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FEBRUARY 2022



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Advanced Technology Allows Macular Degeneration Patients To See Again

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



*Same scene of rancher as
viewed by a person without
macular degeneration*

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 for 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.”

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EDITORIAL

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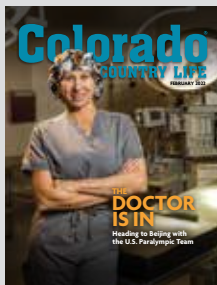
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On the **Cover**

Dr. Gloria Beim poses inside her Crested Butte clinic. Photo by Mountain Magic Media.



“Dancing Sandhill Cranes” by Marina Schultz, a Grand Valley Power consumer-member.

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Monthly Contest



Celebrate the Olympics! Enter for your chance to win two adult tickets to the U.S. Olympic & Paralympic Museum in Colorado Springs. For official rules and how to enter, visit coloradocountrylife.coop. Click on Contests.



PINTEREST SNEAK PEEK

COCountryLife pinned: Start your party off right with Baked Tomato Goat Cheese Dip. It's creamy, saucy and easy to make. Get the recipe and others at coloradocountrylife.coop.



FACEBOOK CHATTER

Colorado Rural Electric Association posted: #DYK that we are an association of electric cooperatives working together to serve the energy needs of households throughout Colorado? We are committed to advocating for Colorado's electric co-op consumer-members for reliable, affordable power. Learn more about Colorado's electric co-ops at crea.coop/about.



INSTAGRAM PIC OF THE MONTH

Colorado Country Life posted: Winter sunset: Colorado has the best ones. **100**

We're All Boulder County

Coloradans, utilities pull together in times of crisis

BY KENT SINGER EXECUTIVE DIRECTOR

On December 30, 2021, hurricane-force winds fanned a small grass fire in Boulder County into an inferno that resulted in at least two fatalities and destroyed more than 1,000 homes and businesses, primarily in Louisville and Superior. It is not clear at this writing what sparked the Marshall Fire, but it does not appear to have been caused by electric utility lines or other equipment. In terms of property value, the Marshall Fire was the most destructive in Colorado history.

Colorado's electric co-ops are acutely aware of the financial and emotional toll that wildfires impose on communities. In the last several years, several so-called "mega fires" — those that burn over 100,000 acres — have impacted many electric co-op service territories. These fires caused extraordinary damage and disrupted the lives of hundreds of families.

I know I speak for the entire Colorado electric co-op community when I say that we grieve along with those who lost family members (including pets), homes or businesses in the fire. While the Marshall Fire did not occur in the service territory of any Colorado electric co-op, it destroyed the homes of two employees of Tri-State Generation & Transmission Association, an electric co-op that provides wholesale power to 17 of Colorado's 22 electric distribution co-ops.

While it's difficult to find a silver lining in the face of this devastating event, it's

clear that the heroic actions of firefighters and other first responders saved many lives, homes, livestock and other property. Stories are surfacing of neighbors helping neighbors, from the Amazon delivery driver helping a family evacuate to the folks who kicked in a neighbor's door to save the family pets. The stories of generosity and humanity continue today, with the unprecedented levels of financial support being contributed to various funds that support the victims of the fire.

Although the Marshall Fire did not directly impact electric co-op facilities, it did limit Xcel Energy's capacity to deliver electricity and natural gas to some customers. When Xcel asked Tri-State for assistance, Tri-State worked with Mountain Parks Electric in Grand and Jackson counties to curtail power in parts of Mountain Parks' service territory. This reduced demand on Xcel's natural gas system. Colorado's electric utilities may be in competition with one another, but they work cooperatively in the face of emergencies.

Electric co-ops live by a set of principles, the 7th of which is "cooperation among cooperatives." This means we help each other out to serve the consumer-members at the end of the line. But as evidenced by Tri-State's cooperation with Xcel during the Marshall Fire, it means more than that. It also means electric co-ops cooperate with other utilities, neighbors and communities whenever there is a need. We do it during



KENT SINGER

storms; we do it during pandemics; we do it during fires.

In the days to come, there will undoubtedly be extensive discussions about what caused the Marshall Fire and what steps can be taken in the future to prevent similar tragedies. Colorado's electric co-ops have long been concerned about the risks of wildfires in their service territories. While none of the recent large fires have been caused by power lines, electric co-ops are always aware of that risk and go to great lengths to mitigate the risk. We're hopeful that during this legislative session, funds will be appropriated to help co-ops take further action to reduce the chance of wildfires.

As proud citizens of this great state, electric co-op employees, directors and consumer-members will always be willing to help their neighbors in difficult times. While much of Colorado's electric co-op country may be culturally and politically different than Boulder County, in times of crisis we come together to support each other as Coloradans.

We are all Boulder County.

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

FROM THE EDITOR

Ready to watch the world's best athletes

BY MONA NEELEY EDITOR



MONA NEELEY

I was never an athlete — or not much of one. I did make my high school tennis team and I enjoyed playing co-ed intermural softball in college. But I “played” at those sports. I never had the drive and dedication it takes to be a true athlete. I do admire those who are athletes and I have always been enthralled by the Olympics, and now the Paralympics, where we get to see the best of the best.

I’m ready for this year’s Winter Games. And, despite COVID-19 in all of its forms, it seems that the Winter Olympics are going to happen this month with the Paralympics following next month. I’m ready to watch.

If you love the Games, too, and all the behind-the-scenes stories, you’ll want to turn to page 16 for a great story on a Colorado doctor who is part of the team-behind-the-team of this year’s Paralympics. Colorado always has a great presence at the Games, including athletes who call Colorado home and those who have trained at the U.S. Olympic & Paralympic Training Center in Colorado Springs. And now you know about the doctor from electric co-op territory who is there, too.

Want more Olympic/Paralympic stories? Colorado is also lucky to be home to the new U.S. Olympic & Paralympic Museum in Colorado Springs. It is filled with facts, statistics, artifacts, photos and stories of America’s greatest athletes. February and March, when the eyes of the world are on the Games in Beijing, is a great time to visit and learn more about those whose focus and dedication took them to this world stage.



Mona Neeley is the statewide editor of *Colorado Country Life*, which is published in coordination with your local electric cooperative. Its goal is to provide information from your local electric co-op to you, its consumer-members.

LETTERS TO THE EDITOR

Heat Pumps are Nothing New

Your story about heat pump technology and mini splits was surprising to me. Your article (October '21) treated the technology as greatly improved over the past 10-20 years to the point a reader might assume this is something new and different.

We installed several mini splits in our house in Mexico more than 20 years ago and the units had been well-established for more than 10 years at that time. Also, the article treated mini split heat pumps as a separate installation. That is not necessarily true. Some of our units can reverse the process and flood our rooms with warm air, all in the same unit with no additional ducting and no additional cost.

Larry Johnson, Monument
Mountain View Electric consumer-member

Hydrogen for the Future?

Why was this article even run? (Energy Connections, November '21) The oil and gas industries are pushing the hydrogen economy for a reason, and that reason is that if hydrogen infrastructure and vehicles arrive in time to displace EV dominance, then the natural gas industry is saved.

I’m trying to give you a different perspective. Soon EVs will be the best choice for members. Purchase price will be lower than conventional vehicles, battery range will increase and charging times will decline significantly.

Don Morris
Poudre Valley REA consumer-member

Book Review Noted

Just a note to thank you profusely for mentioning our book, *The Last Hurrah: A Phoebe Korneal Mystery*, in November. So surprised and delighted to see this.

Jean Garbardi
and **Judilee Butler**
via email



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 SEND US YOUR LETTERS

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address. Letters may be edited for length.

