October 14-15

#### Durango

Peanuts™ The Great Pumpkin  
Patch Express  
Durango & Silverton Narrow  
Gauge Railroad  
[durangotrain.com](http://durangotrain.com)

### October 14

#### Erie

Wine and Cheese Festival  
Coal Creek Park  
12-4 pm • 303-828-3440

### October 14

#### Fort Collins

Open House  
Water Works  
10 am-3 pm • 970-221-0533

### October 14

#### Rye

Fall Fair  
Rye Home UMC  
719-582-0181

### October 20

#### Durango

Monster Mash Walk of Fame  
Various Durango Locations  
5 pm • [durangofilm.org](http://durangofilm.org)

### October 21-22

#### Beulah

Fall Into Christmas Craft Show  
Beulah Community Center  
10 am-4 pm  
[pjsmith1120@yahoo.com](mailto:pjsmith1120@yahoo.com)

### October 21

#### Fort Collins

Fort Collins Book Fest  
Various Fort Collins Locations  
9 am-9 pm • [focobookfest.org](http://focobookfest.org)

### October 21-22

#### Monument

Fine Art & Crafts Market  
Lewis-Palmer High School  
[creativecrafters.org](http://creativecrafters.org)



### Pumpkin Fest at Jones Farm, Cortez

October 14-29, Saturdays and Sundays, 10 am-3 pm

Grab your family and friends and head to the Pumpkin Fest at Jones Farm where you will enjoy a haunted house, corn maze, food, family games, wagons and tricycles for the kids, and lots of photo opportunities. Cooking and carving pumpkins, gourds and winter squash will be available to purchase. For more information, call 970-759-4502 or visit [facebook.com/JonesFarmPumpkins](http://facebook.com/JonesFarmPumpkins).

### October 28

#### Durango

Bark & Wine Silent Auction and  
Fundraiser  
Double Tree Hotel  
6-9 pm • 970-259-2847

### October 28

#### Farmington, New Mexico

Southwest Catholic Youth  
Conference  
McGee Park Convention Center  
10 am-9 pm • 970-385-8451

### October 29

#### Buena Vista

500 Reformation Anniversary  
Celebration  
Faith Lutheran Church  
719-395-2039

### October 29

#### Fort Collins

Wounded Warrior Project Benefit  
Concert  
Lincoln Theatre  
3 pm • [rockybards@gmail.com](mailto:rockybards@gmail.com)

### November 4

#### Bayfield

Fall Bazaar  
Pine River Senior Center  
9 am-2 pm • 970-442-0093

### November 4

#### Buena Vista

Annual Bazaar  
Congregational United  
Church of Christ  
9 am-3 pm  
[iblingkinderx11@hotmail.com](mailto:iblingkinderx11@hotmail.com)

### November 4

#### Calhan

Craft and Art Fair  
Ellicot Middle School Gym  
9 am-4 pm • 719-683-7186

## SEND CALENDAR ITEMS

## TWO MONTHS IN ADVANCE TO:

Calendar, Colorado Country  
Life, 5400 Washington St.,  
Denver, CO 80216; fax to 303-  
455-2807; or email [calendar@coloradocountrylife.org](mailto:calendar@coloradocountrylife.org).

Please send name of event,  
date, time, venue, brief  
description, phone number,  
a photo, if you have one, and  
email and/or website for more  
information.



MOUNTAIN PARKS ELECTRIC, INC.



**Tom Sifers**

October reminds me of Orville — Orville Freeman, that is, not his popcorn namesake, Mr. Redenbacher. I remember Freeman because, back in the day, I had to memorize his name for a quiz in freshman citizen class: Orville Freeman, U.S. Secretary of Agriculture under President Lyndon Johnson. His name never comes up when I play trivia. But as irony has it, he relates to my present-day job as general manager at Mountain Parks Electric.

Back in 1964, Freeman proclaimed October as National Co-operative Month. The news didn't make the splash The Beatles did after appearing on "The Ed Sullivan Show." Still, Freeman's proclamation mattered to rural America.

There, outside of urban population centers, lives improved markedly in two decades, thanks to co-ops (with assistance from the federal government). Now there was rural electrification. Rural communications. Rural water systems. And the infrastructure to make rural areas comparable to their city cousins was no longer a dream. By 1964, life was no longer the struggle it once was. It no longer felt like rural folks were working "Eight Days a Week" (another Beatles shout out for you maniacs). National Co-op Month was a deliberate act to encourage us to remember and give thanks.

Many of the entities that brought these changes to the countryside were formed as cooperatives: not-for-profit organizations, created solely to provide service. Organizations like Mountain Parks Electric, Inc. — still here today, still owned by those we serve, only doing more today than just keeping the lights on. (Hugh Mowery ACCT 901350700)

This October marks the 53rd National Co-op Month and, if you ask me, Freeman's proclamation is still the best idea since a pocket on a shirt. The theme this year is "Cooperatives Commit." MPE embodies this theme through its continuing support of local chambers of commerce, by sponsoring and participating in a variety of local events, by awarding Charitable Trust grants funded through Operation Round Up, by awarding college scholarships with Educational Trust grants, by providing safety demonstrations and school science fair trophies and by supporting of the North Park and Middle Park fairs, the Fifth Quarter Program and renewable energy installations through-

## [Mountain Parks Electric]

### From the GM's Desk

BY TOM SIFERS || GENERAL MANAGER



out our service territory.

Thanks for teeing that up for us, Orville. I'll do my part to keep this month special "With a Little Help from My (Co-op) Friends."

### PET OF THE MONTH



Owners: Brian and Ann Heckman

(Email your dog photo to: tsifers@mpei.com)

## CATCHING UP WITH WEST GRAND HIGH GRAD CHARLEE MANGUSO

### How Youth Leadership Camp (YLC) opened new doors for me ... and could for another junior or senior in 2018



Charlee Manguso, a former West Grand High grad and winner of the MPE-sponsored 2015 YLC trip, is now a sophomore studying wildlife biology at Colorado State University.

Each summer, MPE sponsors one local high school junior or senior to attend Youth Tour, a week-long, all-expense-paid trip to Washington, D.C., and one local high school junior or senior to attend Youth Leadership Camp in Clark, Colorado. To be eligible, students must attend a high school within MPE's service territory, be 16 years or older as of January 1, 2018, submit a Youth Tour and Youth Leadership Camp application (request one at [rtaylor@mpei.com](mailto:rtaylor@mpei.com)) and submit one of two winning 500-word or less energy-related essays to [rtaylor@mpei.com](mailto:rtaylor@mpei.com) by Monday, January 1, 2018.

**Check the Youth Tour and Youth Leadership Camp essay guidelines at:**  
[www.mpei.com/contestinfo](http://www.mpei.com/contestinfo)

#### FIND YOUR NAME • WIN \$5

If you find your name in this magazine, contact Mountain Parks Electric to receive a \$5 credit on your power bill. Winners must contact MPE within one month of the date of issue.

#### What leadership qualities were addressed at YLC that help you today in your adult life?

Leading in a way that encourages others to participate, to consider others' opinions, to avoid making rash decisions, taking responsibility and even some social skills. (Linda Berry ACCT 502777001)

#### What is something valuable that you learned at camp?

I learned how easy it is to meet people. I realize that might sound odd, but growing up in a small town, I never really had reason or opportunity to introduce myself to or get to know new people. Camp helped me learn how to do that better.

#### What was your fondest memory of YLC?

Being on the winning volleyball team, of course. We just played for fun, but our team was fierce. Rafting down the Colorado River was a close second. It's great fun!

## New Books for the Library District

Mountain Parks Electric and *Colorado Country Life* recently joined forces to award books to a local library. This cache of books — fiction and non-fiction, some penned by Colorado authors — was originally donated to CCL for its November book review issue. Through a drawing, the Hot Sulphur Springs Library was selected to receive the books. But everybody in the county wins. The books are available for checkout at any Grand County Library District library.



Left to right: MPE GM Tom Sifers, Hot Sulphur Springs and Kremmling Library Branch Manager Emily Pedersen and Grand County Library District Director of Public Services Jeanie Johnson display the new library books.



# Local Chef SPOTLIGHT

**NAME:**

Brew master **Andy Brumenschenkel**  
(an Oktoberfest special feature)

**RESTAURANT:**

**Hideaway Park Brewery (HPB)** in Winter Park  
[www.hideawayparkbrewery.com](http://www.hideawayparkbrewery.com)

**BREWING CHOPS:**

Brewing ales for eight years, opened Hideaway Park Brewery in 2014

**SPECIALTY:**

Brewing an amazing selection of craft beers from scratch

## Beer-Pairing Tip for MPE Readers

Pair pale ales (like HPB's Little Mac Pale Ale) with citrus seafood dishes; stouts (like HPB's Rye Stout) with red meat; and IPAs (like HPB's BruBrew) with chicken dishes.

