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Read about Artist on page 19

D. E. WODARK

— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

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Keep your treasured companion happy and healthy when you schedule an appointment in the hospital, or for a housecall, with our holistic veterinarian in Conifer, CO. Aspen Park Vet Hospital is your local source for quality care. From natural remedies to animal acupuncture, we offer a series of unique treatment methods in the hospital or on housecalls for your pets. We work hard to use the science of animal behavior to help horses, dogs, cats, and koi fish live healthier and happier lives. Schedule a visit in the hospital or for a housecall today to discuss treatment for your pet.

HAPPY NEW YEAR!

“We are pleased to announce the return of our Wellness Clinics!”

2023 is upon us, and it's time to think about making it the best ever!

One of the things you can do to help ensure your animals stay safe and healthy throughout the coming year is to spend a little time making sure everything is in order. It costs you nothing, and makes good use of the post-holiday lull to ensure the rest of the year goes smoothly before activities ramp up again.

For example, make sure your pet's microchip is registered to you. Recently we found a stray cat who had a microchip, but it was never registered to the owner, so we were unable to reunite her with her owners. Luckily, however, we were able to find her a wonderful new forever home. It is important to remember to make sure your pet's microchip is registered with your most recent contact information.

Next, make sure your pet's vaccines are up to date, especially rabies. We have had several scares with rabies this year in Conifer, so this is something to take very seriously.

Ensure you have a disaster plan that includes having a sign posted in your window with the number of pets in the house and where they are likely to be. Check out the website code3associates.org for more information about disaster preparedness. In fact, they offer classes you can take to enable you to help evacuate animals in case of emergencies.

And finally, wish you had a “superpower” way to ensure your dog is healthy? Besides regular vet checkups and routine blood work, consider getting a set of dog digital thermal images on your beloved animal. The amazing thing about it is that it's non-invasive and extremely accurate. We even found liver cancer in a patient by using it! The other reason I especially love it is that we can use it to check



“I am so pleased to be able to offer you a way to get a great health benefit for your animals at a discount, without sacrificing quality of care.”

out lumps and bumps on the patient, without invasively sticking a needle into them, to help see if those bothersome lumps are something to worry about.

And if you are worried about the cost of digital thermal images and that routine blood work, then I have some amazing news for you. We are pleased to announce the return of our Wellness Clinics!

Although our Wellness Clinics, with discounted bloodwork, were wildly popular, we stopped offering them in 2020 because

we developed and offered monthly Wellness Plans instead, much like what you might find at a Banfield pet hospital. However, with our unique practice offerings, the cookie-cutter Wellness Plan idea just did not work for our clients. So after struggling for two years to make it work, we decided to abandon the idea and go back to offering our discounted blood work days again instead!

Therefore I am pleased to announce that we have made a special deal just for you, our much-loved clients, with our local laboratory,

to bring you deeply discounted bloodwork on Tuesdays! Now please keep in mind this is routine blood work only, for well pets, and not for sick pets that need to see a veterinary doctor. This is for things like to recheck abnormal values, to evaluate for the continued use of medications, and to get a baseline of bloodwork for young animals. It's a win/win! We are so excited to announce we will be doing this again. We still have clients asking about it, so we decided to go ahead and bring this successful program back for 2023.

And as if that were not enough, we will also be giving discounted digital thermal images on those days, as well. So this is really a great way to put a little extra time into ensuring the long-term health of your beloved animals in the year to come, and at a great price.

So if you have thought about getting a set of digital thermal images for your animal, or wanted to get bloodwork done but were worried about the cost, rest assured we have you covered. Give our office a call and get set up on a Tuesday with our awesome veterinary technicians and nurses, and get it all for a great, deeply discounted price, in some cases close to half price!

It's the least we can do, to help our clients take great care of their pets. 2022 was a tough year with lots of rising prices, so I am so pleased to be able to offer you a way to get a great health benefit for your animals at a discount, without sacrificing quality of care.

As always, thanks for reading, and for your continued support. Here's to a wildly successful 2023! DrQ and the crew of Aspen Park Vet Hospital and the ResqRanch.

Aspen Park Veterinary Hospital is located at 25871 Duran Ave. Conifer, CO 80433. You can call the hospital at (303) 838-3771 (838-DrQ1) or visit them at www.DrQandU.org.



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from the experts

No Worries!



Did you miss something in a past issue of *Your Mountain Connection*? Want to revisit an article or featured artist? Not a problem! You can now download full versions of our past issues on our web site at: yourmtncnnection.com. We will have the current issue and four back issues available. Enjoy...again!

— EVERGREEN HEALTH INSURANCE —

Pros and Cons of Medicare Advantage Plans

BY ED REGALADO

Happy New Year! Will you turn 65 in 2023? For people becoming Medicare eligible, making choices regarding healthcare can feel overwhelming. To receive comprehensive coverage, for most people, there are two main buckets to choose from: Enroll in Medicare Parts A&B and add a Medigap and Prescription Drug Plan (along with their premiums) to make up for what Medicare does not cover, or enroll in A&B and then switch to a Medicare Advantage plan. As of last year, over 45% of Medicare beneficiaries chose a Medicare Advantage plan, and expectations are that number will rise to more than 50% by 2025. So what are some of the pros and cons of Advantage plans?



each. With a Medigap (also called a Supplement) plan, after monthly premiums are paid there is generally very little additional cost, depending on the plan chosen.

Advantage plans often offer benefits that traditional Medicare cannot offer. Limited vision, dental, and/or hearing benefits are often included in Advantage plans, as well as additional perks like gym memberships, transportation, or over-the-counter benefits that vary from plan to plan. Medigap plans do not offer these perks or services at all.

On the downside, most Advantage plans are HMO plans, and pre-authorizations may be required for many procedures and some prescription drugs. So your doctor may recommend more care, but the plan can limit what it approves. This doesn't happen with traditional Medicare, supplemented or not.

Patients with higher needs or chronic conditions are often inclined to stick with traditional Medicare, as they generally have better access to the best hospitals and cancer centers. Advantage plan members are half as likely to use the highest-rated cancer centers for complex surgeries as similar patients in their zip code. Over 90% of physicians nationwide accept traditional Medicare, though fewer and fewer are accepting new Medicare patients. This will likely continue to decline as reimbursement rates paid by Medicare to physicians are set to reduce even further this year, while Advantage plans are being given more funding by the federal government.

Making the right decisions when you're ready to enroll in Medicare will depend on your personal circumstances. Give us a call at 303-674-1945 or send an email to: edregalado46@gmail.com if we can help! Our office is located at 27945 Meadow Drive, Evergreen, CO 80439.

The How...

BY DUANE REDFORD



How, then Why

Over the years, I have had several anglers send me a list of "Why" questions prior to a guided fly fishing trip. These lists are searching for reasons why successful fly anglers do what they do (techniques) to catch fish. I also have anglers hit me with question after question as to why I teach one technique or another during a guided trip. More often than not, these anglers don't spend as much time as they should perfecting the "How" before they ask the "Why." I get it, but often brush by the questions until the time is right to delve into why we do what we do. The "Why" is important, but the "How" takes precedence more often than not.

When I teach any athletic endeavor, and yes, I count fly fishing as an athletic endeavor, I drill the fundamentals or the "How." As a former coach of several sports, I gravitate toward how to do something as opposed to why we do it that way, especially for beginners and intermediates. For example, teaching an angler how to mend initially is vastly more important than why we mend the fly line to attain a perfect drift. I may explain that "We mend to provide for a drag-free drift" at the outset, but I am more focused on the mastery of the skill itself than why we are performing it while I continually correct mistakes.

Once the angler begins to master the skill, and this typically doesn't take more than an hour of throwing in mends under my direction, they are in position to learn why we do it that way. Couple this with the fact that they have more than likely hooked a few fish and reinforced that what I am teaching works, and we are ready to delve into "Why" territory.

Now they get to learn why we throw upstream or downstream mends, "S" mends, and reach mends.

If we stepped into the river and I droned on about why we accomplish those mends without teaching "How" to do it first, the teaching would fall on deaf ears as they become more focused on why we do it than how it's done. One "WHY" question leads to another, and it soon becomes overwhelming for the angler. I see it all the time. This is not exclusive to beginning and intermediate anglers; advanced anglers, those who have a grasp of the "Why" already, often struggle with a new technique as they get wrapped up in why to perform the skill as opposed to learning the skill first. That procedure hampers development, as it forces the angler to back into the skill.

I strongly advise, no matter what level fly angler you are, to learn how to accomplish and master a skill before you dig too far into why you do things a certain way. Your success on the river, as you progress, will reinforce what you're doing and why you're doing it. This way, you become proficient at performing the skill as you naturally progress to why you're doing it! It's a natural, organic way not only to learn new skills, but also to attain complete mastery. Any questions? Fear No Water!

Duane Redford is a Colorado fly fishing guide, author, national speaker, and signature fly tyer for Montana Fly Company. duaneredford.com @flyfishersplaybook

— LOAN ZONE MORTGAGE —

2023 Mortgage and Housing News

BY WANDA NORGE, MORTGAGE CONSULTANT



2023 LOAN LIMIT INCREASES

The Federal Housing Finance Agency announced the maximum loan limit for Fannie Mae and Freddie Mac conventional loans is increasing effective January 1, 2023. The new conforming base loan amount is increasing from \$647,200 to \$726,200 for a 1-unit property. Many Denver-area metro counties are allowed a higher loan amount limit equal to \$787,750.

If you closed a jumbo or high-balance loan in the last couple years, it would be a good time to look into a refinance to restructure the loan, get additional cash out, lower the payment, switch to a fixed rate or get a lower-rate adjustable loan.

RECENT FED RATE HIKE

The Fed has been increasing the Fed Funds Rate in order to curb inflation numbers, which haven't been this high since the 1980s. This is the overnight borrowing rate on money banks lend to each other. It is not the same rate as long-term fixed mortgages!

Projections for the 30-year fixed mortgage rates in 2023 are in the 5% range, down from higher 7% rates seen in 2022.

HOUSING NEWS

Home values continue to increase due to limited inventory and continued high demand for housing. Over 4% appreciation nationwide is projected for 2023. That is meaningful wealth creation! A \$400,000 home bought with 10% down would gain \$16,000 in appreciation over the next year and earn a 40% return.