Energy-Saving, Budget-Friendly Tips

Helping you save money and be more efficient

BY MIRANDA BOUTELLE

Decreasing monthly bills and being more efficient at home is something we all should practice. Did you know that heating and cooling accounts for nearly half of a U.S. home's energy consumption. Here are four budget-friendly energy efficiency tips targeting one of the biggest energy users in the home: the heating system.

1. Add coziness to your home

Cold floors in a room make us feel colder. Adding an area rug to a hard-surface floor can make us feel warmer, even with the same setting on the thermostat.

The same goes for windows. Windows are typically the least-insulated surface in a room and can feel cold in winter months. Adding or closing curtains can help the room feel warmer.

2. Check your windows

Make sure your windows are closed and locked. Locking windows pulls the sashes tighter together, reducing gaps that allow

air to flow through and cause drafts. If your sash locks don't form a tight fit, adjust them or add weatherstripping.

3. Seal your doors

Make sure any doors leading to an unheated space — outside or into a garage — are sealed tightly. If you can see light around the edges or underneath the door, or feel air movement when the door is closed, you know you are losing energy.

Weatherstripping doors is an easy, do-it-yourself project. Because doors need to open and close easily, expect to do a bit of adjusting after installing weatherstripping. If weatherstripping isn't installed correctly, it can make the door hard to close. Making it too loose defeats the purpose. You need to get it just right.

4. Close the damper

If you have a fireplace, make sure the damper is completely closed when not in use. Leaving the damper open is like leaving a window open — it's just harder to see. The

air you are paying for to heat your home will go right up the chimney.

The only exception is some gas fireplaces need to remain open for gas fumes to exit the home. If you have a gas fireplace, check the owner's manual for more information on the damper position.

The next time you consider turning up the thermostat a few degrees, try some of these tips first to stay warm and leave increased energy bills out in the cold.

Miranda Boutelle is the director of operations and customer engagement at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company. She also writes on energy efficiency topics for the National Rural Electric Cooperative Association.



LEARN MORE ONLINE

Heating and cooling accounts for nearly half of a U.S. home's energy consumption.

Visit coloradocountrylife.coop for energy saving tips to help you save on your electric bill all winter long.



WAYS TO DITCH THE SPACE HEATER

Space heaters are energy hogs, and older models can be extremely dangerous. This winter, ditch the space heater and try these alternative solutions to stay cozy.

- Use an electric blanket to keep warm during the night.
- Caulk and weatherstrip around all windows and doors to prevent heat loss.
- Consider adding insulation to your attic and around duct work.





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Bring Your A-Game

Create out-of-the-ordinary appetizers for the big game

BY AMY HIGGINS | RECIPES@COLORADOCOUNTRYLIFE.ORG

Devout Denver Broncos fans are undeniably disheartened that blue and orange won't be on the center stage of this year's biggest game, but the show — and the celebration — must go on. So, instead, bring out the big guns and make your fare the spotlight at this year's big game party. Executive Chef Oscar Padilla of Denver's Toro Latin Kitchen & Lounge has an unconventional-yet-mouthwatering take on the traditional guacamole and shares it with *Colorado Country Life* readers. With your kitchen scale and just the right touches of creamy and crunchy, your guests will be cheering for more... even if mascots Miles and Thunder won't be charging the field this time around.



Colorado Guacamole

- 1.5 avocados, cut in 1-to-2-inch cubes
- 1.1 ounces cherry tomatoes, cut in quarters
- 1.1 ounces sliced sundried apricots
- 1.4 ounces roasted yellow beets, peeled and diced
- 0.7 ounces orange segments
- .25 teaspoon chili flakes
- Salt, to taste
- 1.5 lemons
- 0.9 ounces goat cheese
- 2 tablespoons toasted pumpkin seeds
- 1 tablespoon pomegranate seeds

In a bowl, mix the avocado cubes, cherry tomatoes, apricots, roasted beets, orange segments, and chili flakes (if desired). Add a dash of salt (to taste) and squeeze the lemon over the ingredients. Mix everything very well. When plating, add on top the goat cheese, pumpkin seeds, and pomegranate seeds to garnish.

Photo and recipe provided by Executive Chef Oscar Padilla of Denver's Toro Latin Kitchen & Lounge, Denver.



DO YOU HAVE A GREAT RECIPE?

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A Look Back at Squirrely Power Outages

Squirrels typically lead the list of animals getting into electric system substations and causing power outages, but in Colorado it was a raccoon that caused the largest animal-related substation outage in 2021, according to a list compiled by TransGard, a company specializing in substation protection.

In mid-April, a raccoon got into a substation in the Eagle River Valley, which is served by Holy Cross Energy. The resulting substation fire shut down service to thousands of residents in Vail and down valley all the way to Avon, the report said.

Raccoons seem to be a common threat to the grid in Eagle County, having caused similar disruptions of service back in 2020 and in 2007.

It was squirrels, however, that took down the system elsewhere in the country. About 2,500 customers, including a major medical center, lost power in late November 2021 when a squirrel entered an electrical substation in Parkesburg, West Virginia, and came in contact with critical equipment. Patient procedures had to be rescheduled because of reduced electrical capacity.

A squirrel in Emporia, Kansas, created a short circuit in a substation, which also resulted in a fire. The fire caused 100 small-scale outages across the region, which interrupted power to the Lyon County Courthouse, a regional health center, a radio station, local transit services, downtown businesses, traffic signals and more.

Another raccoon put 11,500 people in the dark last spring when it got into a Verona, Wisconsin, substation. The result was multiple outages across nearby Madison, Wisconsin's state capital. Fire crews and emergency services were called in to assist during the outage and local medical centers shifted to auxiliary power.

There were also reports of a snake shutting down traffic lights in Evans, Georgia, when it slithered into a substation and, on Thanksgiving Day, a flock of birds disrupted holiday meal preparation when they roosted in a California substation causing intermittent power outages.

Electric cooperatives do their best to keep animals and others out of substations and other electric equipment, but no method is foolproof and animals are wily.

CO-OPS BRING ANOTHER ELECTRIC SCHOOL BUS TO COLORADO ROUTES

Another electric school bus hit rural Colorado roads in January, thanks to the efforts of its local electric cooperative.

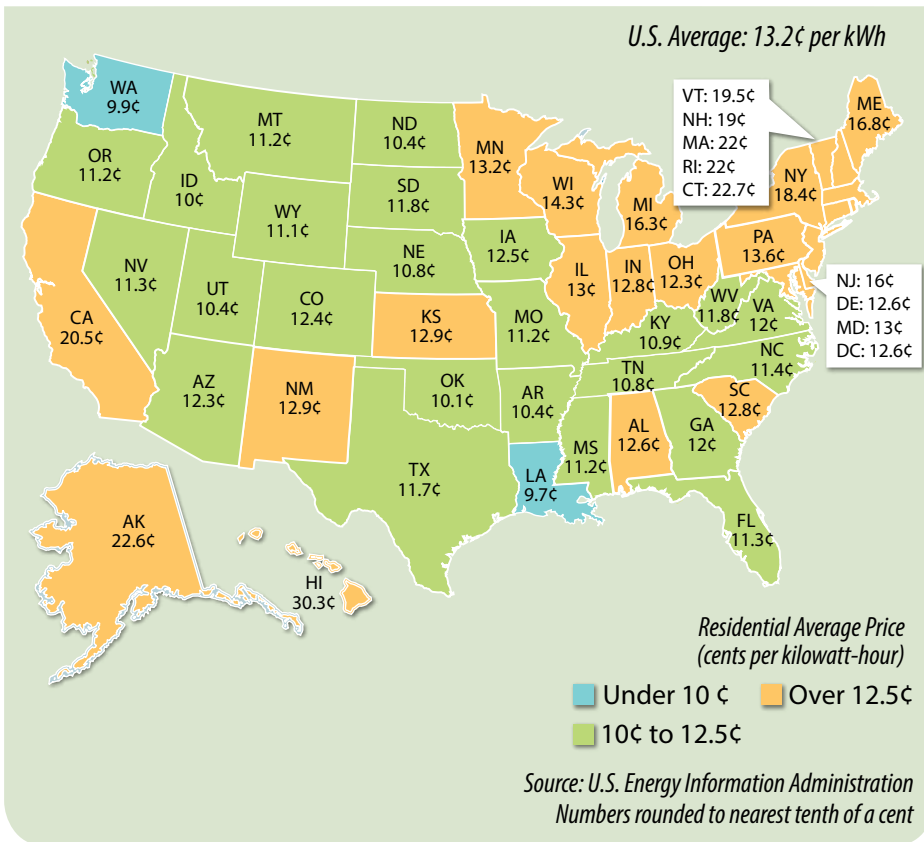
La Plata Electric in Durango follows Mountain Parks Electric in Granby in helping its local school district add an electric school bus to its fleet.