Get Andy's home-brewing tip at [www.mpei.com/ccl\\_bonus\\_features](http://www.mpei.com/ccl_bonus_features)

# WAYS TO SAVE in October

by Lindsay McCann  
Assistant Billing Supervisor

### CREATE A CLEAN, LITTLE SPACE

- Leave a few inches between your refrigerator and the wall, and keep the condenser coils clean. This helps the compressor cool more efficiently and run less frequently, saving you money.

### SHUT THE DOOR!

- For every minute you stand in front of an open refrigerator, money is flowing out the door. Try to decide what you want to eat or drink before opening the door. (Ronald Darling ACCT 800157100)

### CONTROL MOISTURE

- Allow cooked meals to cool first before refrigerating them, and keep all refrigerated foods covered. This limits the moisture of the air inside. Moist air causes the compressor to work harder to keep things cool. Dry air saves you \$\$\$.

### KEEP THINGS TIGHT

- Check the seals on both fridge and freezer doors. If needed, replace seals or adjust the doors to avoid costly air leaks.



### FIND US ON THE WEB

Mountain Parks Electric, Inc. online at  
[mpei.com](http://mpei.com)

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[twitter.com/MtnParksElec](http://twitter.com/MtnParksElec)

# KARI SIMMONS: STILL THE SAME ON THE INSIDE

BY ROB TAYLOR, MANAGER OF COMMUNICATIONS

Is there anything more revealing than a cause? A food drive, an adopted stretch of highway, an outstretched hand or a pair of desperate eyes: So many worthy causes, so little time. Yet every one of them ultimately reveals the thing that it invokes: a human heart. Kari Simmons' cause is helping children.

Back in 2009, Simmons began missing work. A lot of work. There was no hiding it. No ignoring the subsequent whispers and quiet speculation. So she decided to face the issue head on: to be transparent with her second-grade Grand Lake Elementary School students about why, about the surgery to come, and about why the substitute teacher would be filling in even more in the days ahead. In doing so, she couldn't sidestep the C word.

"But you're too young to have cancer," objected a tiny voice in her second-grade class after Simmons' announcement. "My grandpa had cancer and he died! Are you going to die too? I don't want you to die!"

How do you answer that?

Answering no — through her tears — didn't suffice. Nor did explaining that people of all ages get cancer, and that many beat it. That's when Simmons began searching for a better answer. She wanted to help her students understand the cancer treatment process and the pos-

sibilities of overcoming it with the proper treatment. Surely someone had written a children's book about this.

After finding no such book, she did the only thing that made sense: She penned one herself and is now seeking publication. *My Teacher Has Cancer* details Simmons' personal experiences in overcoming breast cancer and the interactions with her students as she underwent treatment. The focus, as you might expect, is helping youngsters cope with a loved one who is fighting cancer. In Simmons' case, that meant allowing curious students to rub her shaved head, to critique her wigs, to theorize about why once-straight hair grew back curly and to ask questions about her treatment. In other words, it meant doing what came naturally: opening wide the contents of her heart. The book subtly drives home the following themes:

- Cancer might cause someone to look different, but your loved one is still the same person on the inside.
- Cancer might make someone tired and needing more rest, but your loved one still wants to play with you and be your friend.
- There are things you can do to help your loved one with cancer, like reading to him or her or drawing or coloring a



Kari Simmons is now the Title 1 teacher at Granby Elementary School.

picture for him or her.

Eight years after her treatment, Simmons is all smiles now: cancer-free and fully recovered. She hopes to get her book published to help more children, and she is thrilled that Mountain Parks Electric's Pink Hard Hat "Taking Steps for Cancer" campaign (see information below) is raising money for treatment-related expenses for locals fighting cancer in all forms.

For more information about *My Teacher Has Cancer*, email Kari Simmons at [teacherlady66@hotmail.com](mailto:teacherlady66@hotmail.com).



MPE linemen wear pink hard hats during a pole top rescue exercise.

## MPE's PINK HARD HAT "TAKING STEPS for Cancer" CAMPAIGN

MPE joins Mountain Family Center this October to help locals fight cancer in all forms

This October, MPE's linemen will again wear pink hard hats to promote cancer awareness. To donate to the cause, please visit MPE's Granby or Walden offices. All donations will be contributed to Mountain Family Center's cancer fund (Taking Steps for Cancer) that:

- Helps approximately 30 people a year with medical expenses associated with treatment costs of cancer in any form. Note: these funds will be awarded to local residents
- Awards \$1,500-2,500 per qualified applicant
- Reimburses cancer-related expenses, such as travel or mileage, out-of-county hotel stays, prescription costs and other expenses

For more information, call the Mountain Family Center at 970-557-3186.



## Energy Innovations Summit Set for End of October

Innovations are moving the electricity industry forward these days, and the best place to learn about what's new in the electric industry is the annual CREA Energy Innovations Summit Monday, October 30 in downtown Denver.

Join others from the electric industry as they listen to and interact with high-caliber speakers on regional transmission organizations, net metering and electric vehicles, distributed energy resources, carbon capture, energy storage, wind generation and more.

The day will be highlighted by Dr. Martin Keller, director of the National Renewable Energy Laboratory, who will share information on the exciting projects the lab is working on in Golden.

Register at [crea.coop](http://crea.coop) for this sixth annual event.



## Magazine Brings Home Awards

Two national Willie awards were presented to *Colorado Country Life* during a recent meeting in Montana.

The National Rural Electric Cooperative Association Statewide Editors Association presented an Award of Merit to *Colorado Country Life* for its website at [www.coloradocountrylife.coop](http://www.coloradocountrylife.coop). Judges said: "Overall this is a good site. Functional and appears to provide a variety of good information for locals."



The magazine also received an Award of Merit for a Viewpoint column written by Executive Director Kent Singer in the July 2016 issue. Kent wrote about leadership with examples of how important communication is for strong leadership using the Battle of Gettysburg as an example. The judges said "... well done. Kudos for the writer's accurate interpretation of a crucial battle and combining it with his message."

The Willie awards are named for Willie Wired-hand, a longtime mascot of electric cooperatives across the country.

## Co-ops Celebrate Solar for Those in Need

Seven Colorado electric cooperatives partnered with the Colorado Energy Office and nonprofit solar installer GRID Alternatives to build community solar installations for co-op members who struggle financially. The conclusion of that two-year project was celebrated September 7 in Grand Junction where it started.

Colorado is widely regarded as the birthplace of the community solar concept. It was pioneered back in 2009 by United Power, a co-op headquartered in Brighton. Then, in 2015, Grand Valley Power in Grand Junction worked with GRID to expand the concept to specifically serve low-income members.

"Many of Colorado's residents struggle to pay their utility bills, and this demonstration was designed to explore partnerships that create new pathways to alleviate the energy burden on these households," said CEO Executive Director Kathleen Staks.

Grand Valley Power's project created the nation's first utility-owned, low-income solar array as a learning lab for this innovative approach. Best practices were developed. Challenges were explored. And shortly after this first project went online, the state energy office granted GRID \$1.2 million to work with electric co-ops and municipal utilities to develop this solar model further. Through projects developed by Delta-Montrose Electric in Montrose, Empire Electric in Cortez, Holy Cross Energy in Glenwood Springs, Poudre Valley REA in Fort Collins, San Miguel Power in Ridgway, Yampa Valley Electric in Steamboat Springs and Fort Collins Municipal Utility, nearly 1.4 megawatts of capacity was constructed to benefit more than 300 low-income households annually.

"In working with a variety of utilities, we've been able to develop a flexible model for low-income community solar that can be used anywhere," said Chuck Watkins, executive director of GRID Alternatives Colorado.

"The transformative impact in partnering with GRID Alternatives to build the country's first utility-owned community solar project dedicated to low-income members not only helps our local communities in Colorado, it also forges a path for other communities across the nation," said Grand Valley Power CEO Tom Walch. "The concept of serving members who would otherwise not be able to participate based on a number of limitations has been removed with this model."

Interest in similar projects comes from Xcel Energy and Black Hills Energy, Colorado's investor-owned utilities, as well as from other states and other countries.



**Tom Walch welcomes the group to the solar projects celebration.**



## Co-op's Raise Money on a Windswept Bike Ride

The bike team for Colorado's electric cooperatives joined nearly 1,200 bicyclists riding 177 miles through eastern Colorado September 15-17 as part of the Pedal the Plains annual bike tour. The 23-member co-op team, riding under the Powering the Plains banner, rode to raise money for Energy Outreach Colorado, which provides assistance for those struggling to pay heat bills during the winter. Donations to the cause will be accepted through October 13. Visit [poweringtheplains.coop](http://poweringtheplains.coop) to make a donation.



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- 704 lb. capacity
- Weighs 120 lbs.

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Customer Rating

• Laser guide **SAVE \$169****\$129.99**Compare **\$299****\$199.99**

Blade sold separately.