Wanda Norge, Certified Mortgage Advisor (CMA), Certified Divorce Lending Professional (CDLP), National Association of Divorce Professionals (NADP), Loan Zone Mortgage, LLC (NMLS: 1870102), 20 yrs exp, 25 yr Evergreen Resident, Phone: 303-419-6568, loans@wandanorge.com, www.wandanorge.com (NMLS: 280102).

Even with a projected mild 2023 recession in the U.S., this market is drastically different from 2008 when people owed more than their homes were worth. Builders also had too many new construction homes built for the demand at that time, all adding to the issue of too much inventory.

Today, demand is high because there are many prospective Millennials entering the market, many baby boomers looking to downsize, and plentiful home equity. Homeowners who may be interested in selling are reluctant to do so. Expensive building materials with lagging supply chain issues is making it difficult for builders to complete new homes.

NEW LOANS

It is still a great time to buy or to help your grown children get into their first new homes. For 2023, each parent can gift up to \$17K to each child and not pay taxes on it. Mom gives \$17,000 to her daughter and \$17,000 to her son-in-law, and Dad does the same. That means that one set of parents could give the couple a total of \$68,000 tax-free. And then the husband's parents could do the same!

A refinance could consolidate other high-interest-rate debts, or eliminate a mortgage payment totally using a reverse mortgage. People who used builder's lenders and incentives should revisit those loans too.

CALL NOW get a free evaluation of your current housing value, mortgage, and debts for 2023.

from the experts

— THE SASQUATCH OUTPOST —

The Sasquatch Chronicles

BY JIM MYERS

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"In my own extensive experience with the Forest People, I have never once experienced anything even remotely resembling aggression."



There's a show on TV that's in its first season. It's called "Alaskan Killer Bigfoot." The premise of the show is that 70 years ago all the residents of the town of Portlock, Alaska, were forced to abandon their homes and their town by a blood-thirsty, murderous, Bigfoot-like creature the locals call Nantinaq.

According to the story (or perhaps legend), quite a few of the town's residents were found dead, torn apart by a creature believed to be a Bigfoot. Now, 70 years later, I think it's a pretty safe assumption that most or all of the residents of Portlock have died, leaving the creators of the documentary to interview descendants of the actual people who fled the town.

Now, I will add the caveat that I have not watched the series yet, so it is possible that my thoughts here are just a little off-base. What I am reacting/responding to is the very prevalent theme in many or most Bigfoot movies, and some documentaries, that Bigfoot is very dangerous and has a seemingly insatiable desire to kill humans, and sometimes eat us as well (which is adding insult to injury, right?). I'm sure you can tell by my tone thus far where I'm heading with this. I do not believe that Bigfoot regularly kills humans. Are they capable of killing us? Absolutely. I mean, when you're 8-9 feet tall, weigh somewhere around 700-800 pounds, and you're built like an Olympic weightlifter—yes, we would be easy pickings.

So I concede that it is THEORETICALLY possible for Bigfoot to take us out, but I would say that the probability of this happening is slim to none. Why? Because in my own extensive



almost killed me!" or "I'll never go in the woods again!"), you would believe that every other person who goes into the woods is lucky to get out alive.

That's simply baloney. In fact, I have multiple eye-witness accounts of people being healed—in some cases of terminal illnesses—by a Bigfoot. I know of other cases where humans were saved by a Bigfoot from other predators. And the best evidence of all that Bigfoot usually means us no harm is the simple fact that the vast majority of human-Bigfoot encounters end in a Bigfoot disappearing into the forest, leaving the human standing there wondering what just happened. So, enjoy the beauty of our amazing state, and Bigfoot aside, I think it's wise to always hike with a partner just in case you get lost, or injured on the trail. And keep your eyes peeled for Bigfoot!

Come by and check out the store and museum for yourself! 149 Main Street in Bailey. Open every day. You can contact us by writing to: info@sasquatchoutpost.com

— EVERGREEN ANIMAL HOSPITAL —



How to Keep Your Pet Comfortable During Holiday Travel

BY DR. JULIANNE SUAREZ, DVM

"For dogs and cats, positive reinforcement and conditioning to travel conditions will greatly reduce their anxiety."

Many people and pets travel to visit friends and family during the holiday season. Cats and dogs often experience significant anxiety while traveling. Luckily, there are many ways we can reduce their stress.



For dogs and cats, positive reinforcement and conditioning to travel conditions will greatly reduce their anxiety. For example, acclimate cats to their carriers ahead of time. This may take months or days, depending on the individual. Treats, a warm blanket, or a cat pheromone spray will make the carrier more comfortable. Pheromone calming collars for dogs may help with plane or car travel. Another tactic for road trips is giving plenty of treats while slowly increasing time increments in the car.

For dogs, adequate exercise before travel will help tremendously to reduce their anxiety. A long walk or playtime the morning of departure, or even the day before, will go a long way. Always bring lots of treats to increase their focus and response to your cues and training techniques.

Lastly, if training techniques are not sufficient alone to keep your pet comfortable, there are prescription medications to reduce travel anxiety. Trazodone, gabapentin, and/or acepromazine reduce stress and provide sedation for pets. Contact your veterinarian at Evergreen Animal Hospital for more information on how to keep your cat or dog happy this holiday season!

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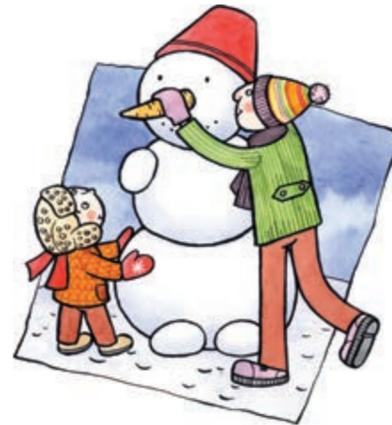
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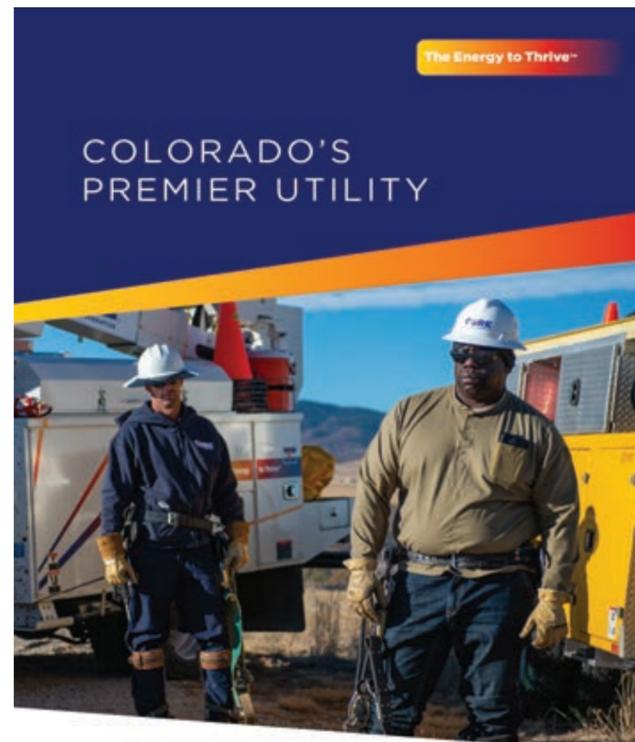
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UNLEASH THE POWER OF THE SUN

Benefits of Switching to Solar Energy

BY OZGE LAWRENCE, VALORROOFANDSOLAR.COM

The use of solar energy has increased significantly in recent years as more and more people are recognizing the many benefits of this renewable and clean source of power. Solar energy offers several advantages over traditional sources of energy, such as coal and natural gas, and is becoming an increasingly popular choice for individuals and businesses.

FINANCIAL BENEFITS OF SOLAR

One of the significant benefits of solar energy is the potential to save money on electricity bills. By installing solar panels, individuals and businesses can generate their own electricity, reducing or even eliminating their reliance on the grid. This can result in significant savings on electricity bills, particularly in locations with high electricity costs.

Additionally, solar energy offers the potential for a source of income through the sale of excess electricity. In many locations, individuals and businesses can sell excess electricity back to the grid, earning money in the process. This can provide a valuable source of income, particularly for businesses with large solar installations.

The government is subsidizing solar power with a 30% tax credit. This reduces the cost significantly and provides an immediate cash refund for those who pay taxes. There are no upfront expenses. You simply trade an ever-rising utility bill payment for a flat installment payment that is less than your existing utility bill.

Solar also increases the value of your home by roughly \$7,000 per KW of solar installed. That goes up every year as electricity rates rise. Not only are you reducing or eliminating your electricity bill, but you are also increasing your home equity every month.

Furthermore, the use of solar energy can provide long-term financial benefits through the reduction of long-term energy costs. Because solar panels are designed to last for decades, the initial investment in a solar installation can be recouped over time through savings on electricity bills. This means that the use of solar energy can provide both short-term and long-term financial benefits.

Overall, solar energy offers several financial benefits, including savings on electricity bills and the potential for a source of income through the sale of excess electricity. This makes it an attractive option for individuals and businesses looking to reduce energy costs.

ENVIRONMENTAL BENEFITS OF SOLAR:

One of the major environmental benefits of solar energy is its ability to reduce carbon emissions and other pollutants. Unlike fossil fuels, which release carbon dioxide and other pollutants into the air when burned, solar energy does not produce any emissions. This makes it a clean and environmentally-friendly source of power and can help to reduce the negative impacts of climate change.

Additionally, the use of solar energy can help to reduce dependence on fossil fuels and promote the use of renewable energy. Fossil fuels are finite resources that will eventually run out, and their extraction and use can have negative environmental impacts. By contrast, solar



“Solar panels are designed to last for decades, providing a long-term and reliable source of energy.”

energy is a renewable and sustainable power source and can be harnessed indefinitely from the sun.

Furthermore, the use of solar energy can help to improve air quality and protect public health. The burning of fossil fuels can release pollutants into the air, which can have negative health effects on individuals, particularly those with respiratory conditions. By reducing the use of fossil fuels and increasing the use of solar energy, air quality can be improved, leading to a cleaner and healthier planet.