The Durango bus is the first school bus in Colorado to also be able to discharge electricity from its 155-kilowatt lithium ion battery back into the power grid. That essentially makes the bus a battery on wheels. When it is fully charged, it can discharge enough electricity to power 30 homes for up to two hours.

The bus will benefit students, who will have a quiet, fumes-free ride; the school district, which will save maintenance costs; and La Plata Electric, which will have a back-up battery in the new school bus.

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2020 figures, in cents per kWh





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THE (CRESTED BUTTE) DOCTOR IS IN

Dr. Gloria Beim Helps Paralympic Athletes Put Best Foot Forward

BY EUGENE BUCHANAN

When the 2022 Paralympics start in Beijing this March, athletes on the U.S. Team — especially those from Colorado — will have a leg up on their competition thanks to team physician Dr. Gloria Beim of Crested Butte.

In 1999, Dr. Beim founded Alpine Orthopaedics, now one of the top orthopaedic care practices on the Western Slope. Its mission: provide Olympic-level, affordable orthopaedic care to anyone who needs it.

“We put community first and take seriously our responsibility to provide personalized care to ensure our guests feel healthy, active, educated and supported,” says Dr. Beim, whose group provides top-level care for the regions of Telluride, Crested Butte and Gunnison, home of Gunnison County Electric Association.

For Beim, 46, helping others has always been her life’s calling. Growing up in California’s San Fernando Valley, she skipped high school and started college at age 14 before attending medical school at the University of California San Diego. A residency at New York’s Columbia University and a fellowship at the University of Pittsburgh Center for Sports Medicine saw her rise to the top of orthopaedic care, where she’s board-certified with additional training in complex knee, shoulder, joint and sports-related injuries.

It didn’t take long to put her training into action. She served as U.S. team physician for the 2004 Olympics in Athens; venue medical

director for the 2012 Olympic Games in London; and chief medical officer for Team USA at the 2014 Winter Olympics in Sochi, Russia. This March’s 2022 Winter Paralympic Games in Beijing will also mark her fourth Paralympics, serving as chief medical officer in two and head team physician in two.

The roles caught the attention of her peers, with her practice recently merging with Vail Summit Orthopaedics and Neurosurgery. Like helping someone with a shoulder injury, the move has expanded her group’s reach even more.

“The patients will be the ones who benefit from this partnership,” says VSON CEO John Polikandriotis of the merger with Beim’s team. “Gloria has outstanding training in complex knee, shoulder, joint, and sports-related injuries and has performed surgery at the highest level on professional athletes. Her commitment and bedside manner are unrivaled, her patients adore her, and physician colleagues and professional sports organizations seek her knowledge regularly. She’s truly earned her reputation for excellence. Any team would be lucky to have her.”

For U.S. Paralympic athletes, that team hits the world’s biggest sports stage next month, with Dr. Beim on hand to help them perform their best. *Colorado Country Life* caught up with her before she heads across the Pacific for an inside look at working both the Olympics and Paralympics, as well as serving the GCEA region back home.

Q & A

with Dr. Gloria Beim

Q What is your family status?

A I am married with two kids: my daughter Skylar, 19, is in her second year at Cal Poly in San Luis Obispo studying kinesiology and my son, Jakob, 13, is in middle school in Crested Butte.

Q What are your hobbies?

A I love all sports but particularly alpine skiing, biking, hockey when I am not injured, and horseback riding — my greatest passion besides orthopaedics. I'm also a balloon animal artist. My kid and adult patients love this. I love art, particularly oil painting when I have time.

We put community first and take seriously our responsibility to provide personalized care to ensure our guests feel healthy, active, educated and supported.

— Dr. Beim

Q What do you like about treating athletes and, in particular, Olympians?

A I love treating athletes, whether elite or weekend warriors. They have so much incentive to get better and do what is needed to get there. They're generally pretty healthy as well, which makes outcomes better whether surgery is indicated or not. They also usually have a really positive attitude and care very much about their health, which also makes outcomes better.

I remember treating workers' comp patients back in New York when I was training and many of them were very unhealthy and had no desire to get better. They, therefore, often didn't listen to their doctor when it came to eating healthier, taking their meds and doing PT. Here, on the other hand, most of my patients, particularly athletes, are all about doing everything to improve their outcomes and returning to work. Sometimes, they're even a bit too eager to get back to work, especially if their work is on the ski slopes. I have to watch out for them as well.

Q You've been to three Olympics and this will mark your fourth Paralympics; how will this one be different?

A The Games in Tokyo last summer were very different in that there weren't any fans for the athletes and there were so many COVID mitigation efforts that sometimes it was difficult for the athletes to focus on their sport. I usually will do everything in my power to help athletes not focus on anything but their sport, but this was challenging. I suspect it will be similar in Beijing this winter. I think the USOPC did a great job trying to include family and friends from afar during the Tokyo Games but it wasn't the same. Also, since the Tokyo Games were postponed for a year, this is challenging to get ready for another Games in only five months.

Q Can you describe a typical day for you at the Olympics?

A I don't get much sleep; I'm always on the run handling many different things. I try to visit all of the venues and hospital systems prior to the Games to make connections and be ready to help with any injuries from the venues. I also spend a lot of time in the USOPC sports medicine clinic to treat all comers. We have an amazing staff that travels with the team, including physicians, physical therapists, athletic trainers, massage therapists and more.

We set up a beautiful clinic for Team USA in our housing facility in the Olympic/Paralympic Village with just about everything the athletes may need. I try to at least get a cup of coffee in before I start my day, but often I don't eat much more than an energy bar or two before dinner because I'm so busy.

We rarely get to sleep before midnight and we realize it's a marathon rather than a sprint, so we just have to keep going. But there is so much excitement and adrenaline being around these athletes that lack of rest isn't really a problem for me.



▲ Dr. Beim looks at patient Bonnie McDonald's shoulder when Bonnie visits the Crested Butte office. Photo by Mountain Magic Media.



▲ Dr. Beim stands with the Olympic rings at a previous Olympics.

Q Any differences being a team physician for the Paralympics vs. Olympics?

A There's a huge difference. For many Paralympic athletes, in addition to common injuries in the sport, both traumatic and overuse, I also may have to treat their underlying conditions or disabilities. Whether it's an amputee dealing with a problem with their stump, prosthesis or wheelchair, or a paraplegic having a medical emergency relating to temperature changes — it's often another level of challenges to treat these athletes. But I absolutely love caring for them and the professional support system the USOPC has put in place to help them is second to none from any other country.

At the last Paralympic Games, I was the head team physician for venues for our team and also for Wheelchair Basketball. I was therefore present for every game for the men's and women's teams while also supporting medical providers in as many other venues as possible. When I take care of Paralympians, the inspiration they send to all of us is incredible and makes the job pretty easy. It's a true honor to care for these superhumans.