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LIMIT 5 - Coupon valid through 2/1/18\*

**HaulMaster**  **SUPER COUPON**

Customer Rating



• 1000 lb. capacity

**\$7.99**Compare **\$10.99****\$10.99** **SAVE 59%**

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**PITTSBURGH**  **SUPER COUPON****#1 SELLING JACKS IN AMERICA****RAPID PUMP® 1.5 TON ALUMINUM RACING JACK**

- 3-1/2 Pumps Lifts Most Vehicles
- Lifts from 3-1/2" to 14-1/8"
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Customer Rating **\$59.99**Compare **\$109.99**

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**PREDATOR**  **SUPER COUPON****4000 MAX. STARTING/3200 RUNNING WATTS 6.5 HP (212 CC) GAS GENERATOR**

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- GFCI outlets

**SAVE \$1709****\$289.99**Compare **\$1999**

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Customer Rating

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LIMIT 3 - Coupon valid through 2/1/18\*

**SUPER COUPON****TRIPLE BALL TRAILER HITCH**

- 3-1/2" Coupler
- 3-1/2" Ball
- 3-1/2" Drop

**SAVE 53%****\$19.99**Compare **\$42.98**

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LIMIT 3 - Coupon valid through 2/1/18\*

**CHICAGO ELECTRIC POWER TOOLS**  **SUPER COUPON****12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW**

Customer Rating

• Laser guide **SAVE \$169****\$129.99**Compare **\$299****\$199.99**

Blade sold separately.

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LIMIT 5 - Coupon valid through 2/1/18\*

**SUPER COUPON****HEAVY DUTY FOLDABLE ALUMINUM SPORTS CHAIR**

- Customer Rating 
- Save 50%

Customer Rating **\$19.99**Compare **\$39.99**

ITEM 62314/63066/66383 shown

15005386

LIMIT 6 - Coupon valid through 2/1/18\*

**HaulMaster**  **SUPER COUPON****3/8" x 14 FT., GRADE 43 TOWING CHAIN**

- Customer Rating 
- 5400 lb. capacity

**SAVE 67%****\$79.99**Compare **\$60.95****\$30.99**

ITEM 60658/97711 shown

15012458

LIMIT 7 - Coupon valid through 2/1/18\*

**PORTLAND**  **SUPER COUPON****1750 PSI PRESSURE WASHER**

- Customer Rating 
- NEW

**SAVE \$99****\$79.99**Compare **\$179.33**

ITEM 63255/63254 shown

15016257

LIMIT 3 - Coupon valid through 2/1/18\*

**THUNDERBOLT MAGNUM SOLAR**  **SUPER COUPON****100 WATT SOLAR PANEL KIT**

- Customer Rating 
- NEW

**SAVE \$227****\$189.99**Compare **\$377.56**

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LIMIT 5 - Coupon valid through 2/1/18\*

**HaulMaster**  **SUPER COUPON**

Customer Rating



• 1000 lb. capacity

**\$7.99**Compare **\$10.99****\$10.99** **SAVE 59%**

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LIMIT 8 - Coupon valid through 2/1/18\*

**CoverPro**  **SUPER COUPON****10 FT. x 10 FT. PORTABLE SHED**

- Customer Rating 
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**SAVE \$96**Compare **\$236.89****\$159.99****\$139.99**

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LIMIT 4 - Coupon valid through 2/1/18\*

**PITTSBURGH**  **SUPER COUPON****9 PIECE FULLY POLISHED COMBINATION WRENCH SETS**

- Customer Rating 
- NEW

**SAVE 59%****\$5.99**Compare **\$14.97**

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15033588

LIMIT 9 - Coupon valid through 2/1/18\*

**Lynxx**  **SUPER COUPON****40 VOLT LITHIUM CORDLESS BRUSHLESS BLOWER**

- Customer Rating 
- NEW

**\$119.99**Compare **\$139.99****\$139.99** **SAVE \$20**

ITEM 63285 shown

15060454

LIMIT 5 - Coupon valid through 2/1/18\*

**EARTHQUAKE**  **SUPER COUPON****1/2" HEAVY DUTY COMPOSITE PRO AIR IMPACT WRENCH**

- Customer Rating 
- NEW

**\$89.99**Compare **\$249.99****\$119.99**

ITEM 62835 shown

15060454

LIMIT 5 - Coupon valid through 2/1/18\*

**BADLAND**  **SUPER COUPON****2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL**

- Customer Rating 
- Battle Tested

**SAVE \$70****\$250.00**Compare **\$329.99**

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LIMIT 4 - Coupon valid through 2/1/18\*

**CHICAGO ELECTRIC WELDING**  **SUPER COUPON****ADJUSTABLE STEEL WELDING TABLE**

- Customer Rating 
- 32.75"
- 19-7/8"
- 30"

**SAVE \$80****\$299****\$219.99**

ITEM 63069/61369 shown

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LIMIT 5 - Coupon valid through 2/1/18\*

**KRAUSE & BECKER**  **SUPER COUPON****AIRLESS PAINT SPRAYER KIT**

- Customer Rating 

**\$174.99****\$219.99**Compare **\$299**

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## CYBER SAFETY CHECKLIST

### How to keep hackers out of your home so you can enjoy the internet

By Paul Wesslund

This month, electric cooperatives across the country are joining forces to raise awareness about cybersecurity. We hope you will join us in taking action and recognizing October as National Cybersecurity Awareness Month.

Electric co-ops protect the private information of members and ensure hackers don't tamper with the reliability of the electric grid, but consumers have a lot at stake, too. Think about losing all the photos on your smartphone or having bank or credit card information stolen from your computer.

Cyber criminals all over the world are on the prowl through the internet and they're getting better at what they do, according to the team of cybersecurity experts at the National Rural Electric Cooperative Association.

"The bad guys tend to be a step ahead and we're always going to be playing catch-up, so you're never going to be 100 percent secure," says Barry Lawson, a senior director of regulatory affairs at NRECA. "But it's not something to be afraid of. There are basic steps people can take to provide good layers of protection."

Lawson, along with two other NRECA cybersecurity specialists, Cynthia Hsu, cybersecurity program manager, and Bridgette Bourge, senior principal for legislative affairs, recently discussed steps consumers can take to protect themselves and their valuable data.

They suggest thinking of cybersecurity as cyber hygiene. "Just like washing your hands will help keep you from getting bacteria," Bourge says, "there are simple things you can do to protect yourself online."

The first step is to make cyber hygiene a habit, Hsu says. She advises people at work and in their homes to incorporate basic security steps into their daily mindset.

Here are the top tips for protecting yourself from internet danger at work and home, as recommended by the NRECA experts:

1. **CREATE A STRONG PASSWORD:** If it seems difficult to keep up with all the passwords for the different software and applications you use, at least focus on the main passwords that allow the primary internet access, like the ones that open your computer, phone and wireless router. Make it complicated with a mix of upper- and lower-case letters, numbers and special characters like "%" or "&." Remember to change the password at least every six months.
2. **KEEP SOFTWARE UPDATED:** Notices of updates don't just add flashy features to your apps, they often add security patches to protect against new security threats. Updates usually come automatically from the software company, whether it's for the computer, mobile device operating system, one of the many functional apps, like Facebook, or a link to your favorite sports team. But take a level of caution on updates as well. You can check regularly for updates either from your device or by going to the application's website. Be suspicious of update notices that arrive by email, especially if they claim to require urgent action. Visit the application's website to make sure the update is legitimate.
3. **DON'T CLICK ON ANY LINK OR ATTACHED FILE UNLESS YOU KNOW WHERE IT WILL TAKE YOU:** A lot of the computer hacking problems you hear about in the news result from people clicking on links or attached files that infect their computers or mobile devices. An email can even be disguised to look like it's coming from your best friend, so simple

diligence can be extremely beneficial. Take a moment and move your cursor over a link to reveal the full address before clicking it. You'll see a lot of confusing symbols, but you should also be able to recognize the name of the legitimate source. If you don't, find another way to verify the link.

4. **INSTALL AND USE VIRUS PROTECTION:** Buy your antivirus software from one of the major recognized companies and make it a subscription-type service that regularly sends automatic updates.
5. **DON'T USE FLASH DRIVES:** Those little thumb drives or jump drives you insert into your USB port may be handy ways to share lots of photos or other large documents, but as your mother might say, you don't know where they've been. These portable memory devices are another common way computers get infected with damaging software. Instead, learn to use Dropbox or other software solutions for transferring large files.
6. **BACK UP YOUR DEVICES:** Make sure you have a current copy of everything on your computer or mobile device. Every few weeks, transfer your contents to an external storage system that you then unplug from your computer. You can buy an external hardware drive or online storage designed just for this purpose. Think of it this way: What if your computer or phone were lost or stolen? Recent computer attacks involve ransomware that locks your computer and threatens to delete or prevent access to everything on it unless you pay a ransom to the hackers. The hackers might not unlock it even after a ransom is

paid. If you suffer a ransomware attack, you might need to take your computer to a professional to wipe everything off your hard drive and start over. But with a backup you will be able to restore your most valuable documents.