Overall, the use of solar energy offers several environmental benefits, including the reduction of carbon emissions and other pollutants, the promotion of renewable energy, and the improvement of air quality. This makes it an attractive option for individuals and businesses looking to reduce their environmental impact.

RELIABILITY AND DURABILITY OF SOLAR PANELS

One of the key advantages of solar energy is the durability and longevity of solar panels. Solar panels are designed to last for decades, providing a long-term and reliable source of energy. In fact, most solar panels come with warranties of 25 years or more, ensuring that they will continue to generate electricity for many years to come.

Additionally, solar panels are designed to withstand a variety of weather conditions and

are built to be durable and long-lasting. They are able to withstand extreme temperatures, high winds, and heavy snow, and are typically installed on rooftops or other sturdy structures, thus helping to protect those surfaces from the elements.

Furthermore, solar panels require minimal maintenance, making them a convenient and easy-to-use source of energy. Unlike other types of energy sources, solar panels do not require regular servicing or maintenance, and can continue to generate electricity with little intervention. This means that they are a low-maintenance and reliable source of energy.

Overall, the durability and longevity of solar panels make them an attractive option for individuals and businesses looking for a long-term and reliable source of energy. The low maintenance requirements and ability to withstand a variety of weather conditions make them an ideal choice for a wide range of applications.

CONCLUSION

In conclusion, the increasing popularity of solar energy is due to its many benefits for both individuals and the environment. Not only can solar energy save money on electricity bills and offer a potential source of income, but it can also help reduce carbon emissions and other pollutants. Additionally, solar panels are designed to last for decades, providing a long-term and reliable source of energy. Given all of these benefits, solar energy should be considered as a viable source of power for individuals and businesses.

Ozge Lawrence
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by Bonnie Smith

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Every month in *your* MOUNTAIN CONNECTION stories are contributed by local residents to inspire healthy living, happy families, and community giving.

Our February theme is Valentine's Day!
We'd love to hear what you have to say!
Email your story to jeff@mtnconnection.com.
[Deadline is the 16th of Month.]

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EVERGREEN LAKE

Sharpen up Your Skates!

BY GARY LOFFLER AND MARTY HALLBERG



For many Evergreen residents and visitors alike, skating the lake is a yearly event. As winter sets in and the weather turns cold, people start getting their skates and ice fishing gear ready. Even though the ice fishers hit the lake just as soon as it freezes over, the Parks and Recreation Department must wait until the ice is at least 12 inches thick for skaters and 16 inches before they allow the Zamboni on the lake. Some 8.5 acres of skating is available, including a large public skating area and multiple hockey or broomball rinks. Evergreen Lake holds the world's record for the largest Zamboni-groomed outdoor ice rink, and it may be one of the most picturesque as well.

Today our winters have warmed a bit. The lake no longer begins to freeze in late October but rather late November. In the past the hope was to open the ice for skating by mid-December, but now it rarely opens much before the New Year's Skate the Lake.

Perhaps this shortened season makes the time spent with family and friends gliding along on the ice just a bit more sweet. With an ice rink this size, there is room for everyone, but it may now require a bit more planning and patience. Shuttles will run every day during the Winter Break Schedule. The hours and days are subject to change due to weather and ice conditions. To check the ice conditions, call the skating hotline at 720-880-1391.

For up-to-date information visit the EPRD website at www.evergreenrecreation.com.

2023 Normal Operating Hours - Weather Permitting	
Days	Times
Monday through Friday	3 – 7 pm
Saturday	9 am – 7 pm
Sunday	9 am – 7 pm

2023 Holiday & Special Event Hours - Weather Permitting		
Date(s)	Holiday	Times
January 1	New Year's Day	3 – 7 pm (Ice Plunge at 12 pm)
January 16	Martin Luther King Day	9 am – 7 pm
January 21 and 22	Pond Hockey Championship	Skating will be CLOSED , Saturday, Jan 21. Skating will be OPEN , Sunday, Jan 22, from 1 – 7 pm
February 20	Presidents' Day	9 am – 7 pm

Always call the Skating Hotline 720-880-1391 before heading to Evergreen Lake, as fluctuating weather can affect hours of operation.

FEBRUARY 2023



Ice Sculpture Hunt

Explore Your Way Around Evergreen to Find the Icy Art

The Ice Sculpture Hunt around Evergreen has become favorite winter tradition for locals and visitors alike. We are anticipating a February 2023 Ice Reveal Date, to make sure it's cold enough for our ice friends to be enjoyed as long as possible. Check out the Evergreen chamber's website at evergreenchamber.org and follow us on social media for more info.

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— ON THE MOVE FITNESS —

What Motivates You?

BY DEB BROWN, NSCA-CPT, CNS, CWC

It's that time of year where folks start to focus on their New Year's health goals. I personally have never put much stock into "resolutions," but instead encourage clients to think more long-term about lifestyle changes. One of the most important things about creating any change in your life, especially around your health habits, is to discover your motivation. Often there is a "surface" motivation: I want to lose weight to look better, I want to decrease stress in my life, etc. But I always like to encourage clients to dig a little deeper to get under the surface. Here are some of the coaching questions that I ask clients:



"Think more long-term about lifestyle changes."

how to overcome these challenges. There is something about actually writing down your goals, as opposed to typing them into your phone, that sets you up for success. Hang this piece of paper where you can see it!

- As you explore your deeper motivations, be curious about whether or not you are motivated for yourself or if there is an outside force (spouse, parent, friend) who is pushing you to do something that isn't something that you truly want to do.

- What will it look like when you have met your goal? Describe in detail so that you can really get (and hold) that image in your mind.
- Keep asking yourself the question, "Why?" If you want to lose weight: why? "Well, it will help me to be healthier and live longer." Why is that important? Keep asking why. What will you do with your better health and longer life? You may just uncover an "AHA!" moment and learn something important about why you should invest time and energy into this worthwhile goal.
- In this world of technology and fitness gadgets, I'm going to suggest an old-school approach here: Grab paper and pen (remember those?) and actually write down your goal, your motivations and your thoughts around accomplishing your goal. Write down the challenges you anticipate in your journey, as well as some ideas on

people in your life who will truly support you in your journey towards better health, and who may be saboteurs. Some of our closest loved ones can, unfortunately, be our keenest saboteurs. Make a plan to be able to utilize the strength and help of your supporters and minimize the impact of your saboteurs.

So, as you look at the goals you want to accomplish, invest some time into really understanding the "why's." This exercise may help you to dig deeper and really connect to your goals. On the other hand, it may uncover a different direction for you, a different goal than your original one. Either way, it will be time well spent!

If you would like support for your health and fitness goals, please contact On The Move Fitness for more information at 303-816-1426 or visit www.onthemovefitness.com. Our studio has been in Conifer for 16 years, and we offer a complimentary 30-minute Initial Consultation!

Deb Brown is an NSCA Certified Personal Trainer and the owner of the On The Move Fitness Personal Training Studio located in Conifer. For more information about how we can help you get in shape for winter fun, please visit www.onthemovefitness.com or call us at 303-816-1426.

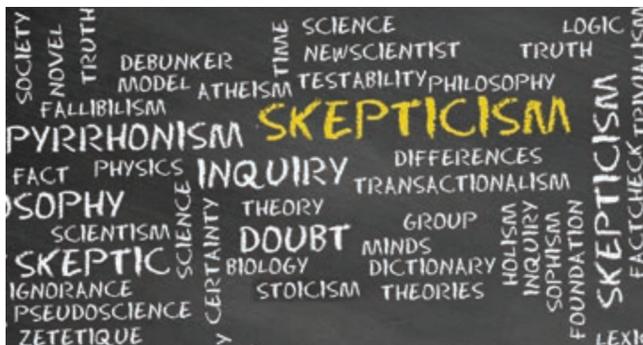
A Skeptic's View

Correlation Does Not Imply Causation

BY GARY LOFFLER

"This phrase is a warning."

On November 2nd, 2020, Pinkfong's Baby Shark video surpassed 7 billion views on YouTube; just 20 days later the Dow Jones Industrial Average peaked at over 30,000 points for the first time. Coincidence? I think not.



"It is natural to look for correlation. We often note two events happening at the same time and wonder if they are related."

Actually it was purely coincidental; the two events have nothing to do with each other. They are merely two things that happened around the same time. Sure, you can make graphs that seem to correlate their ascensions, but that can be done with any upward trend. You could, for example, set up a graph comparing the declining number of Volkswagen Beetles on the road with the increasing number of Teslas. This might lead to a deduction that Volkswagen owners are trading in their Beetles for Teslas; after all, the facts are just staring you in the face. Of course, you would be wrong. The Beetle is no longer for sale and Tesla is newly on the market. Their sales trajectories have nothing to do with each other.

Correlation does not imply causation. This phrase is a warning for situations like the above. Correlation is defined in a few different ways but essentially means "events happening together." In our Baby Shark example, we have two very different groups; one consists of very young children, while the other contains primarily people with money invested in the stock market. There is very little overlap between the two groups. The correlation of the growth of the two can be plotted on a chart, but there is no causal relation between them. A causal relation (not a casual relation, which would be like

a great-aunt or something) is when one variable causes a change in another variable.

Causation can be defined as "the result of" in this instance. Statistically it is easy to show the correlation of cigarette smoking and the incidence of lung cancer. There are many studies that show the leading cause of lung cancer is smoking. Fritz Lickint is considered the first physician to get large-scale recognition for publicizing the dangers of smoking in 1929. (This is the same year as the stock market crash that started the Great Depression! Coincidence? Yes.) The work of Lickint and others would eventually be recognized and lead to a reduction of the number of people who smoke. Charts showing the incidence of smokers and non-smokers getting lung cancer

can be a powerful tool for education, because these charts are backed by numerous studies from trusted sources.

It is natural to look for correlation. We often note two events happening at the same time and wonder if they are related. Often they are not, but occasionally they are and we learn something new. This is what led Lickint to suspect a relation between smoking and cancer. We also use a process called Cause and Effect all the time. This is how we learn that hitting our thumb with a hammer is a bad idea. There is a definite correlation between bashing your thumb and swearing. While a study could be done on this, it would be difficult to get volunteers. Cause and Effect is the proof that we look for in correlations. They are two different

animals. Correlation: A and B happen at the same time. Causation: A results in B.

