



MARK JOHNSTON

“Life is short and if we enjoy every moment of every day, then we will be happy no matter what happens or what changes along the way.”

—Gretchen Bleiler

SEIZE THE DAY

BY MARK JOHNSTON GENERAL MANAGER

History credits Roman poet Horace with the familiar phrase “carpe diem” (seize the day). There’s more to that story. Interestingly, Horace coined the phrase in the relatively short, yet wonderfully profound statement that most of us have never heard before: “Carpe diem quam minimum credula postero.” It translates to “Seize the day, trusting as little as possible in the next one.”

Not trusting in the next day comes naturally to us all, I think. Perhaps that is why it is omitted from the popular quotation. According to a 2018 study (pre-pandemic), the average American has 60 bad days per year. I suspect the number has increased now. Horace rightly focused on seizing.

The National Day Calendar can also help with that. It highlights noteworthy things to celebrate each month, and October has some gems for life in general and the electric industry in particular:

National Do Something Nice Day, October 5

Shouldn’t this be everyone’s life aspiration? Here’s something to consider: In recent months, many businesses have experienced staffing shortages that have affected service.

Some businesses even post signs saying, “We are trying our best, please give the employees that are here a break.” How many people’s days could we improve if we all exercised a bit more patience? Let’s find out. And let’s not wait until October 5 to start.

National LED Light Day, October 7

Why is a lightbulb celebration-worthy?

Because LEDs:

- Convert nearly 100% of the energy they use to light (versus 9-10% for an incandescent bulb). LEDs save you money!
- Contain no gas or mercury (like compact fluorescent bulbs), which is better for the environment.
- Can last 50,000-100,000 hours (versus 1,000 for incandescent bulbs, 10,000 for CFLs).
- Reduce the number of bugs swirling around your porch light in the summer (because LEDs emit little ultraviolet light)
- And because Mountain Parks Electric offers LED lighting rebates. (Visit mpei.com/rebates.)

National Hero Day, October 8

MPE has no shortage of everyday heroes. However, I want to recognize one group in particular this month: our lineworkers. These hardworking people are essentially on call day and night and in any kind of weather. A 2020 study conducted by the University of Delaware ranked the 25 most dangerous jobs in the United States. Being an electric lineworker is number 10. Sadly, in 2018, 29 U.S. linemen died installing and maintaining overhead and underground power lines that supply electricity to homes and businesses — but thankfully none from MPE.

National Mulligan Day, October 17

I like that there’s a day to remind us that if we are having a bad day, we essentially get a do-over.

I know Horace would tell us, more poetically than I ever could, not to trust tomorrow. But as a cancer survivor, I invoke my right to disagree. Seize the day, like Horace said, but I say embrace tomorrow, and the next day, and the next.

Taking Steps for Cancer

(MPE's Pink Hard Hat Campaign)

BY SPECIAL GUEST CONTRIBUTOR HELEN SEDLAR
MOUNTAIN FAMILY CENTER EXECUTIVE DIRECTOR

As a community, we take steps together to overcome adversities — including the fight against cancer. Mountain Family Center is fortunate to have support from the Taking Steps for Cancer volunteer corps, which is headquartered in the Grand Lake area. The Taking Steps for Cancer program was created in partnership with MFC to help community members diagnosed with cancer who face mounting medical bills. Each October, Mountain Parks Electric's Pink Hard Hat Campaign broadens that partnership by generating more awareness and funding.

The Pink Hard Hat Campaign is an annual fundraiser in which MPE lineworkers

wear pink hard hats to help raise cancer awareness. Taking Steps for Cancer, Mountain Family Center and Mountain Parks Electric coordinate efforts to maximize our collective outreach. One hundred percent of the funds raised through the MPE Pink Hard Hat Campaign will be earmarked for cancer-related expenses for community members living in Grand and Jackson counties.

October donations

Community residents are eligible for up to \$3,500 each year for costs associated with preventive screenings, mileage (for appointments or treatment), hotel stays,




2020 Taking Steps for Cancer volunteers

insurance deductibles, and pharmacy and medical bills.

To donate to the Pink Hard Hat Campaign, visit mountainfamilycenter.org/cancerfund and click on the "Donate Now" button. To refer someone to the program or for more information, please call 970-557-3186.

FAVORITE FALL HIKES

BY MICHELLE KLOSS HR ADMINISTRATIVE ASSISTANT

LEFT TO RIGHT: Linda Nystrom, Michelle Kloss, Molly Rankin, Anita Entz and Monika Conger hike the Timber Lake Trail at the first snow. 