7. **SECURE ALL YOUR INTERNET-CONNECTED DEVICES:** Hackers started invading wireless printers and baby monitors that work through the internet. These devices tend to have extremely weak, preset passwords that you probably don't even notice. Read the instructions carefully, set good passwords, keep the devices updated and make sure any wireless routers in your home are secure as well. Any internet-connected device — smart televisions, cameras, voice-activated speakers, thermostats, video games, fitness bracelets, internet-connected refrigerators and lightbulbs — is vulnerable.
8. **PROTECT THE KIDS:** Don't forget that children also need to be aware and practice good cyber hygiene. They should know not to send out such information as birthdates and other ID numbers, as well as details like how long the family will be away on vacation. Learn to use parental control options on your hardware and software.

To learn more about National Cybersecurity Awareness Month and to view additional cybersecurity tips, visit [www.staysafeonline.org](http://www.staysafeonline.org).

*Paul Wesslund writes on cooperative issues for the National Rural Electric Cooperative Association.*

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*—Ray Singmaster - Master Electrician/Program Supervisor  
Mountain View Electric Association, Inc.*

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# CLOSE ENCOUNTERS WITH THE RICH AND FAMOUS



Compiled by Mona Neeley, editor

It may not be a good thing, but we live in a celebrity-focused culture. Many people in today's society love to follow the lives of movie and television stars, favorite musicians and bands, politicians and, occasionally, those who are famous just for being famous.

Sometimes, these celebrities take on almost mythical personas. People think of them as somehow different than "regular" people — better, smarter, funnier. But what we found when we asked readers this summer to share their stories of celebrity encounters, was that when people actually met someone considered "rich and famous," those celebrities were, indeed, regular people.

Here are a few of those stories of encounters with the rich and famous. Visit [coloradocountrylife.coop](http://coloradocountrylife.coop) for more recollections of brushes with fame from *Colorado Country Life* readers.

**Robin Williams** (July 21, 1951 – August 11, 2014) was an American stand-up comedian and actor starring on television as Mork in "Mork & Mindy" and in the movies "Good Morning, Vietnam," "Dead Poets Society," "Mrs. Doubtfire," "Night at the Museum" and many others.

## Breakfast With a Comedian

It was 1994. My daughter, Jessica, was 7. We drove from San Diego to Tamarack Cross Country Ski Resort near Mammoth Mountain to play and ski.

Jessica spent time playing with a girl and boy at the resort, taking turns on a flying saucer. When the kids' mom came and told them it was time to go inside, the girl asked if Jessica could have breakfast with them the next morning. The mom promptly invited Jessica and me to breakfast.

The next morning, we sat down with Jessica's new friend and her mom, dad and brother. We had a pleasant conversation as we ate. The dad looked vaguely familiar, but he was shy and serious, looking down with hunched shoulders and speaking quietly.



**Robin Williams**

It wasn't until we were driving home that it hit me. We'd just had breakfast with Robin Williams (using an alias) and we didn't know it. Back in San Diego, I found photos of Robin and his family. Sure enough, the photos of his wife, Marsha, and children Zelda and Cody matched the family we shared breakfast with.

*Cynda Green, Salida, a member of La Plata Electric*

**Paul Newman (January 26, 1925 – September 26, 2008)** was a screen legend and superstar nominated for acting honors over five decades starting in the 1950s. He starred in "Butch Cassidy and the Sundance Kid," "Cool Hand Luke" and many other films. Most recently, he was the voice of Doc Hudson in "Cars."

### Butch Cassidy at the Wheel

It was May of 1975 and I'm driving Interstate 10 north of El Paso with my wife and young son, heading to California to school. Cruising in the right lane, I can't help but notice that I'm slowly being passed by a beautiful black muscle car in the left lane. (I can't recall if it was a Dodge Challenger or a Dodge Charger.)

When our windows align, I look to the left to see who owns that awesome car and it's Paul Newman.

Looking directly at him, I blurt his name out loud and he knows I know it's him and he gives me a huge smile. He continues to match our speed as I wake my sleeping wife in the passenger seat and exclaim that Paul Newman is right next to us in the left lane. She looks over and also recognizes him while he continues to smile at us. Then he calmly passes us and continues on after our 15-second "close encounter."

*Klar Stempien, Walsenburg, a member of San Isabel Electric*

**Lyndon Baines Johnson (August 27, 1908 – January 22, 1973)** was the 36th president of the United States.

### Grandma Shows her Gumption

My family and my grandparents went to the 1965 World's Fair in New York. This day, we were walking down the center of the boulevard to the next exhibition when several black limousines pulled up behind us, even though vehicles were prohibited on the road during the fair. My grandmother, an independent, 4-foot-10-inch lady we called Ma, would not move out of the way.

The rest of us moved over and called for her to move over, too. "No!" she said. "I am walking where I am supposed to walk and they can just wait."

The black limo at the head of the line started honking at her. No matter what we tried, we could not get her off the street. Finally, two men jumped out of the lead car and tried to convince Ma to move over.

"Why should I?" she asked. Well, they said, this was President Lyndon B. Johnson's motorcade and he needed to get to his next engagement.

Ma simply said, "He can get out of the car and walk down the street like the rest of us."

It was too dangerous for the president to simply walk down the street at the fair, they explained. She didn't want anything to happen to him, did she? She didn't and she moved over.

As the limousine rolled by, Johnson rolled down his window and told her he liked her gumption and he thanked her for getting out of his way.

*Lee Evans, Elbert, a member of Mountain View Electric*



**Bear Grylls heads toward a helicopter.**

**Bear Grylls, 43, is a British adventurer, writer and television presenter widely known for his television series "Man vs. Wild" and "Running Wild with Bear Grylls," as well as other adventure shows.**

### Saved From a Helicopter Blade

Jumping at the chance to work for a television production company out of Los Angeles, I was hired to work as a production assistant with Bear Grylls. It was a two-week shoot near Denver and I was pumped.

The opening scene of the production we were working on featured a helicopter and we were prepping it with GoPro cameras and lighting. After the pilot got the green light, he fired the engine and the rotors began to spin. I heard someone yelling at me above the noise of the engine as I walked away from the helicopter. Bear was pointing at his head vigorously, but what was he saying? I didn't know and turned to walk away again when suddenly I was yanked back by someone.

Apparently, when a helicopter is starting up, its blades dip down. Bear had jumped out and saved me from getting hit and probably injured.

*Michael Brautigan, Peyton, a member of Mountain View Electric*

**Jack Dempsey** (June 24, 1895 – May 31, 1983) was born in Manassa, Colorado. He competed as an American professional boxer from 1914 to 1927 and reigned as world heavyweight champion from 1919 to 1926.

## Meeting the Manassa Mauler

It was 1963 or thereabout. The U.S. Navy destroyer I was on was in the Brooklyn (New York) Navy Yard for an overhaul, so a buddy and I got a pass and went into New York to find Jack Dempsey's Broadway bar. (Dempsey was from Manassa, Colorado. I was from Monte Vista, about 40 miles north of Manassa.)

We found the place and went inside to order a drink. When the bartender asked where we were from, my buddy said he was from Boston and I said I was from the San Luis Valley. Shortly after that, Mr. Dempsey came over and shook our hands. He asked how things were in the valley

and I told him I'd been out to sea and wasn't sure what was happening back home.

We talked and he gave me a signed copy of his book that I sent to my dad. Much later, when we got ready to head back to the ship, the bartender told us that our bill had been paid. For a young sailor from Monte Vista, it was a pleasure to meet Jack Dempsey.

*Earl Fox, Westcliffe, a member of Sangre de Cristo Electric*



Jack Dempsey

**Harold Ramis** (November 21, 1944 – February 24, 2014) was an American actor, director, writer and comedian. **Bill Murray**, 67, is an American actor, comedian and writer, who first gained exposure on "Saturday Night Live."

## Cousins With a Ghostbuster

My "close encounter" was Passover dinner with the late Harold Ramis, the actor, director and screenwriter most famous for "Ghostbusters," "Stripes" and "Groundhog Day." Harold was my ex-husband's cousin.

One year we were invited to my in-laws for Passover dinner and Harold was in town, so he and his parents joined us. Harold was a funny man, but his father, Nate, was even funnier. Between the two of them, they kept us laughing the entire evening.

We met Harold again at my brother-in-law's wedding where he brought fellow actor Bill Murray as his guest. Riding in the elevator between Harold and Bill, I felt like I would soon see green slime oozing out of the elevator walls or some ghost-like creature greeting us when the elevator doors opened. We were later invited to Harold's wedding with its star-studded guest list and then asked to be extras when they filmed "Groundhog Day" in Woodstock, Illinois.

*Deb Grymkoski, Beulah, a member of San Isabel Electric*



Tom Hanks, 61, is an American actor and filmmaker.