When large-scale studies are done, they frequently include dozens or hundreds of recorded variables about the participants. The age, sex, race, marital status, weight, exercise level, etc., are tracked and reviewed for correlations. There will be a lot of them. The trends are looked at to determine if there is a causal relationship. Often these are a metastudy, which means information was taken from multiple smaller studies. These metastudies are rarely considered definitive, as they are prone to all kinds of errors, but they do often provide some correlation that is worth further study.

When faced with a correlation situation, the best thing to do is to look for proof. Event B happening after event A does not mean that A caused B. In our smoking example, the largest group of people being diagnosed with lung cancer are 65 years of age. Does this mean that turning 65 causes cancer? It can sure look like that on a graph or as a statistic, but it takes very little checking to discover the truth behind that datum. Events like lung cancer are years in the making, and while they might trend upwards sharply at some point, the root causes are broader than a single happenstance. The two events are related in a loose statistical way, but one does not cause the other.

The takeaway here is to be a little skeptical. When presented with a "truth" supported with correlation, ask to see the proof. If the researcher has not gone past just looking at the chart, there is likely no proof of causation. Stating that Baby Shark drove the Dow over 30,000 is an amusing thought, but without some verification is best taken with a grain of salt.

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Penny for your thoughts

“These animals hold the record for being the longest living rodent. One individual kept in captivity lived to be 32 years old.”



Juba and the Porcupine

BY PENNY RANDELL

These entertaining animals have been split into two separate families. Old World porcupines, or family Hystricidae, live in Italy, Asia, and Africa. They are large, terrestrial, and mostly nocturnal. The New World porcupine, family Erethizontidae, is indigenous to North America and northern South America. These fellows are less nocturnal than their counterparts, and somewhat smaller. Both families are part of the order Rodentia and are not closely related. The largest species of porcupine is the third-largest living rodent in the world, after the capybara and beaver.

Considering all 11 Old World porcupine species, these have spines, or quills, bound into groupings, known as clusters. Their quills evolved independently through convergent evolution, meaning animals from different families evolved, independently, in much the same way. On the other hand, New World species have quills that are attached singularly. These New World porcupines are related to several other families of rodents other than the Old World porcupines. The two sub-families we have here are excellent climbers, and they spend most of their time in trees. Most of them are about 36 inches long, with a tail that measures 10 inches. Their weight is about 35 pounds, with a rounded body, and they are considered slow moving. Coloration consists of various shades of brown, gray, and even white when stressed. These animals hold the record for being the longest-living rodent. One individual kept in captivity lived to be 32 years old.

The North American species are herbivorous and usually climb trees in search of food. They live on leaves, herbs, twigs, and green plants such as clover. In the winter, most species eat bark. The African porcupine is not a climber and usually forages on the ground. Although primarily nocturnal, they have been known to forage during the day looking for fruits, berries, and farm crops. They have become a pest in Kenya and are a well-known delicacy in that part of the world.

When a porcupine becomes agitated or annoyed, it will most often engage in defensive behavior displays, which depend solely on sight, scent, and sound. A porcupine has four main displays of aggression. First, they will erect their quills. From there they take on teeth clattering, odor emission, and finally, an attack. Color aids in defense, as well. Most predators are also nocturnal and color blind and can easily miss this guy. In spite of their dark body and coarse hair, when quills are raised they present a white strip down the back resembling a skunk's. This, along with the raising of their sharp quills, deters predators. The clattering of teeth is a powerful warning not to approach. This behavior is often paired with body shivering, which effectively displays those wicked quills. The rattling of quills is aided by the hollow quills located at their extreme rear. When sight and sound fail, the porcupine uses odor. A rather unpleasant scent is released from the skin above the tail. If these efforts fail, the porcupine will attack by running sideways or backwards into the predator. That tail can be lethal, too. When cornered or surprised, the porcupine swings its tail toward a threat, and the quills deeply embed. Removal of these quills is quite painful, as they all contain barbs that work as anchors, ripping flesh from their victims.

Fortunately, porcupine quills are not launched into the air, or shot at a predator. Quills are released by contact, or may drop out when the animal shakes his body. New quills begin growing back immediately, replacing those that were lost either in battle or otherwise. Those quills are quite valuable. There may be some antibiotic properties within them, specifically associated with the free fatty acids coating the quills. If one of these critters ever suffers from self-injury, the antibiotic properties come to their rescue.

Porcupines usually mate in November and December. The female produces one offspring, and twins on rare occasions. Gestation lasts about seven months. Prior to mating the

female porcupine will raise her quills and tail and present her backside to the male. Next, the male porcupine will lift his front paws and walk on his hind legs towards the female until the underside portion of her tail provides support and contact with his belly. By raising her tail, the male won't be hurt by her quills. While together the male stands on his hind legs and uses his forelegs to grip her tail for balance. Because the penis is extra-long, no male weight is transferred to her. These critters don't need to get as close as most other species when mating.

It's rare to see a porcupine mating in the wild. Scientists capture such images on hidden cameras. These efforts have produced practically the only knowledge about the secret life of the porcupine. Valuable research concerning mounting and copulation behavior is ongoing. It has been verified that the male porcupine often mounts his female partner every night without actually copulating and when the female is not in heat. This indicates that they mount for other reasons than just breeding. Pair-bonding in porcupines is strengthened because of this social-sexual interaction. Many species mate for life and are equally involved in raising their young. Other species remain solitary, coming together only to breed.

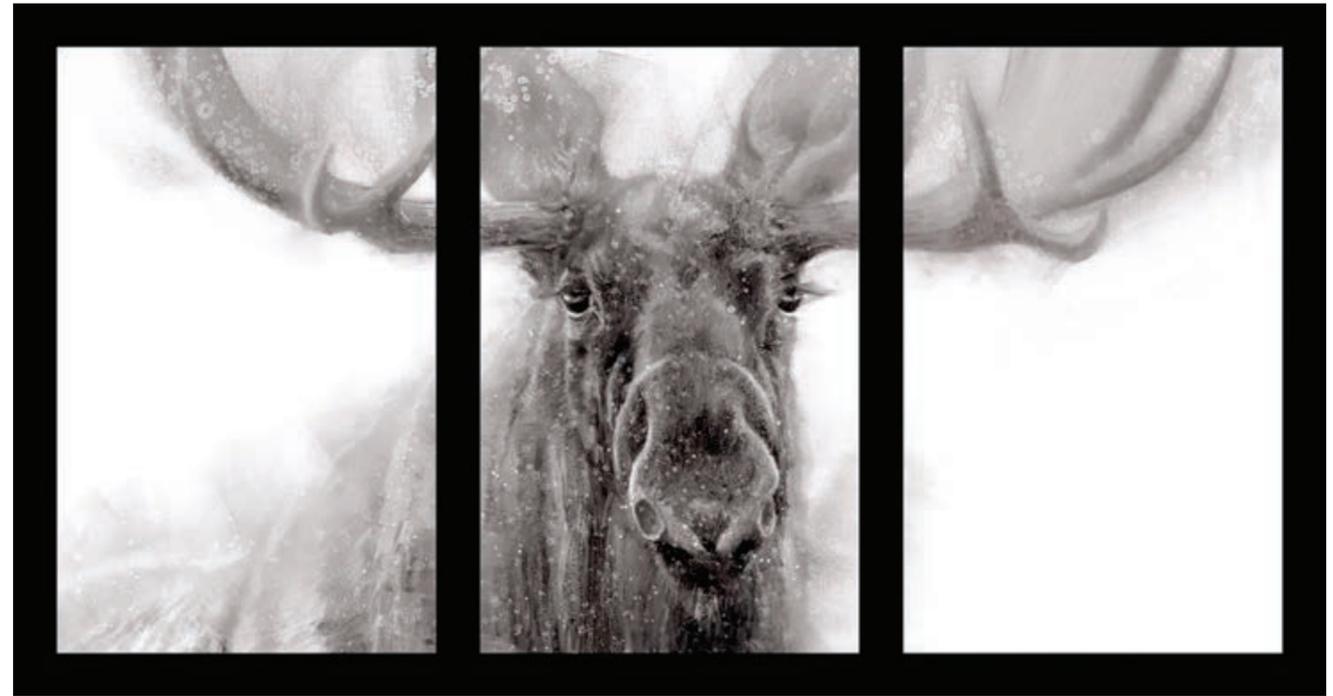
As for where we live, porcupines can be found throughout Colorado, and if you find one you will be lucky. They live in wooded, brushy terrain, and as said, they are primarily comfortable in trees. However, they especially thrive in woodlands of ponderosa or pinon pine. Also, these animals may den in unimproved rock shelters, but often spend the night propped on their mighty tail in the crotch of a tree.

Well, there you have it. When exploring the wilds, keep a sharp eye out and maybe you will come across one of these fascinating critters. I, on the other hand, will avoid them at all costs, for I would be considered a predator. Meanwhile, I'll sign off to go find another animal to research. Take care, and I will be around in another month.



Hello to all you readers out there. Hopefully, each of you experienced a happy and joyous holiday season with all the trimmings. As for me...well, I celebrated my seventh birthday and received some new toys, including a blue armadillo. It was a wonderful celebration sponsored by my faithful family.

But enough about me, for it's time to take an in-depth look at another species found here in Colorado. We are mulling over the precarious porcupine, a large rodent that comes equipped with sharp quills, which are used when it meets with a predator. The well-known semi-rigid quills (hollow in parts) are modified hairs composed of keratin. In some cultures, these are often used for personal decor.



January Cover Artist Douglas Wodark

“I determined to live my life more fully by doing what I really loved...creating art!”

My passion for art was once afforded only the time of a treasured hobby. In 1988, I took a one-year sabbatical to travel the world. I returned realizing that I live in one of the greatest countries on earth with almost unlimited opportunity, and I determined to live my life more fully by doing what I really loved—creating art!

Now, more than 30 years later, my work centers on an update of the iconic image of cowboys and Native Americans, as well as animals, in a more contemporary light. A simple, atmospheric background, layered with ghost images and a solvent-based patina mottling, is overlaid by a single, closely cropped silhouette.

Cowboys and Indians fascinated me as a little boy, and I guess I haven't grown up that much, as they still do.

I live in Castle Rock, Colorado, with my wife, Heidi, and two children. My work can be found at various galleries throughout the West.