It's a true honor to care for these superhumans.

— Dr. Beim



Q Are injuries from the Winter Olympics markedly different from those at the Summer Games?

A At the Winter Games there are a lot more traumatic injuries in my experience than at the Summer Games. In Summer Games, we seem to be taking care of more overuse injuries, but there are crossovers as well. It also has to do with things like the venues and snow conditions. While there are many factors that can affect the injuries medical providers have no shortage of work.

Q Any particular memories from injuries you've treated at past Olympics?

A There are so many. One of my proudest moments wasn't really treating an injury but I did have to use my surgical skills. It was in my first Summer Olympics in Athens in 2004. I was the team doctor for Taekwondo and Cycling, but back then we pretty much treated all teams as needed. I was covering Judo and an athlete was ready to go into a bronze medal match. She had been wearing the same gi [martial arts garment] throughout the competition, but [that day] the judge didn't allow her to wear it because it had a sports logo on it. Her competition was about to start and she was freaking out.

Since my job is to make the athletes feel comfortable so they only have to focus on their sport, I told her not to worry. I grabbed her gi, grabbed my suture kit and quickly sutured a white patch over the logo. Then I ran it back to the athlete, she put it on, the judge accepted it and she was able to compete. Even though it wasn't an injury per se, it was one of my proudest moments. That's what we do at the Games: be the team behind the team and do whatever it takes, even improvise, to help them attain their goal.

◀ Dr. Beim puts her surgical skills to work to help an athlete cover an offending sports logo on her clothing.

Q Back home, what do you do to support your community?


A The first thing is to deliver great care to locals and visitors. But we've also donated hundreds of thousands of dollars over the years to everything from kids' sports teams — including soccer teams, ski teams and bike teams — as well as the adaptive sports program locally. We've also been a major sponsor for Western Colorado University to deliver free injury clinics and sports physical exams for athletes for over 25 years. I've also supported many other groups and causes in the Gunnison Valley, including support for cancer patients and mental health initiatives.

Q Have you treated any Olympians from the Gunnison Valley area?

A Yes, several. It's been exciting to see my own local patients, some of whom I've known since they were high school athletes, achieve their goals as Olympians and Paralympians.

Q You're fellowship trained in sports medicine, including knee, shoulder, joint and sports-related injuries. Is that a good fit for being located in Crested Butte?

A It's a great fit. Just about everyone here is an athlete in some manner. I would say 70% of my practice is treating shoulder and knee injuries, so my specialty training is perfect for this area. I also do a lot of trauma care, particularly for skiers, snowboarders and mountain bikers, but also for horse riders, ATVers and snowmobilers. There are so many ways to get injured around here that trauma experience and skills are pretty important.

The doctor, Gloria Beim, is in at  VSON Alpine Clinic in Crested Butte. Photo by Mountain Magic Media.

 **LEARN MORE ONLINE**

Get injury prevention pointers from the pros!

Visit coloradocountrylife.coop to learn ski/snowboard injury prevention tips from Dr. Beim and the American Academy of Orthopaedic Surgeons.



 Dr. Beim enjoys a break in the paradise where she has chosen to practice.



Q What do you like about living and practicing in the GCEA region of Crested Butte?

A Crested Butte is absolute paradise. It is so beautiful here and the people are so lovely. It's amazing to be part of this wonderful community and it's a great place to raise children. Everyone is so healthy and positive here. Instead of kids hanging out in a mall like in the city, all the kids around here are involved in at least two sports all year round.

It's also great to get out and enjoy the beauty and great sports here even if I have limited time. I've been here for over 25 years and can't think of a better place to live and work. When I finished my training, I had job offers at UCLA, the Mayo Clinic and some other awesome institutions, but I happily passed them up to build a practice here in paradise.

Colorado and the athletes who enjoy the state's mountains — summer and winter — have been the beneficiaries.

Eugene Buchanan, an outdoor writer based in Steamboat Springs, previously wrote about the electric co-ops' connection to the Olympics last July.



Driving EVs in Winter Weather

The woes (and whoas!) of driving electric in cold temperatures

Photo by Colton Sturgeon on Unsplash

BY AMY HIGGINS

Weather conditions in Colorado are diverse and, depending on where you hang your hat at the end of the day, you could be dealing with intermittent ice and snow when getting around town or perhaps hazardous conditions are often part of your everyday life all winter.

Whether gas-powered, electric or a combination of the two, cold weather affects your vehicle's performance, according to fueleconomy.gov. This official U.S. government source for fuel economy information reports that the fuel economy for gas-powered vehicles can drop as much as 24% in cold temperatures; up to 34% for hybrids; and 39% for electric vehicles.

Gunnison County Electric Association, with offices in Gunnison and Crested Butte, is in an area of Colorado where temperatures can reach below negative 20 degrees. The electric co-op has a Chevy Bolt and a Tesla Model 3 in its fleet of EVs and tested the vehicles at subzero temperatures.

"We noticed that when you have subzero temperatures, the battery loses up to 37% efficiency compared to the warmer temperatures," says GCEA Member Relations Supervisor Alliy Sahagun.

These tests, Sahagun says, have helped educate GCEA consumer-members about what they can expect with an EV. For example, road trips could be arduous if EV owners are not mindful of this expected decrease in productivity, the weather conditions and their vehicle's current charge status.

On the flip side, EVs perform well, if not very well on shorter trips. This is the third winter Chris Michalowski's family has owned its Chevy Bolt — his wife's preferred vehicle when driving around town during the week. A single charge provides more than 200 miles of range, so on short trips, she doesn't have to charge again until later that evening during their electric co-op's off-peak hours. Now



Electric vehicles are great for trips to nearby ski resorts.

outfitted with snow tires and ski racks, the Bolt is their go-to when heading to the ski resort. "It's small so it can sneak into tight parking spaces at the ski resort, and you don't have to wait for it to warm up," says the Granby-based Mountain Parks Electric power use advisor. "I have a pickup truck as well, but I'd much rather take our EV to the ski resort."

Sahagun says she frequently gets questions about how GCEA's Bolt and Tesla handle in the snow and on ice. She says they perform "really well." Because of the battery's weight, EVs have a low center of gravity which helps the vehicle hug the road, preventing it from sliding. However, this low center of gravity doesn't provide a lot of clearance, which can be precarious around higher snowdrifts and unplowed roads.

"If the roads are plowed, I've not had any problems with them — they do great," Sahagun says. A GCEA member shared with her an experience when his truck became stuck in the snow: "He hitched his pickup truck to his Tesla Model S and he pulled it out of the snow, so they're pretty strong, pretty powerful."

One clear advantage of an EV when compared to a gas-powered vehicle is its ability to provide heat almost instantaneously. “I tell people it’s like a hair dryer. Boom. The warm air starts coming out,” Michalowski explains. “For those short trips to the grocery store in the winter, by the time you get there and back, the car is finally starting to warm up [in a gas-powered vehicle]. It’s not the case with electric vehicles because the heating system is electric. It’s pretty much warm air right from the get-go.”

Although there is a decrease in range during winter temperatures, EVs are highly efficient when navigating around town or driving to and from work. And the amount of “fuel” remaining in your EV isn’t as important at the end of the day as with a gas-powered vehicle. “If you go home with 40 miles of range left or 100 miles of range, it’s all the same,” Michalowski explains. “It’s kind of like your cellphone — you don’t really care what the battery life is like as long as it works and you’re able to plug it in and it charges again.”