## Taking Selfies With Tom Hanks

My husband and I volunteer each year at the Telluride Film Festival. We were in the lobby when we noticed Tom Hanks, who was getting ready to introduce his new movie, "Sully." My husband asked if we could take a picture and Tom just took my husband's phone to get the three of us in a photo.

He noticed that the phone was the kind that was getting bad press because it was catching fire. While he was holding the phone and taking the photo, Tom asked my husband if he had heard about the phones blowing up. We all laughed and I told my husband that, in the future, he shouldn't make fun of my phone, which was a different brand. Tom agreed. He was the nicest man.

*Amy Gavell, Montrose, a member of Delta-Montrose Electric*

**Barack Obama**, 56, was the 44th president of the United States.

## Presidential Classmate

It was the fall of 1979 and I was attending Occidental College in Los Angeles, California, majoring in theater arts and rhetoric. I wore a lot of purple back then, as it always gave me confidence and made me feel "royal."

One of my classes was "The Art of Persuasion." There were only about 17 students in that class (the college's entire student body was only 1,200). One day in class someone quipped, "I bet one of us could become president in the year 2000!" I was sure they were talking about me with my royal purple coat. For years I would think back on that moment and get a little jolt of confidence.



Barack Obama

But 30 years later, the school's quarterly publication, *Occidental Magazine*, published a feature story that reminded me that a classmate named Barry had also been in that class with me. That message was probably for him, although Barack Obama wasn't elected president until 2008.

*Laura Moore, Fort Collins, a member of Poudre Valley REA*

**John Wayne (May 26, 1907 – June 11, 1979) was an American actor and filmmaker, who appeared in more than 100 motions pictures.**

## Delivering Brownies to Duke

When I was in high school in California, my boyfriend, Mike, and his family lived down the street from John Wayne. We saw him frequently driving around in his customized station wagon with a license plate that said "DUKE."



**John Wayne**

One day, Mike's mom said she had made some brownies for John Wayne and his wife as a thank-you gift for hosting a bridge party. She let us deliver the brownies.

When we pushed the intercom button at his front gate, we insisted that we had to give the brownies to Duke himself. He came out and greeted us and spent time visiting with us. He said he was on a diet because he had

just finished filming "True Grit" where he had gained weight to play Rooster Cogburn. But, he said, he would eat the brownies anyway.

He was tall and charming and I have bragged about the encounter ever since.

*Jamie Stephens, Dolores, a member of Empire Electric*

**David Prowse, 82, a British character actor, is best known for physically portraying Darth Vader in the original Star Wars trilogy.**

## Darth Vader's Bodyguard

In the late 1970s, I belonged to the club that put on StarCon Denver every year. We always tried to get interesting stars as guests and we were thrilled that David Prowse, the actor who played Darth Vader, was coming.

There was concern that some fans might be overenthusiastic meeting someone so popular. I had some experience in a form of martial arts that included nonviolent takedowns, so I was designated as David's staff helper in case something more than guiding him to his next talk was needed. We made a unlikely pair

as he was a full 2 feet taller than me, even without the costume.

That year we also included a comedy play called "Star Wars," which was what we thought "Star Wars" would be like on a \$50 budget. My daughter, 5, was a Jawa in the play and had a little girl crush on the boy playing the Darth Vader character. At the staff party that followed everything, David asked my 5-year-old who was better at playing Darth Vader, him or the boy. He laughed when she picked the boy.

I was mortified, but David was charming, polite and funny himself. He said his 8-year-old daughter would have answered the same way.

*Susan Crites, Lamar, a member of Southeast Colorado Power*

more stories online

## CLOSE ENCOUNTERS WITH THE RICH AND FAMOUS



More than 40 readers shared stories of their brushes with fame with us for this month's issue. Enjoy the stories here in the magazine. And if you want more, we have more stories on our website.

Visit [coloradocountrylife.coop](http://coloradocountrylife.coop) and click on the box in the top right to read about Coloradans who met:

**Derek Jeter  
Wally Schirra  
Earl Warren  
Elvis Presley  
Johnny Cash  
Jay Leno  
Kevin Costner  
President Gerald Ford and Betty Ford  
Walt Disney  
Shirley MacLaine  
Roy Rogers**

# RAISING THE (GOODY) BAR

Tempting treats everyone will want to get their hands on

BY AMY HIGGINS // RECIPES@COLORADOCOUNTRYLIFE.ORG



For cooks, there's little else more satisfying than delighting your guests with your culinary creations. Just a dash of this, a spoonful of that and you're on your way to whipping up a little cheer. That's exactly what occurred when we mixed up these recipes: sweet smiles and satisfaction. Whether it's an after-dinner dish or midday munchies, there's always room for dessert. So conjure up some happiness in your household with one of these heavenly bars.

## SOCIAL

Get Social  
for the Cure

From October 1-31, KitchenAid will donate \$1 to Susan G. Komen, up to a maximum donation of \$10,000, for every cupcake image shared on Twitter or Instagram with the collective hashtags #10000cupcakes and #donate.



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Enter to win a  
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Enter our October contest for your chance to win a KitchenAid electric hand mixer. Visit the contests page at [coloradocountrylife.coop](http://coloradocountrylife.coop) to find out how.



## Lemon Berry Cheesecake Bars

1 1/2 cups graham cracker crumbs  
5 tablespoons butter, melted  
16 ounces cream cheese, at room temperature  
1 1/2 cups powdered sugar, divided  
3 tablespoons lemon juice  
1 tablespoon lemon zest  
1 1/4 cups heavy whipping cream, divided  
fresh berries

Line 9-inch square cake pan with parchment paper, bringing up over sides. Combine graham cracker crumbs and butter, and stir until well combined. Press crumb mixture evenly into bottom of cake pan. Set aside.

In bowl of stand mixer, beat cream cheese, 1 cup powdered sugar, lemon juice and lemon zest until smooth. In separate bowl, whip heavy whipping cream until it starts to thicken. Add remaining powdered sugar and continue to whip until stiff peaks form. Gently fold half the whipped cream into cheesecake mixture and place remainder in refrigerator to use later. Spread cheesecake mixture evenly in cake pan. Refrigerate cheesecake at least 4 hours, or until firm.

Use parchment paper on sides to lift bars out of the pan then cut bars into squares. Use remaining whipped cream to top cheesecake bars then add fresh berries, as desired. Refrigerate until ready to serve.

*Recipe courtesy of Life, Love & Sugar blogger Lindsay Conchar on behalf of KitchenAid*



For more delicious bar recipes visit [coloradocountrylife.coop](http://coloradocountrylife.coop).



## Easy Apple Pie Bars

7 cups Granny Smith apples, peeled, cored and diced  
1 cup apple butter  
1 1/2 teaspoons vanilla extract, divided  
1/2 cup brown sugar  
2 frozen pie crusts, defrosted  
1 egg white  
2 tablespoons sugar  
1/2 teaspoon ground cinnamon  
1 cup powdered sugar  
2 tablespoons milk

Heat oven to 350 degrees. Grease 9- by 13-inch pan with nonstick cooking spray. Place diced apples in large mixing bowl. Add apple butter, 1 teaspoon vanilla and brown sugar. Mix until apples are evenly coated.

Place one pie crust in bottom of greased pan. Slowly stretch out crust to cover pan's bottom. Cut edges off if necessary. Spread apple filling evenly over crust. With rolling pin, roll second crust to same size as pan. Place second crust on top of apple pie filling and tuck down edges to cover.

In a small bowl, whisk egg white until foamy and brush over crust. In another bowl, combine sugar and cinnamon, and sprinkle evenly over crust. Bake 50-60 minutes until crust is golden brown. Remove from oven and cool slightly before icing and cutting.

In a small bowl, combine powdered sugar, milk and remaining vanilla, and whisk until smooth. Drizzle over cooled bars and serve.

*Courtesy of Musselman's Apple Butter*



# Drug Companies Fear Release of the New AloeCure

**Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.**

by David Waxman  
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

## TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®, Nexium®, and Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

**Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.**

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...

## HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

## RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

## SIDE-STEP HEART CONCERN

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

## UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

**Doctors call it "The greatest health discovery in decades!"**

## SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

## CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your



body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

## SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

## GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body - even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

## HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-808-4296** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

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



## Clean Up to Green Up Next Spring

Spruce up your gardens now for a fruitful spring

BY VICKI SPENCER || MASTER GARDENER || [GARDENING@COLORADOCOUNTRYLIFE.ORG](mailto:GARDENING@COLORADOCOUNTRYLIFE.ORG)

October is a special time of the year. Fall colors are incredible in the high country and tend to last much longer in other areas of the state as long as there aren't early snowstorms. Personally, as much as I love gardening, I enjoy the cooler weather and reprieve from all the gardening chores. However, experienced gardeners know that the work really never ends, especially if you want to enjoy the fruits of your labor.