Brilliant Oils, LLC • Douglas E. Wodark • www.douglaswodark.com





Dogs, Dogs, Dogs

BY CATHY KOWALSKI

“Large, small, and everything in between is found in the world of dogs.”

Do you love a big furry teddy bear or a small lap warmer? Everyone seems to have a preference, although some people have one of each! Large, small, and everything in between is found in the world of dogs.

Comparing the two, there are some advantages and disadvantages determined by size.

Small dogs may be found underfoot and easy to trip over—it’s also hard to see them if they snuggle into cushions or blankets—being small can be hazardous! Some small dogs can be more demanding when wanting attention or food. If you have small children, you will want to teach them how to handle dogs on the smaller side.

When a small dog jumps up on people, some people think it’s cute. They don’t cause harm like a big dog can, so they are allowed to jump up. Small dogs can be more excitable, are more likely to bark or growl at unfamiliar people and dogs, and can be more anxious and easily spooked. A small dog may have difficulty learning “down,” as they are so close to the ground to begin with! If you are training a small dog, you will want to be consistent with their training and rules. The more consistent you are with training, the more likely you will be to have a better-behaved dog who will fit into your life easily.

Small dogs won’t be jogging with you, although some terriers and small hounds were bred to outrun bigger dogs. People tend to spend less time in shared activities with the smaller dog.

Transporting small dogs is easier in a car or having them accompany you on a flight. They can also be more accepted at hotels.

Small dogs can cuddle up in your lap. They never lose their puppy look, even though they pass from puppyhood to adulthood quicker than large dogs. On average, they have a longer life span.

One thing to keep in mind is that they are more susceptible to poisonings, because they are smaller, so it takes less to cause harm. They are also prone to dental disease, exposure issues, and dehydration due to their size.

Large breeds seem to be more available to adopt than smaller breeds. Their size makes them a better choice for a watchdog, as their size can be intimidating in itself. A larger dog can be more laid back and have better endurance. A large dog will cost more to feed and have higher vet bills. They will shed more, due to their size, and take up more space in your home. They make great exercise buddies with their longer legs and greater lung capacity and endurance, but will need foods that support joint health.

Large dogs jumping on people can cause injury. You will want to train them to be calm. It takes more treats for large dogs! They may also be right at the treat bag level and attempt a theft!

Large dogs are thought to be more child-friendly and less vocal than their smaller counterparts.

Large or small, all dogs need daily exercise. When considering a small dog or a large dog, the most important thing to remember is what energy level works for you. Do you like a dog that will lie in your lap, or one that will lay their head in your lap? Do you prefer picking up a dog, or running with them beside you? Whichever you choose, take the time to involve them in your life, walk them, love them. Any dog can be a great addition to your family if you put the time into helping them learn how to fit into your world.

 Cathy is the Executive Director and trainer at Faithfully K9 Service Dogs and Dog Training. Call 970-591-3205 or visit the website www.fairfullyk9.com.



A NEW PATH

BY ANNE VICKSTROM

“Wisdom is knowing the right path to take. Integrity is taking it.”

— M.H. McKee

As I pondered the new year, a time when we traditionally make new goals, set promises for ourselves and others and, with a deep breath, head out into the new year, I envisioned a path. I love traveling paths outside my door and across new places, so it’s only natural that’s what came to mind. But of course, I’m not talking about walking the paths around our beautiful mountain community, but facing metaphorical paths I take each day.

I found the above quote and thought it wonderful how profound so few words can be—and then I dug into them and asked them of myself.

Wisdom is a path I seek. It is something hard-earned. People can be intelligent, clever, or quick-witted, but wisdom takes time, energy, and, for most of us, a long lifetime to achieve. I will strive this year to be wise enough to be aware of others’ feelings, sensitivities, and opinions so that they might share their thoughts and beliefs that will only enrich my view of the sum total of my world. I hope that how I spend my free time will contribute to my overall experience and knowledge and add to the wisdom I try to collect to be the best I can be. I’ll listen when I hear attitudes that oppose my own instead of planning a counterattack of arguments.



“When I climb out of bed each day in this new year and approach what comes, I’ll ask myself to try to make this year my best.”

Integrity is a vital word in my vocabulary. After my father passed away 36 years ago, a dear friend and colleague went to work to honor my father while supporting the school where they had met and become fast friends. Part of the effort included a bust made of my father. Although I wasn’t present, my husband attended a gathering of people who had known my father to determine what a plaque beneath the bust would read. He told me that it was a privilege to hear the shared stories and the suggested summation they wished to have engraved. In the end, everyone in the room

unanimously agreed that the word INTEGRITY was all that was necessary. I’m very proud to say I am his daughter.

His integrity came in all sorts of forms, from holding secrets secure, honoring agreements, showing up, listening, caring, remembering, respecting—oh, how that plaque might have been covered. He was a great mentor to me and continues to be.

So when I climb out of bed each day in this new year and approach what comes, I’ll ask myself to try to make this year my best. I hope to learn, experience, celebrate, appreciate, and

do what little wisdom I have so far has taught me to make each action and thought balanced with integrity.

Happy New Year—may we all be our best this year.

Anne Vickstrom’s first writing gig was right here at Your Mountain Connection. She has written for national and regional publications and has published books. She loves living in Evergreen where she and her husband raised three children and six dogs.

“Be creative and practical; feel free to substitute ingredients with what you have on hand or a favorite vegetable or protein.”



COOKING CLASSES WITH...

CASTLES & KITCHENS

The Art of the Salad, Part Deux

BY FRANCESCA ARNIOTES

“It’s a good time for part two of The Art of The Salad, to make something a little lighter, a little cleaner, a first step toward getting out of our fat pants and back into our jeans.”

We came. We saw. We conquered mountains of food. Now here we are on the other side of the “eating holidays” as we call them—monster dinners, desserts and leftovers from Thanksgiving to Christmas and Hannukah, with a last burst of bacchanalia as we ring in the new year. We have fed our nostalgia with smells and tastes of the holidays of our childhoods, carrying on traditions in the kitchen according to our cultural heritage. Cookies, fruitcakes, and panetone were given and received and, despite our best efforts to rein ourselves in, eaten. It’s a good time for part two of The Art of The Salad, to make something a little lighter, a little cleaner, a first step toward getting out of our fat pants and back into our jeans. (It’s not just me, I hope.)

In my September article, I talked about plain or raw salads and their corresponding dressings. This time, we’ll learn about some “composed” salads. They are also from the Larousse Gastronomique, the classical encyclopedia of food, wine and cooking. They are beautiful, delicious and substantial enough to be a complete meal. Some may serve only as a curiosity, but I hope they’ll provide inspiration to start 2023 with a tasty adventure. Be creative and practical; feel free to substitute ingredients with what you have on hand or a favorite vegetable or protein. Just keep the balance of color, texture and tastes—salt, bitter, sweet, sour and savory—that makes satisfying eating. Bon appetit!

BRESSANE SALAD
Season shredded lettuce with vinaigrette and press it down to line a glass bowl. Arrange, placing very symmetrically, thin slices of poached or sauteed chicken breast seasoned with oil, lemon juice, salt, pepper and chopped chervil.

Cover this chicken with mayonnaise mixed with concentrated tomato juice and seasoned with paprika. Decorate the top of the salad with sliced truffles. Surround the chicken with julienned red and green bell peppers seasoned with vinaigrette, asparagus tips and quartered hard-boiled eggs.

Note: I use Anaheim chilis rather than green bell peppers, which I find too aggressive.

ALI-BABA SALAD
Sweet potatoes, cooked, peeled, and cut in slices; small zucchini cut in quarters, cooked lightly in salted water and drained; tomatoes, peeled, seeded and chopped; quarters of hard-boiled eggs; nasturtium flowers, shrimps in mayonnaise with chopped parsley, chervil, and tarragon. Arrange the shrimps in a dome in a glass salad bowl. Surround with the rest of the ingredients, kept separate from each other. Just before serving, sprinkle the surrounding ingredients with a few tablespoons of vinaigrette.

DUBARRY SALAD
Arrange in a shallow dish florets of cauliflower cooked in well-salted water and drained. Garnish with sliced radishes and watercress. Season with a sauce made of olive oil, lemon juice, salt, pepper, and chopped chives.

MAHARAJAH SALAD
Season some cooked rice with oil, vinegar, curry, and salt and mix in some crab meat. Arrange in a dome in a salad dish. Surround with diced celeriac and zucchini which have been blanched in boiling water for 1 minute, then plunged into ice water, drained, and seasoned to taste. Sprinkle with chopped egg yolk and chives.

PORT ROYAL SALAD
Arrange a mixture of cubed boiled potatoes, sliced apples, and string beans cut into a dice, all seasoned with mayonnaise on a glass dish. Surround with quarters of head lettuce and quartered hard-boiled eggs. Garnish with whole string beans.

SHRIMP SALAD A LA DIEPPOISE.
On a salad plate, fill a shell-shaped lettuce leaf with a good spoonful of diced cooked potatoes mixed with mayonnaise.

Then place on top 3 shrimps and 3 mussels which have been lightly poached and seasoned with olive oil, wine vinegar and pepper. Add salt to taste. You can arrange multiple filled lettuce leaves on a round platter in the shape of a flower.

COLD BEEF A LA PARISIENNE
Lay out thin-sliced grilled or boiled beef on a long dish in a straight row. Surround with separate alternating groups of sliced boiled potatoes, tomatoes, green beans, hard-boiled eggs, and watercress. Top with onion rings and sprinkle with vinaigrette sauce, chopped parsley, chervil, and tarragon.

BEETROOT SALAD A LA POLONAISE
Cut roasted or boiled red or gold beets in julienne strips. Season with mustard mixed with a little heavy cream and lemon juice, salt and pepper. Arrange in a glass salad bowl. Sprinkle with a little horseradish and chopped hard-boiled eggs.

SAUCE MAYONNAISE
Everyone in my family hates commercial mayonnaise. Luckily, it is not too hard to make by hand, and it is nothing like the stuff in the jar. It is really a very elegant cold sauce, and here is a recipe and the technique. Put what you make into a sterile jar and keep it in the refrigerator for a couple of weeks.

For 2½ cups, use 3 medium egg yolks free of any white, 2½ cups of olive oil, 1 tablespoon lemon juice or vinegar, 1 generous teaspoon salt, and a pinch of pepper.