Analyze before you finalize

The catchphrase “range anxiety” — the fear of being stranded without a charge when needed — still has some potential EV buyers reeling, but this concern is swiftly dwindling. President Joseph Biden’s American Jobs Plan proposes a national network of 500,000 charging stations by 2030, up from the Department of Energy’s current count of around 50,000.

EVs come with a 120-volt, Level 1 charger, which can be plugged into any outlet, but they can take 16 hours or more to fully charge. Upgrade to a Level 2 charger, set it to charge when you go to bed (yes, you can program your charger), and wake up to a full charge the next day. And fast chargers — 34 Colorado locations and growing — can boost your battery 80% in 30 minutes.



Watch for Ride and Drive events hosted by your local electric co-op.

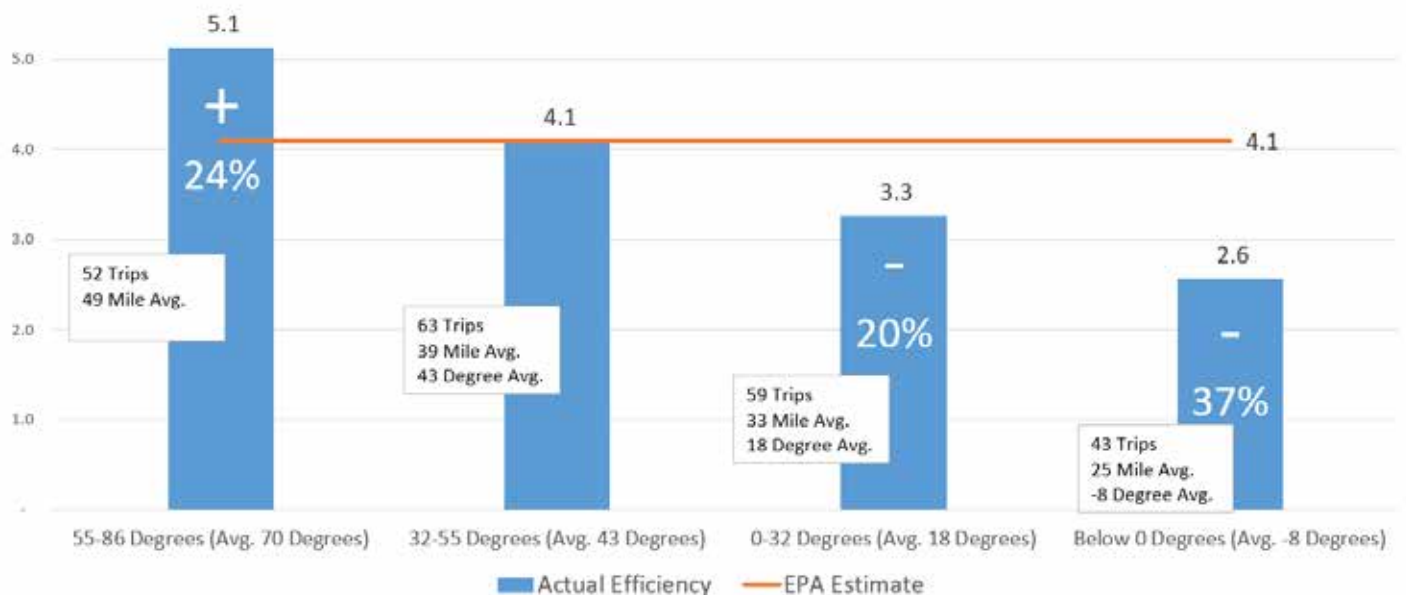
“When I bought my Bolt, there wasn’t a single fast charger in the county and here we are two years later and now there are four fast chargers in all four corners of the county,” Michalowski says. “It seems all the time new public chargers are getting installed. It just gets better and better as far as what’s available.”

Educate yourself about EVs and take a test drive or keep an eye out for EV Ride and Drive events in your area. “From our own experience, just getting people behind the wheel is a huge game changer,” Michalowski says about MPE’s Ride and Drive events.

Consider your budget, your lifestyle and your daily commute to and from work, the grocery store or anywhere else you visit routinely. Not thrilled about the selection? The soon-to-be-released electric Ford F-150 as well as new all-wheel-drive options may sway you to make the switch. In the end, whether or not to drive an EV is a matter of preference.

Amy Higgins is a freelance writer for *Colorado Country Life*. For a decade she has been reporting on energy-related issues for Colorado’s electric cooperatives.

Effect of Temperature on EV Efficiency Average Miles per kWh - Chevy Bolt



House Plants with Heart

Express your love with a heart-shaped plant this Valentine's Day

BY VICKI SPENCER MASTER GARDENER | GARDENING@COLORADOCOUNTRYLIFE.ORG

Baking and gardening have been passions of mine for as long as I can remember. I especially enjoyed making valentine cookies for my children to take to school and share with their friends. After my children grew up, I found myself baking less and gardening more. Imagine my delight when asked to write about giving plants with heart-shaped leaves as valentine gifts.

The most obvious choice for Valentine's Day is the Sweetheart Hoya. This attractive Southeast Asian succulent can be found in local stores around Valentine's Day and is usually sold as a single, thick, heart-shaped leaf planted in a small pot. While it is a relatively slow-growing plant, with proper care it will become a vine that grows up to 13 feet long with dangling green hearts.

After Valentine's Day, plant the leaf in a hanging pot with drainage holes to prevent root rot. It performs best in bright or indirect sunlight and temperatures ranging from 60 to 80 degrees. Its succulent leaves are drought-tolerant and only need deep watering once or twice a month when the soil is dry to touch. With adequate sunlight, the vine produces clusters of white, burgundy-centered blooms in the summer. Apply a light solution of houseplant fertilizer once a month during growing season and discontinue in the winter.

Another trailing vine is the succulent-like String of Hearts which is native to South Africa. It has delicate heart-shaped, silvery green foliage speckled with darker green spots. The leaves dangle along slender vines extending up to 12 feet long.



 Sweetheart Hoya

Once per year, it produces small, deep magenta-colored flowers. It prefers plenty of sunshine and periods of drought between waterings. In the winter, it's best to allow the soil to dry completely as the plant goes into dormancy.

The tropical beauty Anthurium has heart-shaped leaves that mimic its waxy, bright red or pink flowers. The long-lasting blooms symbolize hospitality and inspire happiness in any room. It prefers indirect sunlight and humidity which can be achieved by placing it in a pebble tray. Keep this toxic plant out of reach of children and pets.

Heartleaf philodendron is a common house plant with heart-shaped leaves. It prefers partial shade or soft, indirect sunlight. My daughter loves my philodendrons because they are so easy to maintain. I water lightly once a week and fertilize occasionally. The dense foliage looks luscious wrapped around the pot. It can also be made into a climber by wrapping it around a stick placed in the pot. I know people who trained their philodendrons to grow all around their rooms by providing strings or wires attached to walls and ceilings for support.

I can't think of a better way to say "I love you" than with any of these plants with heart-shaped leaves. Highlight the greenery by wrapping the pot in red foil. Plants are wonderful gifts that live in our hearts and minds all year round.

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



LEARN MORE ONLINE

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

Fish Oil Failure Shines a Grim Light on America's Memory Crisis

America's top memory M.D. reveals the startling reason why "senior moments" may be caused by fish oil — and the #1 way to fix it fast

More than 16 million Americans suffer age-associated cognitive impairment. And according to nationwide research, these numbers are only rising.

Thankfully, anti-aging specialist and bestselling author, Dr. Al Sears, says there's an easy way to banish senior moments for good. It's a safe, natural compound that can grow the brain significantly bigger.

And unlike failed solutions that promise what they can't deliver, this one actually works — at least, according to studies from Framingham, and other reputable universities.

But in order for it to work, you must avoid using run-of-the-mill fish oil supplements. "The worst thing you can do for your memory," explains Dr. Sears, "is to supplement with fish oil."