Once you finish harvesting vegetable crops, it's time to prepare your garden for planting next spring. The first step is to clean it up. But before you do, consider taking photos of the garden so you can remember where everything was planted. This will be a great help next spring as you want to repeat successful plantings and consider moving some vegetables to another area where they might do better. Also, don't forget to collect heirloom seeds, especially tomatoes, before you start digging up plants and throwing debris out. You can save these seeds in a cool, dark place to start seedlings early in the spring.

After harvesting beans and peas, clip the plants to ground level, but leave roots in the soil. As the roots decay over the winter, they will release nitrogen into the soil. This is

not the case with all other plants, especially if you want a tidy garden.

While you may be tempted to leave squash and pumpkins on the vine a bit longer, they should be harvested before the first frost. It may be contrary to intuition, but you can still plant autumn onion and garlic bulbs in Colorado. With good care and help from Mother Nature, you should enjoy onions in late fall. Be sure to mulch the garlic to get a head start on next year's crop.

If you are not in our mountainous regions where the ground freezes quickly, you can also mulch parsnips and carrots and leave them in the ground a little longer. This way, you won't have to remove and store them all at the same time. Although perennial chives can survive winter in most of the warmer areas in the state, you may want to dig up some plants to pot and keep in the kitchen, so you can have fresh chives all winter and transplant them outside in the spring.

Once you clean up the remaining debris from the garden, apply a new layer of mulch over the entire garden. If you want to save money, make your own mulch out of the leaves you rake up. You also might consider

building a cold frame to protect these vegetables from extreme winter weather. Cold frames also give you an advantage come spring. There are a number of cold frames and mulching devices available on the internet if you don't want to "do it yourself."

You should also prepare your other garden areas for the spring. In most of Colorado, you can still plant bulbs as long as the soil has not yet begun to freeze. Gladiola corms and dahlia, canna and begonia tubers can be lifted to store in a dry place over the winter, but all dead foliage should be removed first; it will prevent mold and take up much less storage space.

Protect outdoor potted plants by storing inside. However, if you have as many as I do and not enough storage space, raise them off the ground with bricks or pot feet. This prevents waterlogging and the freeze and thaw cycles that often crack pottery.

After finishing the garden cleanup, your yard will look awfully bare, so invest in some birdbaths and feeders. There are many beautiful ones available at the garden store or on the internet. Not only will they brighten your gardens on cold, dreary days, but you will also help birds survive the winter.

**More Online:** Read previous gardening columns at [coloradocountrylife.coop](http://coloradocountrylife.coop). Click on Gardening under Living in Colorado.



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### OPENING SESSION

*How are Electric Co-ops Managing  
an Industry in Transition?*



**LUNCH WITH Dr. Martin Keller**  
Director, National Renewable  
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**CLOSING SESSION**  
Energy Storage

### BREAKOUT SESSION TOPICS INCLUDE

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Net Metering and EVs  
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## The Fickle Fly Fisherman

A writer's favorite fish hinges on the moment (and crowds)

BY DENNIS SMITH // OUTDOORS@COLORADOCOUNTRYLIFE.ORG

I think I'd rather fly fish for brook trout than any other kind of fish, though I often say the same thing about cutthroats. I guess it actually depends on what I'm fishing for at the moment, because if the question comes up when I'm on a bluegill pond, I might tell you, "Gills are the greatest." Then, of course, nothing fires my rocket like hooking a meaty wiper or walleye on Lone Tree Reservoir while floating the flats at night. Or, for that matter, stringing up a bunch of tasty Boyd Lake crappies, white bass or yellow perch.

Yet, when all the fat is boiled away, I have to say I enjoy brookie fishing most of all. Where they live, I'm sure, has a lot to do with that. Brookies, as most of us call them, savor the solitude of backcountry streams, beaver ponds and high mountain lakes. I do, too. I haven't had a lot of experience on the famous trout rivers of the West, but I've had enough of the mob scene you usually find on them to know that, like the brookies, I'm not especially fond of crowds. And, unlike those crowds, I'm not especially hung up on big fish. Consequently, brookies suit me just fine.

One of my favorite brook trout streams begins life as melting snow and a network of random icy trickles high on the eastern face of the Continental Divide in Rocky Mountain National Park. I haven't actually been to its source, but I've been to places that look just like it on the map. I can visualize the pockets of algae-stained snow lingering in the shadows, the frigid fingers of snow melt weeping from beneath layers of ancient glacial rock, disappearing into and welling up from poison-green carpets of moss and

decaying forest duff to gurgle, creep and claw tenaciously downhill through towering stands of spruce and fir, emerging finally as a recognizable brook in the rock-studded gorge below.

This is predominantly an alpine-to-sub-alpine environment in the neighborhood of 10,000 feet above sea level. It's hostile territory and cold enough most of the year that brook trout probably couldn't survive here even if the little brooks were deep enough. A few hundred feet below, though, it's a different story. At roughly the elevation where you start finding aspen groves, figworts, shooting stars and meadow grasses instead of wind-twisted pines, scree gravel and tundra flowers, is about where you'll start finding brook trout. And the farther downstream you go — up to a point — the bigger they get. That point is usually where the water warms enough that browns and rainbows find it comfortable, and brookies don't. And big, by the way, is about 9 to 10 inches up here. Really big is 12 or 14 inches.

It's their typically small size that seems to discourage most of the fly fishermen I know from taking brook trout too seriously. And it's the lack of serious fly fishermen that makes brookie fishing that much more appealing to me.



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Mona Neeley, publisher  
9/12/17

*Mona Neeley*

## Chimney Efficiency and Safety

BY JAMES DULLEY

Fireplaces used for heating must have an efficient design. The typical open masonry fireplace loses much more heat than it provides. It may feel comfortable directly in front of the fireplace, but heated air is being drawn up the flue from the rest of the house.

Some maintenance items you can do yourself, but cleaning the inside of the chimney is not one of them; have it professionally inspected and cleaned. Many house fires and the resulting deaths are caused from creosote buildup and poor chimney maintenance.

For chimney exteriors, do-it-yourself repair materials are available. If water penetrates the chimney crown or through the sides, it can affect the interior mortar joints. It can also leak into the house walls causing structural damage.

Although it feels hard, brick actually is a porous material so rainwater will easily migrate through it, causing the bad spots you see. In climates with repeated freeze and thaw cycles during winter, this damage happens faster.

Using a hammer and chisel, remove crumbling or loose mortar. Use matching elastomeric mortar repair material to fill voids. After it sets up, coat the entire chimney exterior by brushing or spraying with chimney water repellent.

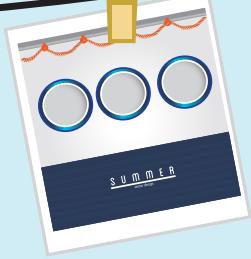
Inspect the chimney crown for cracks. Similar types of elastomeric repair materials can be brushed on cracks or applied with a trowel for more serious repairs.

Unless the metal flashing between the chimney and roof is badly rusted, a thick coating of flexible flashing sealant should block leaks. Badly rusted flashing must first be replaced and then sealed.

*This column was written by James Dulley, a nationally syndicated energy efficiency consultant.*



Visit [coloradocountrylife.coop](http://coloradocountrylife.coop) to learn more about chimney efficiency and safety. Look under the Energy tab.



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(These opportunities have not been investigated by *Colorado Country Life*.)

HEALTH FOOD STORE & DELI: 2 turnkey businesses in one. Strong income/customer base. Colorado mountains (970-641-5175), leave name & number. (252-12-17)

## CLOCK REPAIR & RESTORATION

[www.clockrepairandrestoration.com](http://www.clockrepairandrestoration.com) DURANGO AREA. CLOCKS of all kinds repaired. Antique and modern. Clocks bought and sold. [bob.scott@usa.net](mailto:bob.scott@usa.net) Call Robert, 970-247-7729. (109-10-17)

## FOOD

FREE BUTCHER SUPPLY CATALOG — Meat grinders, saws, slicers, cutlery, seasonings — Everything for the home butcher. Pioneer Butcher Supplies in Loveland, CO, since 1975. 1-888-891-7057, toll free. (349-12-17)

## FOR SALE

OXYGEN CONCENTRATORS — \$400 with warranty. Also sell portable concentrators and oxygen supplies. Repair and service of equipment. Aspen Concentrator Repair Service. 719-471-9895. (040-12-17)

POLAR BEAR & ARCTIC SEAL. Full live mounts on 4'x6' block of ice. Kodiak brown bear standing. Wonderful for Great Room or business. 970-627-0074. (306-10-17)

## FREE

SOON CHURCH AND GOVERNMENT UNITING will suppress "Religious Liberty," enforcing a "National Sunday Law," leading to the "Mark of the Beast." Be informed / Be forewarned! Need mailing address for FREE materials. TBSM, Box 99, Lenoir City, TN 37771. [thebiblesaystruth@yahoo.com](mailto:thebiblesaystruth@yahoo.com), 1-888-211-1715. (814-12-17)