Put everything except the oil in a bowl and whisk together. Add the oil, drop by drop at first and then in a thin trickle, whisking constantly so that all the oil is absorbed. At the end, incorporate 2 or 3 spoonfuls of boiling water to stabilize it. You can use a blender to make this; and if you want a lighter taste, use pure, rather than extra virgin, olive oil.

SAUCE VINAIGRETTE
Use the proportion of 3 tablespoons oil to 1 tablespoon of vinegar, salt and pepper to taste. Whisk to emulsify.

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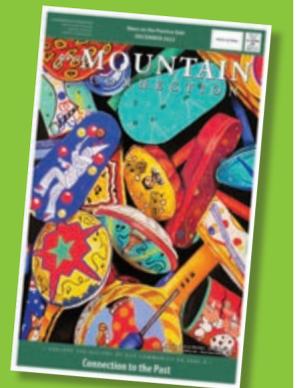
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The Smiling Pig

Bringing Texas-style Barbecue (and MORE) to Bailey

BY GARY LOFFLER

“Brisket is featured heavily at the moment, with plans for adding German and other European sausages in the near future.”

It was a sad day for Bailey when the Rustic Station shut its doors. The restaurant was a local favorite, and popular with the tourist traffic as well. Fortunately, the building did not sit idle for long. After a career in telecommunications, Tim Gregg was looking for something new. He had spent weekends for the last couple of years in his food truck perfecting his take on central Texas barbecue. The truck was parked in close proximity to the Rustic Station, so a preview of the new menu has been available for a while.

Years ago, Tim's wife gave him a pig-shaped antique cutting board as a gift. Tim thought it looked like the pig was smiling and told her that if he ever opened a restaurant, it would be named The Smiling Pig. Fast forward a few years, and that cutting board is now hanging on the wall of Bailey's newest eatery.

While the menu is still evolving, Tim's emphasis is on the central Texas cooking that he loves. Brisket is featured heavily at the moment, with plans for adding German and other European sausages in the near future. Barbecue is not the only item on the menu; the kitchen also prepares ribeye steaks, salmon, fish and chips, and, of course, burgers. Appetizers including fried pickles are available and already proving popular. As they work on their menu, unplanned specials will be happening as new menu items are tested.

The bar features brews from the Tivoli Brewing Company in Denver. Tivoli was established in 1864 and survived both the death of its original owners and Prohibition before finally succumbing to damages from a flood in 1969.

The company was revived in the same building in 2012. Other collaborations with local brewers are in the plans for The Smiling Pig.

Leading the kitchen is Chef John du Toit. Chef du Toit's resume is exhausting to read, but highlights include cooking in the James Beard House in New York, opening multiple restaurants for the Hilton Hotel Corporation in Hong Kong and Hawaii, and touring with Kiss and Kid Rock. After working in locations around the world, he was ready for a change of venue; and when his girlfriend introduced him to the Bailey area, it was love at first sight. Despite spending a good portion of his 36 years in the business working with *haute cuisine*, Chef du Toit is not planning on anything too fancy for the menu. Both he and Tim Gregg plan on offering high-quality, well-crafted meals without the hyperbole.

There is still some of the familiar décor in the dining room, though it has been simplified somewhat and a fresh coat of paint applied. The cozy booths remain, and there is ample seating without a crowded feeling. The overall ambience of the place has not changed much with the change of ownership; and while the specific items on the menu have gone through some revision, the focus remains on hearty, workaday recipes. Simple meals done well, even if some of those simple meals involve twelve hours of slow cooking the barbecue.

The Smiling Pig • 1 County Road 68, Bailey
719-881-0849 • thesmilingpig.com
Su M Tu Th: 11 am–8 pm
F Sa: 11 am–11 pm (Closed Wed)



Jeff's favorites

Late In the Evening

BY PAUL SIMON

<p><i>First thing I remember I was lying in my bed Couldn't've been no more Than one or two And I remember there's a radio Comin' from the room next door And my mother laughed The way some ladies do When it's late in the evening And the music's seeping through</i></p> <p><i>The next thing I remember I am walking down the street I'm feeling all right I'm with my boys I'm with my troops, yeah And down along the avenue Some guys were shootin' pool And I heard the sound of a cappella groups, yeah Singing late in the evening And all the girls out on the stoops, yeah</i></p>	<p><i>Then I learned to play some lead guitar I was underage in this funky bar And I stepped outside to smoke myself a "J" And when I came back to the room And everybody just seemed to move And I turned my amp up loud and began to play And it was late in the evening And I blew that room away</i></p> <p><i>First thing I remember When you came into my life I said, "I'm gonna get that girl No matter what I do" Well, I guess I'd been in love before And once or twice I'd been on the floor But I never loved no one The way I loved you And it was late in the evening And all the music seeping through</i></p>
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Written by: Paul Simon • Released: 1980
 Album: One-Trick Pony (2011 Remaster)
 Lyrics provided by Musixmatch

Remembering Christine McVie

English musician and songwriter, and vocalist and keyboardist with Fleetwood Mac. Christine was a member of several bands on the mid-1960s. She began playing with Fleetwood Mac in 1968, initially as a contract session player, before formally joining the band in 1970.

Christine Anne Perfect, born July 12, 1943, Bouth, Lancashire, England
 Died November 30, 2022, London, England

Don't Stop

BY FLEETWOOD MAC

<p><i>If you wake up and don't want to smile If it takes just a little while Open your eyes and look at the day You'll see things in a different way</i></p> <p><i>Don't stop thinking about tomorrow Don't stop, it'll soon be here It'll be better than before Yesterday's gone, yesterday's gone</i></p> <p><i>Why not think about times to come? And not about the things that you've done If your life was bad to you Just think what tomorrow will do</i></p> <p><i>Don't stop thinking about tomorrow Don't stop, it'll soon be here It'll be better than before Yesterday's gone, yesterday's gone</i></p>	<p><i>All I want is to see you smile If it takes just a little while I know you don't believe that it's true I never meant any harm to you</i></p> <p><i>Don't stop thinking about tomorrow Don't stop, it'll soon be here It'll be better than before Yesterday's gone, yesterday's gone (Repeat)</i></p> <p><i>Ooh... don't you look back Ooh... don't you look back Ooh... don't you look back Ooh... don't you look back</i></p>
--	--

Written by: Christine Anne McVie
 Album: The Very Best of Fleetwood Mac (Remastered) • Released: 2002
 Lyrics provided by Musixmatch

“May the Lord only preserve in me a burning love of the world
 And a great gentleness, that I may persevere to the end
 In the fullness of humanity.”
 — Teilhard de Chardin

THE FULLNESS OF HUMANITY

EXCERPTS FROM THE NEWLY-PUBLISHED *BECOMING CHARLIE: A MEMOIR*
 WRITTEN BY CHARLES MONLEZUN FOR HIS GRANDDAUGHTER CHARLIE BLEU



The ovens at Dachau (Photo by the author, 1967)

In June of 1967, while in Europe, I spent a day walking the grounds of Dachau concentration camp, a Nazi human extermination facility outside of Munich, Germany. It was a powerful and painful day, but a day that I believe should be spent by as many people as possible. On many levels, that day still lives within me. It haunts me and it galvanizes me.

Six months later, in December of that same year, I left the Catholic seminary where I had been a student for seven and a half years. I immediately enrolled for a last undergraduate semester at Loyola University of New Orleans en route to a May 1968 baccalaureate graduation. But what a semester it was! In so many ways, 1968 was a tumultuous, pivotal year in the life of America and in my little, micro-world life. I was introducing myself to the outside world that I had only viewed before as though looking through an opaque glass window. Suddenly, I was out there in that world, that world, which I had been told, throughout those formative years, was to be shunned at least, tolerated at best, and avoided if possible. Herein lay my conflict.

Let me back up here a bit. I had decided that by the end of my birthday, September 29th of 1967, I would have to make the call: stay the present, clerical course or step out into that world. I had known I needed to make that decision since returning from Europe two months prior. The indecision was distracting, depleting and exhausting me.

At 11:30 that birthday night, I stood on the bridge between the philosophy building and the main building, looked out at the grove of live oak trees, and said to myself, “I’m not leaving this spot until I decide—stay, or go.”

I had recently read a prayer by Teilhard de Chardin that was rolling around in my head. “May the Lord only preserve in me a burning love of the world and a great gentleness, that I may persevere to the end in the fullness of humanity.”

I asked myself how and where I could best love the world. What would my fullest humanity look and feel like? I had been taught that the world was a place to be avoided, but I felt called by that very world. I finally accepted that I had to choose to go out into that very world. Even as I write this, I can still feel the weight that was lifted from me in that moment of decision. I have never looked back and have always known that my decision was right and consistent with my inner self, who I was meant to be, and the path that I needed to walk. I

don't believe it's a stretch to say that because of de Chardin's words, my decision that night and walking my path each day since, Charlie Bleu, we get to have each other.

Why this background? Well, at Loyola, the semester after leaving Notre Dame, I took a psychology class taught by a Jesuit priest, Rev. Harold Cohen. As a class assignment from him, I submitted a paper describing my short hours at Dachau and their large influence on me. Rev. Dr. Cohen called me into his office. He described a longstanding, spring-semester tradition at Loyola in which a prominent guest speaker was invited to address the student body and off-campus invitees. He informed me that after reading the descriptions of my experience and the impact of the Dachau camp, he had decided to ask me to represent the Loyola student body in welcoming and accompanying Viktor Frankl as the 1968 honoree. Dr. Frankl was a world-renowned psychiatrist, psychotherapist, and author. Importantly, he was also a Holocaust survivor of three years of imprisonment, including time spent in the horrors of Dachau.

I felt both honored and underprepared to meet such a man. In the next two weeks before his arrival, I devoured Dr. Frankl's works, *Man's Search for Meaning* and *The Doctor and the Soul*, as well as everything I could find written by Dr. Frankl on logotherapy and existentialism. The day of his arrival, I drove to the New Orleans airport in the university's black Chevrolet sedan to pick up Dr. Frankl, his wife, Eleonore, and their daughter, Gabriele, herself then a Ph.D. candidate at a university in Vienna. (Dr. Frankl's first wife, Tilly, had been killed in the camp within days of their mutual imprisonment.)