Dr. Al Sears, a highly-acclaimed MD — who has published more than 500 studies — says today's low-grade supermarket fish oil is causing the surge in America's memory crisis. "These cheap oils are no longer as nutrient-dense as they once were," he explains.

If you want to get rid of embarrassing senior moments Dr. Sears recommends a different approach.

THE SECRET TO A LASTING MEMORY

Research has shown our paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA. "Our hippocampus thrives off DHA, and grows because of it," explains Dr. Sears. "Without DHA, our brains won't

shrink, and our memories would quickly fade."

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

The same was found in human studies, too. After analyzing more than 1,500 seniors, the Framingham study found that those whose brains were deficient in DHA, had significantly smaller brains — a characteristic of accelerated aging and a weakened memory.

"Unfortunately, it's almost impossible to boost levels of DHA simply by eating more fish or fish oil," explains Dr. Sears. "DHA in fish oil has plummeted over the years. And it's being replaced by another compound. One that can cause memory failure and brain fog."

The ingredient Dr. Sears is referring to is called ALA — a compound found in cheap, grocery store fish oil. Studies have shown that even moderate levels of ALA can eat away at your memory and make you forgetful.

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

Fish farming has caused DHA levels to plummet and ALA levels to rise, according to Dr. Sears.

"In order to produce DHA," he explains, "fish need to eat a natural, marine diet, like the one they'd eat in the wild." Without a marine-rich diet, most fish won't

produce DHA.

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their animals a natural, DHA-rich diet and began feeding them a diet that was 70% vegetarian.

"It became too expensive for farmers to feed fish what they'd eat in the wild," explains Dr. Sears. "And since more than 80% of fish oil comes from farms, it's no wonder the country is experiencing a memory crisis. Most people's brains are shrinking and they don't even know it."

"Since fish farmers are depriving these animals of their natural diet, ALA levels in fish oil are going up, while DHA levels are being cut in half.

When asked, what can people do to improve their memory and brain function in the most effective way possible? Dr. Sears replied, "Find a quality DHA that doesn't come from a farmed source. Only this will help improve memory by growing the brain significantly bigger."

Dr. Sears and his team have been working tirelessly for the last 24-months developing a unique brain-boosting formula called Omega Rejuvenol. It's made from the most powerful source of DHA in the ocean, squid and krill — two species that cannot be farmed.

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



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

this oil in any stores."

MORE IMPRESSIVE RESULTS

Already, the formula has sold more than 27,000 bottles. And for a good reason, too. Satisfied customers can't stop raving about the memory-boosting benefits of quality-sourced DHA oil.

"I see a noticeable increase in my brain function. I'm experiencing a noticeable increase in my concentration level and productivity throughout the day," says satisfied customer, Timothy B.

"It's great to remember everyone who played in the '75 World Series. My memory has never been sharper," says Mike T.

"After the first time I took it, I experienced mental clarity and focus. I noticed my mental function improve and I could concentrate better and be more productive throughout the day," raves John F.

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels."

These are just a handful of the thousands of reviews Dr. Sears receives on a regular basis thanks to his break-

through memory formula, Omega Rejuvenol.

WHERE TO FIND OMEGA REJUVENOL

To secure bottles of this brain-booster, buyers should contact the Sears Health Hotline at 1-800-970-1307 within the next 48 hours. "It takes time to manufacture these bottles," says Dr. Sears. "The Hotline allows us to ship the product directly to customers who need it most."

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

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

Call 1-800-970-1307 to secure your limited supply of Omega Rejuvenol. Readers of this newspaper immediately qualify for a steep discount, but only if they call within the first 24 hours. To take advantage of this great offer use Promo Code **COOM0222** when you call.

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Enviably Ice Fishing Endeavors

Gear up for cold-weather fishing, near or far

BY DENNIS SMITH OUTDOORS@COLORADOCOUNTRYLIFE.ORG

Lake Granby, Lake John, the three Delaney Buttes lakes in North Park, and several of the Laramie Plains lakes in southern Wyoming have been perennial favorites of northern Colorado's ice fishermen for years for two basic reasons:

1. They're usually chock full of fat, sassy trout
2. We seldom get fishable ice down here along the Front Range.

There's a lot to be said for ice fishing the flatland lakes, though. First off, you're more likely to catch warm-water species like crappie, perch, bluegill, bass or walleye than you are trout. And when it comes to pan-fried fillets, there's not a trout that swims that can match any of those for taste and texture. Wild brookies on the grill, maybe.

Then of course, there's the advantage of fishing locally. Drive time is negligible and, given the cost of fuel these days, the savings can be considerable. Not to mention you could be fishing instead of driving for three hours before you so much as get your auger wet. Over the years, I've learned that time on the water usually results in far more fish caught — and fun had — than an equivalent amount of time spent behind a windshield. In other words, the quicker you can get your line in the water, the more likely you are to catch a fish.

Still, there are some who crave the adventure and lure of the open road and a chance to see some place different for a change. They couldn't care less how long it takes to get there or what they catch so long as they get away to the great white north.

On the other hand, for those folks who crave action, two of the Red Feather Lakes — Dowdy and West Lake — are about as reliable as a frozen lake can be. They're full of eager 12- to 14-inch rainbows. Of course, there's always the chance you'll hook a 3- or



4- pounder there, too, but I wouldn't bet the beer money on it.

I fished up there a week ago with family and friends, and we hooked more trout than we knew what to do with. We thought about bringing some home for the smoker, but released them to catch another time. Douglas Lake in Wellington is another productive Front Range Lake and, while you'll most likely hook rainbows there, you could just as easily luck into a school of yellow perch.

Regardless of where you ice fish this year, be safe, not sorry. Obey the ice safety rules. Don't go alone. Bring a throw rope, ice awls and your brain. A cellphone can be used to dial 911 in case of emergency. Ice fishing is a lot more fun when you get to make the trip back home, whether it's 4 minutes away or 4 hours.

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



MISS AN ISSUE?

Catch up at coloradocountrylife.coop. Click on Outdoors under Living in Colorado.

CoQ10's Failure Leaves Millions Wanting

Use this pill to supercharge your brain and think better than ever.



NASA-discovered nutrient is stunning the medical world by activating more youthful energy, vitality and health than CoQ10.

Millions of Americans take the supplement CoQ10. It's the "jet fuel" that supercharges your cells' power generators, known as mitochondria.

As you age, your mitochondria begin to die. In fact, by age 67, you lose 80% of the mitochondria you had at age 25. But if you're taking CoQ10, there's something important you should know.

As powerful as CoQ10 is, there is a critical thing it fails to do. It can't create new mitochondria in your cells.

Taking CoQ10 is not enough

"There's a little-known NASA nutrient that multiplies the number of new power generators in your cells by up to 55%," says Dr. Al Sears, owner of the Sears Institute for Anti-Aging Medicine in Royal Palm Beach, Florida. "Science once thought this was impossible. But now you can make your heart, brain and body young again."

"I tell my patients the most important thing I can do is increase their 'health span.' This is the length of time you can live free of disease and with all your youthful abilities and faculties intact."

Medical first: Multiply the "power generators" in your cells

Al Sears, M.D., recently released an energy-boosting supplement based on this NASA nutrient that has become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of over 500 scientific papers on anti-aging and recently spoke at the WPBF 25 Health & Wellness Festival featuring Dr. Oz and special guest Suzanne Somers. Thousands of people listened to Dr. Sears speak on his anti-aging breakthroughs and attended his book signing at the event.

Now, Dr. Sears has come up with what his peers consider his greatest contribution to anti-aging medicine yet — a newly discovered nutrient that multiplies the number of tiny, energy-producing "engines" located inside the body's cells, shattering the limitations of traditional CoQ10 supplements.