## GRASS

STOP FEEDING PRAIRIE DOGS. We'll rent hunting rights from you. Seriously looking for duck & goose habitat. Encourage young sportsmen by providing safe, private access. You make the rules. 303-460-0273. (069-12-17)

## HELP WANTED

LEGITIMATE WORK AT HOME opportunity. No sales, investment, risk. Training/website provided. Monthly income plus bonuses, benefits. Call Carrie 303-579-4207, [www.WorkAtHomeUnited.com](http://www.WorkAtHomeUnited.com)/OurAbundance. (932-02-18)

## IMPROVEMENTS & REPAIRS

SEPTIC PROBLEMS: DON'T REPLACE IT, REJUVENATE IT! Standing water on your drain field? Septic drain slow? I have an alternative — warranted — to avoid installing a new septic system! Call Septic Rejuvenating Specialists LLC, toll free 855-797-6072. (352-11-17)

## REAL ESTATE

1.52 ACRES, UTILITIES INSTALLED. Near Navajo Lake! Garage & sweet camp trailer included. Under ten minutes, your boat in the water to fish & ski! Lauren Ammerman, Wells Group, 970-903-1333. (361-10-17)

DISCOVER BEAVER LAKES! 10 miles south of Leadville. New custom 2-story with 4br, 3.5ba. Breathtaking mountain, lake, aspen grove views from every room. Reduced \$150,000 to \$449,000. Call Joe Arnold at 303-550-3794. (351-10-17)

FSBO: OAK CREEK/STEAMBOAT SPRINGS — 3 corner lots centrally located above park — great views. Scrape off & build. \$75k OBO, 719-890-4488. (348-10-17)

READY TO RETIRE? +/-13 acres near Mancos, CO. Trout-stocked canyon lake, commercial greenhouse, gardens, lots of water, passive solar timber frame home. reduced to \$499,000. Jim, 970-769-1391, for pictures. (282-10-17)

TIN CUP, COLORADO — 1600sf log home, attached 30x90 workshop, 3-car building for storage. Willow Creek runs through adjacent BLM land. Seasonal access or snowmobile. Matt, Monarch Realty, 970-641-1900. (340-10-17)

WE BUY LAND and/or mineral rights. CO TX NM KS 1-800-316-5337. (099-04-18)

## TICKETS

LOOKING FOR A WINNER. WIN \$25 by emailing the number of classified ads on this page to [classifieds@coloradocountrylife.org](mailto:classifieds@coloradocountrylife.org) with CLAS\$IFIED\$ as the subject. Include name/address/phone. Deadline 10/16/17.

## TICKETS

NFR & PBR RODEO TICKETS — Las Vegas, Call 1-888-NFR-Rodeo (1-888-637-7633). [www.NFR-rodeo.com](http://www.NFR-rodeo.com) A+ rated BBB Member. (912-04-18)

## WANTED TO BUY

CAST-IRON COOKWARE (Wagner & Griswold), Pyrex. Old toys in good condition. Vintage signs. Anything cowboy and Indian — hats, boots, spurs, rugs, etc. Antiques, collectibles, furniture, glassware, etc. We come to you! 970-759-3455 or 970-565-1256. (871-01-18)

NAVAJO RUGS, old and recent, native baskets, pottery. Tribal Rugs, Salida. 719-539-5363, [b\\_inaz@hotmail.com](mailto:b_inaz@hotmail.com). (817-12-17)

OLD COLORADO LIVESTOCK brand books prior to 1925. Call Wes, 303-757-8553. (889-02-18)

OLD GAS AND OIL items: Gas pumps, advertising signs, globes, etc. Pieces, parts, etc. considered. Also 1932-34 Ford cars and trucks, parts and pieces, too. Any condition. Brandon, 719-250-5721. (519-11-17)

OLD POCKET WATCHES — working or nonworking and old repair material. Bob, 719-859-4209. (870-06-18)

WANT TO PURCHASE mineral and other oil/gas interests. Send details to: PO Box 13557, Denver, CO 80201. (402-03-18)

WANTED: JEEP CJ OR WRANGLER. Reasonably priced. No rust buckets. 888-735-5337. (099-04-18)

WE PAY CASH for mineral and oil/gas interests, producing and nonproducing. 800-733-8122. (099-02-18)



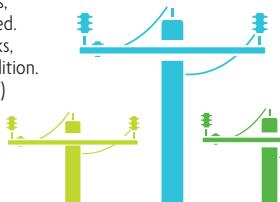
## PEDAL THE PLAINS

## THE FUN LIVES ON!

Visit our photo gallery. Download and share.

See all the images from the Colorado's Electric Cooperatives Photo Booth at [CREA.COOP](http://CREA.COOP).

#poweringtheplains



## Find hidden treasure in the CLASSIFIEDS

Read through the ads and FIND the CCL classified explaining how to WIN \$25. It's easy. You could WIN.

The September classified ads contest winner is Janet Johnson of Grand Junction. She correctly counted 35 ads.



## SEPTEMBER CONTEST WINNERS

Congratulations to Heidi Brugger of Cortez, Renee Taylor of Monument and Laura Everhart of Franktown

Heidi is the winner of three Colorado Cellars wine candies. Renee is the winner of three jars of Colorado Cellars wine salsa. Laura is the winner of the *Half Baked* cookbook.





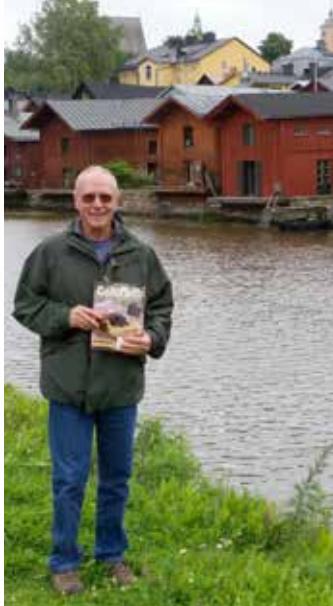
## READERS PHOTOS



Colorado Country Life travels to the Kirkjufel Mountain in Iceland to pose for a photo with Sharon Canipe of Pagosa Springs, a member of La Plata Electric.



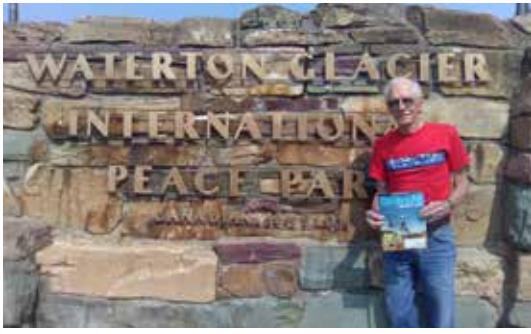
CCL travels to Qumran, Israel, with Mountain View Electric members Mary Moore of Simla and Connie Manning of Peyton.



Dennis Randleman, a Grand Valley Power member, holds Colorado Country Life in Porvoo, Finland.



Ha Thi Huynh, Eric Kuhlman and the dog Hozzo, Empire Electric members, backpack the Four Pass loop in Aspen/Snowmass.



**WINNER:** Clyde Alley of Granby, a Mountain Parks Electric member, poses with Colorado Country Life at Waterton Glacier International Peace Park.



Wanda Patrick and Scott Donnell enjoy their Colorado Country Life while daughter Kenna is trying to get Dad's attention on the eclipse.

### TAKE YOUR PHOTO WITH YOUR MAGAZINE AND WIN!

It's easy to win with Colorado Country Life. Simply take a photo of someone (or a selfie!) with the magazine and email the photo and your name and address to [info@coloradocountrylife.org](mailto:info@coloradocountrylife.org). We'll draw one photo to win \$25 each month. The next deadline is Monday, October 16. This month's winner is Clyde Alley of Granby. Clyde is a Mountain Parks Electric member.

**My husband and I took our 4-year-old** granddaughter trick-or-treating. After going to a couple houses, she looked at me and said, "Grandma, you forgot to pay those people!"

"No," I said, "trick-or-treating is when good kids get candy for free."

She said, "My mom said nothing's for free and money doesn't grow on trees. Grandma, you're in trouble." I just had to laugh.

Linda Harrison, Calhan

### When my son Zachary was 5 years old,

he was fascinated with a library book that showed how to make funny faces out of food. He wanted to try it out, but I told him I did not want to spend money on food that he would not eat. The list of food required included eggplant, cucumbers, celery, cabbage and carrots — all items that he refused to eat. He had some money of his own, so I told him that if he really wanted to buy those things, he would have to pay for it himself. So, on our next trip to the grocery store, he emptied his piggy bank. He pushed his own little child-sized grocery cart and loaded up all the vegetables. At the checkout, he proudly told the cashier, "My mom makes me buy my own food." Between her fits of laughter she managed to ask if I would at least contribute the 5 cents he came up short.

My son is now 29 years old and this story still makes me laugh.