The Frankl trio was warm and attentive to every person on campus that night, from the freshmen to our university's president, to the archbishop of New Orleans. I especially recall their graciousness toward me and their interest in my own brief Dachau experience. Later in that memorable evening, I drove them to their French Quarter hotel, where the doorman stood seven feet tall, had gold buttons down his knee-length coat, and wore, atop it all, an Abe Lincoln stovepipe hat. I bid those three special people goodnight in their hotel lobby.

But the night wasn't through with me. I have always told myself that it had ended with my taking Gabriele to Cafe du Monde for cafe au lait and beignets. But I've always known that what really happened was that after I left the three of them in the lobby and walked out past that stovepipe-hatted doorman, I stood there on the sidewalk feeling the pangs of my awkward immaturity. My awkwardness was not so much a result of my awe of the elder Frankls. It rested more in the immaturity that I felt when in the presence of their Gabriele. I wanted to ask their permission to escort her to Cafe du Monde. I wanted to spend more time with her European sophistication and her whip-smart intelligence. I wanted to hold her hand while showing her the French Quarters. I wanted to be nearer to her striking beauty. I wanted to ask her how she lived with knowing what her own father had endured. I was kicking myself for my lack of courage. Although short, my life's regret list does contain the missed opportunity of that evening. That night, outside on that sidewalk, I promised myself I would, henceforth, find my words and say what I needed and wanted to say in any given moment. I had

been trained to be contemplative, suppress my wants and needs, and remain silent. But I realized that night that such restraint would and could no longer serve this person I was becoming.

Dr. Frankl's impact on me was deep and long-lasting. His principles of logotherapy, finding meaning in one's life, wove their way into and remained in my theoretical and experiential framework as a practicing psychotherapist as well as a husband, father, and citizen. Countless patients seen over a forty-plus-year span of practice have felt the influence of that June day in 1967 at Dachau and that spring-time honor in 1968 in New Orleans.

When I was in mid-high school, at Immaculata, I had a math teacher named Dauphine Hebert. Dr. Hebert taught math and engineering at the University of Southwest Louisiana in Lafayette, and he was the only non-clerical member of our faculty. He was 6'2", 225 pounds, barrel-chested, with broad shoulders and an 18" neck. He wore short-sleeved, white shirts with a black tie, and his arms were like hairy telephone poles. He wore wire-framed glasses and short-cropped hair. His face was strong and sure, but he seldom smiled, and I never heard him laugh. In the classroom, Dr. Hebert would often use military engineering problems to teach us real-world math. One day, in an effort to get him off topic, we asked him to tell us about his military service experience. He fell silent for an instant before making it quite clear with, “I don't want to talk about that.” I wondered why.

Five years later, at Dachau, I entered a building just inside the gates of the camp. Above the wide door that opened onto those grounds of unspeakable human depravity was a large black-and-white photo, taken on April 29, 1945, as U.S. forces liberated Dachau and confronted that unimaginable reality. The U.S. Army photographer must have run a few paces ahead and turned around to capture this image of American officers, walking three abreast, as they entered the camp for the first time. Their faces reflected the horror. I froze in my steps.

I would have recognized him anywhere, but I could clearly read the name on his uniform, “Hebert.” In that moment, so many of my questions about him were answered. I had not known his laughter and rarely his smile, but now I knew exactly where they had been taken from him. His name, Dauphine, means “her apparent.” This Dauphine's inheritance was not coinage or title. His was the kind that took up residence behind his eyes. Now I understood.

Sometime in the early 1990s, Grams and I were in the Dallas-Fort Worth Airport. Walking through our concourse, I observed a man seated and reading. I noticed him because he was wearing a clerical collar. It was Reverend Professor Harold Cohen. Stopping, I reintroduced myself and introduced him to Sharon. I then reminded him of Dr. Frankl's New Orleans visit. He joyfully remembered it. I told him of the incredible honor that his decision had afforded me and the impact it had on me and, consequently, on so many lives. It was a good and meaningful embrace that we gave each other upon our departure. I looked back, as we walked away, to see him still smiling.

In August of 2008, on the first Saturday after Barack Obama became the Democratic nominee for President of the United States, I was sitting in a barber shop in Lake Charles. A

half dozen or so older white men were sitting there in shock and disbelief that the world they knew was changing right before their eyes.

One of them broke the silence, “Did y'all hear that they're gonna dig up the Rose Garden at the White House? Yep, they're gonna plant a watermelon patch.” (Required laughter all about.)

I put down my *Lake Charles American Press*, measured the distance from my seat to the exit, took a deep breath, and said something like, “Gentleman, what I am about to say is not related to politics in general or to the upcoming presidential race in particular. Each of our politics is our own business. But, when I was twenty years old, I went to Dachau concentration camp in Germany. Over 30,000 people were murdered by state-sponsored genocide in that camp. I remember putting my hands on the inside walls of the ovens. I remember realizing that when men speak cruel words unchallenged, cruel actions are not far behind. This is what the ashes of those thousands of victims demand that I say about watermelons in the Rose Garden: can we find humor in some place other than on the back of the black man who could be our next commander-in-chief? Six million people were murdered in the Holocaust because people thought it was okay, because those killed were 'less than.' Can we please stop doing that? Can we stop thinking of people, whoever they are, as less than we are? Every day, each one of us must decide if we are the kind of people who would be willing to use those ovens or the kind of people who tend the rose garden.”

Not a word was spoken. The conversation picked back up a few long moments later with a “How 'bout them Tigers?” A month or so later, when I returned for my next haircut, my barber shared that he had seen each of the men who were there that day, and each of them brought up the confrontation. It had struck a chord that continued to resonate. I do not know what changes may have come from my words, I just knew I had to speak them.

Thank you, Dauphine Hebert. Thank you, Teilhard de Chardin. Thank you, Harold Cohen. Thank you, Viktor Frankl. Each of you helped me find my own version of “the fullness of humanity.” What will yours be, Charlie Bleu?



CHARLES J. MONLEZUN holds a trio of master's degrees as well as a doctorate in the fields of social work and public health from Tulane and Harvard Universities. Following a forty-year practice, shared with his wife, Sharon, in Southwest Louisiana, they moved to Golden, CO. They enjoy meals, sleepovers, and park frolicking as often as possible with their daughter and granddaughter and continue to cherish time well-spent with family and friends, old and new. Available at www.monlezunbooks.com

Evergreen Chamber Ribbon Cuttings and News



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Evergreen Legacy Fund Mural at Evergreen Dam
The Evergreen Legacy Fund (ELF) is an all-voluntary group of property & business owners who strive to preserve our mountain culture and community from infrastructure overuse and under-repair.
Gail Riley
Evergreen, CO 80439
evergreenlegacyfund@gmail.com
evergreenlegacyfund.org

For over 50 years the Evergreen Area Chamber of Commerce has proudly been serving the mountain community. Our mission is to grow the local economy by building business relationships, promoting the community and representing local concerns with our county government.



The Stone House
1524 Belford Ct. ~ Evergreen, CO 80439
EvergreenChamber.org

WE SUPPORT LIVING LOCALLY



CHILL OUT!

BY NANCY JUDGE

It is time to accept our reality, foothills community... it is cold here in the winter. And in the dead of winter, it can be downright frigid! So we can grouse about it or we can embrace it, and I think you know which side I am on!

In the spirit of embracing and not complaining, your Evergreen Chamber is rolling out a day of fun for all on February 4, 2023, called Chill Out Winterfest. What could possibly be fun in the dead of winter, you ask? How about a "Mushies Cup" using large inflatables, your team of two or four participants, and the frozen Evergreen Lake? Since we cannot use that inflatable unicorn in the lake in the summer, we are going to use it as the vehicle for fun and for transporting the members of your team around an obstacle course on the lake. Do remember that there must be someone pulling the inflatable. We will leave the dogs at home and allow the adults to pull their kids or teenagers pulling their friends. All in the name of fun!

Have you ever watched The Amazing Race? How about trying the inaugural Evergreen Amazing Race meets Pub Crawl? Grab three of your friends and meet at the Lake House for the start of the crawl, which will include different challenges at each of the restaurants/bars that will be participating, consume a beer and receive your clue to the next location. Each of the challenges will rack up points, and the team with the highest number of points at the end will be the winner. Keep in mind that on your team of four, one of you will be the designated driver who can compete in the challenges, but not in the consuming.

Assuming Mother Nature works with us, the ice sculptures will be hidden around town for

all to discover and enjoy. The theme of the ice sculptures this year will be "Love is in the Air." The day will end with a Glow-Skate at the Evergreen Lake. Yes, it will be cold, but bundle up and come out to enjoy the full moon and glow necklaces to light the way. There will be music, s'mores, and lots of laughter to shake us out of our winter doldrums!

There will be more events than this, so look for details during January at evergreen-chamber.org. Our goal is to offer something for everyone. Even if you do not wish to participate in any of these activities, I am quite certain that the people-watching at each of these events will be worthwhile. We live in such a beautiful area, but sometimes we fight the cold rather than embracing it. Join us, Evergreen, and Chill Out!

If you are dead set on not going outside in the winter, then mark your calendar for the return of the Chamber's March Madness event on Friday, March 17, at The Wild Game. Join us for continual NCAA basketball games, some fun competitive games among friends, and a few libations to celebrate the luck o' the Irish. Be sure to don your green or favorite college team's gear.

For all the information on these events and the rest of 2023, download the Everything Evergreen app on your cell phone or visit the community calendar at evergreenchamber.org; we look forward to seeing you out around town.

Follow us on Facebook. Visit our website EvergreenChamber.org. Call us anytime 303-674-3412.

MONTHLY CHAMBER BREAKFAST: HOW TO MAKE YOUR BUSINESS GREEN

Wednesday, Jan 4 • 7:30-9am
Troutdale Tavern • 30790 Stagecoach Blvd • Evergreen, CO 80439
Please Register In Advance! In advance: \$20 for members and \$25 for not yet members
At the Door: \$30 for members and \$35 for not yet members
www.evergreenchamber.org

Out and About Over the Holidays

PHOTOS BY GARY LOFLER



30TH ANNUAL EVERGREEN HOLIDAY WALK



EVERGREEN TREE LIGHTING



HIWAN HOMESTEAD OPEN HOUSE



CONIFER CHRISTMAS

Conifer Chamber Ribbon Cuttings and News



Best of Parade
1st Place: Peak Academy of Dance \$500 prize



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"So grateful for the community of Conifer and the surrounding area that showed up to kick off the holiday season!"