Why mitochondria matter

A single cell in your body can contain between 200 to 2,000 mitochondria, with the largest number found in the most metabolically active cells, like those in your brain, heart and skeletal muscles.

But because of changes in cells, stress and poor diet, most people's power generators begin to malfunction and die off as they

age. In fact, the Mitochondria Research Society reports 50 million U.S. adults are suffering from health problems because of mitochondrial dysfunction.

Common ailments often associated with aging — such as memory problems, heart issues, blood sugar concerns and vision and hearing difficulties — can all be connected to a decrease in mitochondria.

Birth of new mitochondria

Dr. Sears and his researchers combined the most powerful form of CoQ10 available — called ubiquinol — with a unique, newly discovered natural compound called PQQ that has the remarkable ability to grow new mitochondria. Together, the two powerhouses are now available in a supplement called Ultra Accel II.

Discovered by a NASA probe in space dust, PQQ (Pyrroloquinoline quinone) stimulates something called "mitochondrial biogenesis" — a unique process that actually boosts the number of healthy mitochondria in your cells.

In a study published in the Journal of Nutrition, mice fed PQQ grew a staggering number of new mitochondria, showing an increase of more than 55% in just eight weeks.

The mice with the strongest mitochondria showed no signs of aging — even when they were the equivalent of 80 years old.

Science stands behind the power of PQQ

Biochemical Pharmacology reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants.

"Imagine 5,000 times more efficient energy," says Dr. Sears. "PQQ has been a game changer for my patients."

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

It works right away

Along with an abundance of newfound energy, users also report a sharper, more focused mind and memory, and even younger-looking skin and hair. Jerry M. from Wellington, Florida, used Ultra Accel II and was amazed at the effect.

"I noticed a difference within a few days,"

says Jerry. "My endurance almost doubled. But it's not just in your body. You can feel it mentally, too," says Jerry. "Not only do I feel a difference, but the way it protects my cells is great insurance against a health disaster as I get older."

Increase your health span today

The demand for this supplement is so high, Dr. Sears is having trouble keeping it in stock. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling or looking older than their age... or for those who are tired or growing more forgetful."

"My favorite part of practicing anti-aging 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."

Where to find Ultra Accel II

Right now, the only way to get this potent combination of PQQ and super-powered CoQ10 is with Dr. Sears' breakthrough Ultra Accel II formula.

To secure bottles of this hot, new supplement, buyers should contact the Sears Health Hotline at **1-800-838-4953** within the next 48 hours. "It takes time to get bottles shipped out to drug stores," said Dr. Sears. "The Hotline allows us to ship the product directly to the customer."

Dr. Sears feels so strongly about this product, he offers a 100%, money-back guarantee on every order. "Just send me back the bottle and any unused product within 90 days, and I'll send you your money back," said Dr. Sears.

The Hotline will be taking orders for the next 48 hours. After that, the phone number will be shut down to allow them to restock.

Call **1-800-838-4953** to secure your limited supply of Ultra Accel II. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. To take advantage of this great offer use Promo Code **COUA0222** when you call in.

Americans can finally grow hair so thick “It will cover up your bald spots,” says top US Doctor

Clinical trials show a new hair loss breakthrough can both help men and women naturally regrow a thick, full head of hair – without drugs, surgery, or side effects

Thousands are rushing to get a new hair restoration method based on surprising new studies from the University of California.

It is the world's first and only hair loss solution that revives dead hair follicles. And studies confirm it helps men and women regrow a thick, full head of hair, even after years of balding.

Now, with news of this breakthrough spreading like wildfire — the manufacturers are struggling to keep up with overwhelming demand.

That's because, unlike other methods, it is prescription-free, drug-free, and has no side effects. And while hair transplants can cost \$4,000 or more, this new approach costs pennies on the dollar and doesn't involve going to the doctor's office.

Instead, it leverages cutting-edge technology to prevent hair loss, fills in embarrassing bald spots, and re-nourishes thinning hair — with results you can see and feel in 30 days or less.

As Jeanne F. from San Diego, CA reports: “When my husband began to use this product, all he had on top of his head was fuzz. His hair began to grow after 30 days and now it is about 2 to 3 inches long!”

Surprising Truth About Hair Loss

It is commonly believed that hair loss is hereditary.

Unfortunately, most people think there is nothing they can do to stop it. However, while many doctors will tell you that thinning hair, a receding hairline, and bald spots are due to your genetics, this is not the whole story.

“While genetics play a role, it's not the main reason you lose hair,” says Dr. Al Sears, the nation's top anti-aging doctor. “And surprisingly it's not just your age, thyroid, hormones, stress, or a vitamin deficiency, either.”

The latest scientific research reveals that hair loss is primarily caused by the stem cells in your hair follicles dying.

“This discovery is a true breakthrough because by reviving these stem cells on your scalp, you can stop hair loss dead in its tracks and trigger new hair growth, even in

areas that have been thinning for years,” explains Dr. Sears.

Now, at his world-famous clinic, the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida, Dr. Sears and his team have used this game-changing discovery to develop a brand-new hair restoration formula that is taking the country by storm.

Sold under the name **Re-Nourish**, it is flying off the shelves with men and women of all ages raving about the results it delivers.

“I have seen a significant improvement in hair growth. Previously, you could see thinning areas at the back of my head and now hair has grown over it,” says Peter W. from Ontario, Canada.

And Susan D. from Fort Pierce, Florida reports, “My hair was thinning. So, I began to use Re-Nourish every day on the front part of my scalp. Now I have thicker hair.”

Regrows Hair In Just 30 Days

Scientists now know that stem cells are the lifeblood of your hair follicles.

Research from the University of California shows they're the reason you're able to grow hair. However, these stem cells aren't always active. In fact, studies reveal they're only active during certain phases of the hair growth cycle.

“Your hair grows in three phases,” explains Dr. Sears. “First, you have the anagen phase, the hair growing phase. Then the catagen phase, when hair gets ready to shed. And finally, the telogen phase, where your hair is pushed from the follicle and falls out.”

As you get older it becomes harder for your hair follicles to complete this three-phase cycle. The results? Your hairs get stuck in the telogen phase. This is when they start falling out and stop regrowing, no matter what you try.

This process doesn't happen overnight, says Dr. Sears.

“At first, your hair dries out, becoming brittle, thin, and harder to style. Then, you start finding hairs on your pillow and down the drain. Finally, you're left with bald spots that age you prematurely.”

Fortunately, **Re-Nourish** puts a



Breakthrough research proves this discovery helps fill-in bald spots, re-nourishes thinning hair, and leads to noticeable growth in as little as 30 days.

stop to this. It revives the dead stem cells in your hair follicles and reactivates your hair's three-phase cycle, triggering new growth in as little as 30 days — even in areas that've been balding for years.

Reawakens Dead Hair Follicles

For years, scientists couldn't figure out why hair follicle stem cells died.

However, a study from the University of California finally found the answer.

It has to do with T-cells — an important immune cell in your body. The researchers discovered these T-cells are the only way to command hair follicles to grow new hair.

More importantly, they showed that T-cells helped revive the stem cells in your hair follicles — spurring new growth, filling in bald spots and natural hairline.

Re-Nourish uses a unique blend of all-natural ingredients. By spraying it on your hair once per day, scientific studies show you can revive dead stem cells and improve the appearance of thicker, fuller hair.

For example, the key nutrient of **Re-Nourish** was tested on a group of severely balding women.

After 6 months, nearly 70% of the women saw significant improvement in hair growth. Their hair was noticeably fuller, thicker, and healthier looking. Most exciting of all, they grew new hair on parts of their scalp that had been bald for years.