This is the season for leafers. There's no better way to take in nature's golds and reds and greens than hitting the local trails, perhaps with a pumpkin spice latte or apple cider in hand. Here's a few hikes to consider taking before the snow flies:



Brad Pregeant, ACCT 1008602



Granby Ranch trails (access point County Road 85/87 trailhead)

Difficulty level: easy to moderate, dog-friendly, Granby area. Several loops, miles vary. You can make this hike as long as you want. It also accesses Granby Ranch Resort.



Doe Creek Trail (access from Arapaho National Recreation Area)

Difficulty level: moderate, dog-friendly, near Granby. Can be done as a small loop of 2.5 miles, medium of 4.5 miles or to the lake and back in 7.3 miles.



Timber Lake Trail (access from Rocky Mountain National Park)

Difficulty level: moderate to difficult, no dogs (in national park), 9.9 miles. Landslide area can be challenging. Lake at the end of the trail, 2,349 elevation gain.



Bighorn Bagels owner Adrienne Stine poses with East Coast New York bagels

Local Chef SPOTLIGHT

RESTAURANT:

BIGHORN BAGELS

1 W. Agate Ave., Granby – 970-557-3229
1141 Grand Ave. B, Grand Lake – 970-798-8007
bighornbagels.com

HOURS:

7 a.m. – 2 p.m. (winter hours may vary)

SPECIALTY:

East Coast New York bagels

Landon Lien, ACCT 1026863

COOKING TIP FOR MPE READERS

Fall is baking season. Here's a home baking tip from my kitchen to yours: Try sprinkling banana bread with sugar before putting it in the oven. It gives the bread a subtle, sweet crunch.



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.

WAYS TO SAVE

BY LINDSAY MCCANN
CUSTOMER SERVICE SUPERVISOR

BEWARE OF ENERGY VAMPIRES

An energy vampire is a device that drains power and continues to use energy, even after it is turned off. You will save if you unplug these energy vampires:

- Cellphone and laptop chargers
- Video game and entertainment consoles, players and boxes
- Devices with clocks or standby lights



PET OF THE MONTH



FOZZIE & WRANGLER

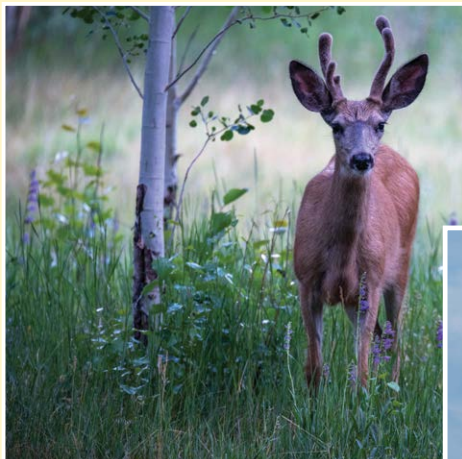
Fozzie (7 years old) and Wrangler (2 years old) love to chill at the base of Winter Park. Both are goldendoodles.

Email your pet photos and pet bio to rtaylor@mpei.com



▲ **MPE's Whiskey Hill Solar Array** ribbon cutting ceremony, September 16, 2021. In 2020, in its first full year of production, the 1-Megawatt array generated 2.4 million kilowatt-hours, enough to power approximately 300 homes.

MPE Consumers' Wildlife Photos



▲ "Young Buck," by Elizabeth Sanjuan



▲ "Just Looking at You," by Stephen Morganfield



◀ "Bull Elk Battle," by Alyson Palma

Submit your wildlife photos and enter the CCL photo contest at coloradocountrylife.coop/2022-photo-contest.

Barbara Carnes, ACCT 152107107

MPE REBATES



APPLIANCES

Electric Energy Star dishwashers, clothes washers, clothes dryers, freezers, refrigerators (\$20-\$90); and induction cooktop/ranges (up to \$350).



EV CHARGERS

Up to \$1,000 per residential charger.



HEAT PUMPS

Qualifying cold-climate and geothermal heat pumps \$300 - \$1,000/ton.



LED LIGHTS

Up to \$8 per bulb, 50 bulb maximum.



RENEWABLE INSTALLATIONS

Up to \$1,000 per installation.



WATER HEATERS

\$50 - \$250, electric tank style only, 30-gallon tanks or larger.

TERMS AND CONDITIONS APPLY.

For more information, visit mpei.com/rebates.