CONIFER UPDATE

BY TAMM DEAUN MASONER, EXECUTIVE DIRECTOR

The Christmas in Conifer was a huge success! Congratulations to **Peak Academy of Dance**, who won the \$500 prize and the 1st place ribbon, and to **Conifer Newcomers & Neighbors**, who won the 2nd place \$200 prize and the 2nd place ribbon. I've included the winners in all the other categories on the next page. We are so appreciative of all your hard work. It was all so impressive, and you are all HEROES to the Conifer Area Chamber of Commerce.

Thank you to **Lifetime Windows and Siding** for being our Title Sponsor this year and to all the sponsors who made the parade happen.

I wanted to thank everyone for all your hard work on the parade. We had over 39 vendors, 35 sponsors, 34 parade participants, and 68 volunteers to make it happen. Thank you, Thank you, Thank you!! IT TAKES ALL OF US to make this event happen, and we are so

grateful for the community of Conifer and the surrounding area that showed up to kick off the Holiday Season!

I want to send a BIG shout-out to all those who have worked endless hours, especially Melissa Baker, owner of Foothills Architects and Events Chairperson, for all the leadership; it would not all have come together without her. The Board, Staff, and I appreciate your hard work and dedication to the Chamber.

Tamm DeAun Masoner
Executive Director
Conifer Area Chamber of Commerce

If you have any membership questions, please contact the chamber office: director@GoConifer.com, 303-838-5711. Thank you for your continued support and thank you for shopping local!



The Conifer Area Chamber of Commerce is dedicated to making our community the best it can be. We are here to support our local businesses and create opportunities for them to grow and get connected to our community.
www.goconifer.com

WE SUPPORT LIVING LOCALLY

39th Annual Conifer Christmas Parade



HERE ARE THE RESULTS OF THE PARADE AWARDS:

- | | |
|--|---|
| Best Decorated Vehicle
1st Place: Jefferson County Democratic Party
2nd Place: Colorado TRT | Large Animal
1st Place: Mexico Lindo Mexican Restaurant
2nd Place: Evergreen Rodeo Association |
| Best Musical
1st Place: Conifer High School Lobo Regiment
2nd Place: Stage Door Theatre | Small Animal
1st Place: Staunton State Park
2nd Place: Mountain Resource Center |
| Best of Youth
1st Place: Team Blitz Robotics
2nd Place: Bitner Family | Best of Parade
1st Place: Peak Academy of Dance \$500 prize
2nd Place: Conifer Newcomers and Neighbors \$200 prize |
| Most Creative
1st Place: Blue Leaf Design Build
2nd Place: Tomahawk Ranch | |



HEROES ON PARADE

CALENDAR OF EVENTS

January 1-15



Winter Poetry at Shadow Mountain Gallery on Main Street, Evergreen, between Java Groove and Beau Jo's. Open 10-5 daily.

January 2

Shakti Witch Tarot Readings, 3-6pm, at Sojourn Book Store, 25797 Conifer Road, STE C202, Conifer. Readings start at \$20 for 5-10 minutes. A 1-hour reading is \$95 (advance notice, please). Contact Shannon at Sojourn Book Store at 720-296-6997 or visit sojournbookstore.com

January 2, 9, 17, 23, 30



Songbirds: Women song circle at the Sojourn Book Store in Aspen Park every Monday from 4-6pm. Come add your beautiful voices, ladies! Contact Shannon at Sojourn Book Store at 720-296-6997 or visit sojournbookstore.com

January 6-7

River Spell w/Grant Livingston, 4651 Highway 73, Evergreen. Formed in 2022, River Spell is a Colorado-based jam band delivering heartfelt songwriting and extended improvisation. evergreenlivemusic.com

January 2023



PeaceWorks, Inc. is grateful to Taspens's for hosting the Community Wellness Program in-person or online.

Join Zoom Meeting
https://us06web.zoom.us/j/3038388181?pwd=QVFOYkdYQ2pJQjJST1FJSFRKSXFLZz09

Meeting ID: 303 838 8181

Passcode: 993660

https://peaceworksinco.com/communitywellness/

January 4

Block Therapy Trauma Release 5:30-6:30pm. Trauma becomes trapped in your body and leads to pain, aging, and disease. This powerful self-healing practice unlocks the restrictions and adhesions that block blood and oxygen flow and releases trauma at a cellular level. All levels. Wear comfortable clothes. Bring a yoga mat if you have one and a water bottle.

January 7

Evergreen Sustainability Tree and Styrofoam Recycling, 9am-3pm at the Evergreen Lutheran Church, 5980 County Hwy 73, Evergreen. Holiday tree and styrofoam recycling event. Save your holiday tree (minus trimmings) from the landfill! Bring it to the event and it will be mulched by Lam Tree Services and given back to the community. Block styrofoam also accepted. Donations appreciated. sustainevergreen.org

January 9

Question. Persuade. Refer. Learn how to help save a life, free online class from 9-10:30am. If someone you know was considering suicide, would you recognize the warning signs and know how to help? Colorado is consistently ranked as one of the top ten states for suicide rates. Learn what you can do to help when someone is in a suicide crisis, and gain the confidence to take action and save a life. Questions? Contact suicideprevention@jcmh.org or go to www.eventbrite.com/e/qpr-online-training-tickets-444786978827?aff=ebdsoporgprofile

January 13-February 12



I'm Here: Center for the Arts Evergreen's Traveling Teen Exhibition honors works of art that reflect upon the resilience and growth that today's teenagers were forced to dig deep for in the midst of a pandemic. I'm Here is an opportunity to acknowledge the journeys of today's teens and celebrate their strengths through their chosen artistic mediums. Curated by peers from CAE's Teen Arts Council, the traveling teen exhibition consists of approximately 40 2-dimensional and 3-dimensional pieces of original artwork from student artists representing 16 Colorado high schools. The artwork is a powerful representation of the theme of reuniting, rebuilding, and looking forward with a renewed sense of hope. evergreenarts.org

January 11

Women's Circle 5:30-6:30pm. Connect to your creative power within to activate your feminine presence that attracts the situations and relationships that you desire. Sabrina will share powerful practices to embedden you to show up in life to be seen and heard.

January 18

Restorative Yoga 5:30-6:30pm. Join Carrie for Restorative Yoga, a slow and restful practice. It is a limited number of relaxing asanas (poses) held longer than those in a yoga exercise class. The use of folded blankets and bolsters support relaxation and reduce stress in poses that are done without stretching and muscle contracting work. The rejuvenation of Restorative Yoga gives one the chance to turn inward and release the day-to-day tension.

January 26

Block Therapy Trauma Release 5:30-6:30pm. Trauma becomes trapped in your body and leads to pain, aging, and disease. This powerful self-healing practice unlocks the restrictions and adhesions that block blood and oxygen flow and releases trauma at a cellular level. All levels. Wear comfortable clothes. Bring a yoga mat if you have one and a water bottle.

January 13-19



Festival of One-Act Plays. A juried selection of 5 original one-act plays submitted by playwrights from across the country and directed by students in the Adult Directing Class. For tickets and info visit evergreenplayers.org

January 24

Leadership Evergreen Class SERVES Troutdale Tavern, 4-8pm. Join Leadership Evergreen Class for a fun night of fundraising! They will act as the servers and bussers for the night. Call Troutdale Tavern for reservations: 303-975-6278

January 27-February 19



Clue, directed by Jill Manser, is a hilarious farce-meets-murder mystery. The tale begins at a remote mansion, where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects. "Clue" is the comedy whodunit that will leave both cult-fans and newcomers in stitches as they try to figure out...WHO did it, WHERE, and with WHAT! For info and tickets visit StageDoorTheatre.org

January 28

Drill Into Ice Fishing, 10am-2pm at Pine Valley Ranch Park, 30400 Crystal Lake Road, Pine Grove. Come chill out and learn the basics of ice fishing, safe fish handling, equipment, and ice safety. You will also have an opportunity to catch a fish, of course! Fishing equipment will be provided; but supplies are limited, so please bring any gear you have. The program will meet at the shelter by the lake.



Round up your team of 2 or 4 and mark your calendar for Evergreen's coolest February event. evergreenchamber.org/

If your group is no longer meeting, please let Your Mountain Connection know via Marty Hallberg (news@yourmtconnection.com).

Please be prepared for slick ice and cold conditions. Equipment list: warm clothing and waterproof footwear, and traction devices and a chair are highly recommended. Ages 6 and up. A valid Colorado fishing license is required for any participants who are age 16 and over. Youth must attend with an adult. Free. Registration is required. For info: www.jeffco.us/Calendar.aspx?EID=9727

January 31

Come to a Conifer Historical Society board meeting! Public welcome. Board Members meet bimonthly at 6pm on the last Tuesday of odd-numbered months (January, March, May, July, September, November). Due to COVID-19 safety precautions, our meetings are currently held online. Email info@coniferhistoricalsociety.org for the next meeting link or visit www.coniferhistoricalsociety.org for info.

February 4

SANTA SIGHTINGS!

We must have been very nice in 2022 because Santa was showing up everywhere!



EVERGREEN FAMILY VET



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30TH ANNUAL EVERGREEN HOLIDAY WALK



Submit your calendar events in MS Word format only to *Your Mountain Connection* via Marty Hallberg (news@yourmtconnection.com). Calendar Events are published as space allows. Information must be received by the 10th of each month prior to the actual date of the event.

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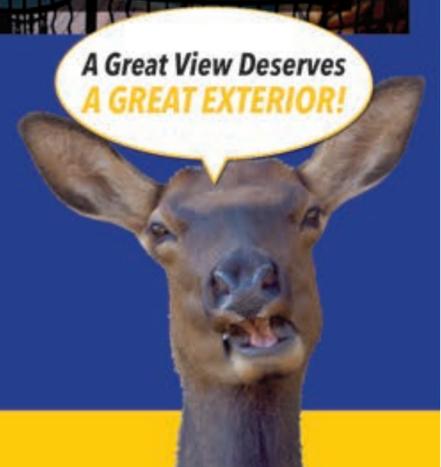
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