In another study, Italian re-

searchers gathered a group of both men and women with thinning hair and applied the core ingredient of **Re-Nourish**. After 12 weeks, they reported a staggering 74% increase in hair growth.

“It's really mind-boggling that my hair started growing back,” says Zan R., another **Re-Nourish** customer.

With results like this, it's no surprise that demand for **Re-Nourish** is soaring. Thousands of men and women are scrambling to get their hands on the limited supply available.

Re-Nourish is not currently available in any store at any price. But we've secured a small batch for our readers.

Try Re-Nourish 100% Risk-Free

For the next 48-hours, Dr. Sears is offering readers a risk-free trial of **Re-Nourish**.

Dr. Sears feels so strongly about this product that he is backing every order with a risk-free, 100% money-back guarantee. To take advantage of this special offer, simply call the Sears Toll-Free Health Hotline at **1-800-925-9801** now. Use Promo Code **CORN0222** when you call in.

[EDITOR'S NOTE]: Due to recent media exposure for **Re-Nourish**, the **Sears Institute for Anti-Aging Medicine** is experiencing unprecedented demand. If the phone line is busy when you call, please try again to avoid missing this special one-time-only offer.

INTRODUCING CORINNE TAN™

Back on December 30, American Girl doll company announced its 2022 Girl of the Year™: Corinne Tan™, a Chinese American girl who lives in Aspen with her blended family. According to the story that accompanies each American Girl doll, Corinne faces xenophobic remarks and initially struggles with sharing details of her life with others. But with the help of her family, according to the story that accompanies each American Girl doll, Corinne learns problem-solving skills such as how to stand up to racist bullies and how to be forthright about herself in difficult situations.

 **WHERE TO FIND CORINNE?**

Shop Corinne Tan™ and other amazing dolls at americangirl.com.

The Vision Behind the Girls

American Girl's Girl of the Year™ was conceived in 2001 with the introduction of Lindsey Bergman, a Jewish girl who must maneuver through difficulties of her own. The company initiated the Girl of the Year™ campaign to help “empower today’s girls with confidence, understanding, and a broader worldview toward others.” Topics surrounding girls’ current issues, interests and activities help inspire the dolls year after year.

The Cornerstone of Corinne

American Girl collaborated with award-winning author Wendy Wan-Long Shang to create Corinne’s persona and to detail her life’s perspectives through two books: *Corinne* and *Corinne to the Rescue*. The 18-inch doll was created in the character’s likeness. “While filled with outdoor adventure and fun, Corinne’s message is, ultimately, about the power of love — between families, friends and communities — and the strength and courage that comes from it,” said American Girl General Manager Jamie Cygielman.

Expert Advice

For authenticity and accuracy, American Girl assembled a panel of advisors to create Corinne, including three Colorado consultants: Lori Spence, an avalanche dog trainer and director of the Aspen Highlands Ski Patrol; William Wei, Colorado state historian and professor of modern Chinese history at the University of Colorado, Boulder; and Jennifer Ho, professor of ethnic studies at the University of Colorado, Boulder, president of the Association of American Studies, and an anti-Asian racism expert.

Photo courtesy of American Girl



New Hemp Technology Is 450% Better For Discomfort Relief Than Regular Hemp Oil

Next generation hemp technology soothes joint discomfort, aches and sore muscles 5Xs better than hemp oil.



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

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

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

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

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

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

Why This New Technology Is Better Than Hemp

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

This is why Canna LS contains a unique "water solu-

ble" system. The technology is shown to improve absorption in the cells by 450%, quickly boosting the body's cannabinoid levels.

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

How It Works

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

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

unleashes its full potential."

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

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

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

Not Yet Sold In Stores

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

Taking All The Risk Off Consumers

A large percentage of men and women using Canna LS

experience truly amazing results. That's why it's now being sold with a guarantee that goes way beyond the industry standard. "We can only make this guarantee because we are 100% certain our customers will be satisfied," says Ms. Kim. We want to take full risk off consumers. So in addition to offering substantial discounts for first-time customers, we also make them a huge promise that ensures they don't have to risk a cent."

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

Where To Find Canna LS

This is the official nationwide release of Canna LS hemp technology. And so, the company is offering a special discount supply to anyone who calls within the next 48 hours. An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try Canna LS hemp extract. Starting at 7 a.m. today, the discount offer will be available for 48 hours. All you have to do is call TOLL FREE at **1-877-779-5326**. The company will do the rest. Use Promo Code **COCA0222** when you call in.

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

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READERS' PHOTOS



FUNNY STORIES



WINNER: **Cara Heid** takes CCL on a recent trip to New Orleans and snaps a photo with the magazine on Bourbon Street. Cara is a consumer-member of Morgan County REA.



Poudre Valley REA consumer-members **Mazi** and **Amy Sardashti** visit Bled, Slovenia, and pose with the magazine for a photo overlooking Bled Lake.



Deb Greer, a consumer-member of Mountain View Electric Association enjoys the sun, surf and CCL at Bayú Beach in Cabo Rojo, Puerto Rico.



Southeast Colorado Power Association consumer-members **Nathan** and **Jodi Morgan**, and daughter **Lexi** visit Walt Disney World Resort in Orlando with CCL.

I was talking to a little boy after church who was about 7 years old. He had a large extended family and they were all planning a family get-together in Mexico. I said, "Wow, Jace, that sounds like a really great trip. Do you know where in Mexico you will be going?" He said, "Yeah, someplace called all-inclusive."

Kathy Cain, Yampa
Yampa Valley Electric Association consumer-member

When my granddaughter was about 7 years old, she came to visit. We got up the next morning and I was still in my pajamas. My husband told me I should put some clothes on, so I did. She looked at me and asked, "Do you have to mind Pawpaw?"

Linda Evans, Elbert
Mountain View Electric Association consumer-member

We were just finishing a big meal of Chinese food when my 8-year-old daughter piped up, "I am so full! But I feel my heart beating hard and I think it's beating for those wontons!" She thought for a moment, then made a decision: "I'm just gonna sneak one without my tummy noticing."

Kelsey Gilbert, Monument
Mountain View Electric Association consumer-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 those submitting funny stories and that person will receive \$200. Send your 2022 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.

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, address and your local co-op to info@coloradocountrylife.org. We'll draw one photo to win \$25 each month. The next deadline is Tuesday, February 15. Name, address and co-op must accompany photo. See all of the submitted photos on Facebook at facebook.com/COCountryLife.

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Ease Aching Muscles

Aching muscles need TLC, and the brawn behind Blue Llama's Sports Cream is a combination of eucalyptus, arnica and full spectrum CBD extracts. Its special transdermal formula has warming and cooling components that allow deep penetration to the area and help alleviate soreness, but it does not have the psychoactive effects THC bestows. Based in La Veta, Blue Llama has a large line of CBD products including lotions, topicals, hemp oil and pet-friendly products. For more information, visit bluellamacbd.com.



A Game for the Games

When COVID-19 struck the U.S., Denverite and native Jamaican Errol Anderson got busy creating a new game that brings people together: Popongo. Think cornhole intermingled with beer pong: set out the board — or boards — and cups, and each player takes turns tossing balls into the cups. The individual or team with the most points wins. A portion of profits goes toward the Jamaican Bobsled Olympic team, so help keep the ball rolling! For more information, visit playpopongo.com.

Go Au Naturel

Step into a more natural feel with Xero Shoes. The Broomfield-based company incorporates characteristics such as a wide toe box and flexible soles to make it easier to walk the way nature intended, and the myriad styles and color options means there's something for everyone. This year, the footwear company is supplying shoes for the USA Artistic Swimming (for when they're out of the water) and USA Archery teams at the 2022 Winter Olympic Games. For information, visit xeroshoes.com.



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