Ruth Ann Hendershott, Craig

### One of my best memories is from when I

worked as a teacher. One day after school, I pulled up to the trash containers near the playground to throw out the trash from my classroom. I got out and threw it away, leaving the car running with keys in the ignition. When I returned seconds later, the car doors automatically locked. I was distressed. A young boy came over and looked in the car window at the gas gauge. He said, "Mrs. Roylance, you are lucky. You have a full tank of gas."

Kathy Roylance, Rye

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 those submitting funny stories and that person will receive \$200. Send your 2017 stories to Colorado Country Life, 5400 Washington St., Denver, CO 80216 or email [funnystories@coloradocountrylife.org](mailto:funnystories@coloradocountrylife.org). Don't forget to include your mailing address, so we can send you a check.

# Breast Cancer AWARENESS MONTH



## Sustain Self-Esteem Through Adversity

Dignitana AB's DigniCap® can lessen hair loss through its Food and Drug Administration-cleared scalp cooling system for men and women chemotherapy patients with solid tumor cancers. And FDA clearance is expanding.

"Dignitana's mission remains focused on providing cancer patients with the best possible care and outcomes as they undergo treatment," said William Cronin, chief executive officer of Dignitana, Inc. "As the first in the U.S. to provide an FDA-cleared solution to prevent chemotherapy-induced hair loss, we've seen firsthand the tremendous impact this new technology can have on patient well-being. Together with our medical center partners we are working to lessen the emotional burden that so many patients have faced until now. We hope this expanded FDA clearance will be welcome news for thousands of Americans diagnosed with solid tumors each year."

Peyton Manning partnered with the University of Colorado Hospital's Men for the Cure fundraiser in 2016 where \$400,000 was donated to help fund DigniCap® treatments. Currently, there are six cancer treatment centers in Colorado that are or will be using the cap for their patients. For more information or to find a treatment center near you that employs the use of DigniCap®, visit [dignicap.com](http://dignicap.com).



## Handmade by Heroes with Heart

When Colorado Springs-based Handmade by Heroes employs veterans, not only are they bringing home a paycheck, they are gaining friendships with like-minded veterans and learning valuable, new skills that can last them a lifetime. These veterans make a variety of bracelets from parachute cords, including this Breast Cancer Awareness Paracord Bracelet. For every purchase of this bracelet, Handmade by Heroes donates 20 percent to the Colorado Breast Cancer Resources Directory. Bracelets cost \$17.99. For more information, call 719-212-8889 or visit [handmadebyheroes.com](http://handmadebyheroes.com).

## A Piece of Generosity

Cute, comfortable and affordable, Pieces to Peaces hair accessories and scarves are the perfect way to beautify your ensemble while supporting breast cancer research. The company is doing its part by donating a portion of proceeds to the cause from merchandise purchased in October. Check the selection at [piecestopeaces.com](http://piecestopeaces.com).

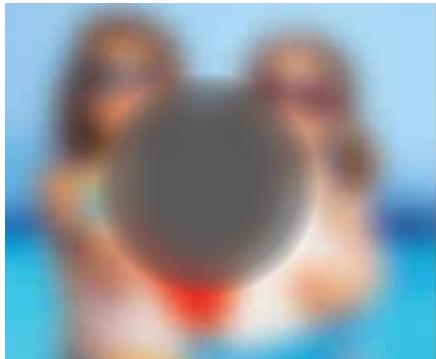


## Add Some Charm for the Cause

For October, Chamilia, a Swarovski company, is donating a portion of its proceeds from its new "Brave & Strong" charm to the American Cancer Society's Making Strides Against Breast Cancer initiative. It's a pretty little sterling silver charm accented with rose Swarovski crystals and features the words "Brave" and "Strong" on opposite sides. Charms cost \$45 and can be purchased at <http://bit.ly/2wVvCwP>.

# Advanced Technology Allows Macular Degeneration Patients To See Again

*And Allows Many Low Vision Patients To Drive Again*



*A scene as it might be viewed by a person with age-related macular degeneration*



*Same scene of Grandchildren as viewed through telescope glasses.*

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence - driving. Colorado optometrist, Dr. Robert Stamm is using miniaturized telescopes which are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

“Some of my patients consider me their last chance or people who have vision loss” said Dr. Stamm, one of only a few doctors in the world who specializes in fitting bioptic

telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that will give you back your independence. Patients with vision in the 20/200 range can many times be improved to 20/50.

Bioptic telescopes treat both dry and wet forms of macular degeneration as well as other vision limiting conditions.

While there is currently no cure, promising research is being done on many fronts.

“My job is to figure out everything and anything possible to keep a person functioning” says Dr. Stamm “Even if it’s driving”.

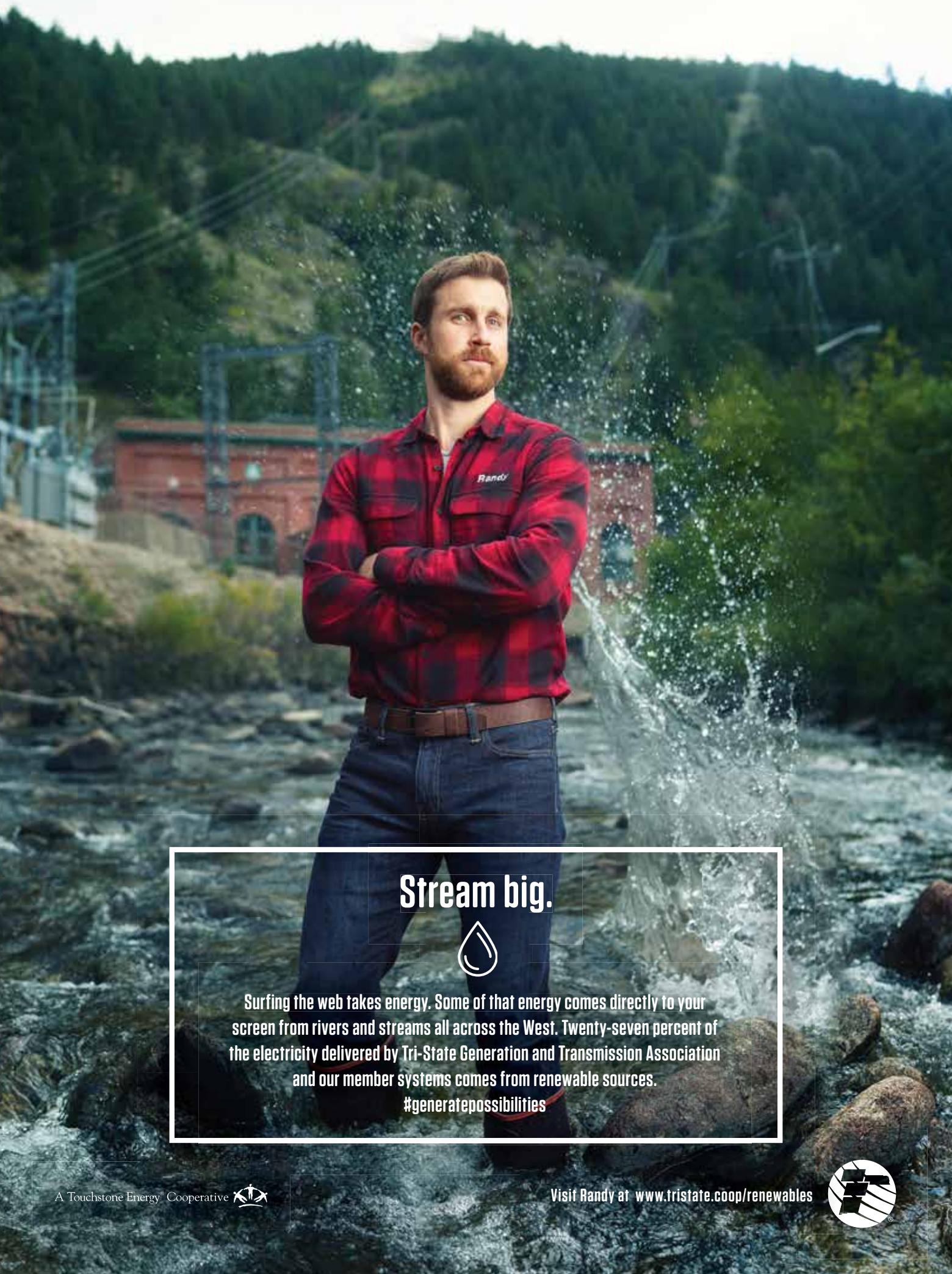
“The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Stamm. “It’s like a self-focusing camera, but much more precise.”

For more information and to schedule an appointment today, call:

**Robert Stamm, O.D.**  
**Low Vision Optometrist**  
**Member IALVS**

**Toll Free:**  
**(877) 393-0025**

 **IALVS**  
 International Academy  
 of Low Vision Specialists



Stream big.



Surfing the web takes energy. Some of that energy comes directly to your screen from rivers and streams all across the West. Twenty-seven percent of the electricity delivered by Tri-State Generation and Transmission Association and our member systems comes from renewable sources.

#generatepossibilities

